

dōTERRA Arise®

Enlightening Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T N

Ingredients: Lemon Peel, Grapefruit Peel, Siberian Fir, Osmanthus Flower, and Melissa Leaf essential oils in a base of Fractionated Coconut Oil

Aromatic Description: Citrus, rich floral, sweet, bright

PRIMARY BENEFITS

- Complements an effective yoga practice
- Use to set intentions of happiness, clarity, and courage
- Promotes an uplifting environment for intentions of high-reaching goals and self-improvement

PRODUCT DESCRIPTION

Challenges and discouragement are not uncommon as you strive to accomplish goals and realize dreams. With daily practice of affirmations and uplifting yoga poses and joyful aromas, you can move past these obstacles. Featuring Grapefruit, Lemon, Osmanthus, Melissa and Siberian Fir essential oils in a base of Fractionated Coconut Oil, dōTERRA's Arise blend inspires moments of reaching your highest potential. The aromas of this blend are bright and sweet. Diffuse it with thoughts that support your stability as well as your freedom, endurance for your body, and courage and happiness in your heart.

USES

- Apply to temples, wrists, and neck.
- Enjoy the aromatic benefits of dōTERRA Arise when you are challenging yourself to achieve the next level.
- Use Arise while practicing the following yoga poses: standing, arms high and standing side stretch, and Half Moon.
- Can be used during yoga practice or any time during your day.

DIRECTIONS FOR USE

For massage, mix 5 drops with 10mL carrier oil. For bath, mix 5 drops with 5mL carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil and apply to skin.

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.

