

dōTERRA Breathe®

Respiratory Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A T S

Ingredients: Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf

Aromatic Description: Minty, fresh, airy

PRIMARY BENEFITS

- Maintains feelings of clear airways and easy breathing
- Promotes a restful night's sleep
- Helps minimize the effects of seasonal threats

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Respiratory Blend 15 mL
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PRODUCT DESCRIPTION

dōTERRA Breathe is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara. dōTERRA Breathe maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats. dōTERRA 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

- Place one drop in palms of hands, rub together, cup of nose and inhale deeply for a comforting sensation.
- Combine with carrier oil and rub on chest for a soothing, cooling aroma.
- Diffuse at bedtime for a restful environment.

DIRECTIONS FOR USE

Aromatic use: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with 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. Avoid sunlight and UV rays for at least 12 hours after applying product.