

# The Essentials Kit

Two kit sizes 5ml bottles and 15ml bottles.



15ml  
Smart & Sassy



Petal Diffuser



## The Essentials Kit

- ◆ Physical and emotional uses
- ◆ Other suggested uses

## Emotional Aromatherapy

- ◆ Blends and uses
- ◆ Kits available

# The Essentials Kit - Peppermint



**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. Arbovitae is also really good for this. Make up a spray, same drop ratio.

**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.

*Do you know someone who needs this oil? .....*

## Some other uses for Peppermint

- **A Hot Feet Fix.** Add Peppermint to a cold compress and cool down your overworked 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. .

# The Essentials Kit - Lavender



**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.

**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

*Do you know someone who needs this oil? .....*

## Some Other uses for Lavender

- **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.

# The Essentials Kit - Frankincense



**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!

**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.

*Do you know someone who needs this oil? .....*

## Some Other uses for Frankincense

- **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.

# The Essentials Kit - Tea Tree



**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!

**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.

*Do you know someone who needs this oil? .....*

## Some Other uses for Tea Tree

- **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.

# The Essentials Kit - Oregano



**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).

**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.

*Do you know someone who needs this oil? .....*

## Some Other uses for Oregano

- **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

# The Essentials Kit - Lemon



**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.

**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.

*Do you know someone who needs this oil? .....*

## Some Other uses for Lemon

- **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. For stainless steel, mix Lemon essential oil with olive oil for best results

# The Essentials Kit - Ice Blue



## Ice Blue (Deep Blue) - Blend

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!

### INCLUDES

Wintergreen  
Camphor  
Peppermint  
Blue Tansy  
German Chamomile  
Helichrysum  
Osmanthus

**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".

*Do you know someone who needs this oil? .....*

## Some Other uses for Ice Blue

- **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.



# The Essentials Kit - Easy Air



## Easy Air (Breathe) – Blend

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.

### INCLUDES

Laurel Leaf  
Peppermint  
Eucalyptus radiata  
Tea Tree  
Lemon  
Ravensara  
Cardamom

**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.

*Do you know someone who needs this oil? .....*

## Some Other uses for Easy Air

- **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.

# The Essentials Kit - DigestZen



## DigestZen – Blend

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. Make a tea with 1 drop in an empty mug or glass. Add warm to hot water. Stir and sip on this. Fantastic!

### INCLUDES

Ginger  
Peppermint  
Tarragon  
Fennel  
Caraway  
Coriander  
Anise.

**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.

*Do you know someone who needs this oil? .....*

## Some Other uses for DigestZen

- **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!
- **A Holiday Helper.** After a big holiday feast, massage DigestZen on your stomach after big meals to help digest all holiday fare with ease.
- **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.

# The Essentials Kit - On Guard



## On Guard – Blend

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.

### INCLUDES

Wild Orange  
Clove Bud  
Cinnamon Bark  
Eucalyptus radiata  
Rosemary

Use the lozenges and beadlets when travelling. Amazing!

**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.

*Do you know someone who needs this oil? .....*

## Some Other uses for On Guard

- **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!

# Some Basic Recipes for Essential Oils

## SHOWER CLEANING SPRAY

40 drops Tea Tree  
10 - 15 drops Wild Orange  
Distilled Water to fill the bottle  
¼ cup Distilled Vinegar  
28 oz spray bottle  
Shake

## GLASS CLEANER SPRAY

Glass spray bottle  
Microfiber cloth  
2-3 drops Lemon  
1 cup Vinegar  
Fill with Distilled Water

## CARPET CLEANER

Shaker container for shaking onto carpets  
Baking Soda  
Grapefruit or personal fragrance  
Douglas Fir or personal fragrance  
Plastic Spoon to stir then shake onto carpet  
Vacuum after 15 – 20 minutes

## FABRIC SOFTENER

Epsom salts  
5 – 10 drops Wild Orange  
OR  
5 – 10 drops Peppermint

## CITRUS AIR FRESHENER

½ cup Distilled water  
20 drops citrus oil or a blend of your choice

Combine water and oils in 8 oz glass spray bottle  
Use more or less to control the strength of the aroma  
Shake before use each time.

