

dōTERRA Cheer™

Uplifting Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application:



Ingredients:

Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb

Aromatic Description: Fresh, spicy, warm

PRIMARY BENEFITS

- Promotes feelings of optimism, cheerfulness, and happiness
- Counteracts negative emotions of feeling down, blue, or low

PRODUCT DESCRIPTION

Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But, sometimes no amount of positive self-talk is enough to avoid the blues. dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down. Its sunshiny, fresh, optimistic aroma will brighten any moment of your day.

USES

- Diffuse at home, work, or school to promote a positive, uplifting environment
- Apply to a cotton ball or terra cotta plate and place in car to experience dōTERRA Cheer's energizing aroma while driving
- When feeling down, apply one drop to hands, rub together, and inhale deeply as needed throughout the day

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

