

# DōTERRA

## Nature's

## Solution

## Kit Uses

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# Introduction

Congratulations on purchasing the dōTERRA Nature's Solution Kit. You can now experience the power of dōTERRA essential oils and wellness products. This kit is a perfect companion to assist with your wellness goals.

The Nature's Solution kit contains oils and product to help you lessen your toxic load from chemicals around the house. We are subjected to a bombardment of chemicals and most people come in contact with at least 180 chemicals per day

This kit will help you on your way to self health care and immediate first aid in the home.

This booklet is just an introduction to the oils in the kit. There is further information and uses for these great essential oils. Ask whoever supplied the kit to you, where you can find more information

## Why dōTERRA?

- CPTG Certified Pure Tested Grade—An Innovative Standard
- In Australia the oils are going through TGA certification. Some of the oils are already listed as medicine.

dōTERRA CPTG Certified Pure Tested Grade® essential oils represent the safest and most beneficial oils available in the world today. For an oil to be CPTG Certified Pure Therapeutic Grade the oil must be:

- Pure and natural, with aromatic compounds carefully extracted from plants, not synthetically produced
- Free from fillers or artificial ingredients; no dilution of active qualities
- Free of contaminants, pesticides, or chemical residues
- Rigorously tested for standards of chemical composition
- Cross tested using mass spectrometry and gas chromatography to ensure exact purity and composition potency
- Sourced by a global network of leading essential oil chemists and growers to ensure correct species, growth in ideal environments, and that raw plant materials were carefully harvested at the right time

# Past Tense

*Relaxation Blend 10ml*

PastTense® is a distinctive blend of essential oils known for its grounding and balancing qualities on emotions. Known for their soothing qualities on the emotions, the essential oils in PastTense® enable a sense of calm and relaxation. Simply apply to the neck, shoulders, or behind the ears enabling a calm contented feeling, while breathing in the cooling, distinctive aroma of PastTense®.

## **Emotional Side**

Oil of Relief . **the negative emotions PastTense oil helps to release are as follows:** Stressed, overworked, nervous, burned out, overwhelmed, fatigued, imbalanced, tense,

**The positive properties we can incorporate are the following:** Equilibrium, calm, relaxed, relieved, grateful. I also feel that it is about positive forward thinking. Letting go of things out of your control.

## **USES**

- Massage into shoulders, neck, and back for a cooling, soothing sensation.
- Add to temples and back of neck before taking a test or presenting in public.
- Apply to the wrists while travelling for a sense of ease and calmness.

## **INGREDIENTS:**

Wintergreen Leaf, Lavender Flower, Peppermint Plant, Frankincense Resin, Cilantro Herb, Marjoram Leaf, Roman Chamomile Flower, Basil Leaf, and Rosemary Leaf essential oils.

## **AROMATIC DESCRIPTION:**

Fresh, mint, herbal



# Clary Calm

*Monthly Blend for Women 10ml*

ClaryCalm® is a proprietary blend of essential oils especially designed for women. A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex, ClaryCalm provides a cooling effect to the skin and helps balance emotions. ClaryCalm® utilises FCF (furnacoumarin-free) Bergamot essential oil to prevent sun sensitivity.



## **Emotional Side**

Oil of Vulnerability. **The negative emotions ClaryCalm oil helps to release are as follows:** Invulnerable, guarded, emotional tension, dread of suffering during menstruation or menopause

**The positive properties we can incorporate are the following:** Vulnerable, receptive, serene, empathetic, nurturing, bonding

## **USES**

- During your menstrual cycle, massage on abdomen for soothing and calming
- During moments of heat, apply to the skin for a cooling, soothing effect.
- Diffuse for a calming aroma and to provide a balancing effect on emotions.

## **INGREDIENTS:**

Clary Sage Flower, Lavender Flower, Bergamot Peel, Roman Chamomile Flower, Ylang Ylang Flower, Cedarwood Wood, Geranium Stem/Leaf, Fennel Seed, Carrot Seed, Palmarosa Herb, and Vitex Leaf/Berry essential oils.

## **AROMATIC DESCRIPTION:**

Floral, herbal, coniferous

# DigestZen

Only the best little brew that ever came in a bottle. DigestZen will soothe an irritated stomach, it can be drunk, rubbed on the belly or dabbed on the bottoms of the feet. This blend is amazing for upset stomachs and any digestive issue! Great if you have been on antibiotics or any medication which slows down digestion or metabolism. So use this one with confidence.



## Emotional Side

Oil of Digestion - It has a powerful emotional quality for supporting individuals who lack interest in life and the physical world. They may "bite off more than they can chew" by trying to do too much at once. This overload of information and stimulation may lead to an emotional form of "indigestion". They may lose their appetite for food, life and the physical world in general.