## HAND WASH

Hand Wash pump bottle  
2 tablespoons unscented Castile Soap  
1 tablespoon Fractionated Coconut Oil  
10 drops of Essential oil  
(ie 5 x Peppermint and 5 x Tea Tree)  
Water to fill

Pour castile soap and FCO into bottle  
Add Essential oils  
Slowly add water into bottle making sure to leave room for the foaming pump  
Add lid, shake and you are good to go.

## WASHING POWDER

200 gm Epsom salts  
500 gm BiCarbonate soda  
500 gm Washing Soda  
2 x ¼ slices Sunlight Soap  
5 – 10 drops Essential Oil  
Blend  
Put half this mixture at a time into the blender

½ cup into each load

## LAUNDRY DETERGENT (60 loads)

1 cup Castile Soap (or Sunlight bar cut into quarters)  
1 cup Baking Soda  
\*\*\*\* 30 drops Lemon (disinfectant)  
Fill with hot water  
½ cup course salt

\*\*\*\*\* To split into family washing  
Girls – add 2 drops Lavender Peace  
Boys – add 2 drops Purify  
Self – add 2 drops Citrus Bliss

Pour into separate containers for family washing

## LEMON GINGER THROAT DROPS

¾ cup Water  
¾ cup honey  
3 drops lemon oil  
1 drop ginger oil  
1 tablespoon ascorbic acid (Vit C) powder  
Add honey to water  
Heat over medium heat in a saucepan until mixture begins to boil.  
Clip a thermometer to the side of pan where it will not touch the bottom or side.  
Continue boiling until water mixture reach 300oF stirring constantly.  
Reduce heat immediately and allow mixture to cool for 5-10 minutes or until the consistency becomes syrupy.  
Add lemon and ginger oil, stirring to combine  
Dust candy to mold with Vit C powder.  
Pour honey mixture into molds and allow to completely cool  
Remove from molds and dust again with vit c powder to keep the drops from sticking together once stored  
Store in an airtight container.

### **BATH BOMBS with oils**

1/4 cup Cornstarch  
1/2 cup Epsom salts  
1/2 cup Citric Acid  
1/2 cup Baking Soda  
1/2 teaspoon Vitamin E Powder  
2 teaspoons Sweet Almond Oil

*Mix all the above into a bowl with a wire whisk  
Separate mix into 2 glass bowls*

Next, Mix in bowl  
3 teaspoons Fractionated Coconut Oil  
1-3 teaspoons Water  
10 drops Lavender  
Or Lavender Peace & Balance  
Or Citrus Bliss

Slowly stir in wet ingredients to feel like biscuit mix  
Fill pairs of moulds  
Put together to form one ball leave to form 2hrs

### **PERFUME to wear**

Witch Hazel  
Essential Oils

- Whisper – very balanced
- Clary Calm – lower back and abdomen
- In Tune – focus blend
- Console – Comforting
- Passion

Into a spray bottle add  
Passion, Cardamon and Console  
or  
Passion and Peace  
Fill with water

### **WHAT ARE YOU WEARING TODAY**

10 – 15 drops each of Balance and Whisper  
Into Amber Roll On Bottle  
Fill with FCO  
SOLID PERFUME  
2 tablespoons beeswax  
2 tablespoons FCO  
20 drops favourite essential oil or blends  
Add Beeswax and FCO to glass jar  
Place jar in saucepan with 1-1/2 inches of boiling water  
Stir ingredients until combined (about 5-10 minutes)  
Once melted, remove from heat and let rest for 3 minutes  
Add essential oil and stir  
Pour into containers  
To use, apply small amount to skin  
Pour perfume into an empty locket or metal container for easy on the go access.

### **Natural Deodorant with Lavender oil**

10-15 drops Lavender oil  
1/2 cup FCO  
1/4 cup baking soda  
1/4 cup arrowroot or organic cornstarch  
Warm the FCO. Remove from heat and add baking soda and arrowroot or cornstarch.  
Add the Lavender oil and mix well. Keep it in a spray bottle or in an old deodorant stick.

### **Multi Oils Deodorant**

4 drops of Bergamot  
1 tablespoon apple cider vinegar or white vinegar  
4 drops Lavender  
3 tablespoons Water  
Combine in a bowl and mix well. Pour into a container and shake.

### **DIY DEODORANT WITH OILS**

#### Natural Shea Deodorant

3 tablespoons FCO  
2 tablespoons Shea butter  
3 tablespoons baking soda  
Either 3 tablespoons of organic cornstarch or 3 tablespoons of arrowroot

Melt shea butter and FCO together in a pot over low heat.

