

# CITRUS BLISS<sup>®</sup>

INVIGORATING BLEND 15 ML

SKU: 31020004



Certified Pure Tested Grade<sup>®</sup>

## PRIMARY BENEFITS

- CREATES AN UPLIFTING ENVIRONMENT
- ENERGISING AND REFRESHING AROMA

## PRODUCT DESCRIPTION

Citrus Bliss<sup>®</sup> Invigorating Blend merges the benefits of citrus essential oils. We combine the powerful essential oils of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla Absolute to form this unique and harmonious blend. Citrus Bliss<sup>®</sup> has citrus notes ideal for refreshing the home. It is perfect, when diluted in water to add a fresh, sweet scent whilst wiping down countertops and other surfaces.

## USES

- Diffuse for an uplifting aroma.
- Put 1 drop on your wrist and rub both wrists together for a great everyday perfume.
- Add 2-3 drops to dryer sheets to add a refreshing aroma to your laundry.
- Add to a carrier oil for a cheerful hand massage.

## DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area.  
Dilute with a carrier oil to minimise any skin sensitivity.  
See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product. Application to the skin may increase sensitivity to sunlight. If you are pregnant, nursing, or under a doctor's care, consult your physician. Possible skin sensitivity.

**INGREDIENTS:** Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Tangerine Peel, Clementine Peel essential oils and Vanilla Bean Absolute

**AROMATIC DESCRIPTION:** Citrus, sweet



## CANANGA

CANANGA ODORATA 15 ML



Certified Pure Tested Grade

### PRIMARY BENEFITS

- AROMA PROMOTES A RESTFUL ENVIRONMENT
- RELAXING AS PART OF A MASSAGE

### PRODUCT DESCRIPTION

The cananga tree is native to tropical Asia and a member of the sugar apple family. Indonesian's place cananga flowers on honeymooners' pillows to symbolise a happy life. Extracted by steam distillation, Cananga essential oil comes from its vibrant yellow flowers. The same tree provides Ylang Ylang essential oil, although Cananga has higher amounts of  $\beta$ -Caryophyllene. Cananga essential oil has a sweet, floral and rich aroma and is often used in making perfumes and aromatherapy. It is ideal for combining with a carrier oil for a relaxing massage or diffusing to create a restful environment.

### USES

- Add two to three drops in a tablespoon of carrier oil (i.e. fractionated coconut oil) to a warm Epsom salt bath to create a soothing and relaxing experience.
- Add one to two drops into your dōTERRA diffuser to help promote a relaxing and restful environment.
- Use with a carrier oil as part of a relaxing massage.

### DIRECTIONS FOR USE

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

Topical use: Dilute one drop of Cananga essential oil in two drops of a carrier oil to reduce sensitivity.

### CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN.

Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

**PLANT PART:** Flower

**EXTRACTION METHOD:** Steam distillation

**AROMATIC DESCRIPTION:** Warm, sweet, flowery and woody

**MAIN CHEMICAL COMPONENTS:**  $\beta$ -Caryophyllene, Germacrene D

