

dōTERRA®

Sleep Wellness Program



Restful Sleep Tonight for a Better Day Tomorrow

Did you know the average adult should get between seven and nine hours of sleep each night? It may surprise you, but according to the CDC, one in three adults don't get enough sleep. Consequences from a lack of sleep can be more than just feeling fatigued the next day. Restful sleep has a huge effect to your health, supporting your immune system, reducing stress, and even helping maintain a healthy weight. But with busy modern schedules, good sleep can be hard to come by.

Natural, effective solutions can be difficult to find as well. Unfortunately, many available remedies are full of synthetic chemicals, forcing you to choose between sleep support and natural living. But it doesn't have to be that way. No one should have to sacrifice natural wellness to get better sleep.

We know how draining a lack of sleep can be on mind and body, and we understand how frustrating it can be when it seems like there aren't any natural solutions to turn to. That's why dōTERRA created the Sleep Wellness Program. This program is full of products selected by a team of experts to provide you with natural options for sleep support.* You no longer have to worry about synthetics or wonder what to reach for. With the Sleep Wellness Program, you'll receive a variety of effective products each month for three months to help you find more restful sleep.*

Discover how you and your family members can use these products to create a more relaxing and calming environment.



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

Sleep Kit 1: Journey to Better Sleep Begins Here



Cedarwood Essential Oil

Create a Sleep Sanctuary

Like the resilient tree it comes from, Cedarwood essential oil evokes an atmosphere of stability, determination, and vitality. It encourages a tranquil space and helps create a comfortable environment in your home at bedtime.

Cedarwood has a warm, woody, and somewhat balsamic scent. Because of its chemical makeup, Cedarwood is one of the most grounding essential oils. When the events of the day leave you feeling distressed, inhaling the aroma of Cedarwood can promote a calm, centered space within.



Chemical Components:

Cedrol

α -cedrene

Thujopsene



How to Use Cedarwood

The warm and unique aroma of Cedarwood can be a powerful tool for creating a sleep sanctuary. As you wind down for the night, consider using Cedarwood in a few of these ways to create an environment of calm contentment before going to bed.

- Diffuse in your bedroom and inhale as you prepare for sleep.
- Add one to two drops to your moisturizer at night to enjoy the aroma and skin benefits as you sleep.
- When a child wakes up scared in the night, apply to the bottoms of the feet.
- Combine with Lavender and unscented lotion, massaging into the legs and feet at bedtime.

dōTERRA Serenity® Restful Blend

Serenity Is a Drop Away

When preparing for bed, it's important to create a calm atmosphere where you can relax. Incorporating a peaceful aroma can help you do just that.

dōTERRA Serenity oil blend has a warm, floral scent that encourages a tranquil environment. It can be used topically and aromatically to promote the perfect relaxing atmosphere for your needs.

What's in dōTERRA Serenity?

dōTERRA Serenity is a blend of several powerful essential oils and absolutes: Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Bean Absolute, and Sandalwood (Hawaiian). These essential oils work together to create a unique and powerful aroma.

Lavender is one of most popular dōTERRA essential oils, and for good reason. Many turn to its peaceful scent when they want help unwinding.

We described the benefits of Cedarwood earlier, and you'll remember it provides a powerful, grounding aroma.

Interestingly, Ho Wood is dominated by a compound that's primarily associated with floral and herb oils: linalool. All the linalool-rich essential oils are known for their calming scents.

Ylang Ylang is a remarkable essential oil that's known for its luxurious scent. It's often used in aromatherapy.

Marjoram was a symbol of joy and happiness in ancient cultures. Today, it can be used to enhance a relaxing massage.

Roman Chamomile has a sweet, comforting aroma and is also soothing to the skin when applied.

Vetiver offers a strong, grounding note to the oil blend. Along with that, it can add to a calming massage.

Vanilla Bean Absolute provides a sweetness that enhances and rounds out the whole aroma and composition of the oil blend.

The rich, sweet scent of Sandalwood (Hawaiian) can promote a positive environment. Many use it during meditation as well.



