



CPTG Certified Pure Tested Grade®

Application: **A** **H** | **S**

Ingredients: Distilled Lime, Litsea, Cassia, Lemon Eucalyptus, Tea Tree, Arborvitae, Kochii Eucalyptus, Cilantro, Lavandin, and Lemon Myrtle essential oils

Aromatic Description: Camphoraceous, citrusy, sweet

dōTERRA® abōde® | Refreshing Blend 15 mL

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Primary Benefits

- + Includes CPTG® essential oils high in cleansing constituents including limonene, geranal, neral, and 1,8-cineole
- + Keeps your home smelling clean
- + Provides a fresh, citrus aroma

Description:

Your home is your sanctuary. A clean, fresh-smelling household is a must, but with so many everyday spills and odors to contend with, it's sometimes difficult to achieve. Now more than ever, it's important to reduce the toxins in your home. The signature blend of the dōTERRA abōde home product line is a dynamic combination of CPTG® essential oils including Distilled Lime, Litsea, Cassia, Lemon Eucalyptus, Tea Tree, Arborvitae, Kochii Eucalyptus, Cilantro, Lavandin, and Lemon Myrtle. Added to water, this Lime-based formula makes a great non-toxic cleaner and can be used on surfaces throughout your home. The dōTERRA abōde blend is high in powerful cleansing constituents like limonene, geranal, neral, and 1,8-cineole. In fact, Kochii Eucalyptus, found only in the semi-arid interior of Western Australia, has the highest concentration of 1,8-cineole, or eucalyptol, of all eucalyptus oil available. Refresh your home naturally and safely with dōTERRA abōde.

Uses

- + Add 10-15 drops to equal parts vinegar and water in an 8 ounce spray bottle to create a non-toxic surface spray.
- + Include in DIY room, fabric, and upholstery sprays.
- + Use 5-8 drops in the diffuser of choice to elevate and refresh any space.
- + Put a few drops onto wool dryer balls.

Directions

Aromatic use: Add to a diffuser of choice.

Household use: Use as part of your home cleaning routine.

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. In case of skin contact avoid sunlight and UV rays for at least 12 hours.

Application Methods

A Aromatic **T** Topical **I** Internal **H** Home Care

Skin Sensitivity

N Neat **D** Dilute **S** Sensitive Skin