

SMART & SASSY®

Active Blend 15 mL

Minty, spicy, herbal

Aromatic description

PRIMARY BENEFITS

- The citrusy oils found in dōTERRA Smart & Sassy® can provide a fresh and zesty burst of flavour to water. A great companion to a balanced eating and exercise program.
- Lemon essential oil is a key component of dōTERRA Smart & Sassy®. It underpins a distinct aroma that can help uplift your outlook and stimulate your senses.
- The Peppermint properties of dōTERRA Smart & Sassy® may help clear the mind, relieve tension and help to prevent feelings of tiredness.

PRODUCT DESCRIPTION

The flavourful blend of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils in our proprietary product Smart & Sassy® Active Blend taken with water provides a fresh burst of citrus.

A great companion to a healthy eating and exercise program, its flavour and aroma are uplifting and stimulating to the senses.

USES

- Add to water or tea and drink before working out for a revitalising aroma boost.
- A great addition to your water while on a healthy eating and exercise program.

DIRECTIONS FOR USE

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

FOOD FLAVOUR USE: Dilute one drop in 120 mL of liquid.

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. In case of skin contact avoid sunlight or UV rays for up to 12 hours. Application to the skin may increase sensitivity to sunlight.

INGREDIENTS

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



Certified Pure Tested Grade

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