

# SUPPORT ESSENTIALS

USING ESSENTIAL OILS IN YOUR NEURODIVERSE HOME



## Citrus Bliss

*Invigorating Blend*

### SUPPORT CATEGORIES:

(See Key at Bottom of Page)



*Available in a 15ml  
bottle with dripolator*

**INGREDIENTS:** *Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Tangerine Peel, Clementine Peel essential oils and Vanilla Bean Absolute.*

**AROMATIC DESCRIPTION:** *Citrus, sweet*

doTERRA's Citrus Bliss *Invigorating Blend* is a unique and harmonious blend that merges the benefits of citrus essential oils. Its energising and refreshing aroma can uplift mood, reduce stress, and keep you invigorated while you are focussing on the task at hand.

- Diffuse to help promote an uplifted feeling.
- Add 2–3 drops to a dry washer and add it to your dryer with the washing to add a refreshing aroma to your laundry.
- Apply diluted with a carrier oil to your wrist and rub both wrists together for a great everyday perfume.

## THE ESSENTIAL OIL SUPPORT CATEGORIES FOR NEURODIVERSITY



CALMING &  
GROUNDING



REST &  
RELAXATION



MOOD  
MANAGEMENT



STAYING  
FOCUSED