

# LIVING

## SUMMER MARINADE RECIPES

CREATE DELICIOUS FLAVORS  
WITH ESSENTIAL OILS

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## ESSENTIAL OIL SAFETY & DAILY USE

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# find your **SASSY** PANTS

Reach your weight loss goal and maintain a healthy lifestyle for life.



## Slim & Sassy® Metabolic Blend

<b>34270001</b>	90 Softgels
\$46.00 retail	
<b>31370001</b>	15 mL
\$32.67 retail	





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# SLIM & SASSY®

**MEET WESTIN:** a husband, father of two, and a talented video editor at dōTERRA. After seeing how the Slim & Sassy Lifestyle Competition transformed the lives of our Wellness Advocates, Westin decided to change his lifestyle by competing in the company challenge. With determination, hard work, and the help of Slim & Sassy, Westin shed over 35 pounds in three months.\*†

"Growing up, my family never really enforced any particular diet or nutrition rules, but they always made sure I had plenty of fresh fruits and vegetables with my daily meals. I went through life eating whatever I wanted, whenever I wanted, not worrying about the potential consequences of my choices.

During my last two years of college, while trying to balance classes, a part-time job, and family responsibilities, making time for the gym was not a priority. I tried eating healthy, but somehow ended up eating out frequently and consuming a variety of foods in very large portions."

## THE TURNING POINT

A few months ago, I put together the video for Kimberly and Jamey, last year's Slim & Sassy grand prize winners. As I repeatedly viewed their success stories, something struck me. I realized I needed to change my lifestyle in a way that was maintainable.

Throughout this journey, my family has definitely been my biggest inspiration and support. My four-year-old daughter has endless energy and always wants someone to play with her. Last December, I was chasing her up the stairs. I was so winded by the time I reached the top that I had to rest. It was another wake-up call. I needed to get in better shape so that I could play with my kids and be a part of their growth and development.

## SETTING GOALS

I initially set a goal to lose 35 pounds, get into the habit of exercising at least three times a week for at least 30 minutes, and develop better eating habits. Throughout the competition, I adjusted my goals by increasing my workout routines and modifying my diet.

\*Results vary based on diet and exercise. Typical loss may be less.



## MY CURRENT ROUTINE

I drink a TrimShake for breakfast and lunch and lots of water daily. I am now exercising six times a week for about 45 minutes. I watch my portions and very rarely eat sugar or treats. I also take five drops of Slim & Sassy five times a day. I push myself hard because my goals are sincere, and I avoid beating myself up when I miss a workout or eat something less healthy.

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



## dōTERRA REGIMEN

- **SLIM & SASSY® TRIMSHAKE**— Can be used as a meal replacement or a healthy treat  
(Item No. 35200001)
- **LIFELONG VITALITY PACK**— A staple in everyday routine (Item No. 34210001)
- **MITO2MAX®**— Boosts energy\* (Item No. 35310001)
- **SLIM & SASSY METABOLIC BLEND**— Eliminates cravings and curbs appetite\*  
(Item No. 31370001, Softgels Item No. 34270001)



## RESULTS

I have way more energy. I feel confident. My clothes fit better, and I don't have to worry about trying to constantly hide my stomach. Now, I'm better at keeping up with my children. I can make it all the way up the stairs without feeling like I just ran a long race. I am getting better sleep, which has reduced my stress levels and improved my overall productivity.

Lost **35 pounds** in  
**three months!**<sup>†</sup>



## WESTIN'S TIPS FOR SUCCESS

Think positively, work hard, and have fun. Losing weight and improving your health isn't worth it if it makes you miserable. Find a way to make changes one step at a time, without putting too much pressure on yourself. If you really want to improve but your end goal seems too daunting, start with something small and don't get discouraged. Even if it takes you years to get the results you want, it's better than doing nothing at all.

- 1. Think long term.** If you accept your new diet and exercise plan as actual changes to your lifestyle, you can adjust them as needed but you will maintain the habit without it overwhelming you. It is so easy to politely decline offers of treats and sugar when it's just part of your mental norm.
- 2. Get someone to work with you.** My wife helps me keep my goals, and my awesome coworkers are improving their lifestyles even though they are trim and fit already.
- 3. Don't get discouraged.** If you are not seeing results, don't get frustrated or worried; keep adjusting your routine until you find something that works for you.
- 4. Have a game plan, but be flexible.** I decided to focus on trimming down before building muscle since it's easier to do more effective pushups when you weigh 30 pounds less, but it's different for everyone. As long as you are taking steps to improve, your body can let you know what is good for it.
- 5. Don't focus on the numbers.** Even though it is important to get your weight under control, don't believe for a second that losing weight is the true measure of health and fitness.
- 6. Use dōTERRA products—they work.** Slim & Sassy, TrimShake, and the LifeLong Vitality are amazing tools that can help you improve your inward health and outward appearance.\*

Congratulations to **Andrew Marshall** and **Sharmila Lapana**, dōTERRA 2014 Slim & Sassy grand prize winners!

