

dōTERRA

# Peace™



- ◆ Promotes feelings of peace, reassurance, and contentment
- ◆ Counteracts anxious and fearful emotions
- ◆ Diffuse at night time to promote a calming environment and restful sleep
- ◆ Diffuse or inhale before taking a test, presenting to a large group, or in times of worry or distress

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# Passion™



- ◆ Diffuse in the morning to start the day feeling energized and enthusiastic
- ◆ Apply to pulse points and heart throughout the day to feel inspired and passionate
- ◆ Diffuse at work to spark creativity, clarity, and wonder
- ◆ Ignites feelings of excitement, passion, and joy

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# Motivate™



- ◆ Apply to shirt collar before giving a speech to instill feelings of confidence
- ◆ Promotes feelings of confidence, courage, and belief
- ◆ Counteracts negative emotions of doubt, pessimism, and cynicism
- ◆ Apply to pulse points before participating in sporting events or other competitions

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# Forgive™



- ◆ Promotes feelings of contentment, relief, and patience
- ◆ Counteracts negative emotions of anger and guilt
- ◆ Diffuse when meditating to help release harboring feelings of anger and guilt
- ◆ Apply to pulse points and heart throughout the day to feel grounded and content

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# Cheer™



- ◆ Promotes feelings of optimism
- ◆ Counteracts negative emotions of feeling down, blue, or low
- ◆ Diffuse at home, work, or school to promote a positive, uplifting environment
- ◆ dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down

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# Console™



- ◆ Promotes feelings of comfort and hope
- ◆ Counteracts negative emotions of grief, sadness, and hopelessness
- ◆ Diffuse during times of loss to comfort the soul and evoke feelings of hope
- ◆ Use one or two drops in the diffuser of your choice