



Winter


WELLNESS CLEARANCE

NOURISH · SELF CARE



25% off
SELECTED ITEMS

dōTERRA
AUSTRALIA & NEW ZEALAND



The dark mornings and grey days of Winter can take the spring out of your step. Be proactive about your health and wellness, so you can get through the sniffle season looking and feeling better than ever.

Turn your focus to nourishment and self-care by taking advantage of this rejuvenating, limited time offer.

For the entire month of June, we're offering big discounts on wellbeing-inspired essential oils and replenishing natural body products to supercharge your Winter Wellness routine and bring little bursts of sunshine back to your day.

“Breathe. Let go

And remind yourself that this very moment is the only one you know you have for sure.”

Oprah Winfrey

Offer available until 30 June 2021 or while stocks last.

<p>Create a nourishing meal</p> 	<p>Start your day with a green smoothie</p> 	<p>Acknowledge 3 things for which you are grateful</p> 	<p>Take time out to meditate or practice yoga</p> 	<p>Give yourself some pamper time</p> 
<p>Start/finish your day by making journal entries</p> 	<h2>Winter Wellness Bingo</h2> <p>Take time out to care for yourself, whether it be nourishment for the body, soul or spirit and see how many suggested activities you can achieve this month.</p>			<p>Spend time in the garden</p> 
<p>Send a thank you letter or card to someone</p> 				<p>Try something new</p> 
<p>Share a positive affirmation out loud with yourself</p> 				<p>Do something for someone else</p> 
<p>Admire something beautiful</p> 	<p>Grant yourself some time to be creative</p> 	<p>Give yourself/a loved one a hand massage</p> 	<p>Perform work tasks with intention</p> 	<p>Exercise while being present in the moment</p> 



Forest Stroll

- ■
■
■ Black Spruce
- ■ Douglas Fir
- Peppermint



Nourish

As the raindrops tickle our eaves, it's the perfect excuse to work behind a warm oven, slowly cooking, preparing and trialling the recipes we've been secretly coveting all year. Our bodies crave rich, warming foods throughout the colder months. Enhance these nourishing comfort foods with the flavour and complexity of these pure essential oils, selected to encourage health and nourishment this Winter. Discounts available for a limited time and while stocks last.





Limited Time Offer

Caraway essential oil 5mL

SKU 60212721

AU \$21.00 • SAVE \$7.00 • PV 15.75

NZ \$22.50 • SAVE \$7.50 • PV 15.75



Pink Pepper essential oil 5mL

SKU 60208002

AU \$18.56 • SAVE \$6.19 • PV 14.06

NZ \$19.69 • SAVE \$6.56 • PV 13.50



Celery Seed essential oil 15mL

SKU 60210088

AU \$39.75 • SAVE \$13.25 • PV 25.50

NZ \$42.75 • SAVE \$14.25 • PV 30.00



Limited Time Offer

Star Anise essential oil 5mL

SKU 60206575

AU \$9.75 • SAVE \$3.25 • PV 7.50

NZ \$10.50 • SAVE \$3.50 • PV 7.50



Limited Time Offer

Dill essential oil 5mL

SKU 60203335

AU \$15.75 • SAVE \$5.25 • PV 12.00

NZ \$16.50 • SAVE \$5.50 • PV 11.25

Nourish



Limited Time Offer

Nourish Kit

contains essential oils

Red Mandarin 5mL

Kumquat 5mL

Dill 5mL

Star Anise 5mL

SKU 60211747

AU \$26.50 • SAVE \$26.50 • PV 19.00

NZ \$28.50 • SAVE \$28.50 • PV 18.50



Festive Spirit

💧💧 Holiday Joy

💧💧 Douglas Fir

💧💧 Siberian Fir

When it's time to curl up on the couch, when you don't feel like slaving away in the kitchen to create a nourishing meal – we have some recipes that could be the answer!



Spiced Carrot Soup

Serves 4

Ingredients

2 tbsp coconut oil or butter
6 large carrots diced or grated
2 medium onions diced
2 cloves garlic chopped
1 medium red chilli chopped
¾ tsp sea salt
½ tsp black pepper
2 medium potatoes diced
1 tsp ground coriander
½ tsp ground cumin
800 mL vegetable or chicken stock/broth
(+ water to thin, if required)
2 drops Caraway essential oil

Instructions

In a large wide pan, melt the butter/ coconut oil (you can use a mixture) and add the carrots, onions, garlic and red chilli. Season, mix well, cover and leave to sweat gently on a low heat, until the vegetables are translucent and softened (about 15 minutes, stir occasionally).

Add the potatoes, coriander, cumin, lemon juice and stock. Stir well and bring up to the boil. Cover and simmer gently for 25-30 minutes, or longer, until the potatoes are very tender – adjust the seasonings to taste after 20 minutes.

