

dōTERRA Forgive®

Renewing Blend 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A | T | S

Ingredients: Spruce, Bergamot, Juniper Berry, Distilled Lemon, Myrrh, Arborvitae, Nootka, Thyme, Citronella

Aromatic Description: Herbaceous, fresh, woody

PRIMARY BENEFITS

- Inspires a grounded atmosphere
- Complements affirmations of contentment, relief, and patience

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PRODUCT DESCRIPTION

The process of forgiveness can be hard and sometimes it can take a long time. Forgiving yourself can be even more difficult. If you've been carrying a burden for a while, today might be the day for you to start letting go of the hurt and anger. When you're ready to move forward, dōTERRA Forgive Renewing Blend can serve as your reminder to discover the liberating action of forgiving, forgetting, and moving on. Forgive has a refreshing, woody, and herbaceous aroma with a proprietary combination of CPTG® essential oils including Spruce, Bergamot, Juniper Berry, and Myrrh. Diffuse or use on your pulse points to create an inspiring and grounding atmosphere while journaling, meditating, or reciting affirmations of patience, peace, joy, and contentment.

USES

- Diffuse when meditating as you work to release harbored feelings of anger and guilt.
- Apply to pulse points and heart throughout the day for a grounding aroma.
- Keep on hand throughout the day.

DIRECTIONS FOR USE

Aromatic use: Use one to two drops in the diffuser of choice.

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. 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 sunlight and UV rays for at least 12 hours after applying product.