

# dōTERRA Arise

Enlightening Blend 5mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

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

**Aromatic Description:** Citrus, rich floral, sweet, bright

## PRIMARY BENEFITS

- Supports effective yoga practice
- Promotes feelings of happiness, clarity and courage
- Encourages rising to achieve goals and improved performance

## PRODUCT DESCRIPTION

Challenges and discouragement are not uncommon as you strive to accomplish goals and realize dreams. With daily practice of affirmations and uplifting yoga poses and joyful aromas, you can move past these obstacles. 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. The aromas of this blend support your stability as well as your freedom, endurance for your body, and courage and happiness in your heart.

## USES

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

**Aromatic use:** Apply several drops to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical use:** Apply one to two drops to desired area. See additional precautions below.

## CAUTION

Caution: If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Keep out of reach of children. Dilute with dōTERRA Fractionated Coconut Oil to minimize skin sensitivity. Avoid UV rays for 12 hours after applying product. Store in a cool, dry place.

可引致皮膚過敏反應。請將本品放在兒童不能接觸的地方。如果懷孕或醫生照顧期間，用前請諮詢您的醫生。避免接觸眼睛，內耳和敏感部位。存放在乾燥，陰涼的地方，避免陽光直射。用產品後應避免於12小時內接觸陽光或紫外線。敏感性肌膚可先用分餾椰子油稀釋。