Let the soup cool a little and blitz with a stick blender, or in batches in a food processor. Pulse for a chunky texture, or blitz until smooth.

Whisk in the caraway essential oil.

Serve with a generous sprinkle of fresh coriander, chopped parsley and swirl of cream, crème fraiche, or home made yoghurt.



Campfire Feels

- 💧💧💧 Lavender
- 💧💧 Red Mandarin
- 💧 Clary Sage

Chicken Soup



Serves 6

Ingredients

1 tbsp olive oil
1 yellow onion, diced
2 garlic cloves
1 tbsp fresh ginger, minced
5 large carrots, sliced
2 cups diced celery
1 tsp ground turmeric
½ cup lentils
500g boneless skinless chicken breast/thigh fillets
7 cups chicken or vegetable broth
Salt & pepper to taste
2 cups kale, torn into smaller pieces
Juice of one lemon
1-2 drops Celery Seed essential oil

Instructions

Heat a large Dutch oven to medium high heat.

Add olive oil and onion. Saute for 2-3 minutes, until the onions are translucent.

Add in garlic cloves, fresh ginger, carrots, celery and turmeric. Cook for 3 minutes, stirring regularly.

Add in lentils, stir to mix everything together and place the raw chicken breast on top of the vegetables. Pour in broth, season to taste.

Cover and bring to a boil. Simmer for 10-15 minutes, until chicken is no longer pink.

Once chicken is cooked, remove from the pot. Shred using a fork and add back to the pot with torn kale.

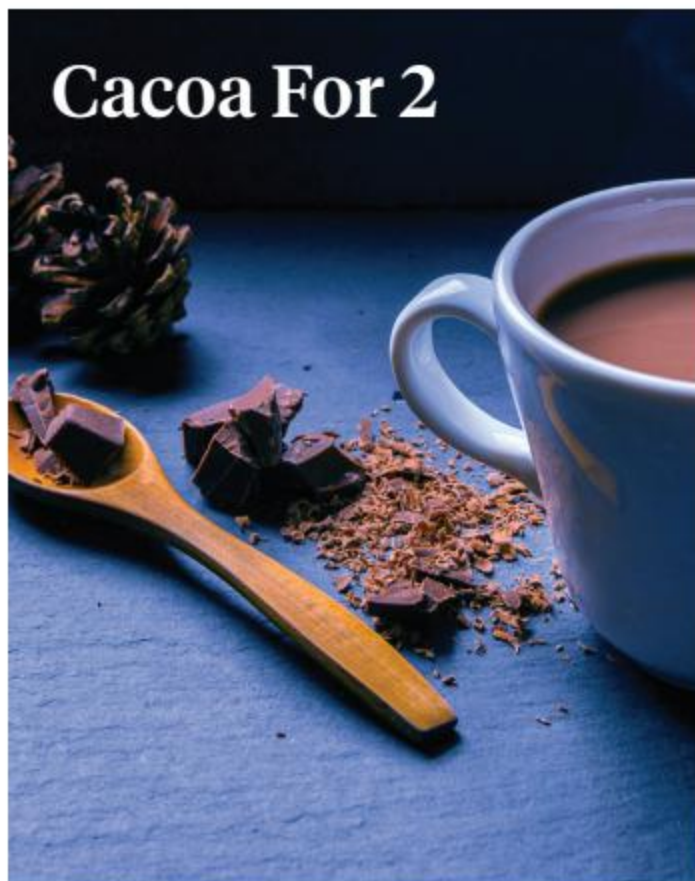
Simmer soup for another 5 minutes. Finish with juice from one lemon and celery seed essential oil.



Caraway Comfort

- 💧💧💧 Caraway
- 💧💧 Wild Orange
- 💧💧 Frankincense
- 💧 Roman Chamomile
- 💧 Star Anise

“Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: 'Thank You'”
Karen Salmansohn



