

dōTERRA®

LIVING



OFFICE MAKEOVER

TRANSFORMING YOUR
WORKSPACE

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WITH ESSENTIAL OILS

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SPRING 2014

GIVE NATURE A SECOND CHANCE

TRIEASE SEASONAL BLEND SOFTGELS

Provides natural relief during seasonal discomfort*

PEPPERMINT

Promotes clear breathing and healthy respiratory function*

LEMON

Cleansing to the body's systems and frequently used for respiratory discomfort*

LAVENDER

Renowned for its calming and balancing effects, both internally and externally*



TriEase Seasonal Blend Softgels

49310001	60 Softgels
\$30.00 retail	

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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5



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dōTERRA PRODUCT GUIDE, see pages 34-43
A quick shopping reference for all products

ask Dr. Hill

Q How can I alleviate seasonal discomfort with essential oils?

A The new dōTERRA TriEase™ Softgels contain equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to support clear breathing and a healthy immune system when combined together.* Throughout my personal and professional experience, I've witnessed great success from this combination. In addition, supporting the digestive tract can ease discomfort during seasonal changes. PB Assist®+ helps create an environment of friendly microflora in the gut that can both protect against seasonal and environmental elements and support acquired immunities.*

Q Are essential oils effective cleaning agents? Which oils would you recommend?

A Essential oils have complex chemistries that give them diverse benefits. Many essential oils have powerful cleansing properties. They are highly effective yet nontoxic, making them ideal cleaning agents. There are many ways essential oils that can be integrated into your regular cleaning routine—use oils to clean kitchen counters, bathrooms, and other surfaces; diffuse the oils to purify the air; or use oils to cut grease and other tough stains. Citrus oils tend to be excellent cleaning agents and stain removers because of their high monoterpene content. I would also recommend Oregano, Purify Cleansing Blend, or any of the dōTERRA On Guard® products to add to your everyday cleaning routine.

What is the safest and most beneficial way to use essential oils on children?

Q

Among the greatest attributes of essential oils is that their safety and benefits extend to all members of the family—no one is excluded, even young children and infants. Because of their potency, you will find that essential oils are capable of offering immediate benefits and relief to your child. For the same reason, a very low dose is all that is needed to induce powerful effects. Topical application is perhaps the most controlled method for administering essential oils to children because it allows for treatment of targeted concerns. Some oils can be sensitive to the skin and should be diluted with Fractionated Coconut Oil before applying topically. Another effective mode of administration is diffusion, which is simple to integrate into your family's health regimen. Consistent use of essential oils is a safe yet effective method for your family's health.



DR. DAVID K. HILL, CHIEF MEDICAL OFFICER

Well known in the industry as an expert on wellness and essential oils, Dr. Hill is the Chairman of the dōTERRA Scientific Advisory Board.

THE DR. RECOMMENDS For Seasonal Discomfort



TriEase Seasonal Blend Softgels
(No. 49310001)

THE DR. RECOMMENDS For Cleaning



Wild Orange (No. 30170001)

Lemon (No. 30120001)

Lime (No. 30870001)

Purify Cleansing Blend
(No. 31060001)

dōTERRA On Guard Protective Blend
(No. 3110001)

Thyme

Plant Part: Leaves and flowering tops

Extraction Method: Steam distillation

Plant Origin: Germany

One of the oldest herbs around, Thyme is known for its culinary, aromatic, and health purposes and contains a variety of benefits. Thyme's healthful benefits are attributed to its high thymol content. The essential oil that is derived from this potent herb protects against seasonal and environmental threats and supports healthy immune function.* Thyme also has been recognized for its cleansing, clarifying, and soothing effects on the skin, as well as its ability to enhance a sense of alertness.

HOW TO USE

Aromatic

- Diffuse two to four drops alone or with other essential oils
- Add to homemade cleaning products

Internal

- Dilute in water or take several drops in an empty veggie cap for periodic immune support*
- Use a toothpick to swirl in the flavor while cooking

Topical

- Add to lotions and creams or apply directly on affected area of skin with a Q-tip
- Dilute with dōTERRA Fractionated Coconut Oil and massage feet or other areas of the body



Fun Fact:

The uses of Thyme were recorded in the Ebers Papyrus, one of the oldest Egyptian scientific texts on record, dating back to about 1550 BC.



ALDHHA!

"DREAM IT. BELIEVE IT.
PLAN IT. ACHIEVE IT!"
— Karlel

Just seven months ago, Karlel Crowley weighed 212 lbs. She remembers that person as sad and insecure. Now she has lost over 80 lbs and is feeling healthier and happier than ever.* She was recently able to participate in the biggest fitness competition in Hawaii—the 2013 Paradise Cup.

My family has a history of health challenges. I have gluten and wheat allergies, among other things. I realized I had to make a few serious changes to my lifestyle and health. More than anything, I needed to be a role model to my family and friends. I believed that if I did it, then maybe they would follow—and they have! My sister and mom combined have lost almost 70 lbs and are continuing on their weight loss journey in the next Slim & Sassy challenge. You have to love yourself first and everything else will follow.

COMPLETE LIFESTYLE CHANGE AND TRANSFORMATION

My journey to health first began in January of 2012 when I entered the Slim & Sassy contest for the first time. I was able to lose 35 lbs, which was awesome, but it was very hard to maintain. I gained much of it back and hit a major plateau because I wasn't following exactly what I was doing for those first three months when I was motivated and using the products.

In January of 2013, after a trip to Caribbean, I decided that I wasn't just going to lose weight anymore. I wanted to understand why my body lost weight, and what specific things I could do and eat that would help me keep it off for the long haul. It was shortly after that I was introduced to a wonderful coach and trainer named Debbie Bullman. She told me I needed a goal and that if I really wanted to change I needed to make a commitment. I set my goals on the biggest fitness competition in Hawaii, the Paradise Cup 2013 in November. I hadn't worn a bikini in over 10 years, and she wanted me to do it on stage?



I had cellulite on my legs, a lot of body fat on my lower region, and an oversized stomach that never seemed to come off. I didn't want to do it until I came back from dōTERRA Leadership Conference in April. I walked into the gym and said, "Let's do it!" It took seven months to take off the weight. I must tell you it was not easy! I had to have true dedication and mental discipline to my diet and workout regimen. My coach cheered me on, and even decided to join dōTERRA.

