

dōTERRA Serenity® Stick + Valerian

dōTERRA®
Product Information Page



dōTERRA Serenity® Stick + Valerian |

Net wt 1.06 oz / 30 g

60225458

Primary Benefits

- + Provides a soothing, calming aroma when applied topically
- + Delivers Valerian essential oil and the dōTERRA Serenity Restful Blend with Lavender for a comforting, soothing aroma in a portable stick
- + Applies smoothly without a greasy feeling
- + Free from parabens, phthalates, and synthetic fragrances

Description

Preparing for bedtime has never been easier with the convenience, quick absorption, and smooth application of the dōTERRA Serenity Stick + Valerian. dōTERRA Serenity® Restful Blend includes CPTG® Lavender essential oil known to be soothing to the skin when applied topically while delivering a comforting, grounding aroma that contributes to an environment of restful sleep. The stick combines the restful blend with Valerian essential oil to help create an atmosphere that gently entices comfort and relaxation when practicing healthy sleep hygiene.

The aroma of the dōTERRA Serenity Stick + Valerian provides a soft, restful, and calming ambience and is free from parabens, phthalates, and synthetic fragrances.

Directions

Apply to the inside of wrists, back of neck, chest, and bottoms of feet as needed when preparing for rest.

Cautions

Avoid application to the face. Avoid contact with eyes. For external use only. If irritation occurs, discontinue use.

Ingredients

Cocos nucifera (Coconut) Oil, Tapioca Starch, *Helianthus annuus* (Sunflower) Seed Wax, *Lavandula angustifolia* (Lavender) Oil, *Juniperus virginiana* (Cedarwood) Wood Oil, *Valeriana officinalis* (Valerian) Root Oil, *Coriandrum sativum* (Coriander) Seed Oil, *Cananga odorata* (Ylang Ylang) Flower Oil, *Origanum majorana* (Marjoram) Flower/Leaf/Stem Oil, *Anthemis nobilis* (Roman Chamomile) Flower Oil, *Sambucus nigra* (Elderberry) Fruit Extract, *Santalum album* (Sandalwood) Oil, Glyceryl Laurate, Glyceryl Caprylate, *Vetiveria zizanoides* (Vetiver) Root Oil, Glyceryl Undecylenate, *Dipteryx odorata* (Tonka Bean) Seed Extract, *Vanilla planifolia* (Vanilla) Fruit Extract, Glycerin, Lauric Acid