

100 REASONS TO LOVE THE

Home Essentials Kit

VERSION 1.1 - APRIL 2018
AU COMPLIANT



CONTENTS

- 3 Lavender Essential Oil
- 4 Peppermint Essential Oil
- 5 Lemon Essential Oil
- 6 Oregano Essential Oil
- 7 Tea Tree Essential Oil
- 8 Frankincense Essential Oil
- 9 Easy Air, Clear Blend
- 10 On Guard, Protective Blend
- 11 Digest Zen, Digestive Blend
- 12 Ice Blue, Athletic Blend
- 13 Petal Diffuser



LAVENDER ESSENTIAL OIL



1. Lavender is widely used for its calming and relaxing qualities. This essential oil helps to ease feelings of tension.

2. Add a few drops of Lavender to pillows, bedding to prepare for a restful night's sleep.

3. Freshen your linen closet, mattress, car, or the air with a light mist of Lavender combined with water in a spray bottle.

4. Add Lavender to bath water to soak away stress, or apply it to the temples and the back of the neck.

5. Use it in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

6. Lavender makes a great addition to any hair treatment, shampoo, or conditioner. It can help keep the scalp looking clean and healthy.

7. This essential oil evokes positive feelings of self-awareness.

8. Use three to four drops in a cold mist diffuser of your choice to create a peaceful atmosphere.

9. Create a calming purefume to fragrance yourself while grounding.

10. Create Lavender Lemonade for a cool, refreshing drink.

PEPPERMINT ESSENTIAL OIL



1. Rub on temples after you wake up for a morning energy boost.
2. Diffuse when feeling fatigued or low on energy, or to create a crisp, clear scent.
3. Place one drop in your mouth to help freshen breath.
4. Add two to three drops to your favorite smoothie recipe for a refreshing twist.
5. Place one drop in palm of your hand with one drop Frankincense and inhale for a mid-day pick-me-up.
6. Blends well with Lavender for a soothing massage blend.
7. Add to shampoo or conditioner for a stimulating hair massage.
8. Combine with water in a spray bottle and spritz around windows and doors to naturally repel insects and pests.
9. Use a drop of Peppermint with Lemon in water for a refreshing mouth rinse.
10. Add Peppermint into your Baking Dishes, the perfect compliment to sweet, chocolate treats for a minty burst.

LEMON ESSENTIAL OIL



1. Lemon cleanses and purifies the air and surfaces.
2. When diffused, Lemon is very uplifting & energizing, and may help to improve mood.
3. Add Lemon essential oil to a spray bottle of water to clean tables, counter tops, and other surfaces.
4. Lemon oil makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes.
5. Use a cloth with Lemon essential oil to preserve and protect your leather furniture or garments.
6. Lemon essential oil is a great remedy for the early stages of tarnish on silver and other metals.
7. Put a few drops of Lemon on a rag to help remove stubborn, sticky residue off surfaces.
8. Wash hands with Lemon essential oil to remove grease or oil
9. Use a drop of Lemon with Peppermint in water for a refreshing mouth rinse.
10. Add Lemon to enhance the flavor of desserts and main dishes.

OREGANO ESSENTIAL OIL



1. Put 10 drops in a 500 mL spray bottle with water to add a refreshing and cleansing aroma to surface sprays.
2. Add one drop of Oregano essential oil in place of one tablespoon ground oregano to a favorite Italian dish.
3. This essential oil can be used as a powerful cleansing and purifying agent.
4. Dilute Oregano with doTERRA Fractionated Coconut Oil and apply it to the skin.
5. Oregano may help to promote a positive mood.
6. Oregano blends well with Bergamot, Cedarwood, Cinnamon, Clove, Eucalyptus, Frankincense, Ginger, Lavender, Lemon, Rosemary, and Thyme.
7. Oregano's aroma acts as an enhancer and equaliser in essential oil blends.
8. Use to purify skin and nails when needed.
9. Apply to skin imperfections to reduce the appearance of blemishes.
10. Due to its high phenol content, caution should be taken when using Oregano; only one to two drops is needed and dilution is essential when using topically.

TEA TREE ESSENTIAL OIL



1. Tea Tree, also known as Melaleuca, is renowned for its cleansing and rejuvenating effect on the skin.
2. For occasional skin irritations, apply one to two drops of Tea Tree essential oil onto affected areas.
3. Combine one to two drops of Tea Tree with a facial cleanser or moisturizer for added cleansing properties.
4. Try applying this essential oil to the fingernails and toenails after showering to purify and keep nails looking healthy.
5. Add a few drops of Tea Tree to a spray bottle with water and use on surfaces.
6. Apply it to the bottoms of the feet and inside shoes for a refresher.
7. Tea Tree promotes a healthy, clean looking scalp.
8. Diffuse Tea Tree to purify and freshen the air.
9. Apply to skin imperfections to reduce the appearance of blemishes.
10. Add a few drops of Melaleuca to shampoo and lather it into hair to keep it looking thick, clean, and healthy.

