

# dōTERRA Encourage®

Essential Oil Blend 5 mL

dōTERRA®

Product Information Page



**Application:** A T S

**Ingredients:** Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamom, Melissa, Vanilla Absolute

**Aromatic Description:** Fresh, clean, minty

## Primary Benefits

- + Provides a fresh, clean aroma that complements goal setting and affirmations
- + Creates a bright, engaging atmosphere
- + Refreshes your surroundings

## Description

Learning a new skill, working on a DIY project, sticking with the exercise plan, or searching for a new career can feel scary and daunting. No matter how difficult it may be to find inspiration, just remember the hardest part of any task is getting started. dōTERRA Encourage®, the fresh combination of CPTG® Peppermint, Wild Orange, Clementine, Lemon and other pure essential oils, creates a crisp, invigorating environment that's perfect for goal setting and finding the flow to get things done. Have a clear purpose and stay focused by breaking tasks into small, achievable steps. Be persistent, stay energized, and you'll be motivated to act and realize your dreams.

## Uses

- + Diffuse when concentrating at home, at work, or in the car.
- + Apply to the pulse points before participating in sports or other competitions.
- + Add a drop to the palm of the hand, rub the hands together, and inhale deeply.

## Directions For Use

**Aromatic use:** 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.