Remove mixture from heat and add arrowroot or cornstarch. Add baking soda, mixing well to make sure there are no lumps

Spoon into an empty deodorant stick container

### **The Flu Bomb**

Support your body to maintain wellness through the colder months with doTERRA Essential Oils  
ADULTS

Use Veggie Cap  
4 Drops Lemon  
2 Drops of Frankincense, Oregano, On Guard, Tea Tree  
Mix when you are ready to take  
Maximum 1 capsule 3 times a day

#### CHILDREN

Mix in 15ml roll on bottle  
Place essential oils into bottle then fill with a carrier oil  
4 Drops Lemon  
2 Drops of Frankincense, Oregano, On Guard, Tea Tree  
Roll on the bottom of feet morning and night

# Basic Recipes

## Bath Salts

Ingredients: 1 c Epsom salt, ¼ c baking soda, ¼ c sea salt, 8-10 drops essential oils

Directions: Combine dry ingredients and add drops of essential oils.

## Bath Bombs

Ingredients: 1 cup citric acid, 1 ½ cups baking soda, ½ cup almond oil or coconut oil, 8-10 drops essential oils, silicone mold or ice cube tray

Directions: 1) In a medium bowl, whisk together the citric acid and baking soda. With a spoon or spatula, mix in almond oil and essential oils. Mixture should just hold together when pressed between fingers. 2) Press mixture into your molds so that it's firmly packed. Let dry for 24 hours. To speed up the process, you can put the silicone molds into the oven. Bring the oven to 200 degrees F and then turn it off and let the bombs sit in the oven, with it off, for an hour, then cool completely before carefully removing. If bombs don't yet hold together, let dry longer.

## Bubble Bath

Ingredients: 1 cup unscented castile soap, 1/2 cup vegetable glycerin, 2 tablespoons water, 15 drops of your favorite essential oil

Directions: 1) Combine castile soap, glycerin, and water into glass . 2) Add essential oils. 3) Stir until it's all well combined. 4) Pour into glass container.

To use, add 1/4-1/2 cup of bubble bath to warm, running bath water.

## Sugar Scrub

Ingredients: 1 c sugar (white or brown), ¼ c olive oil, 7-8 drops essential oil.

## Spray

Ingredients: 4 glass bottle, add 30 drops oil fill 2/3 with distilled water, 1/3 witch hazel (or use 100% Vodka for a better lingering room spray since it evaporates quickly into the air)

## Roller ball/Massage oil

Ingredients: 5-25 drops of essential oil per 5 ml carrier oil (add essential oils then add carrier)





## Oil Blends Topically

**Goddess Blend;** equal drops- Frankincense, Lavender and Wild Orange

**Growing Pains;** Marjoram, Roman Chamomile equal drops dilute with FCO

**Cartilage Repair;** 1) Lemongrass, Marjoram & Wintergreen

**Equal drops** 2) Roman Chamomile, Marjoram, Cypress & Eucalyptus

Mix with FCO to help spread and penetrate.

### **Sinus Relief;**

Put coffee mug half full of water in Microwave for 1 minute to get it steaming

Take out and add 2 drops of each oil, Oregano, Melaleuca, Lemon and Peppermint

Inhale deeply with eyes shut. This will clear your sinus and make your nose run.

*Oregano – Kills Bacteria*

*Melaleuca - Breaks through Biofilm that is around Bacteria*

*Lemon – Kills Bacteria and smells nice*

*Peppermint – allows an increase of blood to the area*

### **FLU BOMB**

3 drops Oregano

5 drops OnGuard

5 drops Melaleuca

3 drops Lemon

Put into a Veggie cap and take 3 time per day for 2 days should feel much better

### **Candida Blend**

5 drops Lemon

5 drops Melaleuca

3 drops Oregano

Put in Veggie cap take 1 daily for 7 days

### **Earths Cortisone Shot**

Lemongrass, Birch and Wintergreen

These 3 oils blend together for natural cortisone shot to deal with Arthritis, rheumatism, tendonitis, hypertension and cramps.

Highly anti-inflammatory and especially benefit bone, muscle and joint discomfort. Can also be helpful in treating calcium deposits and bone spurs.

