



Seek feelings of confidence and courage with the dōTERRA Motivate Encouraging Blend of mint and citrus essential oils.

dōTERRA Motivate® | Encouraging Blend 5 mL

Aromatic Description: Fresh, Clean, Minty

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

Primary Benefits

- + Aroma complements affirmations of confidence, courage, and belief in oneself
- + Helps set a positive environment

Description

Are you frustrated at work? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be? Then stop, reset, and restart with dōTERRA Motivate Encouraging Blend of mint and citrus essential oils. Enjoy the aroma of dōTERRA Motivate as you work to 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.
- + Diffuse when working on a project at work or school to enjoy its fresh, minty aroma.
- + Apply to pulse points before participating in sporting events or other competitions.

Directions

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 at least 12 hours after applying product.