## USES

- Tame a Tummy. Rub on your child's tummy when they have an occasional tummy ache. Apply before bedtime and it will help them sleep soundly too! Dilute 1 drop of DigestZen with fractionated coconut oil and massage onto baby's tummy when upset.
- Moo Moo...Boo Boo. Try taking a Veggie Capsule filled with DigestZen when you have too much dairy in the belly.
- A Sailor's Little Buddy. For a happy cruise ship experience, be sure to bring along DigestZen. Those all-you-can eat buffets are hard to turn down and DigestZen will help bring some balance to your tummy!
- Over the River and Through the Woods. Long road trips are good for family bonding. Don't let those winding roads ruin the experience! Try diffusing DigestZen in the car from time to time to keep everyone's stomachs calm. A great thing to have on a sailing or fishing boat too!
- Make a tea with 1 drop in an empty mug or glass. Add warm to hot water. Stir and sip on this. Fantastic!
- Greasy Foods, Angry Belly. Cafeteria foods are usually packed with grease that can cause discomfort. Be preventative by taking a Veggie Capsule full of several drops of DigestZen before you set foot in a cafeteria.

## INGREDIENTS:

Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, Anise.

# Purify

Purify is an exclusive combination of essential oils that purify and eradicate odours in a natural, safe way. This uplifting blend combines citrus and fir essential oils that leave an airy, fresh scent on surfaces and in the air. Purify contains Lemon and Lime essential oils, known for their powerful cleaning properties, along with Siberian Fir to clear the aroma of the air. The addition of Citronella, Tea Tree, and Cilantro give this blend an enticing aroma that's uniquely dōTERRA and unmatched in cleansing properties.

## Emotional Side

Oil of purification. **The negative emotions Purify oil helps to shift are as follows:** Trapped, negative, toxic, hate, rage, controlling

**The positive properties we can incorporate are the following:** Unencumbered, cleansing, purifying, releasing

## USES

- Diffuse to clear and freshen the air.
- Freshen smaller rooms (or a car) by placing a few drops of Purify Refreshing Blend on a cotton ball and putting it into the air vent.
- Add 5 drops to a small spray bottle with water and use to wipe down countertops. Add to rinse cycle of laundry.

## INGREDIENTS:

Lemon Peel, Siberian Fir Needle, Citronella Grass, Lime Peel, Melaleuca (Tea Tree) Leaf, Cilantro Herb essential oils.

## AROMATIC DESCRIPTION:

Fresh, airy, herbal





# Tea Tree

The number of things you can treat and deal with using Tea Tree is too long for this page. It's a healing blend, no doubt about that! Great on burst pimples, skin eruptions, cuts, scars, inflammation, smells great, and is an antiseptic type oil, so great for any infections or pending infections, to avoid further deterioration in your cuts etc.,

I use tea tree on my dogs' paws, to prevent ticks. Just a few drops on the top of the couch if I want to deter him (Minty – our dog) from sitting up on the couch. If you are congested in the nose you can use Tea Tree – a few drops in boiling hot water for your inhale solution. Careful not to scold yourself, and do not leave boiling hot water around little ones. Stay with your solution until you have received desired result then pour down the sink!

## Emotional Side

Oil of Energetic Boundaries - Clears negative energetic baggage. It specifically releases co-dependent and parasitic relationships. These relationships may be with people, microorganisms in the physical body or spiritual beings. Encourages you to relinquish all forms of self betrayal including others taking advantage of one's time, energy or talents. It purifies and releases toxic debris.

## USES

- Say Goodbye To Razor Burn! Apply after shaving to prevent any skin irritation. You can also mix Tea Tree with fractionated coconut oil for a great facial moisturizer. Consider also mixing with Lavender or Frankincense for added benefit.
- Add “Oomph” To Your Lotion. Help soothe your skin by placing 1 drop of Tea Tree essential oil in your moisturizer during your morning and night skin routine. You can also apply to skin blemishes and rashes as part of a daily cleansing program.
- Bathroom Cleaner. Combine 10 drops of Tea Tree with 1/2 cup baking soda and 1A cup vinegar to clean the toilet.
- Homemade Baby Wipes. Cut a paper towel roll in half and place it in a storage container with 2 cups warm water, 2 tablespoons fractionated coconut oil and 3 drops each of Tea Tree and Lavender. When the liquid is absorbed, remove the cardboard roll and pull wipes from the centre.