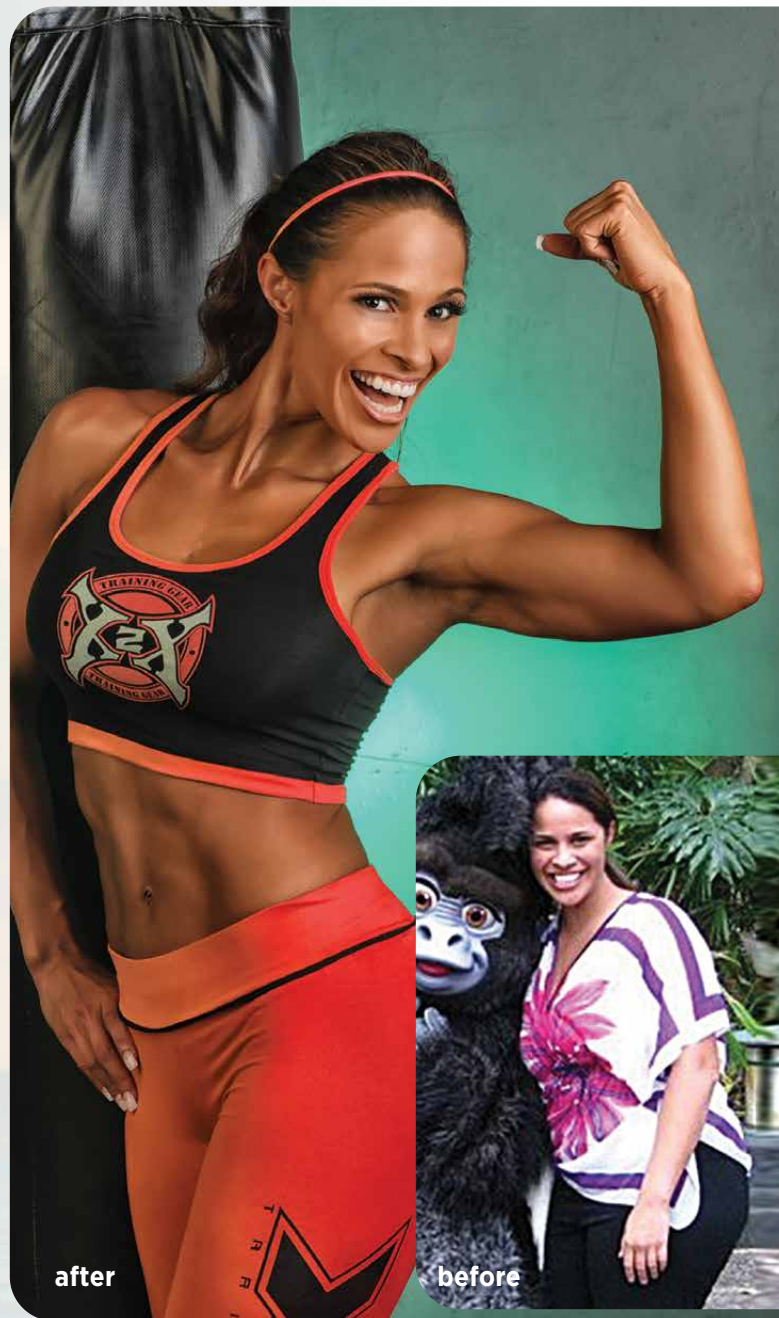
"If you want to chop a tree, spend time sharpening your axe" is one of my favorite sayings. It took blood, sweat, dōTERRA oils, and tears on a daily basis to reach my goal, but the hard work has paid off.

"This is your life—plan for success."

As I look back, it was completely worth every minute. At first people would ask me why. Now they ask me how. **Mahalo nui loa**, thank you so much, dōTERRA for giving me the tools necessary to reach my goals. Here's to an amazing new year full of life, health, happiness, and prosperity!

▶ KARLEL'S TIPS FOR SUCCESS

1. Write down your why. Why are you doing this? The answer mainly needs to be for yourself. This needs to be your goal, not one else's.
2. Find an inspirational image that you can hang on the refrigerator, desk, bathroom mirror, or car as a reminder of your goals.
3. Set weekly, monthly, and quarterly goals. Planning is crucial to being successful in this process. This is your life—plan for success.
4. Get a meal plan that works for you. Prepare your meals either Saturday or Sunday for the rest of the week. This will save you a lot of time, money, and energy.
5. Drink no less than a gallon of water a day. The more water your body has, the more you will lose. It's great also to wash out the toxins in your body and keep you hydrated.
6. Take three to five drops of Slim & Sassy 10 minutes before every meal. This curbs your appetite and keeps you away from sugars and added sweets throughout the day. Drink Slim & Sassy TrimShake once a day in between meals.
7. Make a workout plan for at least four to five days a week. Incorporate at least 30 minutes of cardio a day. You can start at 20 minutes and increase 10 percent every week. Add in at least two to three days of strength conditioning and weight exercises.
8. Take pictures every week and document your results in a planner or a blog.
9. Do not use the scale as a measure of your results. Your body composition will change as you lose weight and gain muscle. If your clothes are feeling looser, that's what you are looking for.
10. LifeLong Vitality Pack is an absolute daily must-have. I take it first thing in the morning and between 1 and 3 pm when my energy dips. For those that are on an intense training program, you can add Mito2Max to your regimen as well.
11. Use Deep Blue Rub as needed. Add Frankincense and Wintergreen for additional benefits. Remember, **if it was easy then it wouldn't be worth it.**
12. Consistency is key. **You must have a "no matter what"** attitude. Treat your eating and workout regimens as your business and you won't go wrong!
13. Get plenty of rest. Be in bed by 10:30pm. You cannot be at your best if you are tired.



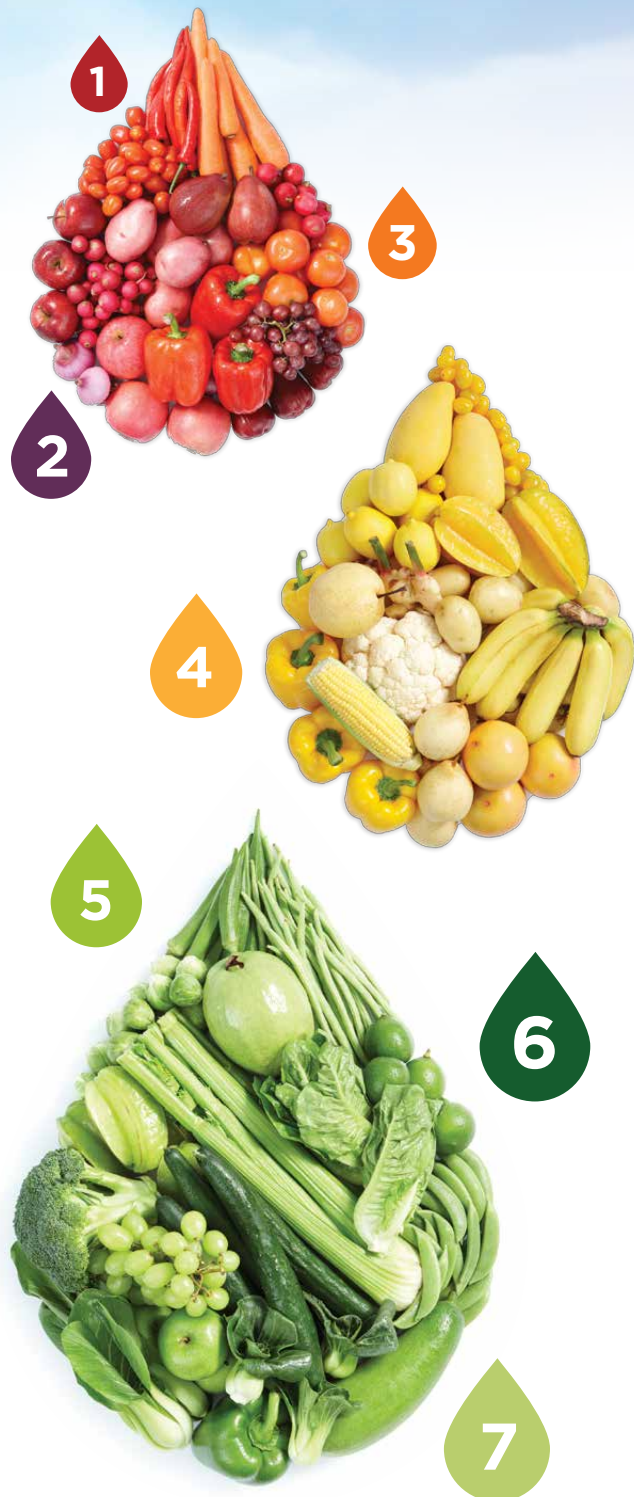
PRODUCTS USED

- Slim & Sassy™ Metabolic Blend (Item No. 31370001)
- Slim & Sassy TrimShake™ (Item No. 35200001)
- LifeLong Vitality Pack (Item No. 34210001)
- Mito2Max™ (Item No. 35310001)
- Deep Blue™ Rub (Item No. 38900001)
- Frankincense (Item No. 30070001)
- OnGuard+ Softgels (Item No. 35420001)



Eat the

RAINBOW



Why Eat A Rainbow?