Cocoa For 2

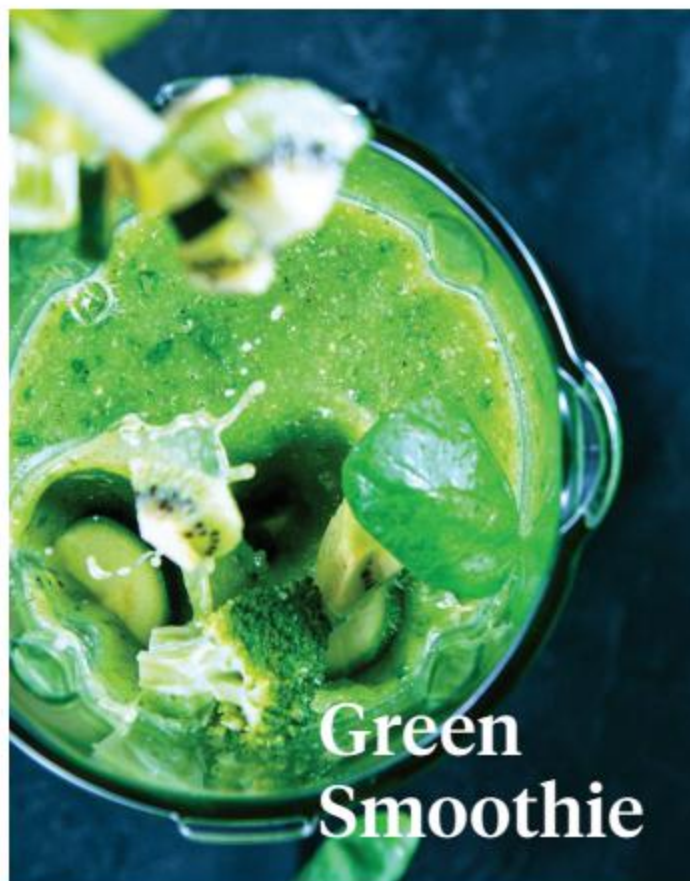
Serves 2

Ingredients

- 1 tbsp cacao powder
- Pinch of ground cinnamon
- 1 tsp maqui powder (optional)
- ½ tsp vanilla bean powder
- ½ litre milk (you can use nut/seed milk)
- 2 drops Red Mandarin essential oil
- 2 drops Kumquat essential oil
- 1 drop Star Anise essential oil

Instructions

Gently warm milk in a heavy based saucepan, then add the other ingredients.
Pour into cups to serve.
Enjoy with intention and gratitude.



Green Smoothie

Serves 2

Ingredients

- 1 ½ cup milk (your choice of nut/seed/dairy)
- 2 cups frozen spinach
- 1 frozen banana
- 1 cup fruit (mango, pineapple, strawberries, blueberries, raspberries, peaches, cherries, oranges, grapefruit)
- 1-2 drops celery seed essential oil.
- Optional add ins – Protein powder, Maca powder, Chia Seeds, Acai Berry powder, Raw Cacao nibs, nuts/seeds, cinnamon)

Instructions

Put ingredients into your blender in the order listed above.
Start blending on low speed and increase to high.
Blend on high speed for 50-60 seconds until mixture is smooth.
Pour into glasses and enjoy!
Makes 2 adult serves or 4 kid size serves.



Fireside Disco

- Cananga
- Sandalwood
- Red Mandarin

Pink Pepper Goats Cheese Spread



Makes 1 cup

Ingredients

- 200g goats cheese
- 2 tsps honey
- 1 tsp fresh thyme leaves
- 1-2 drops Pink Pepper essential oil

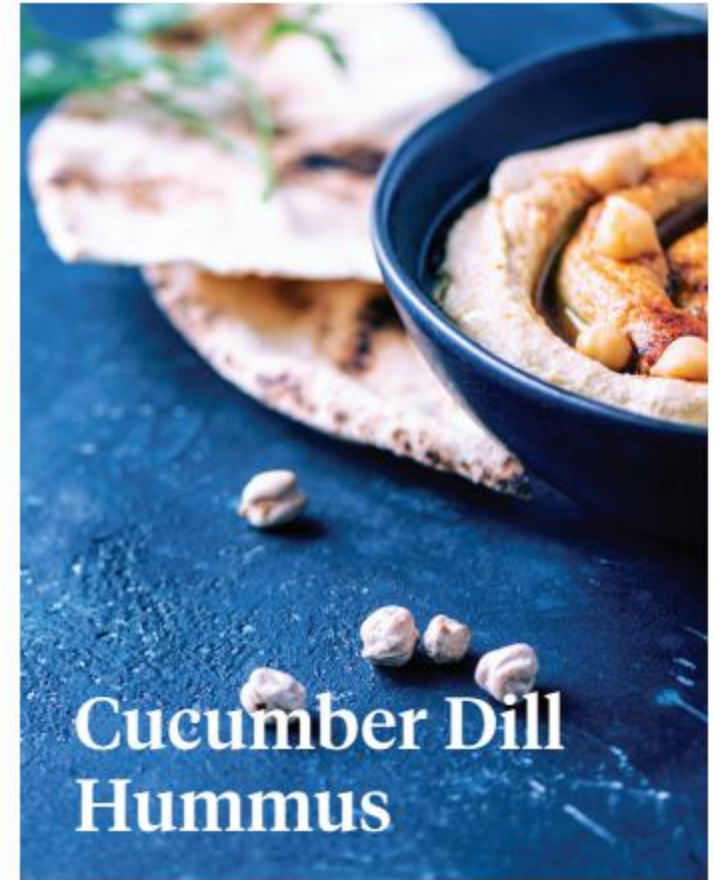
Instructions

Preheat oven to 190°C.
Spread goats cheese in a small ramekin or gratin dish. Drizzle with honey and sprinkle thyme.
Bake until cheese is warmed through and soft, about 10 minutes. Mix through Pink Pepper essential oil.
Serve warm with slices of fresh or toasted baguette.



