

dōTERRA Arise™

Enlightening Blend 5 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



Ingredients: Cocos Nucifera (Coconut) Oil, Citrus Limon (Lemon) Peel Oil, Citrus Paradisi (Grapefruit) Peel Oil, Abies Sibirica Oil, Osmanthus Fragrans Flower Extract, Melissa Ocinalis Leaf Oil, Citral*, Limonene*

PRIMARY BENEFITS

- Complements an effective yoga practice by helping to open the mind and enhance the user's yoga experience when applied topically
- Apply on to skin to encourage feelings of happiness, clarity and courage
- For best results, pair with the other oils in the dōTERRA Yoga Collection

PRODUCT DESCRIPTION

Feel joyful and courageous as you tackle your goals head-on. This refreshing and enlightening essential oil blend is perfect for inspiring you to dream big and work hard. Featuring Grapefruit, Lemon, Osmanthus, Melissa and Siberian Fir essential oils in a base of Fractionated Coconut Oil, dōTERRA's Enlightening blend inspires moments of rising up and reaching for your highest goals. Enjoy the benefits of dōTERRA Arise when you are challenging yourself to achieve the next level.

USES

- Use Arise while practicing the following yoga poses: standing, arms high and standing side stretch and Half Moon
- Incorporate Arise and the entire dōTERRA Yoga Collection to enhance your yoga practice
- Apply to temples, wrists and neck to promote feelings of happiness
- Enjoy the aromatic benefits of Arise when you are challenging yourself to reach the next level

DIRECTIONS FOR USE

For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil. For topical use only.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. Consult your doctor if pregnant or in treatment. Avoid eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying.



*Naturally occurring oil compounds