
TOP 10 USES FOR SERENITY[®] OIL

- 1. Restless Baby:** Diffuse 2-3 drops at night to calm a restless baby or child.*
- 2. Sleep & Relaxation:** Apply to bottoms of feet at bedtime to help unwind before going to sleep. Use in conjunction with dōTERRA Serenity Restful Complex Softgels for an enhanced effect. Take 2 softgels 30 mins before bed.
- 3. Relaxing Bath:** Add 2–3 drops of Serenity oil into a warm bath with Epsom salts to create a relaxing, renewing experience.*
- 4. Skincare:** Apply slightly diluted onto areas of concern. This blend helps with calming skin irritations.*
- 5. Breathing Support:** Alternate 2-3 drops of Serenity and Breathe on the bottom of your feet for breathing relief. Sometimes when we are stressed, we may induce constriction of breathing. Serenity calms you down and allows you to breathe well again. Use at night time on the feet to help with respiratory support during bedtime too.*
- 6. Hormone Balancing:** Apply 2-3 drops of Serenity and Clary Sage on the side of your ankles and on your lower abs until you feel balanced again. Use 2 days before menstrual cycles. It can help soothe the tummy from cramps.*
- 7. Tension & Mood Swings:** Inhale directly from hands or diffuse throughout the day to help lesson tension.*
- 8. Calm the Heart:** Apply 2–3 drops to the back of the neck or on the heart for feelings of calmness and peace.
- 9. Anger & Irritability:** Apply under your nose or inhale directly from hands for feelings of peace and tranquility.*
- 10. Overwhelmed & Overload:** Apply 2–3 drops to the back of the neck, forehead and on the heart for feelings of calmness and peace.*

Lavender



Cedarwood



Ylang Ylang



Marjoram



Vanilla Bean



Roman Chamomile



Vetiver



Ho wood leaf



Hawaiian Sandalwood



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