FRANKINCENSE ESSENTIAL OIL



1. Frankincense induces feelings of peace, satisfaction, and overall wellness.
2. Diffuse Frankincense during your morning yoga practice to focus your intention for the day.
3. Add Frankincense to a moisturizer to reduce the appearance of blemishes and to rejuvenate the skin.
4. Apply Frankincense to the cuticles and nailbeds to maintain healthy looking fingernails.
5. Apply this essential oil to the bottoms of the feet to promote feelings of relaxation and to balance mood.
6. After a day of outdoor activity, massage Frankincense into the hands and feet for a warming and soothing effect.
7. Diffuse with Lavender to create a calming, grounding atmosphere.
8. This essential oil has soothing properties.
9. It was used anciently in everything from perfumes to lotions for soothing the skin.
10. Its soothing and beautifying properties are used to revitalise the appearance of the skin.

EASY AIR, CLEAR BLEND



1. doTERRA Easy Air, also known as Breathe, is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara.
2. Diffuse or inhale directly from palms, or rub on chest when environmental threats are high.
3. Helps minimize the effects of seasonal threats.
4. Use when outdoors to minimize the effects of seasonal changes.
5. Diffuse at bedtime to promote a restful night's sleep.
6. Maintains feelings of clear airways and easy breathing.
7. Use three to four drops in the diffuser of choice for a fresh, uplifting aroma.
8. Apply topically to the chest and feet, mixed with Fractionated Coconut Oil, to feel clear and calm when breathing.
9. Blend with Lavender, Bergamot or Geranium for a soft, relaxing aroma.
10. Combine Easy Air with water in a spray bottle for a refreshing room spray.

ON GUARD, PROTECTIVE BLEND



1. doTERRA On Guard is a proprietary blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary.

2. With its unique aroma, doTERRA On Guard offers a fragrant, natural, way to clean.

3. Add to water for an effective all-purpose cleaner for surfaces.

4. Diffuse in home before company arrives to help cleanse the air and add a spicy and sweet aroma.

5. Diffuse in class setting for an uplifting scent to energise.

6. Soak sliced apples in water and a few drops for a delicious snack.

7. Use OnGuard to get creative, make your own Hand Wash, Cleaning Sprays or Floor Cleaner.

8. Mix with water to create your own Mouth Rinse.

9. Mix with baking soda to create a bathroom cleaner, complete with invigorating aroma.

10. To clean your Toothbrush, store it overnight in a small glass of water with 3-5 drops of On Guard.

DIGESTZEN, DIGESTIVE BLEND



1. doTERRA Digest Zen is a proprietary Blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander and Anise.
2. Before a road trip, apply one to two drops for a calming aroma.
3. Use with Fractionated Coconut Oil for a soothing abdominal massage.
4. Use before or after food to promote a feeling of satisfaction after eating.
5. Diffuse DigestZen for a fresh, crisp aroma.
6. Add 1-2 drops to your palms and breathe deeply to inhale the aroma.
7. Mix with Fractionated Coconut Oil and massage onto your chest to uplift your senses.
8. Add a Drop of Digest Zen to a cup of warm water for an invigorating minty, spiced tea.
9. The perfect blend to support after overindulging or eating large meals.
10. A must have blend for travelling.

ICE BLUE, ATHLETIC BLEND



1. doTERRA Ice Blue, also known as Deep Blue, is comprised of Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum, and Osmanthus.

2. Apply on feet and knees before and after exercise.

3. Perfect for a soothing massage after a long day of house work.

4. Apply to hands and feet after gardening.

5. Rub Ice Blue on lower back after a day of heavy lifting at work or during a move for a cool sensation.

6. A few drops of Ice Blue Soothing Blend diluted in Fractionated Coconut Oil can be a part of a cooling and comforting massage after a workout.

7. After long hours on the computer, try rubbing Ice Blue essential oil blend on your fingers, wrists, shoulders, and neck.

8. A few drops of Ice Blue Athletic Blend diluted in a carrier oil can be part of a cooling and comforting massage.

9. Massage Ice Blue with a few drops of carrier oil onto growing kids' legs before bedtime.

10. Provides an invigorating aroma.

PETAL DIFFUSER



The dōTERRA Petal Diffuser is a small, user-friendly diffuser for your family and home. It has a relaxing mist and soft white ambient light, making it ideal for night-time diffusion.

The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customize 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 scents of essential oils quickly and safely.

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.

- Substantial mist output helps to humidify the air, whilst releasing aromatic essential oils into air
- 1, 2, and 4 hour diffuser settings
- Optional led light
- Ultra-fine mist reaches up to 330 square feet
- Simple, 3-piece diffuser is easy and convenient to use
- Stable and light for the many spaces in your life



Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Essential Oils & Plastic do not mix, use Stainless or Glass. Essential Oils are flammable. Avoid UV light & heat when wearing Citrus/Photosensitive oils. Check Dilution Ratios for Children & Elderly.

