

doTERRA  
**Balance®**  
Grounding Blend

doTERRA®  
AUSTRALIA & NEW ZEALAND

DIFFUSE



The warm, woody aroma of **doTERRA Balance® Grounding Blend** helps create a sense of calm and relaxation. Spruce, one of the oils in this blend, was used by Native Americans and is still used today to help bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile essential oils can provide a sense of calmness, while Frankincense essential oil has grounding and balancing properties.

**Benefits:**

- Helps promote a whole-body sense of relaxation
- Ideal for a sense of calmness
- Aroma evokes feelings of tranquility and balance

**WHAT IT TAKES TO MAKE A BOTTLE**



**Blue Chamomile**  
Helps promote feelings of wellbeing



**Blue Tansy**  
Refreshing, sweet, calming aroma



**Frankincense**  
Helps promote feelings of relaxation & peace



**Ho Wood**  
Deep relaxing aroma



**Osmanthus**  
An energising sweet natural scent



**Spruce**  
Helps promote a relaxing environment



**Fractionated Coconut Oil**  
A feather-light emollient that softens and hydrates skin while increasing essential oil distribution



**Certified Pure Tested Grade®**

The CPTG Certified Pure Tested Grade® quality testing process includes eight main steps and third party testing to guarantee that every batch of doTERRA® essential oil is pure, and unadulterated.

**RECOMMENDATION OF USE**

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**WAYS TO USE**

- Begin your day by putting doTERRA Balance® Grounding Blend on the bottom of your feet to help promote feelings of calmness and tranquility throughout the day.
- This blend is great to use during an AromaTouch® Hand Massage.
- Diffuse this blend in your car during road trips to create a calming, soothing aroma.

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CONTACT DETAILS

dotERRA  
**Balance**\* Grounding Blend