### **Peaceful Child**

10 drops Vetiver, 2 drops Frankincense, 2 drops Clary Sage, 4 drops Lavender, 1 drop Marjoram & 4 drops Ylang Ylang

Add to 10 drops FCO in a Roller Ball bottle and apply topically to soles of feet

### **Oils to Lower Blood Pressure**

10 drops each in a Roller Ball bottle mixed with 15 drops FCO

Basil, Ylang Ylang, Lavender, Lemongrass, Marjoram, Lemon

Roll onto wrists 5 times per day then over the heart at bed time, then reduce to 3 times per day then once per day

### **Morphine Blend for Pain**

Mix equal parts of Lemongrass, Marjoram and Frankincense place topically as close as possible to pained area and repeat hourly

### **Hypothyroid or Hashimoto Blend**

Mix 10 drops Clove, 10 drops Myrrh, 8 drops Frankincense, 8 drops Lemongrass in a roller ball bottle.

Top up with FCO, mix together and apply directly to the thyroid area a few times per day.

### **\*\*\*\*Cough Blend\*\*\*\***

Put into a rollerball, 20 drops Breathe

13 drops Eucalyptus

10 drops Frankincense

add 10 drops FCO roll on throat chest and feet

**NB** (I make this up in 5ml bottle and sell for \$10 to everyone who has a cough, it works straight away to ease their cough)

### **Allergy Buster**

2 drops each of Lemon, Lavender and Peppermint

Put into glass add 2 x tbsp water mix

Gargle and then swallow

(May feel like it takes your head off) Works a treat to get rid of stuffiness.

### **Fibromyalgia Buster**

10 drops each: Blue Chamomile, Lavender, Wild Orange and Marjoram

Into a rollerball top with FCO – Roll onto affected area. (This boosts serotonin)

Followed by **Ice Blue Rub** afterward and throughout the day

### **Sciatic Pain**

3 drops each Geranium, Helichrysum, Siberian Fir, Frankincense and Marjoram add to FCO and apply **I make this up in a shallow dish, or Aromatic dressing bowl.**

### **Gout**

Apply equal parts, Geranium and Lemon to the affected area mixed with FCO

### **Useful Websites**

[www.doterra.com](http://www.doterra.com)

[www.doterra.com.au](http://www.doterra.com.au)

[www.au.aromatools.com](http://www.au.aromatools.com)



# Things I have replaced with DoTerra

No toxins and no harmful chemicals!

All things Hair



All things skin



Toothpaste



Multiple Cleaners



Laundry Detergent



Muscle rub



Foaming Hand Soap



Body wash, Lotion, body scrub, chap stick, bath bar, mud mask, and body butter.



Everything Ointment



## History

Aromatherapy (the use of essential oils and plant extracts) has been a subject of interest for thousands of years. The ancient Greeks, Romans, Chinese, and Indians used essential oils for rituals and religious practices, recognizing the oils' ability to influence human feelings. Even with this rich history of aromatherapy, the term wasn't officially coined until the 20th century, and it took many years for the scientific community to recognize the emotional benefits of aromatherapy. After substantial research in the 1990s, biologists began to more fully understand how chemical sensors in the body respond to the effects of scent. This research has opened many minds to a concept that ancient civilizations discovered long ago: aromatherapy can have a remarkable effect on human emotion and mood.

## Science of Aroma

### **Essential Oils and Chemical Responses**

Because of the complexities of the human brain, certain aromas can elicit emotions by triggering memories and stimulating emotional responses. This concept, known as the “Proust Phenomenon”, suggests that although we all have different memories and experiences, everyone has the ability to experience a distinct response when inhaling aromas. This internal response acts as an “aromatic pathway” that connects the aroma to different areas of the brain, thus triggering an emotional response. When we inhale a distinct aroma, the scent is processed through the brain's olfactory system, the sensory system responsible for controlling our sense of smell. The olfactory system is connected to the limbic system, an area of the brain where memories and emotions are stored. At this point, the limbic system produces a distinct response to the aroma based on memories that are associated with the particular smell—creating a rush of feelings that follow. Essential oils can produce responses that can be used to enhance well-being and manage emotions.

