

# dōTERRA Sunrise®

Invigorating Blend 15 mL

dōTERRA®

Product Information Page



**Application:** A | T | N

**Ingredients:** Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Lime Peel essential oils, Litsea Fruit, Tonka Bean and Vanilla Fruit Absolute.

**Aromatic Description:** Citrus, sweet

## Primary Benefits

- + Cleanses and purifies the air
- + Aroma helps reduce stress and uplifts mood
- + Creates a positive environment with energizing and refreshing properties

## Description

dōTERRA Sunrise Invigorating Blend merges the benefits of citrus essential oils. We combine the powerful essences of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Lime, Litsea and Tonka Bean with a hint of Vanilla Absolute to form this unique and harmonious blend. dōTERRA Sunrise has natural, potent compounds with cleansing properties. Mixed with water, dōTERRA Sunrise is a perfect solution for wiping down countertops and other surfaces while producing a fresh, sweet scent.

## Uses

- + Diffuse for an aroma that helps lift mood
- + Put 1 drop on your wrist and rub both wrists together for a great everyday perfume.
- + Add 2–3 drops to dryer sheets to add a refreshing aroma to your laundry.
- + Add to a carrier oil for a cheerful hand massage. Use in an office or car diffuser to refresh your space.

## Directions

**Aromatic use:** Use three to four 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 you are pregnant, nursing, 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.