

# RISE & SHINE

## Ritual Bundle

### BUNDLE OVERVIEW

Begin your morning with some mindful meditation or self-affirmation practices. Place one drop of dōTERRA Motivate™ in the palm of your hands and inhale deeply. Incorporate dōTERRA's Lavender Peace bar into the shower, to cleanse with natural, supportive ingredients. Ditch the chemical deodorants and instead, incorporate dōTERRA's Citrus Bloom™ deodorant every morning. Maintain mouth hygiene by brushing and rinsing twice daily, using the On Guard® toothpaste and On Guard® mouthwash.

### MORNING BUNDLE

- Spa Lavender Peace Bath Bar™
- On Guard® Mouthwash
- On Guard® Natural Cleansing Toothpaste
- Citrus Bloom™ Deodorant
- dōTERRA Motivate™ 5mL

### BUNDLE PRODUCTS

#### Spa Lavender Peace Bath Bar™

The dōTERRA® SPA Lavender Peace Bath Bar™ is a one-of-a-kind bar that provides a unique feel, lather, aroma and cleansing experience. Infused with the calming and relaxing aroma of our dōTERRA Lavender Peace™ Restful Blend, this bath bar will help transport you to a state of blissful repose. Enjoy a rich, cleansing, aromatic spa experience with dōTERRA's truly original bath bar.

- Use before a restful sleep
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

#### On Guard® Natural Cleansing Toothpaste

dōTERRA® On Guard® Cleansing Toothpaste is fluoride-free and, with regular brushing, provides the benefits of On Guard® essential oil, while cleansing teeth with gentle polishing agents. The On Guard® blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary, combined with the additional essential oils of Peppermint, Wintergreen and Myrrh provide a unique cinnamon mint flavour.

- After flossing, apply a pea-size amount of paste to moistened toothbrush. Brush gently but thoroughly, preferably after each meal and in the morning and at night, or as directed by a dentist.
- Rinse with 120mL of water or mouthwash.

#### On Guard® Mouthwash

On Guard® Mouthwash can be used every day to support oral hygiene. It is formulated to help clean teeth and gums, assist with reducing plaque. dōTERRA's proprietary essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary and Myrrh is combined with other ingredients to promote a healthy looking mouth.

- Contains Miswak extract to help freshen the breath and maintain clean teeth by assisting in removal of plaque buildup, when used after brushing
- Use morning and night after brushing teeth with On Guard® Whitening Toothpaste.

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### Citrus Bloom™ Deodorant

Deodorant infused with dōTERRA Citrus Bloom Springtime Blend features a proprietary blend of essential oils to actively protect against odour and create long-lasting freshness. CPTG essential oils of Wild Orange and Pink Grapefruit lend a bright citrus note and Lavender, Roman Chamomile, and Magnolia provide the aroma of freshly cut florals to promote confidence throughout the day

- Apply to underarms. Store at room temperature.

### dōTERRA Motivate™ - 5mL

- 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. Containing powerful essential oils to help you raise the bar such as Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf Flower and Rosemary Leaf essential oils with Vanilla Bean Absolute.
- Apply to the bottom of feet in the morning to jump start your day.
- Apply to pulse points before participating in sporting events or other competitions.

### CAUTIONS

FOLLOW THE DIRECTIONS FOR USE. 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.

### DIRECTIONS FOR USE

See Individual product information pages for information.