### **The Scientific Makeup of the dōTERRA Emotional Aromatherapy™ System**

Because different essential oils can cause different emotional and chemical responses, the design of the dōTERRA Emotional Aromatherapy System is based on chemistry. Each essential oil blend in the system is made up of basic chemicals that are categorized into different classifications. In aromatherapy, different classifications are used to create desired emotional responses. Each product in the dōTERRA Emotional Aromatherapy System has been designed to achieve a unique chemical profile. In most cases, essential oils can be classified as having either uplifting or calming effects. Using distinct essential oil groups, the dōTERRA Emotional Aromatherapy System relies on specific plant categories to elicit emotional responses based on the chemical components included in each essential oil.

Calming	Uplifting
<p>Essential oils in the floral category are typically composed of monoterpene alcohols, which hold calming properties.</p> <p>Tree, herb, and grass oils are known to promote grounding, soothing emotions and feelings of renewal, as they primarily include sesquiterpenes, esters, and oxides.</p>	<p>With a high concentration of ketones, mint essential oils are commonly known to be energizing and uplifting.</p> <p>Citrus oils typically possess significant uplifting characteristics, with chemical components like limonene, beta-pinene, and monoterpenes.</p> <p>Many spice essential oils are known for their warming properties, which come from phenols.</p>

## An Individualised Experience

While we all experience definite responses to the aroma of essential oils, distinct triggers and memories make our responses extremely personalized. Based on the unique chemical profile of each essential oil, we know that each oil will stimulate a specific emotional response. However, because no two people are the same, each individual can receive distinct benefits for their own well-being.



Our reactions to aromas are based on environmental indicators, past experiences, personal preference, and even our unique genetic makeup. Because of these individual factors, not every user will have the same psychological reaction to the same oil.

## dōTERRA Motivate® Encouraging Blend

When setbacks, disappointments, or a lack of inspiration weigh you down, it is often necessary to regroup in order to restore your confidence, allowing you to find purpose once again. Whether you are trying to muster the motivation to organize your cluttered desk, finish a term paper, or overcome your frustration at work, dōTERRA Motivate helps plant positivity within you while melting away cynicism and doubt.

This blend combines citrus and mint essential oils known for their uplifting properties, including Clementine, Peppermint, Yuzu, and more. With a chemical profile made up of monoterpenes and monoterpene alcohols, dōTERRA Motivate Encouraging Blend helps promote feelings of confidence, courage, and belief. When trying to foster creativity, counteract emotions of doubt, or regain confidence, dōTERRA Motivate will help you get the job done.



### INCLUDES

- Peppermint
- Clementine
- Coriander
- Basil
- Yuzu
- Melissa
- Rosemary Leaf
- Vanilla Bean

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## dōTERRA Cheer® Uplifting Blend

Avoiding discouragement and negative emotions can often feel impossible—even with a can-do attitude or optimistic outlook. Like a ray of sunshine, dōTERRA Cheer Uplifting Blend can help dispel heavy emotions by providing a positivity boost using a fresh, bright aroma that promotes feelings of optimism and cheerfulness.

Enlisting help from spice and citrus essential oils like Wild Orange and Cinnamon, the chemical makeup of dōTERRA Cheer uses monoterpene and aldehydes to help promote uplifting and warming feelings. In addition to these properties, Star Anise essential oil adds an energizing element to the blend, helping to ignite feelings of optimism. When happiness and positivity are in short supply, dōTERRA Cheer is waiting to brighten and invigorate your mood.



### INCLUDES

- Wild Orange
- Clove
- Star Anise
- Lemon Myrtle
- Nutmeg
- Vanilla
- Ginger
- Cinnamon
- Zdravetz

## dōTERRA Passion® Inspiring Blend

When life starts to feel stale and predictable, we often lose our vigor, purpose, and passion for living. Whether you are looking to revive enthusiasm for your current circumstances, or reach beyond your comfort zone, dōTERRA Passion Inspiring Blend can help give you the extra spark necessary to rekindle the flame of excitement in your life.

dōTERRA Passion pulls the renewing properties found in herbal and spice essential oils to create a chemical profile that is high in esters and phenols. These chemical components allow the user to benefit from warming and rejuvenating properties. If it is time to extinguish feelings of boredom and disinterest and ignite your creative, innovative, and daring side, dōTERRA Passion will boldly lead the way to a renewed, purposeful life.



