

# dōTERRA Motivate®

Encouraging Blend 5 mL

dōTERRA®

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** A | T | S

**Ingredients:** Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamom, Melissa, Vanilla Absolute

**Aromatic Description:** Fresh, clean, minty

**dōTERRA Motivate®** | Encouraging Blend 5 mL

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## Primary Benefits

- + Provides a fresh, clean aroma that complements goal setting and affirmations
- + Creates a bright, engaging atmosphere
- + Refreshes your surroundings

## Description

Learning a new skill, working on a DIY project, sticking with the exercise plan, or searching for a new career can feel scary and daunting. No matter how difficult it may be to find inspiration, just remember the hardest part of any task is getting started. dōTERRA Motivate Encouraging Blend, the fresh combination of CPTG® Peppermint, Wild Orange, Clementine, Lemon and other pure essential oils, creates a crisp, invigorating environment that's perfect for goal setting and finding the flow to get things done. Have a clear purpose and stay focused by breaking tasks into small, achievable steps. Be persistent, stay energized, and you'll be motivated to act and realize your dreams.

## Uses

- + Diffuse when concentrating at home, at work, or in the car.
- + Apply to the pulse points before participating in sports or other competitions.
- + Add a drop to the palm of the hand, rub the hands together, and inhale deeply.

## Directions For Use

**Aromatic use:** 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 sunlight or UV rays for at least 12 hours after applying product.