“Eat your fruits and vegetables.” You have probably heard this phrase many times in your life. The Food Guide Pyramid—and more recently MyPlate—have been actively reinforcing the idea that we should eat a substantial amount of fruits and vegetables every day. Unfortunately, 38 percent of adolescents and 36 percent of adults report consuming fruit less than one time daily.¹ There always seems to be a reason for not getting your daily dose of fresh fruits and vegetables, whether it’s time, money, convenience, taste, or texture. One of the biggest reasons that people aren’t eating their fruits and vegetables is that the advertising of these initiatives has told us what to eat without explaining why we should eat it. As a result, orange juice became the major fruit and French fries the major vegetable for the majority of people in the U.S.²

COLOR	PHYTOCHEMICAL	FRUITS & VEGETABLES
1 Red	Lycopene	Tomatoes & tomato products: juices, soups, sauces
2 Red-Purple	Anthocyanins & Polyphenols	Blackberries, raspberries, grapes, blueberries
3 Orange	α -Carotene & β -Carotene	Carrots, mangos, pumpkins
4 Orange-Yellow	β -Cryptoxanthin & Flavonoids	Cantaloupe, peaches, papaya, tangerines, oranges
5 Yellow-Green	Lutein & Zeaxanthin	Spinach, avocado, honeydew
6 Green	Glucosinolates & Indoles	Broccoli, bok choy, kale
7 White-Green	Allyl Sulfides	Leeks, garlic, onion, chives

Why All Colors Matter

You've probably heard that you should eat lots of colors, but why? It's the phytochemicals! Phyto- means plant, so a phytochemical is simply a unique chemical that only certain colors of plants produce. More importantly, each of these color classes of phytochemicals have different beneficial effects on the body. Some protect us from aging, while others improve our stamina, and protect our cells from damage.

This knowledge alone should be enough to get you started. A single type of fruit, no matter how great it is or how much of it you eat, cannot replace the phytochemicals found in another fruit. You can't get the same vitamins and minerals from orange fruits that you can get from red vegetables. The healthiest people in all the nutritional survey data available are not those that eat the most fruits and vegetables, but those that eat the greatest variety of fruits and vegetables.

(see chart on facing page)

38% of adolescents
and **36%** of adults
report consuming fruit
less than one time daily.

How to Enjoy Eating Fruits and Vegetables

If you don't like it, add it to something.

Add spinach to soup, or add fruit to your smoothies.

If you don't like the flavor, puree it.

Sautee onions, garlic, tomatoes or other vegetables. Throw them in the blender, puree, and add them back to your recipe. This is very effective if you have kids in your home that like to pick things out of food or won't eat them because of the texture or strong flavors of individual ingredients.

If it keeps rotting in your fridge, buy it frozen.

Commercially frozen fruits and vegetables have the same phytonutritional value as fresh fruits and vegetables. Buy a bag of frozen broccoli, peas, or beans. That way you always have a vegetable to serve with a meal.

If it takes too long to prepare, buy it canned.

Though some phytonutrient value is lost during the canning process, much of it still remains. Canned vegetables and beans are fast to prepare, and canned

fruit may be presweetened, which can increase the likelihood it will be eaten. A piece of fruit with sugar is still better than choosing cake, cookies, or other food with no phytonutrients at all!

If you mix fresh, frozen, and canned, you will get the color rainbow you need, and your body will have the phytonutrient power to counteract other less phytonutrient dense food choices you make in your life.

Kids won't eat it? Keep trying!

Here are the best methods for helping kids eat more fruits and vegetables:

- 1. Set the example!** *Eat your fruits and veggies in front of your children.*
- 2. Keep at it.** *Research suggests a child needs at least 20 exposures to a new food before they will accept it.*
- 3. Let your kids decide** *what they will eat for one meal a day, like lunch, but require them to eat what is served for dinner. You can even let them pick out the onions, as some of those healthy allyl sulfides mentioned in the chart will have left the onion and entered the meal during cooking!*

Next time you go to the grocery store or decide to prepare a meal, don't forget the "rainbow." Not only does the rainbow of foods burst with colors and flavors, it also provides necessary benefits for your overall health.

¹State Indicator Report on Fruits and Vegetables (2013), published by the CDC.

²Kimmons J, Gillespie C, Seymour J, et al. Fruit and Vegetable Intake Among Adolescents and Adults in the United States: Percentage Meeting Individualized Recommendations. *Medscape J Med.* 2009; 11(1): 26.



Dr. Parker holds a PhD in Nutritional Science from the University of Illinois at Urbana-Champaign. He has extensive experience in food processing, food chemistry, biochemistry, physiology, and human nutrition. He has worked both in the supplement industry and in academia, making him uniquely positioned to understand product development, research, and the physiology and chemistry behind nutrition.

Dr. Parker has a contagious passion for teaching people about the connection between nutrition and living a long life free from the early onset of conditions associated with poor lifestyle choices.

OFFICE MAKEOVER

Whether you have a home office or a corporate cubicle, dōTERRA can help you transform your workspace into a healthy, productive, and enjoyable place.

AROMA TISSUE

Place cotton balls with a few drops of your favorite essential oil inside a tissue box and enjoy the aromatic benefits with every use.

FUEL YOUR BODY

Instead of snacking on random food, mix a couple scoops of **Slim & Sassy TrimShake** in water or milk. Packed with nutrients, it will help reduce cravings and hunger throughout your busy day.

LET GO OF TENSION

Staring at a computer screen for long periods of time can make you feel tense. **PastTense Tension Blend** is a must-have. Simply apply to the area around your head, take a deep breath, and experience the power of essential oils working together.

STRENGTHEN THE IMMUNE SYSTEM

dōTERRA On Guard+ Softgels will protect you against elements at work and at home that may weaken your immune system.*

dōTERRA On Guard Protective Throat Drops are a go-to when you experience a scratchy or dry throat.

KEEP YOUR MOUTH CLEAN AND YOUR BREATH FRESH

Take a couple **Peppermint Beadlets** after lunch or before an important meeting to ensure fresh breath and confidence.



Vanderbilt Hospital emergency room in Nashville, TN, discovered that diffusing citrus essential oils helped improve the mood of staff and patients as well the overall aroma of the facility.

Diffuse a few drops of **Citrus Bliss** or **Elevation** to create a pleasant and uplifting environment.

AN AFTERNOON PICK-ME-UP

Mix a drop of **Frankincense**, **Peppermint**, and **Wild Orange** in your hand, rub your palms together, and inhale to spark some inspiration.

FIND BALANCE

Make sure you keep a bottle of **Balance Grounding Blend** nearby for moments of stress. Its calming influence will help you face your hectic schedule with peace of mind.

KEEP YOUR DIGESTIVE SYSTEM IN LINE

In case of unexpected stomach discomfort, take **DigestZen Softgels** for immediate soothing relief.* It will save the day!

WIPE AWAY THE DIRT

In a spray bottle, mix water with 15-20 drops of **dōTERRA On Guard** or **Purify blend**. Shake, spray over the desk surface, and wipe clean. A clean workspace can improve productivity as well as creativity.

IMPROVE MEMORY AND FOCUS

During times of distraction or lack of concentration, rub **InTune Focus Blend** or **Rosemary** essential oil on your temples. You'll be back on track in no time.