Look for their stories in the upcoming issues.

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# FINISHING STRONG

Dr. Andrew Osafo, from London, England, is a dentist and a dōTERRA enthusiast who recently ran and conquered his first London Marathon.



Andrew spent the last six miles of the race running alongside an injured batman.



## Andrew's Favorite Products

**LifeLong Vitality**  
A staple in my daily wellness needs.

**Mito2Max®**  
Used daily for increased energy.\*

**Deep Blue®**  
Applied to feet and chest during training and the race.

Learn more about Andrew's charitable efforts for St. John's Ambulance at [justgiving.com/andrewosafo/](http://justgiving.com/andrewosafo/)



# A month before the London Marathon, Andrew sustained a major physical setback.

As a result, he reduced the intensity of his training. Around the same time, Andrew was introduced to dōTERRA. The products helped him get back on track and power through his first London Marathon.



There's little doubt that I would have struggled to complete the marathon if I had not discovered and used dōTERRA products.

I had so much energy and strength throughout the whole experience. I expected to feel major discomfort and have a long recovery after completing the marathon—I was even planning on taking a few days off work immediately after the race. To my surprise, I was able to return to work the next day.

## Find Your Purpose

I never forgot why I was running. It had been one of my lifelong dreams to take part in the London Marathon. I chose to run the marathon for St. John's Ambulance, a charity that teaches and provides first aid. I didn't want to let this wonderful organization or the people sponsoring me down.

Instead of thinking about how difficult the race would be, I focused on using the marathon as an opportunity to do new things. I listened to positive, uplifting music and audio books that I had not previously found the time to read.

I met some truly inspiring people during the marathon. The crowds were on our side, providing encouragement and support. The atmosphere was amazing. I feel privileged that I took part in such a memorable event.

## Tips for Success

### 1 Fill your mind with positive thoughts.

Joan of Arc said, "All battles are first won or lost in the mind." Controlling your thoughts is vital. At times, I found it very difficult to continue training. However, reflecting on the benefits of training helped me dispel negativity. I strongly agree with the sentiments of Napoleon Hill, you have to, "believe you can achieve, and you will succeed."

### 2 Create a game plan.

Once I decided I would run the marathon, I planned out how I would achieve my goal. I cannot stress how important it is to devise a schedule and stick to it. As time goes on, your fitness and stamina improve and so does your confidence in achieving your goal.

### 3 Listen to your body.

A few weeks before the marathon, I knew I needed to adjust my regimen. Your schedule should have enough flexibility in it to cope with setbacks. Attempting to rectify a problem quickly before it gets worse is crucial. I knew I needed to rest more to aid my return. It is very important that you look after your body and give it the right fuel.

### 4 Find what works for you.

Varying the type of exercise you do keeps your training interesting. I found doing interval training helped strengthen my willpower. This was vital when I faced adversity during the marathon.



**DR. DAVID K. HILL**  
**CHIEF MEDICAL OFFICER**  
Well known in the industry as an expert on wellness and essential oils, Dr. Hill is Chairman of the dōTERRA Scientific Advisory Board.



# Dr. Hill

**Q** What is a carrier oil and when should it be used?

**A** A carrier oil is any lipid-based substance used to dilute essential oils. The most popular varieties are pure vegetable oils, including grape seed, avocado, and almond oils; however, most readily available carrier oils are unstable and go rancid quite easily. I prefer fractionated coconut oil because it is stable at all temperatures and in all environments. It is also non-aromatic and therefore does not alter the aromatic properties of essential oils. Many people mistakenly believe that using carrier oils somehow reduces the effectiveness of the essential oil, when in fact, there are many benefits from diluting oils. Dilution increases the surface area of absorption, enhances absorption through dry skin, and prevents sensitivities. It is never wrong to dilute, especially when using oils with a more potent chemistry. Determining when and how to dilute is a personal decision that should be based on usage preferences, oil chemistry, and personal sensitivity.