-
- Lavender
- Cedarwood
- Ho Wood
- Ylang Ylang
- Marjoram
- Roman Chamomile
- Vetiver
- Vanilla Bean Absolute
- Hawaiian Sandalwood



How to Use dōTERRA Serenity®

You can use this amazing oil blend in many ways. Whether you're applying it topically or diffusing it in the air, you're sure to enjoy the wonderful aroma.

- Diffuse at night for a restless baby or child.
- Apply to the bottoms of the feet at bedtime to help unwind before going to sleep. Use in conjunction with dōTERRA Serenity Restful Complex Softgels for an enhanced effect.
- Inhale directly from the hands or diffuse throughout the day for a soothing aroma.
- Add two to three drops into a warm bath with Epsom salts to create a relaxing, renewing experience.
- Apply two to three drops to the back of the neck or over the heart as you focus on peaceful thoughts.



Calmer® Restful Blend

Keep Calm and Carry Calmer

Sometimes topical application of essential oils is just what you need to create the perfect bedtime environment. Calmer oil blend was designed by dōTERRA scientists to promote a soothing atmosphere through topical application. While Calmer is part of our wonderful Kids Collection, that doesn't mean can't be just as helpful for the adults in your home too!

What's in Calmer?

This oil blend contains Lavender, Cananga, Buddha Wood, and Roman Chamomile. When combined, these essential oils work together to create some beautiful benefits.

We discussed Lavender earlier, but on top of its tranquil scent, Lavender is also soothing to the skin.

Cananga comes from the same species of tree as Ylang Ylang and offers a luxurious scent.

Buddha Wood captures a deep, woody scent that brings a grounding note to the oil blend.

Roman Chamomile has a sweet, comforting scent and provides benefits the skin when applied topically.

Fractionated Coconut Oil helps to dilute the oil blend, as well as increase absorption of its essential oils.



- Lavender
- Cananga
- Buddha Wood
- Roman Chamomile



How to Use Calmer®

Calmer can be used by everyone in the family to create a better bedtime environment. Here are ideas for getting started!

- Roll on the back of the neck and chest to promote a restful, calm atmosphere.
- Apply to your child's wrists at the end of the day as a reminder to diminish worry and quiet restlessness.
- Apply to the bottoms of the feet at bedtime for help unwinding before sleep.



dōTERRA Serenity® Restful Complex Softgels

Rest and Relaxation Start Inside

Beyond aromatic and topical application, you can also take essential oils internally to support your sleep.* dōTERRA Serenity Restful Complex Softgels can relieve occasional sleeplessness, help reduce stress, and encourage restful sleep, all without leaving you feeling groggy the next day.*.

What's in dōTERRA Serenity Softgels?

dōTERRA Serenity Restful Complex Softgels have been formulated with natural ingredients to help support your sleep.* They combine Lavender essential oil and natural plant extracts in vegetarian softgels—so no need to worry about synthetic ingredients!



-
- Lavender
- L-Theanine
- Lemon Balm
- Passionflower
- Chamomile



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Mini Bath Salts

Blissful Bedtime Bath

There's nothing quite like a warm bath to help you relax and unwind from the day, and these mini bath salts will take your bath to the next level. Customize the experience by adding a few drops of your favorite relaxing essential oils, and then soak in the natural benefits.



—
Magnesium
Sulfate

Gratitude Booklet

Grateful Heart, Peaceful Mind

When your mind's racing, it can be hard to relax before bed. Capture what you're grateful for each evening with this gratitude booklet to help your mind rest easy.

Sleep Kit 2: Everything You Need for a Better Bedtime Routine

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Copaiba Essential Oil

Everything's Better with Copaiba

Copaiba essential oil is distilled from the resin of copaiba trees in tropical South America and has been included in soaps, creams, lotions, and perfumes. It has an incredible ability to enhance other essential oils, and it also provides its own remarkable benefits.

When taken internally, Copaiba can soothe anxious feelings and calm the nervous system.* This makes it a wonderful essential oil to turn to before going to bed. Its wonderful, grounding aroma helps create a restful environment.



