

> doTERRA Breathe™, 15mL Essential Oil Blend

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Manufacturer: doTERRA

Primary Benefits

Apply topically to the chest and breathe deeply to enjoy a cooling, invigorating vapor.

Promotes a restful night's sleep

Helps minimize the effects of seasonal threats

Ingredients

Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Ravensara Leaf, Cardamom Seed essential oils

Aromatic Description

Minty, hot, fresh, airy

Description

doTERRA Breathe is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom. doTERRA Breathe maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats. doTERRA Breathe can be applied topically to the chest, back, or bottom of feet, or diffused at nighttime to calm the senses and promote a restful sleep.

Uses

Diffuse, inhale directly from palms, or rub on chest or feet when seasonal and environmental threats are high.

Use when outdoors to minimize the effects of seasonal threats.

Diffuse at bedtime for a restful night's sleep.

Diffuse or inhale directly from palms, or rub on chest when environmental threats are high.

Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area. Dilute with doTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions 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. Avoid sunlight or UV rays for up to 12 hours after applying product.