



DōTERRA Liquid Xanax
www.healfromthecore.com

A Restful Blend (Serenity) + A Grounding Blend (Balance)



Serenity calms the senses and supports a restful night's sleep:

- Promotes relaxation and a restful sleeping environment
- Lessens feelings of tension and calms emotions
- Calms the mind and soothes the senses

Ingredients:

Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood

Balance Grounding Blend has a warm, woody aroma that creates a sense of calm and well-being. The blend of Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil offers an enticing fragrance that promotes tranquility and relaxation. Spruce is one of the oils used by Native Americans for health and spiritual reasons known to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomiles ease anxious feelings, while Frankincense provides grounding and balance on emotions.

- Promotes a whole-body sense of relaxation
- Eases anxious feelings
- Evokes feelings of tranquility and balance.

Ingredients:

Spruce leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower essential oils in a base of Fractionated Coconut Oil.

Liquid Xanax comes in a 10 ml roller-bottle that can be used in the following manner:

- Begin your day by putting liquid Xanax on the bottoms of your feet to promote feelings of calmness and tranquility throughout the day.
- Apply to your wrists and neck to help ease anxious feelings.
- Diffuse in your car on road trips to create a calming, soothing environment.
- Use three to four drops in the diffuser of your choice.
- Apply to bottoms of feet at bedtime to help unwind before going to sleep.
- Inhale directing from hands or diffuse throughout the day to help lessen tension.
- Add 2-3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience.
- Apply 2-3 drops to the back of the neck or on the heart for feelings of calmness and peace.