

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

dōTERRA Serenity® | Restful Blend 15 mL

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Primary Benefits

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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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 and Cautions are on the next page.

dōTERRA Serenity Restful Blend is a part of the **dōTERRA Serenity Sleep System** which also includes dōTERRA Serenity Restful Blend Softgels and the dōTERRA Serenity Stick + Valerian. Recent epigenetics testing suggests this system¹:

- + Supports improved sleep quality, glucose metabolism, cellular fitness and function, and healthy sleep by maintaining circadian rhythms critical to keeping a healthy sleep cycle.*
- + Helps regulate healthy sleep, immune function, and inflammatory response.*

Combining the **dōTERRA Serenity Sleep System** with smartsleep hygiene habits can help you get the rest you deserve.*

¹Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin

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.