



# Breathe®

RESPIRATORY BLEND

Available in 15mL, 10mL Touch®, Vapor Stick, and Drops

**A** AROMATIC    **T** TOPICAL    **I** INTERNAL Drops Only    **S** SENSITIVE

## BLEND WITH FEATURED OILS:

- Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara essential oils.

## AROMATIC DESCRIPTION:

- Minty, Fresh, Airy

## COMMON USES:

- Diffuse, apply to chest, forehead, and under nostrils to maintain feelings of clear airways and easy breathing.
- Diffuse and apply to chest and back to promote a calming effect to respiratory activity.
- Diffuse for a refreshing, clean, and uplifting aroma.
- Diffuse, inhale directly from palms, or rub on chest and feet when environmental threats are high.
- Apply when outdoors to minimize the effects of seasonal threats.
- Diffuse at bedtime to promote a restful night's sleep.
- Apply **Breathe® Touch** on bottoms of feet of loud sleepers before bed.



**Breathe® Vapor Stick** is a quick, convenient delivery system for a cooling and soothing effect.

**Breathe® Respiratory Drops** provide a convenient way to support easy breathing.\*  
Ingredients differ from blend.

**Breathe Touch®** is great for kids or those with skin sensitivity or fragility.

**Breathe®** blend is perfect for diffusing, inhaling, and topical application.

## RESPIRATORY SUPPORT

The respiratory system, including sinuses, lungs, trachea and bronchi, works to transport oxygen throughout the entire body.

### Other Top Essential Oil Recommendations:

- Black Pepper
- Cardamom
- Eucalyptus
- Peppermint
- Rosemary
- Siberian Fir

## Directions For Use

- A** Use 3-5 drops in diffuser, place 1-2 drops in palms and inhale deeply, and/or apply on porous-type or diffusing jewelry.
- T** Apply to chest, forehead, neck, back, etc. Use **Touch®**, **Vapor Stick**, or dilute with **dōTERRA® Fractionated Coconut Oil** to minimize sensitivity as needed.
- I** Internal use with **Breathe® Respiratory Drops** only.\*

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes, inner ears, and sensitive areas.

## Diffuser Blends

### Open Up

- 3 drops **Breathe®**
- 2 drops **Peppermint**
- 1 drop **Eucalyptus**

### Get Energized

- 1 drop **Breathe®**
- 2 drops **Bergamot**
- 2 drops **Wild Orange**

## Shower Melts

- 15-20 drops **Breathe®** essential oil blend
- 1 cup baking soda
- ½ cup water

1. Combine ingredients in small bowl. Stir well.
2. Pack mixture tightly into small silicone molds.
3. Allow to dry overnight.
4. Store in airtight container.

**To use:** Place 1 tab on shower floor, away from the direct flow of water, allowing to dissolve more slowly.

**Learn More:** [tiny.cc/doterrabreathe](https://tiny.cc/doterrabreathe)