

ClaryCalm®

Monthly Blend for Women 10 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Clary Sage Flower, Lavender Flower, FCF Bergamot Peel, Roman Chamomile Flower, Ylang Ylang Flower, Cedarwood Wood, Geranium Stem/Leaf, Fennel Seed, Carrot Seed, Palmarosa Herb, and Vitex Leaf/Berry essential oils.

Aromatic Description: Floral, herbal, coniferous

PRIMARY BENEFITS

- Provides a soothing and calming effect during a woman's menstrual cycle
- Calming aroma helps soothe and balance heightened emotions
- Helps balance mood throughout the month

ClaryCalm®
Monthly Blend for Women 10
mL

PRODUCT DESCRIPTION

ClaryCalm is a proprietary blend of essential oils that provides a soothing and calming effect during a woman's menstrual cycle. A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex, ClaryCalm provides a cooling effect to the skin and helps balance emotions.

USES

- During your menstrual cycle, apply to abdomen to experience a soothing and calming massage.
- During moments of heat, apply to the skin for a cooling, soothing effect.
- Diffuse for a calming aroma that helps soothe heightened emotions.

DIRECTIONS FOR USE

Topical use: Apply topically to the back of the neck, on temples, and bottoms of feet. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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.