FILL IN THE NUTRITIONAL GAPS

Keep a **LifeLong Vitality Pack** on your desk for easy access and as a reminder to maintain your daily nutritional health.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



BRING IN THE ● Spring

Tips and DIYs for
Natural Spring Cleaning

As the warmer temperatures of spring thaw out the winter blues, it's time to de-clutter your life and give your home and mind a fresh start. Here are a few tips to help you tackle your spring cleaning:

CREATE A CHECKLIST

Create a detailed to-do list for cleaning each area of the house. Having a list will help you organize your mind as well as your tasks. Each checkmark will also provide a sense of accomplishment.

MAKE IT A FAMILY ACTIVITY

Spring cleaning is not a one-person job. Getting your family involved in an annual spring cleaning event can be a fun bonding experience. Make a list for each member of the family based on their ability level and preference.

FOCUS ON ONE AREA AT A TIME

You will be able to get more done, more effectively, by focusing on one room/area at a time. If you try to multi-task during cleaning, it can take you longer to get your chores done. Start with the more difficult areas to clean, such as the bathroom or kitchen, and then move to easier areas. This allows you to save some energy for the rest of the home.

ELIMINATE DISTRACTIONS

Try to stay focused on each task, eliminating things that will slow down your productivity. Facebook, TV, and other unrelated activities can wait until after you're done. InTune Focus Blend always helps.

DE-CLUTTER

Don't be afraid to get rid of stuff. There are likely belongings built up over the years that no one uses anymore. Start "sell" and "donate" piles for items that are in good shape and a trash pile for items that are not worth keeping. You will be surprised how much better you'll feel with the new space.

ORGANIZE

An organized home has been proven to reduce stress levels and create a relaxing atmosphere. Establish an organizing system that will work for you. Look into bringing order to your closet, cabinets, kitchen items, toys, office space, bills, and garage.

DEEP CLEAN

After you have removed clutter and organized, it is time to roll up your sleeves and give your home a thorough scrubbing. Start with tackling more advanced cleaning job such as washing the inside of kitchen cabinets and drawers, cleaning the carpet, ceiling fans, windows, ovens, blinds, and fridge. Once those are done, move to daily or weekly tasks such as vacuuming, dusting, mopping, etc.

USE ESSENTIAL OILS

Certain essential oils such as Lemon, dōTERRA On Guard, Grapefruit, and Thyme contain powerful cleansing and purifying properties that make effective and safe cleaning agents.

> CHECK OUT HOW ESSENTIAL OILS CAN HELP IN YOUR CLEANING ROUTINE.



diy1

ESSENTIAL SOFT SCRUB RECIPE

"I love cleaning with natural products. This soft scrub recipe is one of my absolute favorite natural cleaning recipes. I coat my kitchen sink with a little bit, let it sit for 10 minutes, and gently scrub it clean. It can be used in so many other places too. Happy cleaning!"

—Paulette Preeshl-Shipp

Ingredients:

- ¾ rounded cup baking soda
- ¼ cup liquid Castile soap
- 1 tablespoon distilled water
- 8 drops dōTERRA Lemon essential oil
- 5 drops dōTERRA Lime essential oil

Directions:

1. In a bowl, combine baking soda and Castile soap with a wire whisk.
2. Stir in water.
3. Add essential oils and whisk until smooth. Consistency should be a soft paste.
4. Store in an air tight container out of the sun.



diy2

STOVE TOP CLEANER

Ingredients:

- ¼ cup baking soda
- ¼ cup table salt
- 1 tablespoon apple cider vinegar
- 2 tablespoons water
- 4–5 drops of Purify Cleansing Blend

Directions:

1. Stir all ingredients together until they form a paste and spread it over the stove top and burners.
2. Leave it on for 15 minutes or longer for hard-to-remove stains.
3. Using a sponge, scrub the mixture into the grime.
4. Remove excess cleaner and wipe surface clean.



diy3

REFRIGERATOR AND MICROWAVE CLEANER

Ingredients:

- 1 cup white vinegar
- 2 cups hot water
- 15 drops of Lemon essential oil

Directions:

1. Combine the ingredients in glass spray bottle.
2. Spray mixture inside fridge or microwave, then scrub and wipe using damp cloth.

For more DIY recipes visit:
doterrablog.com/spring-cleaning

dōTERRA BLOG SPOTLIGHT

If you haven't had a chance to explore the dōTERRA blog, no worries! Here is one of our most popular DIY posts that you won't want to miss. Enjoy!



For more handy ideas, recipes,
and tips visit: doterrablog.com

DIY: NATURAL ALTERNATIVE TO FABRIC SOFTENER & DRYER SHEETS

Fabric softeners come in all different shapes and sizes, and have scents that range anywhere from “Tropical Breeze” to “Lavender.” Did you know that most lavender-scented fabric softeners actually contains no lavender—only chemicals that have been blended to give you an impression that you are smelling the real deal? Substituting these chemically-driven fabric softeners for an all-natural, toxic-free alternative is much easier and more affordable than you might think. Follow this step-by-step tutorial to make your own wool dryer balls that can last for many years and can easily be scented with dōTERRA essential oils leaving your fabrics fragrant and soft.

WHAT YOU NEED:

- 100 percent wool yarn or other 100 percent animal yarn
- Pantyhose

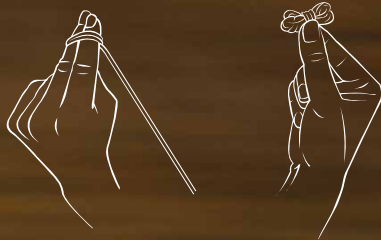
Upcycling Idea:

- Reuse pantyhose with runs in them

DIRECTIONS

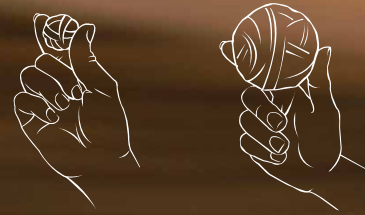
1

Take the end of the yarn and wrap it around your middle and index finger 10 times. Remove it from the fingers and wrap 2-3 times around the middle (it should look like a bow). This will be the start of your ball.



2

Continue tightly wrapping the yarn around the start, working toward making a round shape. Once your ball is roughly the size of a tennis ball, cut the yarn and tuck the ends into the sides of the ball. Repeat this process until you have created four or more balls of yarn.



3

Cut one leg off of the pantyhose. Place one ball into the bottom of the leg and tie a knot right above the ball to secure it in place. Repeat until all the balls have been added and secured.



4

Once the balls are tightly secured in the pantyhose, put them in the washer (can be with a load of dirty laundry) and wash on the hottest setting. This will allow the yarn to felt.



Felting will make the yarn fuse together, resulting in a solid ball. Once washed, dry the balls thoroughly in the dryer at the highest heat setting.

5

After the balls are completely dry, remove them from the pantyhose and they're ready for use! Before drying your next load of laundry, add your favorite dōTERRA essential oil to 4-6 dryer balls, toss them in the dryer, and enjoy the soft, fluffy, wonderful-smelling fruits of your labor.



Editor's tip:

- 2-3 drops of essential oil per ball should last a few loads. Add more drops if you would like a stronger scent.

Fun Laundry Tips:

- Crumple up aluminum foil into a ball and toss it in the dryer with the wet laundry to get rid of static cling.
- For an even extra burst of essential oils in your clothing, place a wash cloth with a few drops of essential oil into your dryer. It will come out smelling beautiful!
- Add a few drops of Lemon essential oil to your wash cycle to help remove grease and oil from fabrics.

Balance Grounding Blend

Life has its ups and downs. The warm woody aroma of Balance Grounding Blend creates a sense of calmness and well-being while restoring the natural equilibrium of your body inside and out.

