

Arise

Enlightening Blend 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A | T | N

Ingredient Information: Fractionated Coconut Oil, Lemon, Grapefruit, Siberian Fir, Osmanthus, Melissa Leaf

Aromatic Description: Citrus, rich floral, sweet

Arise | Enlightening Blend 5 mL

60203247

Also Available in Yoga Collection

60203244

Primary Benefits

- + Complements an effective yoga practice
- + Promotes an uplifting environment for goal-reaching and self-improvement

Description

Uplift your day with Arise Enlightening Blend. CPTG® Lemon, Grapefruit, Siberian Fir, Osmanthus, and Melissa essential oils, in a base of Fractionated Coconut Oil, combine for a bright, uplifting aroma ideal for yoga or meditation. Apply topically or to diffusing jewelry as part of an effective routine to set positive intentions which promote a sense of happiness and courage. Arise may be purchased individually or as part of the dōTERRA Yoga Collection.

Uses

- + Apply to temples, wrists, and neck.
- + Pair with Mountain, Crescent Moon, and Half Moon yoga poses.
- + Use during yoga practice or any time during your day.

Directions

Aromatic use: Apply 2-3 drops to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical use: Apply 1-2 drops to desired area. 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 sunlight and UV rays for at least 12 hours after applying product.