### INCLUDES

- Fractionated Coconut Oil
- Cardamom
- Cinnamon
- Ginger
- Clove
- Sandalwood
- Jasmine
- Vanilla
- Damiana

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## dōTERRA Forgive® Renewing Blend

It can be difficult to live a life of contentment when feelings of anger, betrayal, guilt, and negativity hang like a dark cloud over your head. These emotions often lead to excess stress and can dampen any effort to achieve feelings of peace or forgiveness. When embarking on the path to forgiveness, dōTERRA Forgive Renewing Blend is an encouraging companion that will help you remember to let go and keep moving forward.

The chemical design of dōTERRA Forgive uses tree and herb essential oils with components like monoterpene esters, sesquiterpenes, and alcohols, which help balance the emotions in situations of stress or frustration. With essential oils that promote feelings of renewal and relief on your side, you'll be one step closer to achieving the liberating feeling of forgiving, thus inviting feelings of peace and contentment to replace the negative emotions that once ruled your life.



### INCLUDES

- Spruce
- Bergamot
- Juniper Berry
- Myrrh
- Arborvitae
- Nootka Tree
- Thyme
- Citronella

## dōTERRA Console® Comforting Blend

Hidden sorrows and overwhelming grief can wear on the soul, often leaving us feeling hopeless and melancholy. Sadness can become all-consuming and will affect well-being if we let it.

dōTERRA Console Comforting Blend works to engender feelings of comfort by wrapping the user in an essential oil “hug” of floral and tree scents. With tree and flower components rich in monoterpenes and alcohols, dōTERRA Console offers a grounding and renewing chemical structure to help ward off feelings of grief. Using Frankincense, Sandalwood, Ylang Ylang, and more, this blend helps counteract negative emotions related to sadness, renewing hope. Whether you are grieving the loss of a loved one, coping with the pain of disappointment, or just need the strength to carry your burdens for one more day, dōTERRA Console Comforting Blend is ready to bring an extra dose of emotional strength to your day.



### INCLUDES

- Frankincense
- Patchouli
- Ylang Ylang
- Labdanum
- Amyris
- Sandalwood
- Rose
- Osmanthus

## dōTERRA Peace® Reassuring Blend

When feelings of fear and anxiousness creep into our minds, we seek for peace and reassurance from many sources. Though it can be difficult to remain calm and composed in our hectic, unpredictable world, dōTERRA Peace Reassuring Blend provides an escape from discontent and worry.

Floral and mint essential oils come together in this blend, creating a special chemical profile that provides users with a renewing experience. Essential oils like Spearmint, Lavender, and Labdanum help promote feelings of balance and reassurance in times of distress. As you inhale the positive, comforting aroma of dōTERRA Peace and exhale crippling emotions like fear and worry, this blend will help you regain your composure and face the future with reassurance and stability.



### INCLUDES

- Vetiver
- Lavender
- Ylang Ylang
- Frankincense
- Clary Sage
- Marjoram
- Labdanum
- Spearmint

# How To Choose an Emotional Blend



**CPTG** Certified Pure Therapeutic Grade

## Choosing a Blend

- Identify the emotion you might be feeling on the emotional aromatherapy wheel
- Select the corresponding oil blend that is right for you (you might find that two or more blends are appropriate to balance your varied emotions at any given moment)

As essential oil chemistry is naturally complex and each person is unique in their response to specific aromas, you may also personalise your aromatherapy applications by using single dōTERRA essential oils from the aromatic plant families corresponding to the emotions found on the system wheel - naturally safe and simple

## APPLICATION METHODS

- A** Can be used aromatically
- T** Can be use topically
- I** Can be used internally

## SKIN SENSITIVITY

- N** Can be used topically with no dilution (NEAT)
- S** Dilute for young or sensitive skin (SENSITIVE)
- D** Dilute before using topically (DILUTE)

**CAUTION:** Do not use essential oils in eyes, ears or nose. To dilute, use dōTERRA Fractionated Coconut Oil, or other carrier oil.



