

Smart & Sassy™

Essential Oil Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A | T | S

Ingredients: Grapefruit Peel, Lemon Peel, Peppermint Plant, Ginger Root, and Cinnamon Bark essential oils.

Aromatic Description: Minty, spicy, herbal

PRIMARY BENEFITS

- Promote a positive mood you need during a vigorous workout, when used aromatically
- Diffuse for an energy boost

PRODUCT DESCRIPTION

Smart & Sassy™, our proprietary metabolic blend, combines powerful essential oils known to promote a positive mood and support healthy metabolism. Smart & Sassy contains Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon. Smart & Sassy™ oil has a vibrant and spicy scent that can help give you the positive mood you need during a vigorous workout, when used aromatically.

USES

- Apply to the back of thighs, abdomen and other desired areas to help reduce the appearance of cellulite.
- Apply topically to uplift mood.
- Diffuse during your workout to help uplift your mood and give you the positivity you need to keep going.

DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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 direct sunlight or UV rays for up to 12 hours after applying product.

