

dōTERRA Anchor®

Grounding Blend 5 mL

Rich, earthy, spicy, woody

Aromatic description

PRIMARY BENEFITS

- Supports effective yoga practice
- May help Promote feelings of completeness, calmness and courage
- Try dōTERRA Anchor® to Encourage a steady foundational sense from which to move forward.

PRODUCT DESCRIPTION

Sometimes in this crazy-busy, modern world, you feel uprooted and unsure of yourself, with a mile long to-do-list and uncertain priorities. Finding balance through aromatherapy and simple yoga moves can be an excellent first step.

dōTERRA Anchor® Grounding blend evokes aromas to help bring a firm trust in yourself so you can approach your practice and life with calming strength.

Featuring Lavender, Cedarwood, Frankincense, Cinnamon, Sandalwood, Black Pepper and Patchouli essential oils in a base of Fractionated Coconut Oil, try this blend to support connection to yourself, your community, your emotional harmony and your innate wisdom.

USES

- Apply to ankles, base of spine and bottoms of feet to help promote feelings of completeness and calmness.
- Enjoy the aromatic benefits of dōTERRA Anchor® whenever you are feeling scattered or uprooted.
- The perfect yoga poses to pair with dōTERRA Anchor®'s aroma are Seated Meditation, Seated Twist and Bhu Mudra (one hand on the heart, the other on the Earth).
- Can be used during yoga practice or any time during your day.

DIRECTIONS FOR USE

DIFFUSER USE: Apply several drops to diffusing jewellery, natural dolomite or lava diffusing rocks.

TOPICAL USE: Apply one to two drops to desired area.

See additional precautions to the right.

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.

INGREDIENTS

Lavender, Cedarwood, Frankincense, Cinnamon Bark, Sandalwood, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil



dōTERRA Ascend

Enlightening Blend 5 mL

Citrus, rich floral, sweet, bright

Aromatic description

PRIMARY BENEFITS

- Supports effective yoga practice
- Try dōTERRA Ascend® to promote feelings of happiness, clarity and courage
- Ideal to help encourage rising to achieve goals and improved performance

PRODUCT DESCRIPTION

Challenges and discouragement are not uncommon as you strive to accomplish goals and realise dreams. With daily practice of affirmations and uplifting yoga poses and joyful aromas, you can move past these obstacles.

Featuring Lemon, Grapefruit, Siberian Fir, Osmanthus and Melissa essential oils in a base of Fractionated Coconut Oil, dōTERRA Ascend® Enlightening Blend inspires moments of rising up and reaching for your highest.

The aromas of this blend may help support your stability as well as your freedom, endurance for your body, and help courage and happiness in your heart.

USES

- Apply to temples, wrists and neck to promote feelings of happiness.
- Enjoy the aromatic benefits of dōTERRA Ascend® when you are challenging yourself to achieve the next level.

- Use dōTERRA Ascend® while practicing the following yoga poses: standing, arms high and standing side stretch and Half Moon.
- Can be used during yoga practice or any time during your day.

DIRECTIONS FOR USE

DIFFUSER use: Apply several drops to diffusing jewellery, natural dolomite or lava diffusing rocks.

TOPICAL USE: Apply one to two drops 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. Application to the skin may increase sensitivity to sunlight. Avoid UV rays for 12 hours after applying product.

INGREDIENTS

Lemon Peel, Grapefruit Peel, Siberian Fir, Osmanthus Flower, and Melissa Leaf essential oils in a base of Fractionated Coconut Oil



Certified Pure Tested Grade

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dōTERRA Affirm®

Centering Blend 5 mL

Green, fresh, herbal, lightly floral

Aromatic description

PRIMARY BENEFITS

- Supports effective yoga practice
- Try dōTERRA Affirm® to help a Promote feelings of self-acceptance, trust and fluidity.
- Ideal for encouraging harmony and calm progress

PRODUCT DESCRIPTION

Feeling disconnected and unable to control your circumstances? Aromatherapy and some simple centering yoga poses can create a new sense of peace and purpose, leading to a renewal of resolution.

Remembering your own worth and remaining steady in yourself is a daily practice. Featuring Bergamot, Coriander, Marjoram, Peppermint, Jasmine absolute and Rose essential oils in a base of Fractionated Coconut Oil, dōTERRA Affirm® Centering Blend helps you to trust in yourself and stay open to all possibilities.

USES

- Apply over heart, wrists, and back of neck to help promote feelings of self-acceptance and fluidity.

- Enjoy the aromatic benefits of dōTERRA Affirm® whenever you are feeling apathetic and unfocused.
- Ideal yoga poses with dōTERRA Affirm®'s aroma are Warrior II, Triangle, and Gate pose.
- Can be used during yoga practice or any time during your day.

DIRECTIONS FOR USE

DIFFUSER USE: Apply several drops to diffusing jewellery, natural dolomite or lava diffusing rocks.

TOPICAL USE: Apply one to two drops to desired area.

See additional precautions to the right.

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.

INGREDIENTS

Bergamot Fruit, Coriander Seed, Marjoram Leaf, Peppermint, Geranium, Basil, Rose, Jasmine Flower essential oils in a base of Fractionated Coconut Oil