Spruce: Grounding effect that helps with emotional release

Ho Wood: Provides calming effect; increases spiritual awareness

Blue Tansy: Relieves anger and promotes a feeling of self-control

Blue Chamomile: Calms nerves

Frankincense: Promotes meditation, improves attitude, and uplifts spirits

RECENT CHANGES

Added Blue Chamomile

The addition of Blue Chamomile further enhances the soothing and calming properties of this extraordinary blend.

Replaced Rosewood with Ho Wood

Over the course of the past few years the demand for Rosewood has been increasing. Due to this demand, dōTERRA made the decision to replace Rosewood with Ho Wood. Valued for its soothing and calming benefits, Ho Wood provides the same benefits as Rosewood.

HOW TO USE

Aromatic | Diffuse a few drops to experience the aromatic benefits of the blend

Topical | Directly apply to feet, neck, and back





WÖRD SEARCH

Aromatically
 Bergamot
 Cinnamon
 Convention
 Elevation
 Ginger
 Internally
 Lime
 On Guard
 Pure
 Sandalwood
 Vetiver

Aromatouch
 Breathe
 Citrus Bliss
 Cypress
 Essential Oil
 Healing Hands
 InTune
 Melaleuca
 PastTense
 Purify
 Trimshake
 Wintergreen

Balance
 Cassia
 ClaryCalm
 Deep Blue
 Eucalyptus
 Helichrysum
 Lavender
 Myrrh
 Patchouli
 Rose
 Thyme
 Ylang Ylang

Basil
 Cedarwood
 Clove
 dōTERRA
 Frankincense
 Immortelle
 Lemongrass
 Nature
 Peppermint
 Rosemary

Can Essential Oils Be Taken Internally?

Dr. David K. Hill, dōTERRA Chief Medical Officer

Are essential oils safe for internal use? Can every oil be used internally? Are there actually health benefits from using oils this way? These questions have been topics of growing debate among the essential oil community for many years. While dōTERRA appreciates the value of historical application models, we also recognize the value of the growing library of essential oil research. The truth is, essential oils are powerful agents capable of transforming health in an all-natural way. Many essential oils are safe for internal use. Excluding this method of application would eliminate perhaps the most powerful mode of administration. The ever-expanding body of essential oil research continues to confirm the safety of internal application and validate its many uses.

Understanding Toxicity

Toxicity is a term used to describe the point at which a substance causes harm or damage to the body. Even water, vitamins, and minerals—substances vital to life—can be toxic if consumed at a high enough dose. Likewise, all essential oils have a toxic dose, though it is always far above appropriate usage recommendations. Perhaps more important than considering the negative effects associated with excessive use, is considering the incredible benefits that can be reaped when essential oils are used appropriately and safely.

Some essential oils should not be used internally. Take Wintergreen, for example, an oil characterized by high amounts of the constituent methyl salicylate. It is not recommend for internal use. Instead, it is most beneficial used topically where it can be applied directly to specific areas for a targeted benefit. Although safe to take internally at low doses, it is simply most

effective when used topically. An important part of using essential oils is regarding them on an individual basis, noting their specific chemistry, profile of effects, and appropriate application methods.

Vegetables:
Leaves & Roots



Proteins:
Fish & Nuts



Fruits:
Flesh & Rinds



“Essential oils are already part of your normal diet.”

CPTG[®]

Quality Matters

Currently, no accepted regulatory body oversees the production of essential oils, nor is there a universal standard governing essential oil usage protocols. For this reason, dōTERRA has created a quality assurance process: CPTG Certified Pure Therapeutic Grade. To be safe and effective, especially for internal use, essential oils must have the proper chemical profile and also be free of any impurities or adulterations. dōTERRA uses a canon of third-party analytical methods to ensure that every bottle meets our high standards of composition and safety.

Additionally, many essential oils are found on the FDA's Generally Recognized as Safe (GRAS) list that approves essential oils for internal use as non-medical constituents. Although this list does not approve the internal use of dietary supplements, it does set general safety guidelines. The plants and substances included on this list have a well-documented history of safety when used internally. Essential oils do have usages and applications that extend far beyond these parameters; however, the GRAS list is still an accredited tool that contributes to confirming the safety of internal use of essential oils.

Scientific Forefront

Although topical and aromatic applications have been most widely studied, emerging research has now begun to validate the efficacy and safety of internal use. From improving emotional status to protecting vital organs, internal use of essential oils is an exciting field that is developing at an accelerating rate.* The further we delve into the science of essential oils, the more we understand their physiologic relevance. While there is much yet to understand and a great need for continued research, we should embrace the power and safety of internal use that has been clinically and anecdotally substantiated.

As a professional, I too recognize that taking essential oils internally must not be regarded lightly. Because of their potent nature, it is important to use essential oils with caution and safety. But, when used mindfully, many essential oils can safely and effectively be administered internally. Their multi-faceted range of health applications empowers every individual with the opportunity to naturally manage their health with the utmost confidence.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



ESSENTIAL TEA TIME

DIY Herbal Tea Blends
with Essential Oils



BLUEBERRY-ORANGE MUFFIN CAKE

Great for a brunch or as a dessert.

Ingredients	
1½ cups flour	1½ cups flour
½ cup butter, softened	1½ teaspoons baking powder
½ cup honey	½ teaspoon cinnamon
3 large eggs	¼ teaspoon lemon juice
1 cup orange juice	1 cup blueberries
½ teaspoon Wild Orange	1½ cups coconut

Directions

1. Cream together butter and honey. Add eggs, orange juice, and Wild Orange; mix.
2. Add dry ingredients and mix thoroughly.
3. Fold in blueberries, 1 cup of coconut, and lemon juice. Place in 9x13 cake pan.
4. Top with the remaining ½ cup coconut.
5. Bake at 350 degrees Fahrenheit for 30 to 40 minutes.



TRANQUILITY

- Lavender
- Roman Chamomile
- Bergamot





SPICE-IT-UP

Ingredients

- 3 cups almond milk
- Honey
- Ginger essential oil
- Cinnamon essential oil
- Clove essential oil
- Vanilla Extract

Directions

1. In a small pot, heat almond milk. Whisk in all ingredients, or add to blender.



IMMUNITY PROTECTION

- 1 dōTERRA On Guard Beadlet
- Lemon or Wild Orange
- 1 Peppermint Beadlet

TIPS—

1. To avoid overpowering flavor, dip a toothpick in the center of the dripper cap and then swirl it in your beverage: repeat the process if necessary. Add fresh or dry herbs for color and additional benefit.
2. Remove hot water from the stove right before it starts to boil.
3. Essential oils can be used in preparing hot as well as cold drinks.



BREATHE WITH EASE

- Peppermint Beadlet
- Lemon or Wild Orange



WAKE-ME-UP

- Lemon
- Grapefruit
- Wild Orange
- Ginger (optional)



Fact:

A plant only contains about 1-2 percent of its essential oil, so you would have to take 50-100 times as much of the original plant to get the same amount of essential oil benefits.

GROWING with dōTERRA

2007

David Stirling, Dr. David Hill, D.C., Emily Wright, and Gregory Cook form an idea for a company that later becomes **dōTERRA**.

2009

dōTERRA holds its **first annual convention** with **700 attendees**.

Skin Care line introduced.

Products launched:

Bergamot, Coriander, and Roman Chamomile;
GX Assist, PB Assist, PastTense™
Tension Blend Roll On.

dōTERRA® Introduces the **AromaTouch Technique**.

dōTERRA introduces **essential oils kit** that later becomes **Family Physician Kit**; the kit quickly becomes a best-seller.

Mark Wolfert joins the **dōTERRA** Executive team.

DigestZen product line **launched**.

2011

2008

Robert Young joins the **dōTERRA** Executive team.