Pink Peppermint

- 💧💧💧 Pink Pepper
- 💧💧💧 Eucalyptus
- 💧💧 Peppermint



Cucumber Dill Hummus

Serves 6-8

Ingredients

- 2 cups chickpeas (rinsed and drained from can or soaked and cooked dried chickpeas)
- ½ cucumber, skin on
- 1 large garlic clove
- 2 tbsps lemon juice
- 2 tbsps tahini
- 1 tsp salt
- ¼ tsp cracked black pepper
- 2 tbsps extra virgin olive oil
- 2 drops Dill essential oil
- Dill sprigs, for garnish

Instructions

Put all ingredients in a food processor and pulse until smooth, scraping down the sides if needed. Taste hummus, and add more salt, garlic, tahini, olive oil, or lemon juice until you get desired flavour.
Scoop hummus into a bowl and drizzle with olive oil. Serve with crackers, vegetables, or spread on bread.

Nourish

Raw Vegan Chocolate Kumquat Cake



Nourish

Serves 8-10

Ingredients:

Base:

- 1 cup almonds
- ¾ cup dates
- ¼ cup hemp seeds
- 2 tbsp cacao powder
- 1 tbsp coconut oil

Chocolate Layer:

- 1 cup cashews (soaked for 3-4 hours or overnight)
- 4 tbsp maple syrup
- 1 cup cacao butter
- 2 tbsp almond milk
- ¼ cup cacao powder

Orange Layer:

- 2 cups cashews (soaked for 3-4 hours or overnight)
- 3 tbsp maple syrup
- 1 can coconut cream
- Juice 1 orange
- 2 tbsp Coconut oil
- 6 drops Kumquat essential oil

To finish:

- ½ cup cacao butter
- 1 tbsp cacao powder

Instructions

For the base, break down the almonds in a food process or until they are a fine crumb. Add the rest of the base ingredients and blitz again until they are crumbly and sticky. Press down evenly onto the base of a cake tin and set aside.

For the chocolate layer, melt the cacao butter. Add all of the rest of the ingredients in a high speed blender and blend until smooth. Pour in the melted cacao butter and blend until smooth.

Pour the mix over the base and place in the freezer to harden. In the meantime, make the orange layer.

For the orange layer, add all the ingredients in the blender and blend until smooth. Add ⅓ cup orange juice.

Once the chocolate layer has hardened slightly, (it doesn't need to be fully set) pour over the orange layer and smooth out as best as possible. Place in the fridge to set.

Melt remaining cacao butter. Pour half on the Orange layer. Mix cacao powder in remaining cacao butter. Pour on top in rough striped and then smooth out to create marbling effect. Place in fridge to fully set for about 4 hours or overnight.

Place in the fridge to fully set for about 4 hours or overnight.

Decorate with sliced citrus and enjoy.



Bush Lullaby

- 💧💧💧 Rosalina
- 💧💧 Tea Tree
- 💧💧 Lemon Myrtle

Self Care

The dreary days of Winter can take their toll on our physical and emotional wellbeing. Even our skin can start to look a little lacklustre from battling cold, dry conditions. It's time to tune in to what your body, mind and spirit need to thrive throughout the season with this selection of self-care items intended to relax, restore and reconnect you with the rituals and practises that renew your sense of wellness. Discounts available for a limited time and while stocks last.



