

Ice Blue®

Athletic Blend

dōTERRA®
AUSTRALIA & NEW ZEALAND



dōTERRA's Ice Blue® Athletic Blend is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum, and Osmanthus essential oils work together to help soothe and cool. After long hours on the computer, try rubbing Ice Blue® essential oil blend on your fingers, wrists, shoulders, and neck. A few drops of Ice Blue® diluted in a carrier oil can be part of a cooling and comforting massage or apply Ice Blue® Touch to the area easily with the roller-ball applicator.

Benefits:

- Soothing and cooling oil blend
- Comforting part of a massage

◀ TOPICALLY TO WRIST & NECK

WHAT IT TAKES TO MAKE A BOTTLE



Blue Chamomile
Promote feelings of relaxation & peace



Blue Tansy
Refreshing, sweet, calm aroma



Camphor
Induces cold & warm sensations



Helichrysum
Helps improve the appearance of the skin



Osmanthus
An energising sweet natural scent



Peppermint
Invigorating promotes an uplifted feeling



Wintergreen
Refreshing & uplifting aroma, enlivening to the senses



Ylang Ylang
Helps promote the appearance of healthy skin



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 dōTERRA® essential oil is pure, and unadulterated.

RECOMMENDATION OF USE

WAYS TO USE

- Apply Ice Blue® on feet and knees before and after exercise.
- Massage Ice Blue® with a few drops of carrier oil onto legs before bedtime.
- Rub Ice Blue® on your lower back after a day of heavy lifting at work or during a move.

dotERRA
AUSTRALIA & NEW ZEALAND

CONTACT DETAILS

Ice Blue® Athletic Blend

Ö