

# dōTERRA Cheer®

*Uplifting Blend* 5mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

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

**Blend Ingredients:** Wild Orange Peel, Clove Bud, Star Anise Leaf, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb

## PRIMARY BENEFITS

- Cheer may promote a positive and optimistic mood
- Cheer is able to energize and uplift, in addition to helping remove negative feelings, sadness, anger, and discouragement

**dōTERRA Cheer®**  
*Uplifting Blend* 5 mL

## PRODUCT DESCRIPTION

If you are in a bad mood, try using dōTERRA Cheer blend. The refreshing and optimistic aroma dōTERRA Cheer will fill you with positive energy and will brighten up your day. This blend's refreshing and optimistic aroma will improve any moment in the course of your day.

## DIRECTIONS FOR USE

### Aromatic Use:

- Use 3-4 drops in your favorite oil diffuser.
- Add this blend to a diffuser at home or at work.
- It's possible to use this blend while travelling so as to enjoy the energizing aroma in your car. Pour 1 drop onto a cottonball and leave it in your vehicle.
- Pour 1 drop on the palms of your hands, then rub them together, and then breathe the fragrance deeply in throughout the day as needed.

### Topical use:

- For topical use add 1 drop of Cheer blend to 25 ml of dōTERRA Fractionated Coconut Oil. Only use this blend on the skin's surface.

## 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 and UV rays for at least 12 hours after applying product.