



CPTG Certified Pure Tested Grade®

Application: A | T | N

Ingredients: Lemon, Grapefruit, Siberian Fir, Osmanthus, and Melissa essential oils in a base of Fractionated Coconut Oil

Aromatic Description: Citrus, rich floral, sweet, bright

dōTERRA Arise™ | Enlightening Blend 5 mL

60207903

Primary Benefits

- + Supports effective yoga practice
- + Promotes feelings of happiness, clarity and courage
- + Encourages rising to achieve goals and improved performance

Product Description

With daily practices involving positive affirmations, uplifting yoga poses, and joyful aromas, you can move past obstacles and accomplish your personal goals. The dōTERRA Arise Enlightening Blend supports stability, endurance, and courage as you move forward to face the day's challenges. Featuring Grapefruit, Lemon, Osmanthus, Melissa, and Siberian Fir essential oils in a base of Fractionated Coconut Oil, this blend can inspire you to rise up and achieve your goals.

Uses

- + Apply to temples, wrists, and neck to promote feelings of happiness.
- + Enjoy the aromatic benefits of dōTERRA Arise when challenging yourself to achieve the next level.
- + Use dōTERRA Arise while practicing the following yoga poses: standing arms high, standing side stretch, and Half Moon.
- + 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. Avoid UV rays for 12 hours after applying product.