—
**Chemical
Components:**

Copaene

Bergamotene

 β -caryophyllene



How to Use Copaiba

You can access the benefits of Copaiba in numerous ways. Get creative with how you use it so you can find what works best for you. You may consider adding Copaiba to your bedtime routine in one of these ways:

- Add a drop or two to warm tea before turning in for the night.*
- Put a drop in a Veggie Cap and ingest before going to bed.*
- Place one to two drops under the tongue in the evening.*
- Diffuse two drops each of Copaiba, Vetiver, Lavender, and Wild Orange to create a relaxing environment.

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dōTERRA Breathe® Respiratory Blend

Breathe Easy before Bed

One of the most important components of good sleep is breathing easy. When you could use a fresh, airy scent at night, simply reach for dōTERRA Breathe. It's a powerful blend of handpicked essential oils that work together to create feelings of clear breathing. With dōTERRA Breathe, you have a natural solution at your fingertips for feelings of open airways as you rest.

What's in dōTERRA Breathe?

dōTERRA Breathe contains Laurel leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara. Each of these contributes to this oil blend's incredible ability to maintain feelings of clear airways and promote restful sleep.

Anciently, Laurel Leaf was known as the symbol of victory. Today, it brings a refreshing, minty aroma to the oil blend.

Eucalyptus is renowned for its calming aroma and for promoting feelings of easy breathing.

Peppermint has a fresh aroma, which adds a nice note to this oil blend.

Tea Tree is known for its amazing ability to purify and freshen the air.

Like Tea Tree, Lemon essential oil has—and contributes to the oil blend—cleansing properties.

Cardamom provides an open, spicy aroma.

Ravintsara has a similar chemistry to Eucalyptus, and it adds a refreshing, herbal scent.

Though it sounds like Ravintsara, Ravensara has a fruitier aroma that's sweeter and more delicate than Ravintsara.



—
Laurel Leaf

Eucalyptus

Peppermint

Melaleuca

Lemon

Cardamom

Ravintsara



How to Use dōTERRA Breathe®

To experience these benefits for yourself, try using dōTERRA Breathe in one of these ways before turning in for the night.

- Inhale directly from your palms, taking deep and relaxing breaths.
- Rub on the chest or feet at bedtime.
- Diffuse for a restful environment.



Petitgrain Essential Oil

Press Pause

dōTERRA sources Petitgrain essential oil from South America—specifically Paraguay—and it's distilled from the leaves and twigs of the bitter orange tree. Though it comes from a citrus tree, the essential oil actually is more akin chemically floral and herb oils. In fact, some know Petitgrain as the “lavender for men.”

Because of its fresh, herbaceous scent, Petitgrain has a long history of use in perfumery, and the pure essential oil helps enhance a calm, relaxing atmosphere. When taken internally, it may also promote restful sleep, making it an invaluable part of the Sleep Wellness Program.*



Chemical Components:

Terpineol

Linalool

Linalyl Acetate



How to Use Petitgrain

There are countless ways you can use Petitgrain to support your sleep, but here are a few ideas to help you get started.

- Diffuse in the evening for a calming and relaxing aroma.
- Take internally to help ease feelings of tension, calm the nervous system, and promote restful sleep.*
- Before going to bed, add a few drops to your pillows and bedding to access aromatic benefits.

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dōTERRA Serenity® Touch

Bedtime's Best Friend

In the first kit, you receive dōTERRA Serenity Restful Blend and dōTERRA Serenity Restful Complex Softgels. To complement those amazing products, the second kit provides you with dōTERRA Serenity Touch! Having this oil blend in Touch form makes accessing its topical and aromatic benefits even easier.

What's in dōTERRA Serenity Touch?

dōTERRA Serenity Touch contains the same powerful combination of essential oils and absolutes—Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Bean Absolute, and Sandalwood (Hawaiian). But it's also diluted with the optimal amount of Fractionated Coconut Oil to maximize absorption of the essential oils.



- Lavender
- Cedarwood
- Ho Wood
- Ylang Ylang
- Marjoram
- Roman Chamomile
- Vetiver
- Vanilla Bean Absolute
- Hawaiian Sandalwood



How to Use dōTERRA Serenity Touch

With dōTERRA Serenity Touch, topical application is easy and mess-free! Try using it in these ways to enhance your bedtime routine.

- Pack in your suitcase so you can have sleep support wherever you go.
- Roll on the bottoms of the feet before bed to enjoy a grounding aroma.
- Apply to the back of the neck for a peaceful scent.