**Q** When can essential oils be stored in plastic?

**A** We know that essential oils interact with many forms of chemistry, including some plastics. Many varieties of plastics exist, some of which are more impervious to essential oils than others. While this is a concern, not all plastics are as delicate as others and not all essential oils affect plastics in the same way. Citrus oils, in particular, have a chemical composition that is known to interfere with the chemistry of plastics. We should only use plastics that will not breakdown when exposed to essential oils. For instance, dōTERRA uses plastic parts (lids, orifices, diffusers, etc.) that are made of HDPE plastic and will not be broken down by essential oils. Typically, HDPE plastic as well as plastics number 1 (PETE) and 2 are safe for use with essential oils. Another alternative is using vessels made of other materials such as glass or certain metals.

**Q** How do essential oils interact with our bodies?

**A** There is a lot of information available on essential oils and their biological activity in the body. We understand more about the physiologic mechanisms of essential oils than ever before. We know that essential oils are lipid soluble and readily absorb through tissue planes and mucosal layers. Not only do essential oils induce topical effects, but they have many benefits with different application methods. The safety and effectiveness of each application method has been well validated by scientific evidence. When determining how to apply an essential oil, it is important to use the oils in a context that is comfortable for you. Though the effects may be less pronounced by certain application methods, each application method has powerful benefits, both locally and systemically.

## The Dr. Recommends



**dōTERRA**  
Fractionated  
Coconut Oil  
*Item No.*  
30260001

**Fragrance-free**  
Hand and Body  
Lotion  
*Item No.*  
3610001

**Veggie Caps**  
*Item No.*  
3410001



# Zendocrin<sup>®</sup> Detoxification Blend

**Zendocrine** helps cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.\* It can be used alone or as a dietary supplement available in the softgel form.

**Tangerine Peel:** Extremely high in limonene, known for its purifying benefits\*

**Rosemary Leaf:** Supports a healthy liver and gallbladder\*

**Geranium Plant:** Supports the body's natural ability to rid itself of unwanted substances\*

**Juniper Berry:** Powerful detoxifier for the body's systems\*

**Cilantro Herb:** Supports the body's natural process of eliminating toxins\*

## HOW TO USE

**Aromatic** | Use three to four drops in the diffuser of your choice.

**Internal** | Add 1-2 drops to citrus drinks, teas, or water to cleanse and purify the body.\*  
Take 1 softgel 2-3 times daily as needed.

**Tip:** Consume daily for one week as part of an internal cleansing regimen or to kick-start a weight loss program.

**Topical** | Apply to abdomen or bottoms of feet for a calming massage.



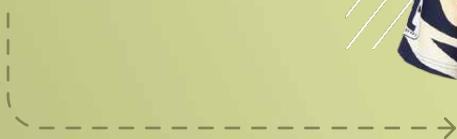


# dōTERRA Sponsors **TIGER RUGBY ACADEMY** *— on Shanghai Tour*



dōTERRA sponsored the **Tiger Rugby Olympic Development Academy** for their most recent tour to China for the Shanghai 7's Tournament, in October 2013. **dōTERRA was displayed proudly on Tiger Rugby apparel worn by the players** during the tournament. This sponsorship opportunity was originally presented to dōTERRA by Paul Holmes, Director of the Tiger Rugby Academy and Presidential Diamond Wellness Advocate. The team played well throughout the tournament, but ultimately lost to the Australian team in the championship cup final.

Tiger Rugby is a collective of players in the United States, most of whom have played or will play international rugby at some point in their career. Since their inception almost seven years ago, Tiger Rugby has routinely sent its squads to tournaments around the globe to bring the universal language of rugby to the masses.





## CREATING IMPACT ON THE GO

While in China, Tiger Rugby teamed up with a local organization called SportForAll to provide service to a local school. They were warned that the kids would probably be very stand-offish with the foreigners, but the players had a completely opposite experience. They received a tour of the

in South Africa in 2007, the club has organized at least one charitable event on each of their trips.

dōTERRA wishes the best to the Tiger Rugby Olympic Development Academy. Check out the pictures of the Tiger Rugby Team from their Shanghai Tour.



school, including the classrooms, and learned what the average school day looked like for the kids. They organized some games with SportForAll to play with the children. The players, teachers, and students loved the interaction. James Walker, a director of Tiger Rugby, said, "As coaches and players, we have to remind ourselves constantly how fortunate we are, and there is no better way to do that than to give back directly to those less fortunate. Every tour we do, we strive to leave our host country with the best possible impression of our players, but more importantly, we strive to leave our players with indelible memories and life lessons that they can carry with them as they move on to bigger things." Since their first tour