Black Spruce essential oil 5mL

SKU 60210132

AU \$20.25 • SAVE \$6.75 • PV 15.00

NZ \$21.00 • SAVE \$7.00 • PV 14.25



Limited Time Offer

Cananga essential oil 15mL

SKU 60211577

AU \$47.25 • SAVE \$15.75 • PV 36.00

NZ \$50.25 • SAVE \$16.75 • PV 35.25



Copaiba essential oil 15mL

SKU 60202960

AUD \$39.00 • SAVE \$13.00 • PV 29.63

NZD \$41.25 • SAVE \$13.75 • PV 29.63



Limited Time Offer

Hinoki essential oil 5mL

SKU 60210640

AU \$27.00 • SAVE \$9.00 • PV 20.25

NZ \$29.25 • SAVE \$9.75 • PV 20.25



Limited Time Offer

Ravintsara essential oil 5mL

SKU 60210722

AU \$21.00 • SAVE \$7.00 • PV 15.75

NZ \$22.50 • SAVE \$7.50 • PV 15.75



Limited Time Offer

Rosalina essential oil 5mL

SKU 60211578

AU \$42.00 • SAVE \$14.00 • PV 31.50

NZ \$45.00 • SAVE \$15.00 • PV 31.50

Self Care



dōTERRA Spa Replenishing Body Butter 198g

SKU 60200731

AU \$21.00 • SAVE \$7.00 • PV 12.75

NZ \$21.00 • SAVE \$7.00 • PV 12.75



dōTERRA Spa Exfoliating Body Scrub 226g

SKU 60200735

AU \$23.25 • SAVE \$7.75 • PV 12.38

NZ \$23.25 • SAVE \$7.75 • PV 12.38



Thankful

💧 Kumquat

💧 Red Mandarin

💧 Lavender

Take some time out and try some of these pampering recipe blends!

Moisturising your skin can be a daily ritual that helps get your day off to a great start. In ancient times, it was common practice to anoint the body with scented oils. A daily application of essential oils is a total body treatment which can nourish and nurture your skin to restore the appearance of a glow and can delight the senses with the mood enhancing aromas of essential oils.



Ingredients

2 drops Rosalina
2 drops Frankincense
2 drops Myrrh
2 drops Tangerine

Instructions

Add 6-10 drops of mixed essential oils to 20mL Fractionated Coconut Oil. You can apply the mix to dry skin or when your skin is still moist when you have stepped out of the shower or bath and given yourself a quick dry.

Warm a small amount of the oil in your hands and apply starting at the base of the legs and working upwards to just below the neck. Use gentle, circular movements as you use long continuous strokes.



Ingredients

2 drops Cananga
1 tbsp Fractionated Coconut Oil

Instructions

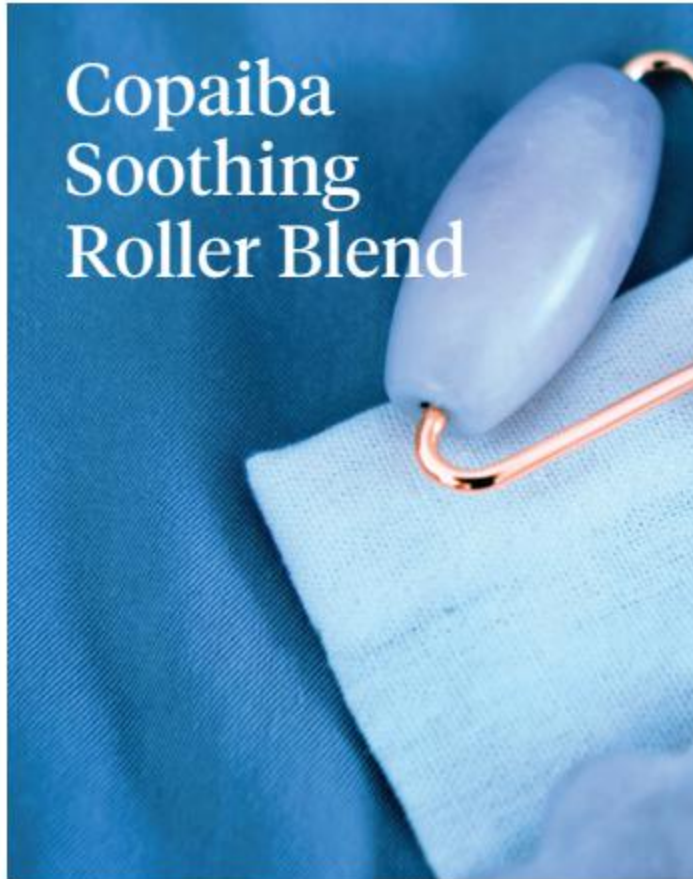
Add 2 drops Cananga essential oil to 1 tablespoon Fractionated Coconut Oil and rub into the scalp to nourish and condition the hair. Leave in overnight and wash out the next day.



Spa Treatment

- 💧 Hinoki
- 💧 Frankincense
- 💧 Eucalyptus
- 💧 Juniper Berry

Self Care



Copaiba Soothing Roller Blend

Ingredients

8 drops Copaiba
6 drops Lavender
6 drops Frankincense
1 drop Peppermint

Instructions

Add to a 10mL roller bottle and top with Fractionated Coconut Oil. Use as needed.

Energising Massage Oil

Ingredients

10 drops Black Spruce
4 drops Rosemary
4 drops Peppermint
20mL Fractionated Coconut Oil

Instructions

Mix in a 30mL glass bottle and shake well before use.



Forest Bathing Roller Blend

Ingredients

3 drops Black Spruce
3 drops Hinoki
2 drops Cedarwood
20 drops Frankincense

Instructions

Combine in a 10mL roller bottle and top with Fractionated Coconut Oil. Shake well to combine.

