

# Calmer™

## Restful Blend 10 mL Roll-On

# dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T N

**Ingredients:** Fractionated Coconut Oil, Lavender, Cananga, Buddha Wood, Roman Chamomile

**Aromatic Description:** Sweet, floral, soft, woody

### PRIMARY BENEFITS

- Creates a restful atmosphere at bedtime
- Provides a relaxing and positive aroma

**Calmer™**

Restful Blend 10 mL Roll-On

60206632

Also available in dōTERRA Kids Collection

60211246

### PRODUCT DESCRIPTION

Calmer Restful Blend promotes a serene atmosphere, allowing bedtime to be a peaceful and welcomed experience. Rolling Calmer onto the bottoms of feet and the back of the neck helps create a calming, relaxing environment when tensions are high. Combining the soothing properties of Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a convenient and safe delivery method along with the skin moisturizing benefits of Fractionated Coconut Oil, Calmer can be used as part of your nightly ritual. Cananga and Buddha Wood essential oils, unique to Calmer, create a restful atmosphere. When it's time to restore your mind and body, apply Calmer to your wrists, breathe, and relax.

### USES

- Roll on to back of neck and chest as part of a relaxing nightly ritual.
- Apply to wrists at the end of the day as you let go of worry.
- Massage into bottoms of feet at bedtime to help unwind before going to sleep.

### DIRECTIONS FOR USE

**Aromatic use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical use:** Apply to desired area. Intended for use with adult supervision.

### CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.