# Making dōTERRA Part of Your Summer Adventures

*Whether you are planning a camping trip, making a delicious summer meal, or brainstorming a gift idea, dōTERRA can help. Here are a few suggestions for products and essential oils you can use this summer.*

## OUTDOOR

- **Deep Blue Rub:** Soothes muscles after a long hike
- **Lavender:** Promotes restful sleep
- **DigestZen Softgels:** Alleviates an upset stomach
- **TriEase Seasonal Blend:** Provides relief in case of an adverse reaction to nature
- **Peppermint Beadlets:** Supports clear breathing
- **Lip Balm**
- **On Guard Toothpaste**



## ACTIVE LIFESTYLE



- **Mito2Max Energy & Stamina Complex**
- **Slim & Sassy TrimShake:** Provides essential nutrients and helps manage weight
- **LifeLong Vitality Pack:** Helps maintain overall health and wellness
- **Deep Blue Rub Soothing Lotion**

**Tip:** Take Mito2Max before a long run or any physical activity for increased energy and endurance.



## SUMMER ESSENTIAL OILS

### \* Floral

- Geranium
- Patchouli
- Ylang Ylang



### Citrus:

- Wild Orange
- Grapefruit
- Bergamot
- Lime
- Lemon



### Diffuser Blend Ideas

- Bergamot and Wild Orange
- Patchouli and Geranium
- Lemon, Grapefruit, and Wild Orange



**Fact:** The flavor in Earl Grey tea comes from the oil of the bergamot orange.

## ESSENTIAL OILS FOR SUMMER COOKING

- |           |             |
|-----------|-------------|
| Basil     | Oregano     |
| Cilantro  | Lemon       |
| Coriander | Lime        |
| Thyme     | Grapefruit  |
| Rosemary  | Wild Orange |
| Marjoram  |             |


### CRISP CUCUMBER SALAD

**INGREDIENTS:**

- 2 cups finely chopped, seeded, peeled cucumber
- ½ cup finely chopped, seeded tomato
- ¼ cup chopped red onion
- 2 tablespoons minced fresh parsley
- 1 jalapeño pepper, seeded and chopped
- 1–2 drops Cilantro essential oil
- 1 garlic clove, minced or pressed
- ¼ cup reduced-fat sour cream
- 2–3 drops Lemon essential oil
- 2–3 drops Lime essential oil
- ¼ teaspoon ground cumin
- ¼ teaspoon seasoned salt
- Black pepper to taste
- Tortilla chips

**DIRECTIONS:**

1. In small bowl, combine first seven ingredients.
2. In another bowl, combine sour cream, Lemon and Lime essential oils, cumin, and seasoned salt.
3. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.



## AFTER SUN SMOOTHERS



- Lavender
- Melaleuca
- Roman Chamomile
- Peppermint
- Helichrysum

**Tip:** Apply a couple drops of Peppermint essential oil to the bottoms of the feet and a drop to your drinking water to cool your body during a hot day.



# Backyard Bash

## A GUIDE TO HOSTING A **STRESS-FREE** SUMMER PARTY

### **PICK A DATE**

Choose a time and a day that will be convenient for most people. Don't forget to check the weather.

### **KEEP IT SIMPLE**

It is easy to get overwhelmed when planning an event. Try not to overcomplicate things. Simple doesn't have to mean boring.

### **DETERMINE A BUDGET**

Decide how much you are willing to spend and stick to it. Plan your menu, decorations, and entertainment around the set budget.

### **INVITE PEOPLE**

Facebook Event is the cheapest and one of the easiest ways to spread the word to your friends and family about the upcoming event. In just a matter of clicks, you can send a detailed invite and find out who will be able to make it. You can always go with traditional hard copy invites, although it may be more costly.

### **PLAN THE MENU**

When it comes to planning a menu for a summer party the options are limitless. You can have everything from a BBQ, to just casual finger foods, fresh fruits, salads, appetizers, and refreshing drinks. You can even invite your guests to bring their favorite summer food item to share with others.

### **ORGANIZE A SHOPPING LIST**

Once you figure out your budget, menus, and the theme, make a categorized list of the items and ingredients that you will need to purchase at the store. Try to buy everything you need a day or two in advance.