dōTERRA  
**Motivate**



- Apply to shirt collar before giving a speech to instill feelings of confidence
- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism
- Apply to pulse points before participating in sporting events or other competitions



dōTERRA  
**Peace**



- Promotes feelings of peace, reassurance, and contentment
- Counteracts anxious and fearful emotions
- Diffuse at night time to promote a calming environment and restful sleep
- Diffuse or inhale before taking a test, presenting to a large group, or in times of worry or distress



dōTERRA  
**Passion**



- Diffuse in the morning to start the day feeling energized and enthusiastic
- Apply to pulse points and heart throughout the day to feel inspired and passionate
- Diffuse at work to spark creativity, clarity, and wonder
- Ignites feelings of excitement, passion, and joy



dōTERRA  
**Forgive**



- Promotes feelings of contentment, relief, and patience
- Counteracts negative emotions of anger and guilt
- Diffuse when meditating to help release harboring feelings of anger and guilt
- Apply to pulse points and heart throughout the day to feel grounded and content



dōTERRA  
**Console**



- Promotes feelings of comfort and hope
- Counteracts negative emotions of grief, sadness, and hopelessness
- Diffuse during times of loss to comfort the soul and evoke feelings of hope
- Use one or two drops in the diffuser of your choice



dōTERRA  
**Cheer**



- Promotes feelings of optimism
- Counteracts negative emotions of feeling down, blue, or low
- Diffuse at home, work, or school to promote a positive, uplifting environment
- dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down





# dōTERRA Loyalty Rewards Program (LRP)

## Why Join?

- It's free
- You save money
- You receive free products
- You shop from home
- Your products are delivered to your doorstep
- Receive the Product of the Month for free when your LRP order totals 125 pv or more and is scheduled to ship before the 15th of the month
- You have the potential to save up to 55% when you combine your Wholesale Discount of 25% and the % you earn back!
- 100% of Shipping back in point credits for online LRP orders.
- Can cancel at any time. No penalties.

**Eliminate impulse buying by planning ahead!**

**Replace over-the-counter products with pure, all natural dōTERRA!**

## How To Join?

- Set up shopping account
- Next set up a LRP auto-ship shopping cart by placing your favourite products in it.
- Select a date between the 1st and the 15th of every month for your products to ship

## What Is It?

- Similar to a frequent flyer program, the dōTERRA Loyalty Rewards Program (LRP) provides free product value credits (pv) for monthly purchases
- As a participant, you immediately begin to earn points on all orders over 50pv
- These points can be used as cash to purchase dōTERRA products
- The longer you participate, the more points you can earn - up to 30% of your total monthly Loyalty Rewards purchases!

## How it Works

- Each month prior to your selected ship date, edit your shopping cart based on your product needs
- To keep your LRP active, you must purchase one item per month
- To earn reward points you must purchase 50pv
- To increase the % you earn back in reward points, you must purchase 50pv for 3 months. They do not have to be consecutive months
- To maximise your benefits you must purchase 100pv
- To receive the free product of the month, you must purchase 125pv by the 15th
- If you cancel your LRP at any time and then reactivate at a later date you start back at 10%

Months 1 to 3	Months 4 to 6	Months 7 to 9	Months 10 to 12	Months 13+
10%	15%	20%	25%	30%

# Essential Oil Blend Names

<b>dōTERRA</b>	<b>Generic</b>	<b>Generic</b>	<b>dōTERRA</b>
Align	Centering Blend	Active Blend	Smart & Sassy
Anchor	Steadying Blend	Anti-Aging Blend	Salubelle
Arise	Enlightening Blend	Blend for Women	Whisper
AromaTouch	Massage Blend	Captivating Blend	Beautiful
Balance	Grounding Blend	Cellular Complex Blend	DDR Prime
Beautiful	Captivating Blend	Centering Blend	Align
Cheer	Uplifting Blend	Cleansing Blend	Purify
Citrus Bliss	Invigorating Blend	Comforting Blend	Console
Clary Calm	Monthly Blend	Detoxification Blend	Zendocrine
Console	Comforting Blend	Digestive Blend	DigestZen
DDR Prime	Cellular Complex Blend	Encouraging Blend	Motivate
DigestZen	Digestive Blend	Enlightening Blend	Arise
Easy Air	Respiratory Blend	Focus Blend	InTune
Elevation	Joyful Blend	Grounding Blend	Balance
Forgive	Renewing Blend	Inspiring Blend	Passion
HD Clear	Topical Blend	Invigorating Blend	Citrus Bliss
Ice Blue	Soothing Blend	Joyful Blend	Elevation
InTune	Focus Blend	Massage Blend	AromaTouch
Lavender Peace	Restful Blend	Monthly Blend	Clary Calm
Motivate	Encouraging Blend	Outdoor Blend	TerraArmour
On Guard	Protective Blend	Protective Blend	On Guard
Passion	Inspiring Blend	Reassuring Blend	Peace
PastTense	Tension Blend	Renewing Blend	Forgive
Peace	Reassuring Blend	Repellent Blend	TerraArmour
Purify	Cleansing Blend	Restful Blend	Lavender Peace
Salubelle	Anti-Aging Blend	Respiratory Blend	Easy Air
Smart & Sassy	Active Blend	Seasonal Blend	TriEase
Sunny Citrus	Sunshine Blend	Soothing Blend	Ice Blue
TerraArmour	Outdoor Blend	Steadying Blend	Anchor
TerraArmour	Repellent Blend	Sunshine Blend	Sunny Citrus
TriEase	Seasonal Blend	Tension Blend	PastTense
Whisper	Blend for Women	Topical Blend	HD Clear
Zendocrine	Detoxification Blend	Uplifting Blend	Cheer