# Oregano

Do a 10-day parasite cleanse, using Oregano 3 times a day. Pick your times. E.g., 9.30am. 1.30pm. and 7.30pm. Apply under the feet a few drops and do this for 10 days to shake up the homes of the parasites in your body. Little humans under 20kg, apply for 3 days. This is long enough, and one application a day. Careful cooking with this oil, it will dominate your food. use on a toothpick then just add that to soups and savoury's etc. Oregano has been known to kill antibiotic-resistant strains of Staph, E. coli, Klebsiella pneumoniae, Helicobacter pylori, and Mycobacterium terrae (Preuss et al., 2005).

## Emotional Side

Oil of Humility and Non-Attachment - Oregano cuts through the fluff of life. It removes blocks, clears negativity and cuts away negative attachments. The individual in need of oregano may attempt to convert people to their own fixed opinions. They hold rigid to their own opinions and belief systems.

## USES

- Keep Calm and Oregano On. Concerned about the sanitary conditions of a public place you or the kids have just walked on with bare feet? Your feet absorb more than you think. Follow up by applying one drop of Oregano and Thyme, diluted with 6-7 drops of Fractionated Coconut Oil. Happy feet.
- Savour The Flavour. Put a drop of Oregano essential oil in your spaghetti sauce, pizza sauce, on a roast, or any other entree for delicious flavour. Because Oregano is so strong, you may want to put the drop first on a spoon and then use a toothpick to slowly add oil to the recipe.
- The Best Defence is a Good Offense. To help keep your home clean, mix 3 drops of Oregano with water in a spray bottle and spray it in corners of the shower, sink and other damp and darkened areas.
- Little Italy At Home. Put a drop of Oregano and a drop of Basil in your veggie dip! Or, mix them both with olive oil and balsamic vinegar for a savoury bread dip



# AromaTouch

AromaTouch®, dōTERRA's proprietary massage blend, combines the unique benefits of oils known to provide relaxing and comforting effects. AromaTouch® combines Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender essential oils in a perfect blend that adds many important benefits to various massage techniques. This popular blend is a vital part of the dōTERRA AromaTouch® Technique, a proprietary method for applying essential oils to produce a profound whole-body experience

## Emotional Side

Oil of relaxation. **The negative emotions AromaTouch oil helps to release are as follows:** Tense, stressed, rigid, unable to relax, inflexible

**The positive properties we can incorporate are the following:** Relaxed, balanced, flexible, comforted, open minded and heart

## USES

- Apply to neck and shoulders to promote feelings of relaxation and comfort or use with carrier oil for massage.
- Give your loved one a hand massage using the AromaTouch® Hand Technique and AromaTouch® essential oil blend.
- Add to Epsom salts and enjoy soaking in a hot bath.

## INGREDIENTS:

Cypress Leaf, Peppermint Plant, Marjoram Leaf, Basil Leaf, Grapefruit Peel, Lavender Flower essential oils.

## AROMATIC DESCRIPTION:

Clean, fresh, mint, powdery



# Frankincense

You will find a stack of information on Frankincense. This is the essential oil that you will want to order again and again. Here's why: 1 drop on the crown for concentration, great on skin, great after shaving. Frankincense is the king of the oils... Great to use on skin cancers, skin blemishes or scars of any sort. Frankincense is for focus and neurons, and recovery from operations, any operations. Use for Emotional balance, and Immune and Nervous systems. Will help to ease hyperactivity. Frankincense is one of the oils used in the 'IN TUNE Focus blend' along with West Indian Sandalwood, Ylang Ylang, Patchouli, Lime and regular Sandalwood. I like to refer people to in Tune Focus Blend if they want more clarity! When you appreciate Frankincense for all it's worth, you will use this one every day... great for ageing skin. Use on the top of hands. Wasted in the Diffuser, always use on the skin!

## Emotional Side

Oil of Truth - Frankincense reveals deceptions and false truths. It invites individuals to let go of lies, deceptions and negativity. Frankincense recalls spiritual understanding, gifts, wisdom and knowledge to the soul. It assists in pulling the barriers from the mind, walls from the heart and the "scales of darkness" from the eyes



## USES

- Calm Down. Inhale with Lavender and Peppermint and apply to neck to help calm stress and relieve tension.
- Nourish Your Skin. Use a drop of Frankincense with 3 drops of carrier oil or dōTERRA Spa Hand and Body Lotion for beautiful, radiant looking skin.
- Spread The Love. Frankincense smells wonderful and uplifts the mood. Wear it as a perfume to lift your mood and feelings of alertness
- Nails of Steel. Dry weather can take a toll on your nails. Try applying a drop of Frankincense to strengthen weak fingernails.
- Goodness in a Cup. Dilute a drop of Frankincense in 1 teaspoon of honey or in a small herbal tea and take daily to maintain good health.
- A Calming Mood Lifter. Frankincense can be applied to the bottoms of feet to relax and calm mood swings minor to major. In fact, it has been used to calm expectant mothers during pregnancy and labour.

