

dōTERRA Cheer[®]

Uplifting Blend 5mL

dōTERRA[®]

PRODUCT INFORMATION PAGE



Application: A T S

Ingredients: Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb

Aromatic Description: Fresh, spicy, warm

PRIMARY BENEFITS

- Promotes feelings of optimism, cheerfulness, and happiness
- Counteracts negative emotions of feeling down, blue, or low

PRODUCT DESCRIPTION

Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But, sometimes no amount of positive self-talk is enough to avoid the blues. dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down. Its sunshiny, fresh, optimistic aroma will brighten any moment of your day.

USES

- Diffuse at home, work, or school to promote a positive, uplifting environment.
- Apply to a cotton ball or terra cotta plate and place in car to experience dōTERRA Cheer's energizing aroma while driving.
- When feeling down, apply one drop to hands, rub together, and inhale deeply as needed throughout the day.

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 direct sunlight or UV rays for up to 12 hours after applying product.