### **INVOLVE OTHERS**

Ask a couple of friends for help to avoid work overload and potential stress. Give each person a responsibility. For example, one person can help with invitations whereas another can be in charge of the decorations.

### **CHECK YOUR SUPPLY**

Create a check list of all the items that you will need in accordance to the number of guests. Make sure there is enough food, chairs, tables, napkins, cups, and other necessary items.

### **CREATE THE SPACE**

Set specific areas for food and drink tables. If children will be attending, plan on having a safe spot for them to run around and play.

### **BREAK THE ICE**

Add a casual group activity or start an engaging conversation to get your guests interacting with each other while maintaining a comfortable and inviting atmosphere.



# fresh caprese salad

Submitted by Adrienne Snyder, NC

Makes approximately 2 servings

## INGREDIENTS

- ½ cup cherry tomato halves
- ¼ cup mozzarella cheese ball halves
- 2-3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1-2 drop Basil essential oil
- Mini wooden skewers\*
- Fresh basil leaves for garnish

## DIRECTIONS:

1. Place tomatoes and cheese in bowl.
2. Top with olive oil and balsamic vinegar.
3. Add Basil essential oil; stir and eat.

\*Need a quick and easy appetizer? Thread tomatoes and cheese onto mini wooden skewers and drizzle with balsamic vinegar and olive oil mixture.



# wild tropical smoothie

Submitted by Vanessa Zamorano, CA

## INGREDIENTS

- 5 drops Wild Orange essential oil
- 1 cup frozen strawberries
- 1 cup frozen mango
- 1 ½ cup pineapple juice

## DIRECTIONS:

Mix in a blender; pour and enjoy!



# lemon and orange granitas

## INGREDIENTS

- 6 large lemons or 4 medium oranges
- Sugar/honey to taste
- 4 cups water
- 2-4 drops Lemon or Wild Orange essential oil

## DIRECTIONS:

1. Clean and wash fruit. Cut off the top quarter and slice a thin bevel off the bottom of the fruit, so they stand up straight.
2. Using a grapefruit knife, carefully remove and save the flesh and juice; be careful not to cut through the bottom. Stand the rinds on a plate or cookie sheet and freeze until solid.
3. Combine scooped out flesh and juice with essential oil in a food processor or blender; pulse until mostly pureed then press mixture through a fine-mesh strainer.
4. Stir in water; add sugar or honey one tablespoon at a time to taste. Pour mixture into large roasting pan or baking dish, large enough that the liquid isn't more than one-inch deep.
5. Freeze for 1-3 hours. Remove mixture from freezer every hour and scrape with two forks to break up ice.
6. When the granita is frozen, rake until glittery. Scoop into frozen lemon or orange shells and serve.







**DISTILLERY**  
Add any oil to your list.

What are the three ingredients in the TriEase Blend?

Trivia

Remove an oil from your list.

What are the benefits of Geranium?

Trivia



Lavender Field.  
Fall asleep and lose a turn

unless you have Peppermint to help you wake up



You eat old pizza, go back 10 spaces unless you Digest



You find a cache of frankincense, go to the Distillery

Approx. how many Jasmine flowers does it take to make a 5mL bottle of oil?

Trivia

You need to catch your breath... Lose a turn unless you have Breathe.



You found Sicilian lemons, go to the Distillery

**START**

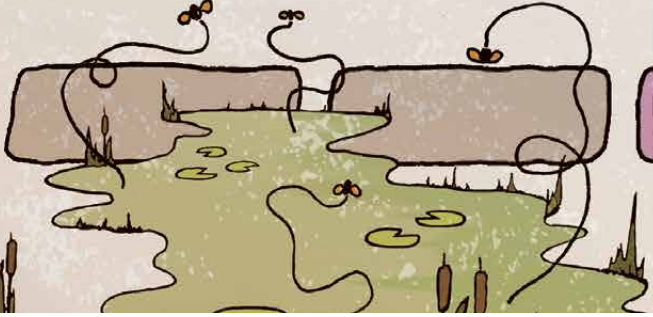


Name 3 oils found in the Citrus Bliss Blend

Trivia

Remove an oil from your list.

