

# dōTERRA MOTIVATE™

*Encouraging Blend 5mL*

*Fresh, minty, clean*

*Aromatic description*

## PRIMARY BENEFITS

- Formulated to help promote feelings of confidence, courage and belief
- An uplifting and positive aroma, ideal to use in times when negative emotions are present.

## PRODUCT DESCRIPTION

Are you frustrated at work? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be? Then stop, reset, and restart with dōTERRA Motivate™ Encouraging Blend of mint and citrus essential oils.

dōTERRA Motivate™ with its invigorating scent may help you unleash your creative powers and find feelings of courage that comes from believing in yourself again.

Go ahead and raise the bar, you can do it!

## USES

- Apply to the bottom of feet in the morning to jump start your day.
- Diffuse dōTERRA Motivate™ when working on a project at work or studying.

- Apply to pulse points before participating in sporting events or other competitions.

## 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.** Possible skin sensitivity. If you are pregnant, nursing 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.

## INGREDIENTS

Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf Flower and Rosamary Leaf essential oils with Vanilla Bean Absolute



Certified Pure Tested Grade

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