# EO Inspired Wellness Supplements

dōTERRA	Generic	Generic	dōTERRA
a2z Children's	Chewable Multivitamins	Basic Vitality Supplements	Lifelong Vitality (LLV)
Bone Nutrient	Bone Nutrient Complex	Bone Nutrient Complex	Bone Nutrient
Correct-X	Essential Oil Ointment	Cellular Complex Blend	DDR Prime
DDR Prime	Cellular Complex Blend	Cellular Complex Softgels	DDR Prime Softgels
DDR Prime Softgels	Cellular Complex Softgels	Cellular Vitality Complex	LLV Alpha CRS
Deep Blue Polyphenol	Polyphenol Complex	Chewable Multivitamin	a2z Children's
Digest Tabs	Digestive Calcium Tablets	Detoxification Complex	Zendocrine Detox
DigestZen Softgels	Digestive Softgels	Digestive Calcium Tablets	Digest Tabs
Easy Air Drops	Respiratory Lozenge	Digestive Enzyme Complex	TerraZyme Enzymes
GX Assist	GI Cleansing Formula	Digestive Softgels	DigestZen Softgels
IQ Mega Omega 3	Omega 3 Fish Oil	Energy Stamina Complex	Mito2Max
Lifelong Vitality (LLV)	Basic Vitality Supplement	Essential Oil Ointment	Correct-X
LLV Alpha CRS	Cellular Vitality Complex	Essential Oil Omega	LLV xEO Mega
LLV Microplex Vmz	Food Nutrient Complex	Food Nutrient Complex	LLV Microplex Vmz
LLV Vegan Supplement	Vegan Vitality Supplement	Fruit & Veggie Drink Mix	TerraGreens
LLV vEO Mega	Vegan EO Omega	GI Cleansing Formula	GX Assist
LLV xEO Mega	Essential Oil Omega	Omega 3 Fish Oil	IQ Mega Omega 3
Mito2Max	Energy Stamina Complex	Phytoestrogen Complex	Phytoestrogen Complex
OnGuard Throat Drops	Protective Throat Drops	Polyphenol Complex	Deep Blue Polyphenol
OnGuard+ Softgels	Protective Blend Softgels	Probiotic Defence Formula	PB Assist+
PB Assist+	Probiotic Defence Formula	Protective Blend Softgels	OnGuard+ Softgels
Phytoestrogen Complex	Phytoestrogen Complex	Protective Throat Drops	OnGuard Throat Drops
Slim&Sassy Trim Shake	Trim Shake	Respiratory Lozenge	Easy Air Drops
Slim&Sassy Vegan	Vegan Trim Shake	Seasonal Blend Softgels	TriEase Blend Softgels
TerraGreens	Fruit & Veggie Drink Mix	Trim Shake	Slim&Sassy Trim Shake
TerraZyme Enzymes	Digestive Enzyme Complex	Vegan Vitality Supplement	LLV Vegan Supplement
TriEase Blend Softgels	Seasonal Blend Softgels	Vegan EO Omega	LLV vEO Mega
Zendocrine Detox	Detoxification Complex	Vegan Trim Shake	Slim&Sassy Vegan

# Bonus Oil - Essentials Kit - Smart & Sassy

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.

**Oil of Inner Beauty** - Smart and Sassy invites you to accept yourself, makes you feel worthwhile. Takes away the feelings of ugliness and self criticism.

## 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.

## Other Uses:

- Cleaning glass - use in spray bottle with water.
- Remove dirt and grime (including permanent marker) from surfaces - test before use



For more information  
Please contact: