

# dōTERRA Motivate®

Encouraging Blend 5mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T S

**Ingredients:** Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf Flower, Rosemary Leaf, Vanilla Bean Absolute

**Aromatic Description:** Fresh, Clean, Minty

## PRIMARY BENEFITS

- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism

## PRODUCT DESCRIPTION

Are you frustrated at work? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be? Then stop, reset, and restart with dōTERRA Motivate Encouraging Blend of mint and citrus essential oils. dōTERRA Motivate will help you unleash your creative powers and find the courage that comes from believing in yourself again. Go ahead and raise the bar—you can do it!

## USES

- Apply to shirt collar before giving a speech to instill feelings of confidence.
- Diffuse when working on a project at work or school to stay motivated.
- Apply to pulse points before participating in sporting events or other competitions.

## 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.