Ravintsara Surface Spray

Ingredients

¼ cup white vinegar
1 ¾ cups water
10 drops Ravintsara
5 drops Tea Tree
5 drops Lemon Eucalyptus

Instructions

Combine in a 200mL glass spray bottle. Shake well before each use.



Quiet Repose Linen Spray

Ingredients

17 drops Rosalina
11 drops Kumquat
5 drops Roman Chamomile
2 drops Cananga
2 drops Siberian Fir

Tablespoon Witch Hazel (optional – helps to combine the ingredients).

Instructions

Add to a 120mL glass spray bottle. Top with water that has been boiled and cooled. Shake well before use.



Singin' in the Rain

💧💧 Eucalyptus
💧 Ravintsara
💧 Wild Orange

Self Care

What you might need this Winter is a simple pick-me-up. This selection is sure to lift your spirits and have you glowing from the inside out. With heavily discounted price tags, there's no reason why you shouldn't give yourself permission to indulge. Discounts available for a limited time and while stocks last.

Self Care



Limited Time Offer

Faux Leather Tote & Pouch

This vegan handbag is discreetly branded and the perfect size to carry everything you need. Featuring a secure zippered pouch to contain your valuables or use as a small clutch when the occasion calls for it.

Material: Faux leather

Dimensions: Tote 31 x 37 x 7 cm,
Pouch 27 x 22 cm (approximately)

SKU 60209096

AU \$16.00 • SAVE \$16.00

NZ \$17.50 • SAVE \$17.50



Limited Time Offer

Double Zip Train Case

This clever case is made of soft materials. It will fit and go anywhere. Lightweight and versatile it contains separate compartments to organise your oils. The top section has eight elasticised oil holders, and room for your other essential toiletries. Grey on the outside, sky blue on the inside this is a very convenient-must-have for your bathroom necessities.

Material: Polyester

Dimensions: 26cm L x 13cm W x 13cm H

SKU 60209060

AU \$12.50 • SAVE \$12.50

NZ \$14.00 • SAVE \$14.00



Limited Time Offer

Libby Organiser

An organiser small enough to fit in your hand bag or laptop bag. Perfect for one on one consultations and sampling. Elasticised loops to keep your oils secure and ready to share.

SKU 60209750

AU \$10.00 • SAVE \$10.00

NZ \$11.50 • SAVE \$11.50



Limited Time Offer

Floral Bath Set

For the frequent traveller, gym enthusiast, bath lover! This cute set fits together in the matching bag. Includes Sleep mask, Shower cap, Face Cloth and Hand Towel.

SKU 60209083

AU \$10.00 • SAVE \$10.00

NZ \$11.00 • SAVE \$11.00



Afternoon Calm

💧💧💧 Copaiba

💧💧💧 Lime

💧💧 Cedarwood

Diffuse





Lumo Diffuser

With a nod to nature, the Lumo diffuser features a maple wood base and several light settings reminiscent of natural elements. Transform any room into a serene or uplifting environment by diffusing CPTG® essential oils with a custom-designed nature inspired, ultrasonic diffuser.

SKU 60204002

AU \$52.00 • SAVE \$52.00 • PV 22.50

NZ \$55.00 • SAVE \$55.00 • PV 22.50



Limited Time Offer

Brevi® Walnut Diffuser

Enhance and transform any room or personal workspace with the Brevi® Walnut Diffuser. The contemporary circle design offers a sleek, modern look. Brevi can run 5 hours continuously and 10 hours intermittently. With ultrasonic technology and multiple light settings, you can easily enjoy the benefits of misting aromatic essential oils and create your own uplifting environment.

SKU 60206596

AU \$30.00 • SAVE \$10.00

NZ \$32.25 • SAVE \$10.75

Self Care



Limited Time Offer

dōTERRA® Aroma Clip Diffuser

This essential oil aroma clip diffuser is a great way to freshen up your car with your favourite essential oil or blend. Add a few drops of your favourite essential oil to the pad in the clip before attaching it to a car vent. The sleek design of the clip allows for the air to flow through and disperse the oil scent.

You can try different oils or oil combinations depending on your mood.

SKU 60208884

AU \$6.00 • SAVE \$6.00

NZ \$6.50 • SAVE \$6.50



Rain Forest Bathing

- 💧💧 Star Anise
- 💧💧 Eucalyptus
- 💧💧 Lemon Eucalyptus

Bath Bombs





Limited Time Offer
Only Available in Australia

Bath Bomb Mould Set

This set of Bath Bomb Moulds features our logo and comes in six pieces – halves that join together to make amazing indulgent gifts – even if they are just for yourself!

