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# TOP 10 USES FOR MOTIVATE<sup>®</sup> OIL

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- 1. Energy:** Add 1-2 drops to water or veggie capsule. Take 2-3 times a day for several days. And/or apply to the middle of the bottom of the feet.
- 2. Digestion Support:** Add 1-2 drops to water or veggie capsule. Take 2-3 times a day for several days. And/or apply to the middle of the bottom of the feet.
- 3. Respiratory Support:** Inhale 1 drop from cupped hands to open up airways and allow oxygen into your lungs again. Diffuse Motivate in your cold water diffuser.
- 4. Boosting Confidence, Courage Or Motivation:** Diffuse, smell from cupped hands and apply slightly diluted to tummy.
- 5. Clearing Confusion & Overwhelmed:** Apply to the temples. Diffuse. Add 1-2 drops to water or veggie capsule. Take 2-3 times a day for several days. And/or apply to the middle of the bottom of the feet.
- 6. Lift Out of Darkness:** Diffuse, smell from cupped hands and apply slightly diluted to tummy. Apply on big toes.
- 7. Encouraging Action:** Diffuse, smell from cupped hands and apply slightly diluted to tummy.
- 8. Addiction to Abuse/Drama:** Diffuse, smell from cupped hands and apply slightly diluted to tummy.
- 9. Realigning With Your Life's Purpose:** Diffuse, smell from cupped hands and apply slightly diluted to tummy. Apply to the middle of the bottom of the feet.
- 10. Awaken Soul:** Diffuse, smell from cupped hands and apply slightly diluted to tummy. Apply to the middle of the bottom of the feet.

**>>I can create my happiness**

Rosemary Leaf/Flower



Yuzu Peel



Melissa Flower/Leaf



Clementine Peel



Basil



Vanilla Bean Absolute



Peppermint



Coriander Seed



\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