CPTG Certified Pure Therapeutic Grade® becomes symbol of **dōTERRA** unrivaled quality control standard.

PRE-LAUNCH

dōTERRA offers an introductory kit containing 5 mL bottles of **Lavender, Lemon** and **Peppermint** oils as well as **25 single oils** and **10 oil blends**.

dōTERRA successfully launches in **US** at the **Celebration and Training Conference** with **350** people in attendance. Lifelong Vitality introduced.

Justin Harrison becomes the 1st consultant to reach **Diamond** status.

2010

1,450 people attend the **dōTERRA Imagine Convention** where **Lime, Melissa**, and **Patchouli** essential oils were introduced as well as other new products.

dōTERRA expands into **Asia** by opening its first **Taiwan office** in Taichung, Taiwan, as well as **Europe** and four other markets in **Singapore, Hong Kong, El Salvador, and Costa Rica**.

Corey Lindley joins the **dōTERRA** Executive team.



IMAGINE2010



dōTERRA products are featured as a way to calm patients, visitors, and employees in the **Vanderbilt University Hospital Emergency Room**.

3,100 people attended the **Empower Convention**.

EMPOWER2011

Products launched:
Fennel, On Guard Whitening Toothpaste, Women's Phytoestrogen Complex, Women's Bone Nutrient Complex, Deep Blue® Rub

During the **last three months of 2011**, dōTERRA **purchases more inventory** than **2008, 2009, and 2010 combined**.

2013

dōTERRA breaks ground on a new **\$60 million corporate headquarters** in Pleasant Grove, Utah.

dōTERRA opens new offices in **Japan, Australia, Hong Kong, and a second Taiwan office.**

The **dōTERRA Healing Hands Foundation** embarked on its first annual service expedition in July 2013 to the city of **Huehuetenango, Guatemala.**

Number of Corporate Employees: 775

dōTERRA welcomes their **1st Double Diamond** and **Double Blue Diamond.**

2013 Elevate Convention attendees: **12,000**

Products launched
On Guard+, DigestZen Softgels, Cedarwood essential oil, Juniper Berry essential oil, Reveal Facial System, On Guard Laundry Detergent

IPCs in 110 countries.

The **Healing Hands Foundation**, a philanthropic effort is established.

dōTERRA iHealing Hands

2012

dōTERRA noted for one of its **most significant differentiators** in the industry: a **month-over-month retention rate of 65%**, compared to a direct selling industry average of 10-15% retention.

Number of Corporate Employees: 450

Engage Convention hosts **7,000 people.**

Products Launched:

A2Z Chewable, Black Pepper essential oil, Cilantro essential oil, DDR Prime™, DDR Prime Cellular Complex, In Tune™, IQ Mega™, Mito2Max™, Healthy Hold Glaze, Salon Essentials Protecting Shampoo, Root-to-Tip Serum, Salon Essentials Smoothing Conditioner

2014

Korea grand opening
IPC Incentive Trip in **Tulum, Mexico**
Leadership conference in Phoenix, Arizona



elevate
2013 dōTERRA



TESTING FOR Quality



The purity of an essential oil is its most important characteristic. We learned in the previous issues, that proper methods of growing, harvesting, and distilling are crucial to maintaining purity. Poor production practices and the development of synthetic essential oil variations suggest that it is impossible to accurately identify a pure essential oil without scientific analysis. Appropriate analysis of the constituents within an essential oil is one of the most challenging and detailed aspects of quality assurance.

Historically, Gas Chromatography was sufficient to identify individual components in an essential oil. However, as more sophisticated methods for developing synthetic essential oil products formed, further validation methods were needed. Over time, additional testing methods such as Mass Spectroscopy, Chiral Analysis, FTIR Scan, Carbon Isotope Analysis and others have been developed to more accurately identify each individual essential oil constituent.

VALIDATION OF QUALITY

dōTERRA employs its testing methods for validation of quality at multiple production points. Directly after plant selection, harvesting, and distillation, each essential oil is reviewed for chemical composition. A second testing sequence is initiated when the oil is received at our production facility to ensure that what was distilled and tested is the same essential oil received. A third review of the chemistry is conducted in a three-phase procedure during the actual filling process. Each of these testing steps confirms that the essential oil has remained free of contaminants and unexpected alterations during production.

COMPARISON OF CHEMISTRY

Dr. Robert Pappas, a foremost authority on essential oil chemistry said, “Your testing is only as good as your ability to interpret and compare the results.” Accurate comparison to known compounds in their pure form is crucial for identification. Dr. Pappas, an expert utilized by dōTERRA, currently maintains one of the largest libraries of chemically correct aromatic compounds in the world. Through our unified efforts, dōTERRA accurately identifies the purity and potency of each essential oil. dōTERRA provides (CPTG) Certified Pure Therapeutic Grade essential oils through this unique quality assurance process.

ORGANOLEPTIC TESTING

Organoleptic testing involves the use of the human senses—**sight, smell, taste, and touch**. To expert distillers, the senses are used as the first line of quality testing to provide immediate clues to the acceptability of a product. Oil that has an unusual

smell, uneven consistency, or strange color instantly tells the distiller that something is wrong. Often times, this testing is used as a preliminary quality control step before any other tests are conducted.

MICROBIAL TESTING

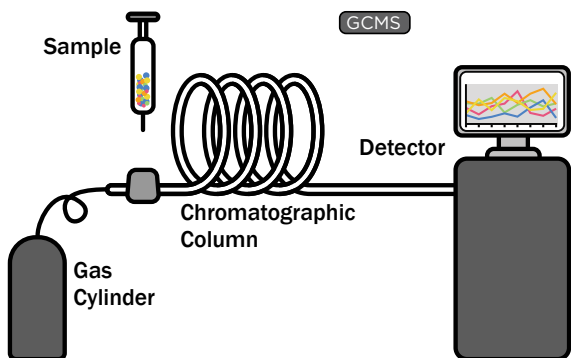
Microbial testing involves analyzing a batch of essential oils for the presence of bio-hazardous microorganisms such as fungi, bacteria, viruses, and mold. The process involves drawing a sample and then adding that sample to a sterile growth medium in an enclosed dish or plate. The sample is incubated for a period of time and then observed for microbial growth. This test is performed on product entering the manufacturing facility and on finished products prior to distribution to **ensure that the product has not been contaminated during the filling process**.

GAS CHROMATOGRAPHY AND MASS SPECTROMETRY ANALYSIS (GC/MS)

In Gas Chromatography, an essential oil is vaporized and passed through a long column to separate the oil into its individual components. Each component will travel through the column at a different speed, depending on its molecular weight and chemical properties, and is measured as it exits the column. **Using this testing method, quality control analysts can determine which compounds are present in a test sample.**

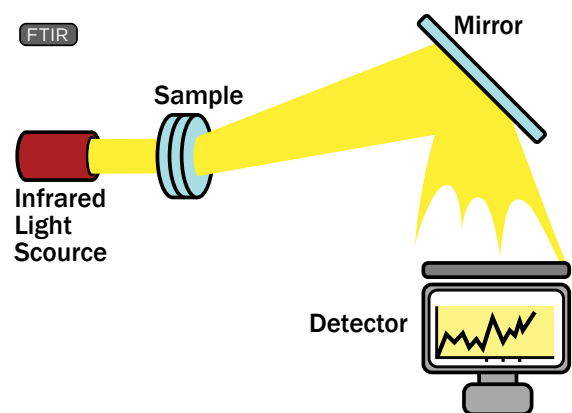
Mass Spectrometry is used together with Gas Chromatography to further **determine the composition of an essential oil**. In Mass Spectrometry, the constituents previously separated by

GC are ionized and sent through a series of magnetic fields. Using molecular weight and charge, the amount of each constituent can be identified, providing additional insights into the potency of the essential oil.