SKU 60209089

AU \$3.00 • SAVE \$3.00



Limited Time Offer

Silicone Soap Mould

This silicone mauve, branded mould makes four soaps per pour. It works well for cold process soap, melt and pour soap, lotion bars, and more. Because the mould is silicone, it's easy to use and even easier to clean.

Cavities:

4 Soap Dimensions: 8cm x 6cm x 5cm deep (approximately)

Easy Clean: Warm, washing up water (we do not recommend using a dishwasher)

Suitable for: Melt and Pour Soap and Cold Processed Soap, Lotion Bars, hard Massage Bars.

Temperature: 10 - 230°C Mould

Colour: Mauve

SKU 60209084

AU \$4.50 • SAVE \$4.50

NZ \$5.00 • SAVE \$5.00

Bath Bombs

Creating a spa-like environment in your home can easily be done using simple household ingredients and essential oils.

Bath bombs are a fun way to add excitement to your senses while enjoying the benefits of essential oils.

Note: If you don't have a bathtub, these bath bombs can still be effective in a shower. The water will help dissolve the bath bomb and release the aroma of the essential oils into the steam.

Ingredients

- 1 cup citric acid
- 1 cup baking soda
- ½ cup cornstarch
- ½ cup dōTERRA Fractionated Coconut oil
- 8-10 drops favorite essential oil

Recommended oils: For relaxation, try Lavender or dōTERRA Serenity®. For a mood boost, try Wild Orange, Citrus Bliss®, or Peppermint.

Note: Citric acid can be found at most major supermarkets in the canning section. You can also use almond oil or olive oil in the place of dōTERRA Fractionated Coconut oil.

Instructions

Place citric acid, baking soda, cornstarch, and oil in a bowl. Add eight to ten drops of the essential oil or blend of choice.

Mix well with spoon until soft dough is formed. It should have the consistency of damp sand.

Note: If the mixture is too wet, try adding a little more baking soda and cornstarch until consistency is correct.

Self Care

At this point, you may add food colouring, dried herbs, or flower petals to mixture. Place mixture in silicone moulds. Let sit 24 hours before removing from mould.

To use, drop in tub or shower and allow to dissolve.

Melt and Pour Soap

What you will need:

250g melt and pour soap base roughly chopped, 30 drops essential oils.

1-2 tbsps. embellishments (dried chamomile flowers, lavender, rose petals) - optional
1 tbsp clear alcohol.

Add soap base to a glass bowl and heat until completely melted, using a microwave or double boiler. Remove from heat.

Add essential oils and embellishments (optional) and mix until combined.

Pour soap mix into moulds.

Spray the top of soap with clear alcohol (this removes any air bubbles from the surface) and allow to set in a cool, dry place for a minimum of 3-4 hours. Once set, pop in the freezer for 5 minutes before unmoulding.

Allow to dry for 24 hours on a tray or sheet of baking paper before storing in container of choice.

Suggested oils: Lavender, Rosemary, Cedarwood, Patchouli, Clary Sage, Peppermint, Bergamot, Tea Tree, Litsea (or combination).