Swamp: Go back out of the swamp and lose a turn unless you have Terrashield



If you have you notice a



# RULES

1. Choose 3 essential oils to take with you on this journey. Here are some of the oils that may come in handy:

*TerraShield Purify  
InTune Peppermint  
On Guard DigestZen  
Clove*

2. Place your pieces behind the "START" line. You can use dōTERRA bottles as your pieces.

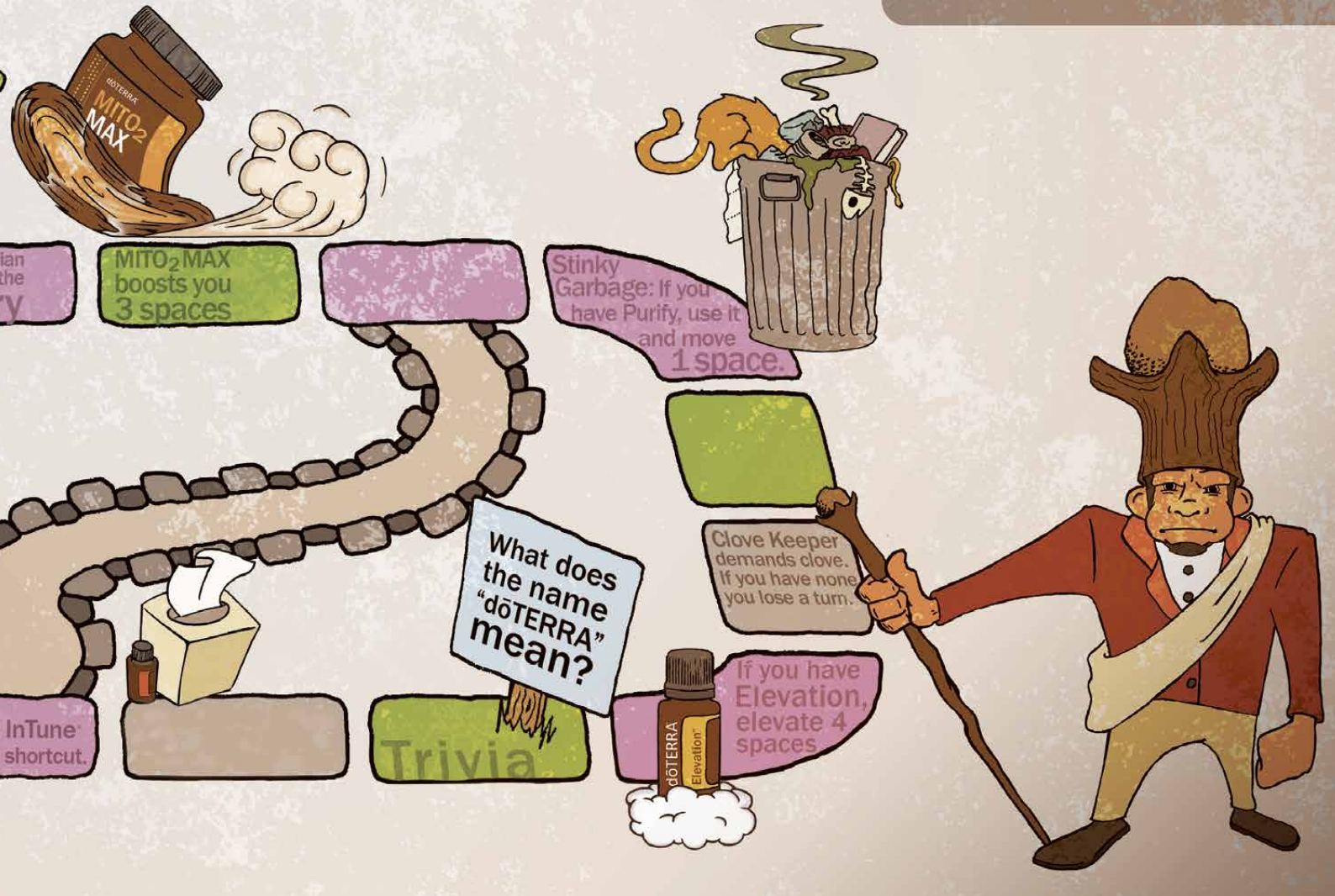
3. Roll a 6-sided die to determine your movement.

## TRIVIA SPACES

Answer a trivia question correctly, and add another essential oil to your list, otherwise lose a turn. You can use any resources to find answers to the trivia questions.

## WINNERS

The first person to cross the finish line with 10 essential oils—wins. If you come to the finish line and you don't have enough essential oils, go back to start and keep repeating the course until you reach the finish line with 10 oils.



# DUDES WELCOME

## *The Guy Side of dōTERRA*

Who said essential oils were only for women? Even the manliest of men can benefit from the power of essential oils in their lives.