FOURIER TRANSFORM INFRARED SPECTROSCOPY

Fourier Transform Infrared Spectroscopy (FTIR) is conducted **to ensure the potency and consistent quality of a batch of essential oil.** This testing method identifies the structural components of essential oil compounds. In an FTIR scan, infrared light of different frequencies is shined through a sample of essential oil and the amount of light absorbed by the sample is measured. The quality of the sample is determined by comparing the results from an FTIR reading to a historical database with absorption patterns of high quality samples.

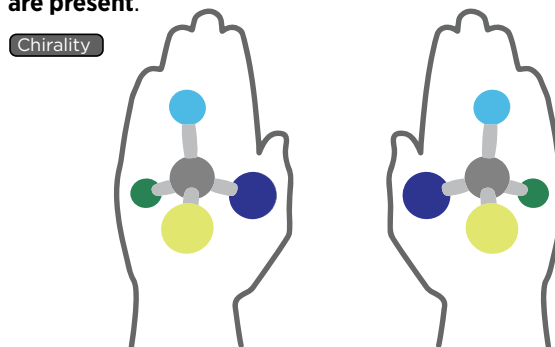


CHIRALITY TESTING

Chirality, a word derived from the Greek word “hand,” is a term used to describe the 3D orientation of a molecule. Just as you have two hands, chiral molecules exist in two forms, distinguished as either the right or the left hand. You may visualize this principle by looking at your hands; when placed side by side, they are mirror images of each other. However, when placed on top of each other, no matter how you turn them, you cannot get them to line up exactly.

In molecules, each “hand” has different chemical properties, which affects their physiologic interactions in the body. One hand is produced predominantly in nature. However, in a laboratory environment, the ratio of right- to left-handed molecules is always 50/50 due to their structural similarities. The ratio of right- to left-handed constituents can be deter-

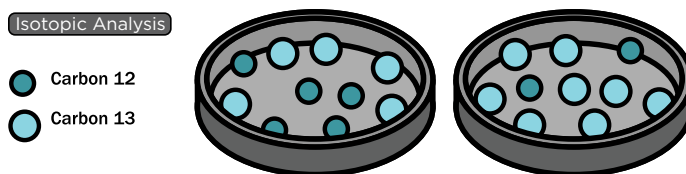
mined through a special type of Gas Chromatography. Although not commonly performed on a batch-to-batch basis, **this testing method is used to ensure that no synthetic elements are present.**



ISOTOPIC ANALYSIS

Matter is made up of tiny chemical building blocks called elements. Although dozens of elements exist, each one is distinct due to the protons it contains. Sometimes, an element can exist in more than one stable form if it has more or less neutrons. When this occurs, the elements are called isotopes. The element carbon exists in two stable isotopes, carbon-12 (6 protons and 6 neutrons) and carbon-13 (6 protons and 7 neutrons). Because essential oils are organic compounds, they are composed primarily of carbon atoms and will have a certain ratio of carbon-12 to carbon-13 isotopes. This ratio varies based on location around the world.

Using a special type of Mass Spectroscopy, it is possible **to determine which isotopes are present in an essential oil constituent and at what amounts.** If sourced from the same location, every constituent in an essential oil should have the same ratio of isotopes. If a particular constituent has an isotopic profile different than that of the other constituents, then the quality control analyst will know that the oil contains an adulteration.



Samples from different sources will have different carbon isotope ratios.

HEAVY METAL TESTING

Heavy Metal testing shows the amount of heavy metal content in the essential oil. When properly distilled, essential oils should not contain heavy metals. ICP-MS testing uses a high-energy medium called Inductively Coupled Plasma (ICP) to ionize the sample. The sample is then run through a mass spectroscope, which separates the sample into its elemental parts and provides a reading about which elements are present and at what quantities.



An example of damage caused by Typhoon Haiyan

PHILIPPINES *relief* efforts

The dōTERRA Healing Hands Foundation teamed up with our charity partner Mentors International to assist in their relief efforts in the Philippines following Typhoon Haiyan. The funds we donated were used to provide **60 families with building materials** to fix and rebuild their homes and to purchase food, household items, and basic **medical supplies for 138 families** in Tacloban.

The Healing Hands Foundation also assisted Globus Relief by helping to pay for the shipment of **a large container of medical supplies to the affected areas**. Globus worked with an organization called Charity Vision to help facilitate distribution of the supplies to those who were most in need.

We also worked with an organization called Mercy in Action, a non-profit group of midwives providing free midwifery and other health services directly to the communities most affected by the typhoon. We donated **16 Family Physician Kits** to their clinic located in Dulag, Philippines. The founder and leader of their group, Vicky Penwell, has been actively using dōTERRA essential oils for some time now and has provided training to the other midwives in the clinic. The oils came at just the right time as there was so much need shortly after the typhoon. The clinic has been operating in the Philippines for 23 years.



Chiquimula Project

At our 2013 convention, the dōTERRA Healing Hands Foundation committed a legacy donation of \$100,000 to Mentors International to be used to create a new lending fund in the city of Chiquimula in central Guatemala.

With the help of the dōTERRA Healing Hands Foundation, the lending fund has 210 active clients and has disbursed \$81,000 in loans, with nearly perfect recovery of the loans. In this area, we have blessed the lives of approximately 800 members of the families involved, and we have generated approximately 300 new jobs during the planting and harvesting season.



The families of the clients are grateful for the blessing Mentors Guatemala has brought to their region, since they are in forgotten areas and no other institution has come before to offer support. It is not uncommon to see some of our clients with tears of happiness rolling down their faces for having received these loans.

Mentors Guatemala is blessing the lives of 4,400 active clients currently. Of these families, 800 are now in Huehuetenango where dōTERRA provided a wonderful service project last year of 35 IPCs and 50 local residents who helped refurbish an elementary school where the children of many Mentors clients attend.

To make a donation or to find more information about these projects and for updates on upcoming projects such as the Ghana Deseret Hospital Project and the Cajamarca Hospital Projects, please visit www.doterrahealinghands.org



ROSEMARY LEMON HUMMUS

SUBMITTED BY: Mandi Felici, Virginia

INGREDIENTS

- 1 can organic garbanzo beans (½ liquid drained)
- 2 garlic cloves, peeled
- 2 tablespoons organic cold pressed olive oil
- 2 tablespoons Tahini
- Juice of ½ lemon
- 2 drops dōTERRA Lemon essential oil
- 1 drop dōTERRA Rosemary essential oil
- 1 teaspoon Himalayan sea salt

DIRECTIONS

1. Blend all ingredients in food processor until smooth.
2. Chill in refrigerator 30 minutes and serve with sliced organic cucumbers, carrots, cherry tomatoes, and crackers.

Editor's Tip:

Add more olive oil or water to achieve desired consistency.

SAUTÉED BRUSSELS SPROUTS and ASPARAGUS with dōTERRA LEMON OIL

SUBMITTED BY: Heather McGinnis, New Jersey

So light but filling!

INGREDIENTS

- 1 bundle asparagus
- 12 ounces Brussels sprouts
- 2 tablespoons extra virgin olive oil
- Seasoned salt
- 2-3 drops Lemon essential oil
- 3-4 cups water

DIRECTIONS

1. Bring water to boil.
2. Halve Brussels sprouts and add to water. Boil for 4-5 minutes.
3. While Brussels sprouts are cooking, heat up skillet.
4. Drain Brussels sprouts and add extra virgin olive oil to skillet.
5. Add Brussels sprouts, sprinkle with seasoned salt.
6. Sauté Brussels sprouts for about 3 minutes, then add Lemon essential oil.
7. Add asparagus and toss. Cover skillet and let cook, tossing a few times to coat asparagus.
8. Cook until desired tenderness.