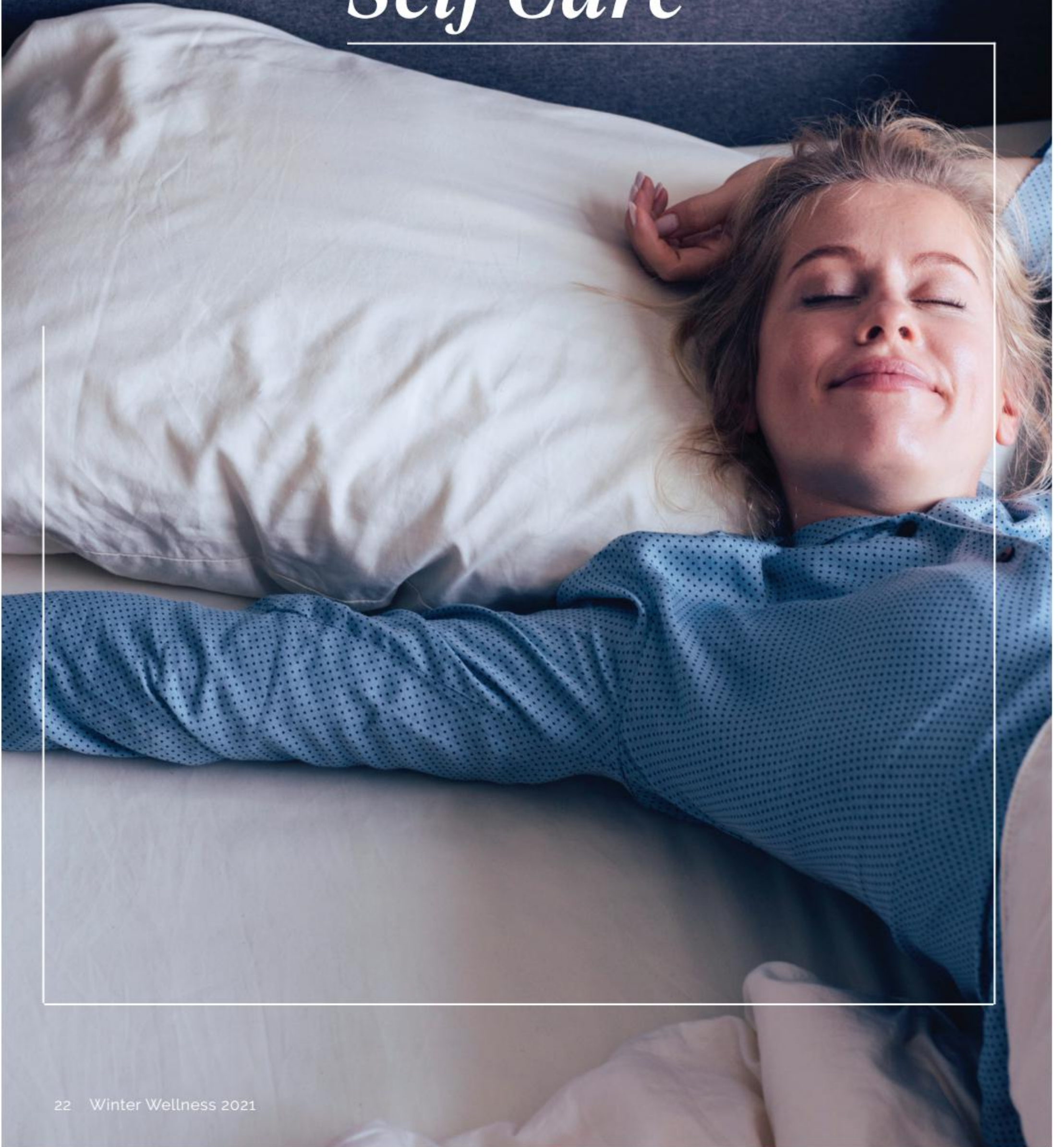
Meditation Blend

💧💧 Cedarwood

💧 Lavender

💧 Clary Sage

Self Care





Self Care



Limited Time Offer

Aspire essential oil blend 10mL

SKU 60206382

AU \$33.00 • SAVE \$11.00 • PV 24.75

NZ \$35.25 • SAVE \$11.75 • PV 24.75



Limited Time Offer

Dream essential oil blend 10mL

SKU 60207481

AU \$26.25 • SAVE \$8.75 • PV 20.25

NZ \$28.50 • SAVE \$9.50 • PV 19.50



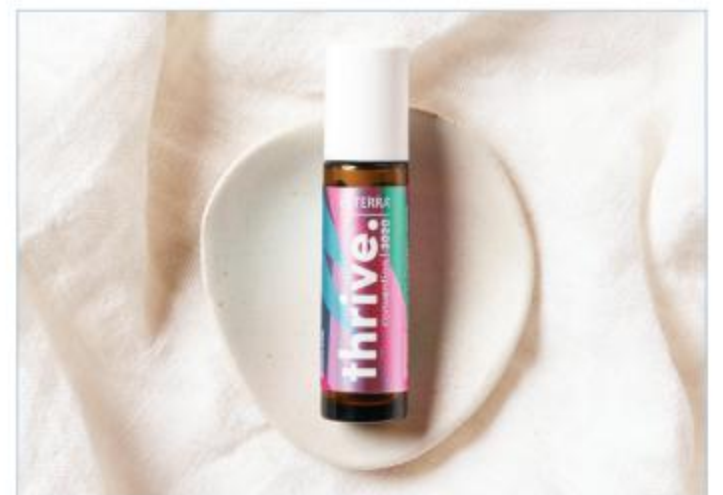
Limited Time Offer

Radiant essential oil blend 10mL

SKU 60207472

AU \$22.50 • SAVE \$7.50 • PV 17.25

NZ \$24.00 • SAVE \$8.00 • PV 16.50



Limited Time Offer

Thrive essential oil blend 10mL

SKU 60212417

AU \$20.25 • SAVE \$6.75 • PV 15.00

NZ \$21.00 • SAVE \$7.00 • PV 14.25



Sunday Afternoon

- 💧💧 Bergamot
- 💧💧 Vetiver
- 💧 Lemongrass
- 💧 Dill



dōTERRA®
AUSTRALIA & NEW ZEALAND

Sale items that are '25% off' are available from 2-30 June 2021, while stocks last.

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