

# dōTERRA Ascend

*Enlightening Blend 5 mL*

*Citrus, rich floral, sweet, bright*

*Aromatic description*

## PRIMARY BENEFITS

- Supports effective yoga practice.
- Try dōTERRA Ascend® to promote feelings of happiness, clarity and courage.
- Ideal to help encourage rising to achieve goals and improved performance.

## PRODUCT DESCRIPTION

Challenges and discouragement are not uncommon as you strive to accomplish goals and realise dreams. With daily practice of affirmations and uplifting yoga poses and joyful aromas, you can move past these obstacles.

Featuring Lemon, Grapefruit, Siberian Fir, Osmanthus and Melissa essential oils in a base of Fractionated Coconut Oil, dōTERRA Ascend® Enlightening Blend inspires moments of rising up and reaching for your highest.

The aromas of this blend may help support your stability as well as your freedom, endurance for your body, and help courage and happiness in your heart.

## USES

- Apply to temples, wrists and neck to promote feelings of happiness.
- Enjoy the aromatic benefits of dōTERRA Ascend® when you are challenging yourself to achieve the next level.

- Use dōTERRA Ascend® while practicing the following yoga poses: standing, arms high and standing side stretch and Half Moon.
- Can be used during yoga practice or any time during your day.

## DIRECTIONS FOR USE

**DIFFUSER use:** Apply several drops to diffusing jewellery, natural dolomite or lava diffusing rocks.

**TOPICAL USE:** Apply one to two drops to desired area.

See additional precautions below

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas. Application to the skin may increase sensitivity to sunlight. Avoid UV rays for 12 hours after applying product.

## INGREDIENTS

Lemon Peel, Grapefruit Peel, Siberian Fir, Osmanthus Flower, and Melissa Leaf essential oils in a base of Fractionated Coconut Oil

(Also, available in the Yoga Collection)



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2025 dōTERRA 022025