

Diffuser blends for
FOCUS & MOTIVATION



FOCUS

Basil 1
Lavender 1

Peppermint 3
doTERRA Balance® 2
Coriander 2

Lavender 2
Bergamot 2
Lemon 1

Spearmint 2
Peppermint 2
Basil 1



MOTIVATION

Black Pepper 1
Frankincense 2
Bergamot 1
Douglas Fir 1

Elevation 1
Lime 2
doTERRA Motivate® 2

Grapefruit 3
Lime 2
Douglas Fir 1

doTERRA Cheer® 3
Citrus Bliss® 1

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Bergamot 2
Lemon 1

Spearmint 2
Peppermint 2
Basil 1



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Elevation 1
Lime 2
doTERRA Motivate® 2

Grapefruit 3
Lime 2
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