# Easy Air (Breathe)

Blend of Laurel Leaf, Peppermint, Eucalyptus radiata, Tea Tree, Lemon and Ravensara, and Cardamom. Anti-viral, antibacterial. Definitely helps to dilate, open, and strengthen the respiratory system. Also can help support Adrenal Glands. Easy Air helps protect the immune system. It's particularly useful during colds (when you are right in the middle of it). Perfect for night-time diffusion. People respond quickly when diffusing this blend. Breathe can be applied with a carrier oil of fractionated coconut oil to the chest for congestion. In hale for clarity and to clear sinuses. Ideal for asthma sufferers, snorers, sinus sufferers, and extremely useful when cleaning out wardrobes, going through old books etc.

## Emotional Side

Oil of Breath - Addresses the inability to let go of grief and pain. The individual struggles to breathe and literally feels suffocated by sadness. The root of the condition is feeling unloved and they grieve the love they never received. This encourages individuals to release grief and sadness and to receive genuine love and healing.



## USES

- The 'On Ramp' to Sleep. For a more restful sleep during seasonal respiratory discomfort, diffuse Easy Air at bedtime or keep in a roll-on bottle by the bedside, in the car or your purse. Roll it on the chest, bottom of feet or upper lip as needed!
- Feel Clear and Free. Put a drop of Easy Air and a drop of Wintergreen essential oil in a sink of hot water. Then, place a damp towel over your head and inhale deeply. It's surprising how much this helps!
- Working Out in a Building? Forced heating and cooling, sweaty bodies, dust and your lungs...bad combo. Apply before exercising to invigorate and enhance breathing during your workout.
- It's Like a Rain Maker. Hiking in nature right after an air cleansing rain is an absolute dream. The next time you can't control the rain, try applying Easy Air Respiratory Blend. It's the next best thing!
- Leavin' on a Jet Plane, Bus or Train? Confined spaces can sometimes have stagnant air, which can be claustrophobic. While in these spaces, free yourself mentally and emotionally by applying Easy Air.

# Lavender Peace

The newly updated dōTERRA Lavender Peace Restful Blend has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced, tranquil blend can be felt immediately, transporting the user to a state of blissful repose. dōTERRA Lavender Peace combines essential oils renowned for their ability to soothe the senses and calm emotions. The addition of Cedarwood, Ho Wood, and Vetiver essential oils gives dōTERRA Lavender Peace a grounding aroma to balance the emotions and soothe the senses.

## Emotional Side

Oil of Tranquility. **The negative emotions Serenity oil helps to shift are as follows:** Stressed, emotional overload, agitated, restless, anxious, disconnected

**The positive properties we can incorporate are the following:** Calm, tranquil, peaceful, relaxed, compassionate, connected

## USES

- Diffuse at night to create a calming environment for babies or children.
- Massage into bottoms of feet or back of neck at bedtime to help unwind before going to sleep. Add 2-3 drops in warm bath.
- Inhale directly from hands or diffuse to soothe and calm the senses.

## INGREDIENTS:

Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood

## AROMATIC DESCRIPTION:

Warm, floral, herbal



# Citrus Bliss

*Invigorating Blend 15ml*

dōTERRA combine the powerful essences of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla Absolute to form this unique and harmonious blend. Citrus Bliss has natural, potent compounds with cleansing properties. Mixed with water, Citrus Bliss is a perfect solution for wiping down countertops and other surfaces while producing a fresh, sweet scent.

## **Emotional Side**

Oil of Creativity. **the negative emotions Citrus Bliss oil helps to release are as follows:** Stifled creativity or artistic expression, insecure, unmotivated, disengaged, discouraged

**The positive properties we can incorporate are the following:** Invigorated, childlike, creative, motivated, confident expression, spontaneous.

## **USES**

- Diffuse to help promote an uplifted feeling. Use in hand massage
- Put 1 drop on your wrist and rub together for a great everyday perfume.
- Add 2–3 drops to dryer sheets to add a refreshing aroma to your laundry.

## **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



# Lavender

You will notice on the back of the box that 1-4 drops is mentioned for application. What it doesn't say is that you can actually drink Lavender, (some people use in scones). It's ideal to apply a few drops at the bottoms of your feet. Useful in combination with Tea Tree (just a few drops) calming & practical for burns, scolds and cuts. Lavender can be used on pimples or skin issues (directly to the area). Use Lavender at night before bed too, just infuse or diffuse or rub on the body. A few drops on the pillows too, won't go astray. Lavender is ideal for Type A – stressed out characters. Use it! A few drops on pieces of cloth around the linen press is great to keep the area smelling delightful.

