

Arise

Enlightening Blend 5 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: **A** **T** **N**

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

Aromatic Description: Citrus, rich floral, sweet, bright

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60203247

Also Available in Yoga Collection

60203244

Primary Benefits

- + Complements an effective yoga practice
- + Promotes an uplifting environment for intentions of high-reaching goals and self-improvement

Description

Uplift your day with Arise Enlightening Blend. A proprietary blend of CPTG® Lemon, Grapefruit, Siberian Fir, Osmanthus, and Melissa essential oils. in Fractionated Coconut Oil, this blend is ideal for yoga or meditation and can be applied topically or applied to diffusing jewelry as part of an effective routine to set positive intentions and promote a sense of happiness and courage. Ideal for yoga or meditation, Arise may be purchased individually or as part of the dōTERRA Yoga Collection.

Uses

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

Directions

Aromatic use: Apply several drops to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical use: Apply one to two 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.