Magnolia Essential Oil

Soothing, Sweet, and Serene

Historically, the magnolia flower was used in traditional Chinese and Thai practices to create a sense of balance in the body. Today, it's also used in natural perfumes and aromatherapy. Magnolia essential oil is steam-distilled from beautiful petals, and like Lavender and Bergamot its primary chemical constituent is linalool.

With a floral, balsamic, and slightly fruity scent, Magnolia essential oil can transform the atmosphere of your home into a more relaxing environment.



—
Chemical
Components:

Linalool



How to Use Magnolia

- Diffuse in the bedroom for a sweet, serene aroma.
- Apply to the bottoms of your feet before turning in for the night.
- Add a drop to fragrance-free lotion to soothe your skin before bed.



Mini dōTERRA Serenity™ Body Butter

A Bedtime Luxury

Make pampering your skin a part of your bedtime routine with dōTERRA Serenity Body Butter. This rejuvenating, hydrating body butter is infused with dōTERRA Serenity to create a strong, tranquil aromatic and massage experience—perfect for when you’re getting ready to go to sleep.



- Shea Butter
- Cocoa Butter
- Jojoba
- Avocado oil
- dōTERRA Serenity® Essential Oil

Sleep Kit 3: Sweet Dreams Are within Reach



Lavender Essential Oil

Soothing Body and Soul

There's nothing quite like the calming scent of Lavender essential oil. Diffusing it can transform a tense room into a soothing oasis. Lavender creates a relaxing atmosphere and eases the stresses of the day.

While the lovely effects of Lavender's aroma are commonly known, you may not be as familiar with its internal benefits. When taken internally, Lavender soothes and relaxes the mind, promoting peaceful sleep.* Taking Lavender internally can be as simple as putting a drop directly under the tongue, in a glass of water or tea, or inside a Veggie Cap.



Chemical Components:

Linalool

Linalyl Acetate

Ocimene



How to Use Lavender

Below are ideas to incorporate Lavender into your bedtime routine.

- Place a drop at each corner of the shower or tub or add to Epsom salts for a calming bath before bed.
- Diffuse alone or with another relaxing essential oil like Cedarwood to help you wind down for the evening.
- Take a drop in a Veggie Cap or cup of tea to soothe and relax the mind.*
- Add three to four drops to a warm rice heating pad and place on the back of your neck to enjoy a calming scent

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Bergamot Mint Essential Oil

Minty Comfort

Soft and minty—with a hint of citrus—the beautiful aroma of Bergamot Mint essential oil creates an atmosphere of comfort, relaxation, inspiration, and refreshment. Despite the name, Bergamot Mint isn't related to the bergamot fruit in any way; rather, it comes from a flowering perennial herb that's part of the Lamiaceae (mint) family. The essential oil is steam-distilled from the leaves and stems of the *Mentha citrata* plant.

Sometimes called orange mint, Bergamot Mint essential oil has a slight citrusy twist to an otherwise soft, minty, almost floral aroma. The two main chemical constituents in Bergamot Mint are linalool and linalyl acetate. This is why the aroma of Bergamot Mint can be useful for creating a restorative atmosphere.



Chemical Components:

Linalool

Linalyl Acetate



How to Use Bergamot Mint

This unique essential oil provides the comfort and refreshment you need at the end of a long day. Here are a few ways to incorporate Bergamot Mint into your nightly routine to create an environment that encourages rest.

- As you get ready for bed, combine with lotion, soap, or other personal care products to enjoy the aroma on your skin throughout the evening.
- Place a few drops in your diffuser to help create a comforting environment.
- Add a few drops to your nightly bath or use as part of a relaxing massage.
- If you shower at night, consider combing a drop or two into your hair to carry the scent with you as you sleep.

Adaptiv[®] Calming Blend

Inhale, Exhale, Adapt

When the daily twists and turns of life leave you feeling overwhelmed, all you can do is adapt to your environment, seeking balance and comfort again. But adapting is easier said than done.

With this in mind, dōTERRA created Adaptiv Calming Blend. You can diffuse or inhale it, taking yourself from a restless, indecisive, or overwhelming environment to one of calm, harmony, and control. If the stresses of the day are getting to you, it can be tough to feel peaceful enough to let go. Put worry to bed and use the Adaptiv Calming Blend to create a calm and comforting environment.

