

# dōTERRA Encourage™

Essential Oil Blend 5mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**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

- Aroma complements affirmations of confidence, courage, and belief in oneself
- Encourages positivity and motivation

## PRODUCT DESCRIPTION

We all have setbacks in our lives causing us to doubt ourselves or feel pessimistic. The bright aroma of dōTERRA Encourage complements affirmations of confidence and courage.

## USES

- Apply to the bottom of feet in the morning.
- Diffuse when working on a project at work or school. Fresh and minty aroma may invoke feelings of encouragement.
- 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 at least 12 hours after applying product.

