Home > Oil Blog > 50 doTERRA Breathe Reviews and Testimonials

50 doTERRA Breathe Reviews and Testimonials

Posted on **April 10, 2020**

What is doTERRA Breathe?

The doTERRA Breathe Respiratory Blend is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Lime and **Marjoram**.

doTERRA Breathe maintains feelings of **clear airways and easy breathing** while minimizing the effects of seasonal illness.

doTERRA Breathe can be applied topically to the chest, back, or bottom of feet, or diffused at nighttime to calm the mind and promote a restful sleep. It comes in four varieties:

- 15 ml bottle
- Vegetable capsules
- Vegetable Oil Gel
- Vapor Stick

Primary Benefits

- Maintains feelings of clear airways and easy breathing
- Promotes a restful nights sleep
- Helps minimize the effects of seasonal illness

50 doTERRA Breathe Reviews and Testimonials

Over the years, many people have shared their personal experiences and testimonials of the doTERRA Breathe blend. Here are a few of the most helpful and inspiring testimonials we've gathered from our many users and benefits:

1. Breathe has helped my kids so much. They were unable to sleep or breathe through their nose. Vapor has helped them the most. **Jessica**
2. Breathe has been the biggest game changer for us with our allergy respiratory irritation. I get quick relief when I need it most. I have also used it on my children and it has helped very well when I diffused it for a meeting or church. Thank you for all of your hard work. **Nancy**
3. My husband (CNO) rolling the Breathe Roller Bottle on the bridge of his nose and the chest area has helped him breathe. He has been able to breathe more easily and sleep more comfortably. **Jennifer**
4. My husband is a self-employed carpenter and fisherman. This is the only one we go through around the clock. Breathe has been the absolutely best. It keeps his nasal passages open and allows him to breathe clearly and to be awake which is very physically and mentally challenging. **Brittney**
5. This has gone from one of my top seasonal oils to my friend. My husband was suffering from bronchitis and suffering from a terrible constant cough when I remembered I had Breathe. After rolling it on his chest, back and bottom of feet, he was able to sleep through the night and wanted his throat too. After using it for a few days, he finally stopped and he was able to get some sleep. They are now a couple of my medicine cabinet. **Dee**

6. Breathe helps keep my sinus infections that ambushes never heard. **Jaclyn**
7. Breathe helps me breathe when I have a cold. I put it on my chest and it helps me breathe deep, diffuse it alone when I have a head cold and run it in my room helping me to sleep. Breathe is a runner, this oil is a must-use in the cold! **Alex**
8. Breathe helps my son breathe when he has been exposed to his triggers (his allergies and cold symptoms right on). It's a must-have in our household! **Jessica**
9. My daughter (5yo) was diagnosed with reactive airline and I have tried all the catches a big pharmacy has to offer. Breathe has been the biggest game changer for us. We use it daily, diffusing Breathe at bedtime and rolling the oils on her chest, arms and legs. We rarely use inhaler during flare-ups! **Carrie**
10. I love BREATHE. I've tried things for nasty smells that people could be 'turned at' even, unknown, to me. Breathe has been my go-to for years. It smells so good, as well. **Lauren**
11. Breathe does wonders for sinus congestion. It drips in a mug of boiling water. **Jessica and Lauren Wright**
12. Breathe vapor stick works like a charm. I have both sinus congestion, asthma, and a cough that lasts for months. Breathe helps me breathe and sleep through the night. I put it on my chest and breathe at the suggestion of my acupuncturist and it worked. It worked so well I ran out of it so that I could sleep, and keep my sinuses open. If you want relief during the day, you must use it. Breathe helps me breathe when I have a cold. I put it on my chest and it helps me breathe deep, diffuse it alone when I have a head cold and run it in my room helping me to sleep. At the bottom of my feet, the chronic cough is gone! I am a non-smoker and had already gone to dentists to have my teeth cleaned and I still had a cough. I put it on my chest and it helps me breathe deep and I stopped coughing. I put it on the chest and it stopped. The cough is back. The sinuses is back and I put it on my chest and it stopped