## Emotional Side

Oil of Communication - Aids Verbal expression. It calms the insecurities that are felt when one risks their true thoughts and feelings. Due to past experiences they may believe it is not safe to express themselves. Strong feelings of being unloved, unimportant or unheard accompany this condition

## USES

- Take a Lavender Bath. Drop a bit of lavender essential oil along with Epsom salts to your bath water for an ultra-relaxing experience.
- Head to Toe Rest! After a hard work out or a long day on your feet, rub Lavender along with Lemongrass on your legs and feet. It will help soothe sore muscles and fully rest.
- Take The Acrid Out Of Vinegar. Add 4-5 drops of Lavender to your vinegar cleaning mixture for a more bearable scent.
- Quick Fix. Mix three parts Fractionated Coconut Oil with one part Lavender essential oil in a small spray bottle or roll on to help clear up skin irritation associated with chafing. Great for little ones!
- Bring on the ZZZ's. Rub on the bottoms of the feet for a more restful sleep.
- Enjoy a Fresh and Clean Mattress. Sprinkle a mixture of 1 cup baking soda and 10 drops of lavender essential oil over your mattress. Allow the mixture to sit for at least one hour then use the vacuum hose to clean it up. You can combine with drops of Eucalyptus, Peppermint, Clove, or Rosemary as well.





# Lemon

You can add a drop or two to 2 of the several glasses of water you have a day. Lemon is a purifying essential oil. Drinking lemon oil is better than the juice of the lemon (lemon juice can take the enamel off your teeth). You can make a tea out of the lemon with some Manuka honey. You can diffuse it around the house; use to wipe benches! A few drops of Lemon added to your shampoo can freshen the aroma. Lemon is amazing and high in D-Limonene, which helps to make natural Glutathione in your cells, which helps you to reduce inflammation, which means less discomfort and happier people! Use Lemon in salad dressings and in raw food preparation.

## Emotional Side

Oil of Focus - The citrusy aroma of Lemon nourishes the mind and aids concentration. While lemon supports the emotional body its major effects are experienced in the mental field. Lemon dispels confusion and bestows clarity. It restores energy, mental flexibility and the drive to complete a project.

## USES

- Eradicate Undesirable Smells. The next time you have international potpourri of food simultaneously brewing in your apartment complex at dinnertime, be sure to diffuse Lemon to neutralize odours.
- Get Rid Of The Sticky Stuff. Lemon essential oil is excellent for removing sticky tree sap, sticker residue and permanent marker. It even gets gum out of hair!
- Pump Life into Your Water. If you unfortunately don't have great water taste in your town, add Lemon to that pitcher of water in the fridge. Add ice. Shake well. You will love the flavour!
- Flavour Boost. Add a drop of Lemon essential oil anytime you are cooking with lemon juice (Salmon on the BBQ, Lemon meringue pie, Lemon zest) to give it a deeper, more rich flavour. In soothing winter teas, you can simply add Lemon essential oil to warm water, an herbal tea and honey.
- An Original All-Purpose Cleaner. Mix 5-6 drops Lemon essential oil with water and vinegar in a spray bottle to cleanse and purify surfaces. Use to clean kitchen counters and stainless steel appliances.



# Peppermint

Great for the digestive system, and can be used under the feet for waking you up and bringing focus to a fuzzy head, great on the back of the neck for headaches etc. Peppermint is great with chocolate, cacao etc. Use during the day for alertness – a few drops in the vent. Particularly effective to reduce drowsiness on long trips, or after eating gluten. Another recent use for Peppermint essential oil is in a spray bottle, about 4-5 drops to 120mls water. Spray around the edge of Garage doors or entrances, to deter little field mice or vermin, from making their way into the house. Spray around cupboards too as a deterrent for insects. Arborvitae is also really good for this. Make up a spray, same drop ratio.

## Emotional Side

Oil of Buoyant Heart: - Brings joy and buoyancy to the heart and soul. It invigorates body, mind and spirit and reminds individuals that life can be happy and there is nothing to fear. When the individual is disheartened, they may use peppermint to re-discover the joy of being alive.

