

# dōTERRA FORGIVE®

*Renewing Blend 5mL*

*Herbaceous, fresh, woody*

*Aromatic description*

## PRIMARY BENEFITS

- Helps promote feelings of contentment, relief and patience
- A soothing and calming aroma

## PRODUCT DESCRIPTION

Are you carrying a burden that grows heavier with time? Would you be better off just letting it go and facing a future unfettered by anger and guilt?

When you are ready to move forward, this blend of tree and herb essential oils will help you discover the liberating action of forgiving, forgetting, and moving on.

Start each of your tomorrows with feelings of relief and contentment with dōTERRA Forgive® Renewing Blend.

## USES

- Diffuse when meditating to help promote calm emotions, creating a nurturing open environment.
- Apply to pulse points and heart throughout the day to help feel grounded and content.

- Have dōTERRA Forgive® on hand throughout the day for when negative emotions arise from undesirable situations.

## DIRECTIONS FOR USE

**DIFFUSION:** Use one or two drops in the diffuser of choice.

**TOPICAL USE:** Dilute one to two drops with a carrier oil then apply to desired area.

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

Spruce Leaf, Bergamot Peel, Juniper Berry Fruit, Myrrh Gum Resin, Arborvitae Wood, Nootka Tree Wood, Thyme Leaf, Citronella Herb



Certified Pure Tested Grade

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