

dōTERRA Motivate® Touch

Encouraging Blend 10 mL Roll-On

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: **A** **T** **N**

Ingredients: Fractionated Coconut Oil, Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamom, Melissa, Vanilla Absolute

Aromatic Description: Fresh, clean, minty

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Primary Benefits

- + Provides a fresh, clean aroma that complements goal setting and affirmations
- + Refreshes and nourishes skin
- + Delivers dōTERRA Motivate in a gentle, easy-to-use roll-on applicator

Description

Trying new things or developing healthy habits can be difficult or uncomfortable, causing you to doubt yourself or feel pessimistic. Positive self-talk, goal setting, and recorded progress are all effective ways to keep yourself moving forward. As you work to find the courage to take the next step, roll on dōTERRA Motivate Touch. Convenient and gentle, the roll-on essential oil blend is ideal for those with sensitive skin or children. Breathe in the refreshing, citrusy, and minty aroma of dōTERRA Motivate as you set yourself up for success and strive to make the most out of every day.

Uses

- + Roll onto your temples before a day of hard work.
- + Apply to the back of the neck before giving a speech.
- + Glide onto the pulse points before participating in sports or other competitions.

Directions

Topical use: Apply to desired area. 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 and UV rays for at least 12 hours after applying product.