## USES

- A Hot Feet Fix. Add Peppermint to a cold compress and cool down your over-worked feet.
- Break Away From Summer Heat. Keep a spray bottle of water with a few drops of Peppermint essential oil nearby, especially when you REALLY need to cool down!
- Could You Start A Fire With Your Breath? Use a drop of Peppermint with Lemon in water for a healthy, refreshing mouth rinse. It freshens breath and builds confidence in your close encounters.
- Take a Deep Breath. Inhale deeply to invigorate lungs and increase alertness.
- Stressed? Apply to neck and forehead with Lavender to relieve tension and pressure.
- Out On the Open Road. Don't fall asleep at the wheel! Inhale Peppermint from a handkerchief or straight from the bottle to perk up on long drives.
- Un-Block Writer's Block. Peppermint can support blood circulation and leave you feeling rejuvenated to keep those creative juices flowing. .



# Smart & Sassy

*Active Blend 15ml*

Smart & Sassy, our proprietary metabolic blend, combines powerful essential oils. The flavourful blend of Smart & Sassy taken with water provides a fresh burst of citrus. A great companion to a healthy eating and exercise program. Its flavor and aroma are uplifting and stimulating to the senses. Smart & Sassy contains Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon.

## **Emotional Side**

Oil of Inner Beauty. **The negative emotions Slim & Sassy oil helps to shift are as follows:** Self-criticism, worthless, disgust or hate for physical appearance, strict, self-judgement, body shame

**The positive properties we can incorporate are the following:** Worthy, self-acceptance, confident, embracing the body's individual beauty.

## **USES**

- Add to water or tea and drink before working out for a revitalising boost.
- A great addition to your water while on a healthy weight management plan.

## **INGREDIENTS:**

Grapefruit Peel, Lemon Peel, Peppermint Plant, Ginger Root, and Cinnamon Bark essential oils.

## **AROMATIC DESCRIPTION:**

Minty, spicy, herbal



# Lemongrass

*Cymbopogon flexuosus* 15ml

In addition to its unique flavour, Lemongrass essential oil promotes an overall sense of emotional and spiritual wellbeing. It's also clarifying and toning when applied to the skin, and is frequently used in skin care products for these benefits. Lemongrass is an ideal oil to use in massage therapy. Lemongrass has a pungent, herbaceous aroma that gives you a sense of heightened awareness and positivity.

## Emotional Side

Oil of Cleansing. **The negative emotions Lemongrass oil helps to release are as follows:** Toxic or negative energy, despairing, holding onto the past, hoarding, darkness, spiritual blindness

**The positive properties we can incorporate are the following:** Spiritual clarity, cleansing, non-attachment, simplicity, discerning, releasing what is no longer needed

## USES

- Combine a few drops of Lemongrass oil with Fractionated Coconut oil for a massage after a hard workout.
- Use to flavour entrées and meat dishes. Blends well with Basil, Cardamom, or Spearmint.



# On Guard

Blend of Wild Orange, Clove Bud, Cinnamon Bark, Eucalyptus radiate, Rosemary. On Guard is useful for throat infections, to avoid colds and flu's, and to help assist with resisting illness in the first place. Great for mould and great to be used in diffuser if people come into your world coughing and spluttering, they will respond to On Guard, and you won't catch their bug! On Guard used by surgeons and dental technicians for tooth extraction etc. Jay (Annie Clark's son) had great results, with having 4 wisdom teeth removed we used On Guard every few hours by spraying a few drops in the mouth. No dry socket, no issues at all. Use the lozenges and beadlets when travelling. Amazing!

## Emotional Side

Oil of Protection - Aids in warding off energetic parasites, domineering personalities and other negative influences. Strengthens the inner self along with inner resolve to stand up for one's self and live in integrity. Gives the strength to say "no" and resolve to maintain clear boundaries. It cuts unhealthy connections in co-dependency, parasitic relationships or emotional viruses.



## USES

- Sniffle Season Relief. Diffuse On Guard Protective Blend anytime you are concerned about 'what's going around' schools, sports arenas, churches and other crowded venues.
- Get Turbo Charged. Mix a few drops of On Guard with 2 drops Lemon essential oil and honey or agave nectar in a teaspoon to soothe your throat during the winter.
- Primp Your Carpets. Add 15 drops of On Guard to a cup of corn starch or baking soda. Mix, sprinkle and rake on carpet then allow it to sit for up to an hour. Then, vacuum it clean!
- Rub-A-Tub Tub...In a Pleasing Way. Mix 5-6 drops with a half cup of baking soda to clean your bath tub and skip all of the harsh, bleaching chemicals
- Sharing Is Caring...But Not Always! A few drops of On Guard in spray bottle with water works wonders on grimy doorknobs, hand railings and countertops. Share germs no more!



