



Application: A T S

Ingredients: Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf, Rosemary Leaf, Vanilla Bean Absolute

Aromatic Description: Fresh, Clean, Minty

PRIMARY BENEFITS

- Helps promote feelings of confidence, courage, and belief

PRODUCT DESCRIPTION

Stop, reset, and restart with dōTERRA Motivate Encouraging Blend of mint and citrus essential oils. dōTERRA Motivate will help you unleash your creative powers and find the courage that comes from believing in yourself again. Go ahead and raise the bar—you can do it!

USES

- Apply to the bottom of feet in the morning to jump-start your day
- Diffuse when working on a project at work or school to stay motivated.
- Apply to pulse points before participating in sporting events or other competitions.

DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

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.