### Every man needs a lemon...

Use **Lemon essential oil** to remove gum, oil and grease stains, and sticky residue or to prevent rust and loosen rusty screws.



- Add 2-3 drops on a rag to remove grime from tools and make them look new.
- Get rid of the stale food smell in your Dutch oven by leaving a paper towel with a few drops of **Lemon** until the next use.
- Use **Melaleuca** and **Lemon essential oil** to clean a car battery and polish chrome wheels.



### Maintain Your Manliness with Personal Hygiene

#### *Clean Mouth, Fresh Breath*

- Use **On Guard Toothpaste** every day to ensure fresh breath and experience the protective benefits of essential oils found in On Guard Blend.
- Pop a **Peppermint Beadlet** for instant fresh breath and confidence.
- Add a couple drops of **On Guard, Melaleuca,** and **Peppermint essential oils** to water for a refreshing mouth rinse.



#### *One for the Beard*

Love your facial hair? Use **Root to Tip Serum** to soothe and smooth facial skin and hair.



#### *Toenail Care*

Directly apply **Melaleuca** and **Oregano** at the edge of the nail two times daily. You can alternate between **Lemongrass** and **Clove** or **Frankincense** and **Lemon**.

#### *Shaving Tip*

Apply **Melaleuca** and **Lavender** mixed with Fractionated Coconut Oil after shaving to soothe irritated skin.



#### *Shoe Deodorizer*

Add a few drops of **Purify, Peppermint,** or any **citrus essential oils** onto a paper towel or a used dryer sheet, scrunch, and place in your shoes overnight.



### Lifestyle & Health

A strong, healthy body can come in handy—especially when you are trying to raise a family. Taking care of your overall health will give you the strength and energy you need to work, play, and be the best man you can be.

#### *Nutritional Boost*

- **LifeLong Vitality** is a nutritional powerhouse for providing your body the essential nutrients it needs.\*
- Support your body on a cellular level with **DDR Prime**.\*



#### *Healthy Energy*


No need to pound energy drinks; take some **Mito2Max**® when you need an extra push for any type of physical activity.\*



#### *Feeling a little tense after a long day?*

Apply some **PastTense** on your temples or neck for a comforting relief.






## What man doesn't like to eat?

Take **TerraZyme** with every meal to promote healthy digestion, especially after eating a protein-heavy meal.\*

If your food choice fails you, don't stress, a **DigestZen Softgel** can help ease indigestion and upset stomach.\*



**Relax** with **Lemongrass**, **Deep Blue**, and **Peppermint** after a long day of work, manual labor, or physical activity.



