



**CPTG** Certified Pure Tested Grade®

**Application:** A T N

**Ingredients:** Bergamot\*, Coriander, Marjoram, Peppermint, Geranium, Basil, Rose, Jasmine essential oils in a base of Fractionated Coconut Oil, \*FCF Bergamot

**Aromatic Description:** Green, fresh, herbal, lightly flora

**dōTERRA Affirm™** | Centering Blend 5 mL

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## Primary Benefits

- + Supports effective yoga practice
- + Promotes feelings of self-acceptance, trust, and fluidity
- + Encourages harmony and calm progress

## Product Description

Consistently practicing simple yoga poses can support a sense of peace and purpose, leading to renewed resolution. dōTERRA Affirm Centering Blend can help you to remain steady and remember your own worth. Featuring Bergamot, Coriander, Marjoram, Peppermint, Jasmine absolute, and Rose essential oils in a base of Fractionated Coconut oil, this blend helps you to trust in yourself and stay open to new possibilities.

## Uses

- + Apply over heart, wrists, and back of neck to promote feelings of self-acceptance and fluidity.
- + Use dōTERRA Affirm while practicing the following yoga poses: Warrior II, Triangle, and Gate pose.
- + Use during yoga practice, meditation, or any time during your day.

## Directions for Use

**Diffusion:** Use three to four drops in the diffuser of choice.

**Topical use:** When used topically, dilute 1 drop with 5-10 drops of carrier oil to minimize skin sensitivity.

## Cautions

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