

# Elation

Joyful Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

**Ingredients:** Lavandin Flower, Tangerine Peel, Lavender Flower, Amyris Bark, Clary Sage Flower/Leaf, Hawaiian Sandalwood Wood, Ylang Ylang Flower, Ho Wood Leaf, Osmanthus Flower, Lemon Myrtle Leaf, Melissa Flower/Leaf

**Aromatic Description:** Floral, sweet, citrus

## PRIMARY BENEFITS

- Elevates mood and increases vitality
- Energizing and refreshing aroma
- Promotes a revitalizing environment

## PRODUCT DESCRIPTION

Elation is the perfect blend for those moments when you need to be revitalized. This exciting blend provides an invigorating combination of essential oils that can elevate your mood and increase your energy. Elation combines the uplifting and euphoric floral scents of Lavandin, Lavender, Melissa, Ylang Ylang, and Osmanthus with Tangerine, Amyris, Clary Sage, Hawaiian Sandalwood, Ho Wood, and Lemon Myrtle to create a unique blend that promotes a positive mood and feelings of confidence.

## USES

- Diffuse Elation to promote feelings of self-worth while also helping to lessen restless feelings.
- Diffuse Elation in the mornings before waking kids to create a positive and energized mood.
- Rub Elation essential oil over your heart, temples, or wrists to elevate mood and promote vitality.
- After a long, stressful day, add to a bath for a restful, uplifting experience.

## DIRECTIONS FOR USE

**Diffusion:** 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.