# Ice Blue (Deep Blue)

Blend of Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, Osmanthus. Use this one when you are under stress, on the back of each kidney, so slightly above your hips a drop either side. Use on areas where you are stiff or sore, use on the knees, back, wrists etc. In-hale Ice Blue when tired too. This is a blend for the nervous system and to assist muscles and bones in healing and regenerating. Avoid using on sun-burnt skin. If applying the essential using your fingers, avoid scratching your eyes. If you should accidentally get essential oil in your eyes, you will NOT GO BLIND, however you will need to get some olive oil, coconut oil or milk and apply that to the eye. NOT WATER. Water will only make it worse!

## Emotional Side

Oil of Surrendering Pain - Assists individuals who are resisting or avoiding the emotions that underlie the physical pain. Gives strength to face emotional wounds. When a person suffers intense emotional or physical pain, it is common for them to act irrationally or "lose their head".

## USES

- Enhance Your Work Out. Rub on muscles before and after exercise to reduce discomfort.
- Pains Of A Desk Job. After long hours on the computer, try rubbing Ice Blue essential oil blend on the shoulders and neck to recover and ease muscle tension
- For Fast Fingers. Ice Blue is great for those who spend long hours typing on a computer. Just massage into the hands, fingers and wrists when needed.
- Growing Like Weeds. Massage Ice Blue with a few drops of carrier oil onto the growing kids' legs before bedtime to help with occasional aches associated with growth spurts.
- For Better Or For Worse. Your better half will thank you after you treat them to a massage using Ice Blue Soothing Blend. Use several drops with carrier oil for a therapeutic deep-tissue massage.
- Live Long And Prosper. Ice Blue Soothing Blend contains blue tansy and Helichrysum which when used regularly, can help promote long term muscle, joint and bone health.



# Ice Blue Rub®

dōTERRA IceBlue Rub is a rich, topical cream infused with the Ice Blue Soothing Blend of CPTG Certified Pure Tested Grade™ essential oils. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Ice Blue Rub provides a comforting sensation of cooling and warmth to problem areas. This cream is made with dōTERRA's top-selling Ice Blue essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum, Ylang Ylang, and Osmanthus. These ingredients make Ice Blue Rub an essential addition to your bathroom cabinet and gym bag. Ice Blue Rub is blended in a base of moisturising emollients that leaves your skin feeling soft and not greasy.

## Directions for Use

Massage lotion into affected areas. For a more intensive treatment, apply Ice Blue essential oil blend on the skin prior to lotion application.

## Ingredients

Water (Aqua), Gaultheria procumbens (Wintergreen) Leaf Oil, Cinnamomum camphora (Camphor) Bark Oil, Menthol, Cetearyl Alcohol, Prunus amygdalus dulcis (Sweet Almond) Oil, Mentha piperita (Peppermint) Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Cananga odorata (Ylang Ylang) oil, Capsicum frutescens Extract, Chamomilla recutita (Blue Chamomile) Flower Oil, Tanacetum annuum (Blue Tansy) Oil, Helichrysum italicum (Helichrysum) Flower Oil, Gardenia florida Fruit Extract, Osmanthus fragrans (Osmanthus) Flower Extract, Aloe barbadensis Leaf Juice





# Correct-X

Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender—all CPTG® essential oils known to help assist in soothing skin irritations—are used in dōTERRA Correct-X. This multi-purpose, natural ointment helps soothe skin and keep it clean while recovering from distress. Correct-X provides a moisture barrier that helps protect while simultaneously soothing and hydrating the skin. This petroleum-free, preservative-free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.

## **DIRECTIONS FOR USE**

Apply to affected areas as needed.

## **Key Ingredients and Benefits**

- Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender soothe and purify skin
- Bisabolol is known for its calming effects and ability to promote healthy-looking skin
- Similar to the natural oils found in skin, Jojoba provides optimal hydration, helping to improve the texture of skin
- Phellodendron Amurense Bark extract is used to condition the skin



# Easy Air Vapour Stick

Enjoy the convenient and smooth application of dōTERRA® Easy Air® Vapour Stick. This unique delivery method of dōTERRA® Easy Air® proprietary blend can be used anytime, anywhere to enjoy a cooling, soothing aroma. doTERRA® Easy Air® Vapour Stick is formulated to be nongreasy and for easy application on the skin. Easy Air® essential oil blend can help provide a cooling sensation on the skin and be enjoyed both topically and aromatically. The small and convenient package of doTERRA® Easy Air® Vapour stick is perfect for travelling and only a small amount provides an impactful aroma. The vapour stick can be enjoyed and is complementary to other doTERRA® Easy Air® products.

## **DIRECTIONS FOR USE**

Apply to chest or neck area as needed.