What's in Adaptiv?

Adaptiv contains Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Rosemary, and Copaiba essential oils.

Lavender is a queen among essential oils when it comes to helping create a calm, relaxing atmosphere.

Magnolia's aroma is intoxicatingly sweet and soft. It has the same primary chemical constituent as Lavender—linalool—which is incredibly soothing.

From the blossoms of the Seville orange tree, Neroli provides a citrusy and uplifting scent.

Wild Orange is known to many because of its positive, energizing aroma.

Invigorating and refreshing, Spearmint is particularly sweet among mint oils and promotes a positive environment.

Rosemary's energizing, herbaceous scent is often used in aromatherapy.

Copaiba can help bring about a calm, relaxing environment.



—
Lavender

Magnolia

Neroli

Wild Orange

Spearmint

Rosemary

Copaiba



How to Use Adaptiv®

No matter what your day's been like, when you need to take a deep breath and carry on, Adaptiv is there to support you. You can use it aromatically and topically in a variety of ways. These suggested uses are only the beginning. You'll find Adaptiv is a versatile and powerful oil blend that's easy to incorporate into your nighttime routine.

- Place a drop in your palm, cup your hands over your nose, and inhale deeply.
- Add a few drops to Epsom salts as part of a warm evening bath.
- Diffuse in the bedroom to set a peaceful tone as you get ready for sleep.



dōTERRA Peace® Touch

Peace in Your Pocket

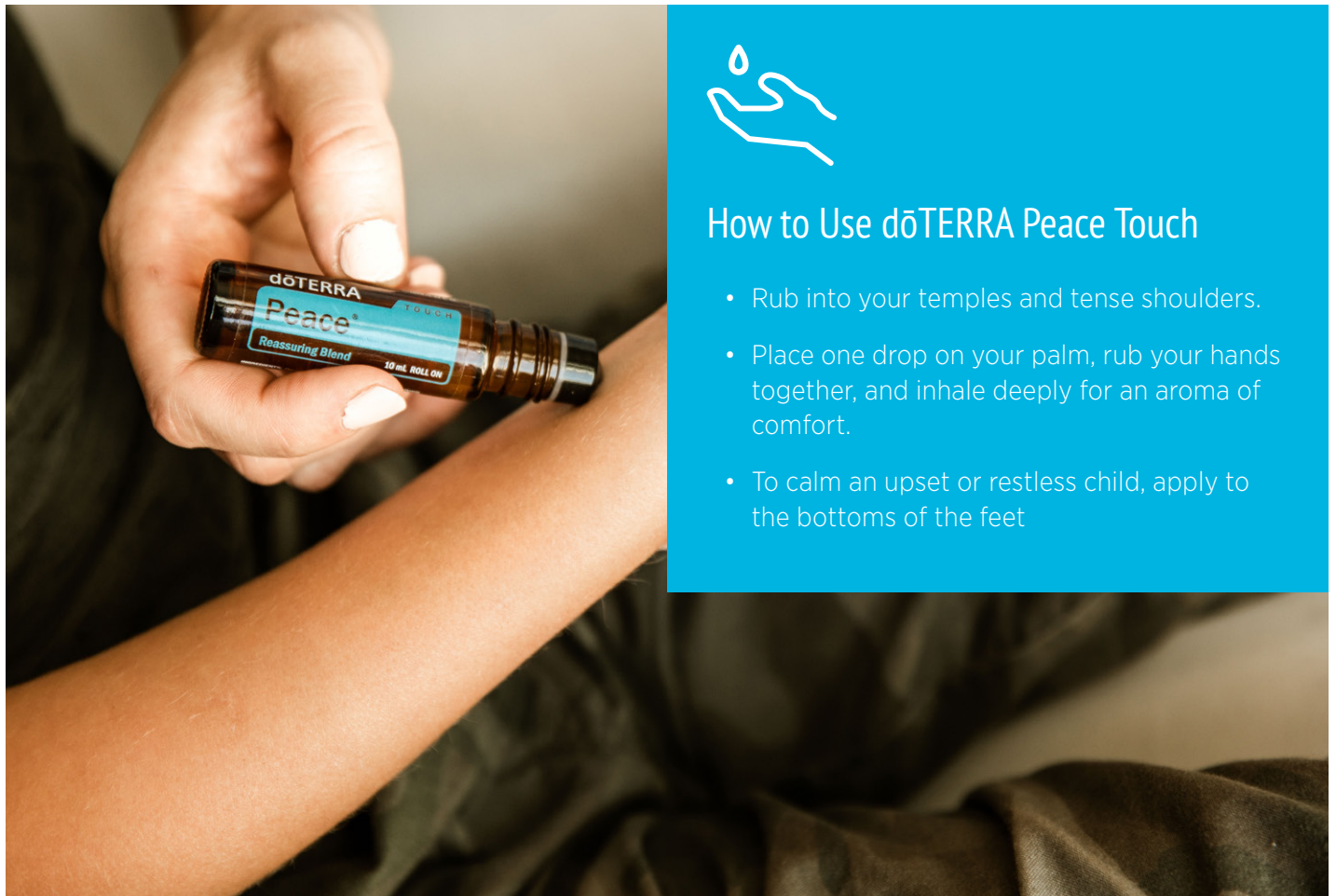
Wanting a sense of peace at bedtime? With dōTERRA Peace Touch, you can create a peaceful environment before going to bed. This lovely oil blend of floral and mint oils is the perfect reminder to slow down, take a deep breath, and put all the day's events behind you. When you're ready to create an atmosphere of reassurance and contentment, all it takes is a few rolls.

