

Slim & Sassy®

Metabolic Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T I S

Ingredients: Grapefruit Peel, Lemon Peel, Peppermint Plant, Ginger Root, and Cinnamon Bark essential oils.

Aromatic Description: Minty, spicy, herbal

PRIMARY BENEFITS

- Diuretic-, stimulant-, and calorie-free

PRODUCT DESCRIPTION

Slim & Sassy, our proprietary metabolic blend, combines some powerful essential oils. Slim & Sassy has a great flavor when taken with water. Its flavor and aroma also promote a positive mood. Slim & Sassy contains Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon. When taken internally with a healthy eating and exercise plan, Slim & Sassy Metabolic Blend can be a great addition to your diet.

USES

- Add to water or tea and drink before working out for a revitalizing boost.
- Consume with water before meals.
- Add a few drops to Slim & Sassy TrimShake or V Shake.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute four drops in 4 fl. oz. of liquid.

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 you are pregnant, nursing, 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.