LEAN IN SPRING



SPRING ROLLS *with* PEANUT SAUCE

SUBMITTED BY: Linda Powers, Arizona

INGREDIENTS

(4-6 servings)

- 12 rice paper wrappers (preferably the small circular sheets)
- 2-3 medium carrots cut into match sticks or ¼ inch sticks
- ½ cucumber, cut into match sticks or ¼ inch sticks
- ½ bell pepper (yellow, red, or orange), thinly sliced
- ¼ red cabbage, thinly sliced
- ½ cup baby spinach leaves
- ½ cup alfalfa sprouts
- ¼ cup cilantro leaves chopped
- ¼ cup basil leaves chopped
- 1 drop Lemon essential oil

PEANUT SAUCE

INGREDIENTS

- 3 full tablespoons peanut or almond butter
- 1 tablespoon tamari, liquid amino, or soy sauce
- 2 tablespoons maple syrup
- 4 tablespoons warm water
- 1 drop of dōTERRA Lime essential oil
- Chopped peanuts for topping

DIRECTIONS:

1. Fill shallow pie plate with warm water. Dampen kitchen towel with water and wring dry; place on work surface.
2. Submerge one rice wrapper into warm water for a few seconds or until it begins to soften. Remove from water and place on towel.
3. Shred cabbage in bowl, and add Lemon essential oil. Place one spinach leaf at the base of the rice paper circle. Top with cucumber, carrot, bell pepper, cabbage and alfalfa sprouts.
4. Carefully wrap roll from the bottom up, keeping as tight as possible.
5. After one complete roll, place several cilantro and basil leaves on the wrapper. Pull in sides of the wrapper (like a burrito) and continue to wrap until roll is secure.
6. Place on a very lightly oiled platter and cover with plastic wrap; repeat with remaining wrappers.

DIRECTIONS:

Combine all ingredients in a blender, blend until smooth, adding additional water if needed. Top with chopped peanuts.

Note: Mix your dipping sauce together first and let it set so the flavors can mingle. It will taste much different after a few minutes. Taste for flavor before serving.

Need to reach

125 PV?

Check out the list of dōTERRA top **10 product combinations** that equal a **125 PV** order:

What is Personal Volume (PV)?
 PV is personal volume, on most products the PV will match the wholesale value.



Skin Care:

- Essential Skin Care System with Anti-aging Moisturizer or Hydrating Cream- **100 PV**
- Hand and Body Lotion- **14.50 PV**
- Wild Orange- **10.50 PV**



Children:

- A2Z Chewables/IQ Mega Pack- **25 PV**
- InTune Focus Blend- **34.5 PV**
- On Guard Foaming Hand Wash- **18.5 PV**
- Fractionated Coconut Oil- **12 PV**
- Citrus Bliss Invigorating Blend- **15 PV**
- Balance Grounding Blend- **20 PV**



Women's Health:

- Women's Health Kit- **60 PV**
- LifeLong Vitality Pack- **60 PV**
- Serenity Bath Bar- **5 PV**



Tension Relief:

- Frankincense- **69.75 PV**
- Elevation Joyful Blend- **37 PV**
- PastTense Tension Blend- **18.50 PV**



Athlete:

- Deep Blue Rub- **29.25 PV**
- DDR Prime- **55 PV**
- Mito2Max- **25 PV**
- Grapefruit- **16 PV**

Mixed Combos



- LLV Pack- **60 PV**
- DDR Prime- **55 PV**
- Lemon- **10 PV**



- LLV Pack- **60 PV**
- On Guard+- **21 PV**
- Bath Bar- **5 PV**
- Lemon- **10 PV**
- TrimShake- **25 PV**
- Lip Balm- **4 PV**



- Balance Grounding Blend- **20 PV**
- InTune Focus Blend- **34.5 PV**
- Serenity Calming Blend- **30 PV**
- Past Tense Tension Blend- **18.5 PV**
- Peppermint Beadlets- **11.5 PV**
- Wild Orange- **10.5 PV**



- Terrazyme- **37.50 PV**
- Wild Orange- **10.5 PV**
- On Guard Toothpaste- **5 PV**
- Zendocrine Detoxification Blend- **24.5 PV**
- Shampoo and Conditioner- **23 PV**
- Slim & Sassy Metabolic Blend- **24.5 PV**



- DigestZen Softgels- **15 PV**
- IQ Mega- **30 PV**
- On Guard Laundry Detergent- **20 PV**
- Peppermint Beadlets- **11.50 PV**
- On Guard+- **21 PV**
- Hand and Body Lotion- **14.5 PV**
- Lime- **13 PV**



Earn a **FREE** product of the month when you place a minimum LRP* order of 125 PV by the 15th of the month.

free

* Loyalty Rewards Program (LRP) provides free product credits for monthly purchases ordered on the program.

Guys Guide: Biking

- ⊕ Place 1-2 drops of **Grapefruit** essential oil in your non-plastic water bottle for an invigorating energy boost.
- ⊕ Apply **Melaleuca** essential oil to skin for its cleansing, rejuvenating, and immune boosting function.
- ⊕ Add **Lavender** essential oil to your favorite chamois cream to soothe irritated skin.
- ⊕ Use **Deep Blue Rub** to soothe occasional sore muscles after a long ride.
- ⊕ Apply **Peppermint** and **Frankincense** essential oils to neck to stay alert.
- ⊕ Use **dōTERRA Lip Balm** for wind chapped lips.
- ⊕ Use **Cedarwood** to promote clear breathing.

POWER BITES

INGREDIENTS

- 1 cup finely shredded coconut, divided
- 1 cup almond butter
- 1 cup dried cranberries
- ½ cup raw honey
- ½ teaspoon salt
- 2 tablespoons chia seeds
- 3 drops Wild Orange essential oil

DIRECTIONS

Mix everything together except for ½ cup shredded coconut. Roll into balls and then roll into left-over shredded coconut.



IDEA NOTEBOOK

SKIN CARE TIP

Wild Orange Mango Body Cream

Submitted by Lori Dixon, IL

"I love the smell of citrus in the spring! Wild Orange is one of my favorites. I use it in my water, orange juice, lip balms, and lotions. This combination of mango butter and Wild Orange is amazing, and makes your skin feel silky and smooth."

Ingredients

Makes about 16 ounces

- ½ cup grapeseed oil
- 1 cup mango butter
- 20 drops Wild Orange essential oil

Instructions

Using a hand held blender, whip thoroughly and spoon into containers.



STAIN TIP

USE MELALEUCA ESSENTIAL OIL TO REMOVE PERMANENT MARKER STAINS FROM WALLS, DESKS, COUNTERS, ETC.

FACIAL TIP

Rejuvenating Citrus Face Mask

Great for all skin types, this homemade face mask will help brighten and revitalize tired skin.

- 5 drops dōTERRA citrus essential oil of your choice
- 3 teaspoons honey

Instructions

1. Combine all ingredients in a small bowl.
2. Apply mask to freshly cleaned face; let sit for 15–30 minutes.
3. Rinse off with cold water and pat dry.



DIY BLEND TIP

Uplift Blend

Submitted by Sandra Bilokosky, TX

- 10 drops Peppermint essential oil
- 5 drops Roman Chamomile essential oil
- 10 drops Wild Orange essential oil
- 2 drops Frankincense essential oil

Instructions

Place drops in 1 ounce rollerball, fill remainder with dōTERRA Fractionated Coconut Oil.



→ share your tip!

email editor@doterra.com with your favorite essential oil recipe, idea, or time saver.

dōTERRA

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