What's in dōTERRA Peace Touch?

With powerful mint oils and luxurious floral oils, it's no wonder dōTERRA Peace Reassuring Blend has become a favorite in the dōTERRA family. Like all dōTERRA Touch® products, dōTERRA Peace Touch comes prediluted with Fractionated Coconut Oil, so you know it'll be gentle on the skin.



-
- Vetiver
- Lavender
- Ylang Ylang
- Frankincense
- Clary Sage
- Marjoram
- Labdanum
- Spearmint



How to Use dōTERRA Peace Touch

- Rub into your temples and tense shoulders.
- Place one drop on your palm, rub your hands together, and inhale deeply for an aroma of comfort.
- To calm an upset or restless child, apply to the bottoms of the feet

dōTERRA Balance® Touch

Tranquility in a Bottle

dōTERRA Balance, a dōTERRA favorite, is tranquility in a bottle. Known as the Grounding Blend, dōTERRA Balance offers support by encouraging a calm and centered environment. It creates a space of relaxation that's perfect for rest. Because it comes prediluted in Fractionated Coconut Oil, you can easily use dōTERRA Balance Touch when you want to experience grounding benefits in a hurry. .

What's in dōTERRA Balance Touch?

Many of the essential oils and plant extracts in dōTERRA Balance have been used for thousands of years because of their impressive benefits. This oil blend includes Frankincense, Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Osmanthus.

Frankincense promotes a state of peaceful contentment. Used in religious ceremonies around the world in the past and present, it encourages a relaxing environment and strong sense of connection.

Spruce is renowned for its grounding properties. Its fresh, woody aroma can be used aromatically.

Ho Wood's gentle aroma cultivates an atmosphere of harmony and calm. Like other tree oils, Ho Wood provides a powerful grounding aroma.

Blue Tansy is distilled from the Moroccan tansy—a fragrant flowering plant in the daisy family. It offers a soft, sweet, and fruity aroma.

Osmanthus eases and soothes away stressful environments.

Blue Chamomile (also known as German Chamomile) rounds out this oil blend. Blue Chamomile is known to bring a calming aroma to frustrating situations.



—
Frankincense

Spruce

Ho Wood Oil

Blue Tansy

Blue Chamomile

Osmanthus



How to Use dōTERRA Balance Touch

With these beautiful benefits in mind, let's see how to use dōTERRA Balance Touch in your nightly routine. The warm, sweet, and woody aroma of dōTERRA Balance makes it perfect for setting the right tone for the night. When you've had a long, stressful day, dōTERRA Balance Touch can create a grounding environment—no need to end the day on a stressful note. Here are a few ideas to get you started.

- Massage one to two drops onto the bottoms of your feet at bedtime, and then do a quiet activity like reading or journaling.
- Roll on your neck, shoulders, back, legs, or feet and enjoy the grounding aroma as you wind down for the night.
- After a warm bath, apply to your temples, breathing in the aroma as you prepare for bed.

dōTERRA Serenity® Linen Mist

A Dream Come True

You'll fall in love with dōTERRA Serenity Linen Mist the moment your head hits the pillow. It contains dōTERRA Serenity Restful Blend—a proprietary blend of Lavender, Roman Chamomile, Ylang Ylang, Vetiver, Ho Wood, Sandalwood (Hawaiian), Marjoram, and Cedarwood essential oils, along with Vanilla Absolute. Together, these natural gifts of the earth create a relaxing aroma that's a perfect complement to your bedtime routine.

What's in dōTERRA Serenity Linen Mist?

dōTERRA Serenity is designed to support a tranquil atmosphere. This bestselling oil blend combines wood and floral oils that are renowned for promoting a restful environment. Nine key ingredients contribute its these qualities:

The fresh, flowery aroma of Lavender has been used since antiquity for its calming aroma.

Roman Chamomile is comforting and calming. It's revered for its ability to create a calm, relaxing, and quiet atmosphere.

Ylang Ylang is distilled from the fragrant flowers of a tropical tree that's native to the Philippines. Research into its benefits began in the early twentieth century, when French chemists noticed the essential oil's beneficial properties.

The rich, earthy scent of Vetiver makes it one of the most grounding essential oil aromas.

Ho Wood provides a calming aroma, thanks largely to its high concentration of linalool.

Sandalwood (Hawaiian) provides a woody, earthy, and relaxing aroma.

Marjoram—which is actually an herb oil—is incredibly soothing to the skin.

Cedarwood is high in cedrol, which has been studied extensively for its soothing and calming aroma.

Vanilla Bean Absolute is distinctly sweet and helps round out the oil blend, bringing all the scents together.



—
Lavender

Roman Chamomile

Ylang Ylang

Ho Wood

Hawaiian
Sandalwood

Marjoram

Cedarwood

Vanilla Absolute



How to Use dōTERRA Serenity® Linen Mist

This mist provides an easy, mess-free way to access the benefits of dōTERRA Serenity. Just spritz and you're done! Whether you're spraying it in the linen closet to keep your sheets smelling soft and fresh or misting it on your bedding before going to sleep, dōTERRA Serenity Linen Mist helps create a restful environment wherever it's used.

Each evening before bed, spritz dōTERRA Serenity Linen Mist on your sheets and pillows for a fresh, relaxing aroma.





Mini dōTERRA Serenity™ Calming Bath Oil

The Bath of Your Dreams

Treat yourself and your skin with our beautiful dōTERRA Serenity Calming Bath Oil. Its relaxing scent will help set the right tone when diffused, and the natural ingredients will hydrate and nourish your skin. Simply pour it in warm running water and let yourself unwind. relaxing essential oils, and then soak in the natural benefits.



—
dōTERRA
Serenity®
Essential Oil

Shea Butter

Kukui Oil

Avocado Oil

Sunflower
Seed Oil

Say Goodnight to Sleepless Nights

With the Sleep Wellness Program, you have everything you need to build the bedtime routine of your dreams. Though it can seem daunting—nigh impossible, even—to get a restful night of sleep when you have small children, a busy schedule, or a lot on your mind, it is possible to get the rest you need and deserve. By creating the optimal environment for sleep, you can enjoy quality, consistent rest, which will help you feel better during your waking hours.

The key is to find what works for you. What helps you relax at the end of a long day? A Lavender bath? Maybe you don't have time for a bath, but you can try five minutes of peaceful meditation while you diffuse a favorite oil blend like dōTERRA Balance®. Or maybe you find a drop of dōTERRA Serenity® on your pillow turns your bedroom into the haven you need at the end of a stressful day.

When you use the right essential oils, you transform any room into the ideal space for rest and help your family do the same. With some of the best dōTERRA products at your disposal, you can create the nightly routine you've always dreamed of and finally get the rest you need and deserve.*



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