## **INGREDIENTS:**

Isoamyl Laurate, Octyldodecanol, Eucalyptus globulus (Eucalyptus) Leaf Oil, Laurus nobilis (Laurel) Leaf Oil, Menthol, Mentha piperita (Peppermint) Oil, Melaleuca alternifolia (Melaleuca) Leaf Oil, Citrus limon (Lemon) Peel Oil, Dibutyl Lauroyl Glutamide, Dibutyl Ethylhexanoyl Glutamide, Ravensara aromatica (Ravensara) Leaf Oil, Phytosteryl/Octyldodecyl Lauroyl Glutamate, Cinnamomum camphora (Ravintsara) Leaf Oil, Elettaria cardamomum (Cardamom) Seed Oil



# On Guard Foaming Hand Wash 473ml

dōTERRA On Guard Foaming Hand Wash is a gentle alternative to harsh soaps that may dry and irritate sensitive skin. Fortified with the power of dōTERRA CPTG® essential oils, dōTERRA On Guard Foaming Hand Wash provides the cleansing benefits of one of the most popular proprietary dōTERRA essential oil blends. dōTERRA On Guard Foaming Hand Wash cleans and softens hands while providing an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus clean.

## **DIRECTIONS FOR USE**

Pump dōTERRA On Guard Foaming Hand Wash dispenser once or twice to dispense foam onto hands. Work to a lather with warm water and rinse thoroughly.



# Natural Cleansing Toothpaste

dōTERRA's fluoride-free Natural Cleansing Toothpaste combines the protective benefits of the proprietary dōTERRA On Guard blend of CPTG® essential oils with other natural ingredients that help clean teeth, reduce plaque, and whiten teeth with gentle polishing agents. The dōTERRA On Guard blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils provides an extra cleaning boost. Additional essential oils of Peppermint and Wintergreen, and the natural sweetener xylitol, give dōTERRA On Guard Natural Whitening Toothpaste a refreshingly unique cinnamon-mint flavor that leaves your breath—and toothbrush!—fresh and clean throughout the day.



# Fractionated Coconut Oil

*Cocos nucifera 115ml*

dōTERRA Fractionated Coconut Oil is a natural carrier oil that readily absorbs into the skin, making it an ideal oil for topical delivery. Its feather-light emollient effect provides a soothing barrier without clogging pores and is excellent for dry skin. It leaves skin feeling silky smooth and non-greasy, unlike other vegetable carrier oils.

**AROMATIC DESCRIPTION:** Odourless



## DōTERRA Petal Diffuser

### PRODUCT DESCRIPTION

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers the benefits of essential oils to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 330 square feet. The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customise the release of essential oils into the air. This convenient diffuser is stable, light, and easy to use—perfect for home or office use. The Petal Diffuser permeates an ultra-fine, yet substantial mist output into the air, releasing the aromatic benefits of dōTERRA CPTG® essential oils quickly and efficiently. This high quality, affordable diffuser is perfect for both novice and experienced essential oil users who want a reliable, easy-to-use essential oil diffuser.



# Things I Have Replaced With dōTERRA

No toxins and no harmful chemicals!  
(We are exposed to about 180 chemicals per day).

All Things Hair



All Things Skin



Toothpaste



Laundry Detergent



Muscle Rub



Multiple Cleaners

Foaming Hand Wash



dōTERRA Spa with Body Wash, Lotion, Body Scrub  
Chap Stick, Bath Bar, Mud Mask and Body Butter



Everything Ointment



## **CAUTIONS**

Possible skin sensitivity with some of the oils. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Some oils (citrus) may increase sensitivity to sunlight.

## **NOTE:**

*This information is to be used with dōTERRA Essential Oils only as you may not achieve the same results using another brand.*

*dōTERRA are the only oils tested 40 times or more to ensure purity and potency. They are chemically different to other brands, due to the growing conditions, harvesting and extraction processes.*

***For more information contact:***

## **Medical Disclaimer:**

*The information contained in this document is not meant to diagnose, treat, cure, or prevent any disease. The information represents what I, and other users of Essential Oils, have chosen to do to take charge of their own personal health and that of their family. Statements in this document have not been evaluated by the Food and Drug Administration (USA) or the Therapeutic Goods Administration (Australia). Products in this document are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care provider before using these products.*

*Information found in this document is meant for educational and informational purposes only, and to motivate you to make your own health care and dietary decisions based upon your own research and in partnership with your health care provider. It should not be relied upon to determine dietary changes, a medical diagnosis or courses of treatment. Individual articles and information in this document are based upon the opinions of the respective authors, who retain copyright as marked.*