

# Balance

A grounding blend

## Ingredients

Blue Tansy  
Frankincense  
Ho Wood  
Spruce

## Addresses

Anxiety  
Attention Deficit  
Hyperactivity  
Nervousness

## Application Techniques

Balancing blends contain oils that are geared toward the central nervous system and other body systems. If there are times when you feel confused, doubtful, unsettled, or in need of a sense of well-being, a balancing blend may be an excellent option.



For children who deal with ADD, ADHD, autism or bi-polar conditions, use a balancing blend to calm and balance moods.

For those who suffer mood swings, anxiety, temper problems or doldrums, a balancing blend may help calm and balance their emotions.

Diffusion is the most effect method of enjoying a balancing blend.

Use an inhaler or cup and tissue for school, office or on the go.

Direct application with massage to the feet, neck and back can be effective.

During times of anxiety for children, consider a massage application to their feet, neck, shoulders or back.

**IPC Price: \$24.50    Retail: \$35.00**

# Hand & Body Lotion

This fragrance free, light-weight lotion is perfect for hydrating the skin and is even more powerful when combined with the essential oil or blend of your choice. The way to silky, smooth skin lies in the perfect blend of antioxidants, botanicals, and important humectants. Extracts of cruciferous vegetables contribute to the formula's ability to help build the skin's natural protection and environmental defenses.



**IPC Price: \$18.00    Retail: \$27.00**

For more information contact:

# dōTERRA<sup>®</sup>

**Independent Product Consultant**

**dōTERRA Mood Management is a range of essential oil blends specially formulated to reduce stress, energise and inspire us.**

# dōTERRA<sup>®</sup> Mood Management Essential Products



# Citrus Bliss

 an invigorating blend

## Ingredients

Bergamot  
Clementine  
Grapefruit  
Lemon  
Mandarin  
Tangerine  
Vanilla  
Wild Orange

## Addresses

Calming  
Elevating  
Disinfects surfaces  
Kills airborne  
pathogens  
Eliminates odours  
Strengthens  
immune system

## Application Techniques

Diffuse its dreamy aroma for calming, elevating, killing airborne pathogens, and eliminating odours.

Make a surface disinfecting spritz with a 2%-5% dilution of distilled water (shake often).

Use the spritz on bed sheets one hour before bed time to repel dust mites, fleas, and other bed bugs.

Use on kitchen or bathroom surfaces.

Cup and inhale or make a tissue cup to enjoy the elevating or calming qualities of citrus bliss.

Use as a clean smelling aftershave that will also soothe skin, especially after irritating shaves.

Use 4-5 drops in a large bowl or sink to wash fruits and vegetables. The wash will clean off chemicals, pesticides and pathogens, but will also help preserve the fruits and vegetables.

This blend is GRAS. Add to drinking water to kill pathogens and improve taste.

Swish, pull, gargle, and swallow in the morning for halitosis. Use in smoothies, drinks and dressings.

**IPC Price: \$18.50     Retail: \$30.00**



# Elevation

 an elevating blend

## Ingredients

Elemi  
Lavandin  
Lemon myrtle  
Melissa  
Osmanthus  
Sandalwood  
Tangerine  
Ylang Ylang

## Addresses

Attention deficit  
Depression  
Hopelessness  
Lack of energy  
Stress

## Application Techniques

Any of the diffusion techniques usually offer the most effective technique for depression, fatigue or anxiety.

The blend can be applied by massage to the neck shoulders, back and chest of adults or children suffering from depression or stress.

Use an inhaler or cup and inhale after massage applications.

Use an inhaler or tissue cup to enjoy the effects on-the-go and to combat jet lag.

**IPC Price: \$45.00     Retail: \$65.00**



# Serenity

 a calming blend

## Ingredients

Lavender  
Roman Chamomile  
Sandalwood  
Sweet Marjoram  
Vanilla  
Ylang Ylang

## Addresses

Anxiety  
Calming  
Induces restfulness  
Soothing  
Stress  
Tension headaches

## Application Techniques

Diffuse for soothing and calming; it is especially effective if used before bedtime to induce a restful sleep.

Apply topically with light massage to feet or temples for stress relief and to increase a sense of well-being.

Apply topically to feet at bedtime to calm and aid in restful sleep.

Also apply to the neck and lymph nodes if needed to reduce anxiety, if blood pressure is high, or if there is tension or stress.

Some might find direct application helpful for tension headaches

**IPC Price: \$37.00     Retail: \$55.00**

