

# SUPPORT ESSENTIALS

USING ESSENTIAL OILS IN YOUR NEURODIVERSE HOME



## AromaTouch

*Massage Blend*

### SUPPORT CATEGORIES:

(See Key at Bottom of Page)



*Available in a 15ml  
bottle with dripolator*

**INGREDIENTS:** *Cypress Leaf, Peppermint Plant, Marjoram Leaf, Basil Leaf, Grapefruit Peel, Lavender Flower essential oils.*

**AROMATIC DESCRIPTION:** *Clean, fresh, minty, powdery*

AromaTouch®, dōTERRA's proprietary massage blend, combines the unique benefits of oils known to provide relaxing and comforting effects. Among its primary benefits is its ability to comfort, soothe and relax, while also being invigorating.

- Apply to the neck or shoulders with a carrier oil to promote feelings of relaxation or comfort.
- Add to home-made bath bombs or bath salts and use weekly in the bath.
- Diffuse while children are completing homework to help with grounding and focus.

## THE ESSENTIAL OIL SUPPORT CATEGORIES FOR NEURODIVERSITY

**C** CALMING &  
GROUNDING

**R** REST &  
RELAXATION

**M** MOOD  
MANAGEMENT

**F** STAYING  
FOCUSED