

dōTERRA Serenity®

Restful Blend 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T N

Ingredient Information: Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Sandalwood, Tonka Bean, Vanilla Absolute

Aromatic Description: Warm, herbal, floral

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Primary Benefits

- + Creates a calming atmosphere
- + Provides a relaxing aroma
- + Creates a restful environment at bedtime
- + Encourages a tranquil atmosphere

Description

The soothing and grounding aroma of dōTERRA Serenity Restful Blend is a magical mix of CPTG® Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils with hints of Tonka Bean and Vanilla Absolute. The blend creates a calming, tranquil atmosphere. Apply one to two drops to the hands and inhale throughout the day to help reduce life's daily stressors, or diffuse at night as part of a positive sleep practice. Diffuse dōTERRA Serenity Restful Blend in conjunction with the use of dōTERRA Serenity® Stick + Valerian and dōTERRA Serenity® Restful Complex Softgels to help you find sweet dreams and a good night's sleep.

Uses

- + Inhale directly from hands or diffuse throughout the day for a soothing aroma.
- + Apply to bottoms of feet at bedtime to help unwind before going to sleep. Use in conjunction with dōTERRA Serenity Restful Complex Softgels for an enhanced effect.
- + Add to a warm bath with Epsom salts to create a relaxing, renewing experience.
- + Diffuse at night to help quiet a restless baby or child.
- Apply a drop to the back of the neck or on the heart for a calming atmosphere.

Directions

Aromatic use: Add 3-4 drops to the diffuser of choice.

Topical use: Apply 1-2 drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin