

# MetaPWR™

Essential Oil Blend 15 mL

# dōTERRA®

Product Information Page



**Application:** A | T | N

**Ingredients:** Grapefruit, Lemon, Peppermint, Ginger, Cinnamon Bark

**Aromatic Description:** Citrusy, spicy, minty, sweet

## Primary Benefits

- + Promote a positive environment you need during a vigorous workout, when used aromatically
- + Creates an uplifting, stimulating environment

## Description

Developed with dōTERRA clinical researchers, MetaPWR essential oil blend is a proprietary balanced ratio of CPTG® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. The citrusy, spicy, and minty aroma of MetaPWR creates a stimulating, uplifting environment. MetaPWR essential oil blend is created to promote a positive atmosphere and support healthy lifestyles too.

## Uses

- + Diffuse or place a few drops on your hands, cup them over the nose, and inhale deeply to create a stimulating environment that's ideal for exercise.
- + Add drops to a carrier oil or lotion during an uplifting massage.

## Directions

**Aromatic use:** Add four drops to the diffuser of your choice.

**Topical use:** Apply one to two drops to the 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 and UV rays for at least 12 hours after applying product.