



**CPTG** Certified Pure Tested Grade®

**Application:** A | T | S

**Ingredients:** Wild Orange, Clove, Star Anise, Lemon Myrtle, Nutmeg, Vanilla Bean, Ginger, Cinnamon, Zdravetz Herb

**Aromatic Description:** Fresh, spicy, warm

**dōTERRA Cheer®** | Essential Oil Blend 5 mL

31721713

## Product Description

Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But, sometimes no amount of positive self-talk is enough to avoid the blues. dōTERRA Cheer Essential Oil Blend of citrus and spice essential oils provides a cheerful and happy fragrance that will brighten any day.

## Uses

### Cosmetic

- + Apply to neck and wrists for an elevating aroma.
- + Place on bottoms of feet in the morning for a natural uplift.
- + Use in conjunction with a full body massage for an invigorating experience.
- + Apply to a cotton ball and place in car's AC vent for an energizing aroma while driving.

### Household

- + Diffuse to promote a positive, uplifting environment.

## Directions for Use

**Diffusion:** Use one to two drops in the diffuser of choice.

**Topical use:** When used topically, dilute 1 drop with 5-10 drops of carrier oil as needed for skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant 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.