## Handsome Sleep

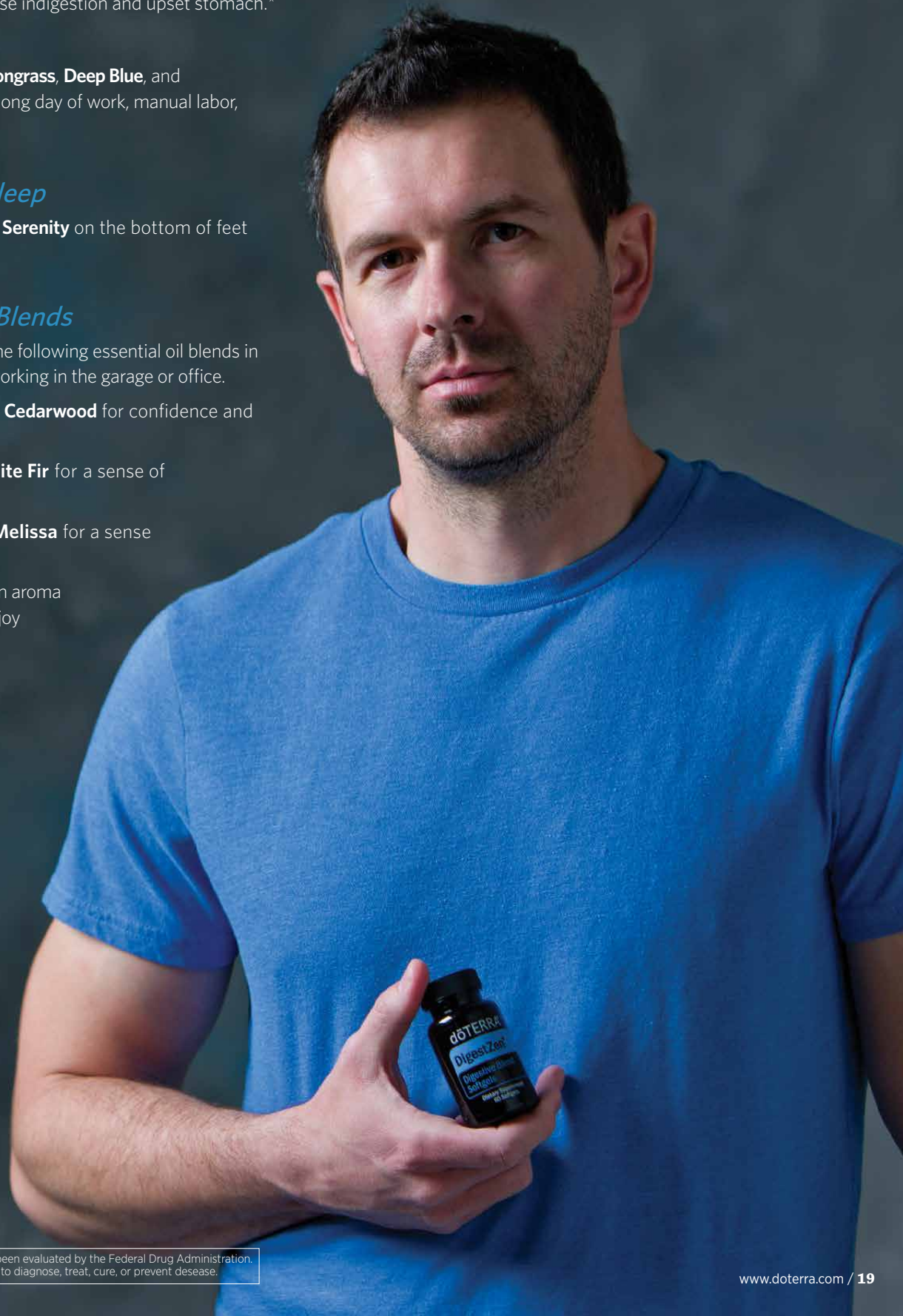
Apply **Lavender** or **Serenity** on the bottom of feet before bedtime.



## His Diffuser Blends

Add 2-4 drops of the following essential oil blends in the diffuser while working in the garage or office.

- **Wintergreen** and **Cedarwood** for confidence and self esteem
- **Cypress** and **White Fir** for a sense of empowerment
- **Peppermint** or **Melissa** for a sense of alertness
- **Lemongrass** for an aroma that most men enjoy



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

# Girl's Guide



## Spa Treatment For Your Feet

- 🌿 Mix 2-3 drops of Myrrh essential oil with dōTERRA Spa Lotion to soften dry, callused feet.
- 🌿 Place 2 drops of your favorite essential oil to your nail polish to diminish the strong odor.
- 🌿 Mix 10 drops of Frankincense, 10 drops of Myrrh, and 10 drops of Lemon essential oils with 2 tablespoons Fractionated Coconut Oil and apply twice a week to clean nails and soften cuticles.
- 🌿 Massage Lavender essential oil into feet to diminish stinky odors.
- 🌿 Place 1-2 drops dōTERRA On Guard onto toenails for a natural cleanser.
- 🌿 Place 5-7 drops of your favorite essential oil in warm water for a soothing foot soak.

## Foot Scrub Recipe

1/3 cup fine sea salt  
1 tablespoon walnut shell powder  
1 tablespoon pumice powder  
1 tablespoon shea butter  
1 tablespoon cocoa butter  
1 1/2 tablespoon argan oil  
1/2 tablespoon sweet almond oil  
5 drops Melaleuca essential oil  
10 drops Peppermint essential oil

1. Mix shea and cocoa butters, then melt them in a double boiler.
2. Stir argan and sweet almond oils into melted butter.
3. Add essential oils, then stir dry ingredients into the butter and oil mixture.
4. Allow to cool completely. If any of the oil and butter settles on the top, simply re-mix all ingredients with fork. Spoon into a 4-ounce container of your choice.



# dōTERRA<sup>®</sup> BLOG SPOTLIGHT

**DIY: FAST-FIZZING BATH BOMBS MADE WITH ESSENTIAL OILS CREATE A FUN, FOAMY, AND RELAXING BATH EXPERIENCE.**

Create a spa environment in your home using simple household ingredients and essential oils. Bath bombs are easy to make and fun for both kids and adults. They also make great gifts! Even if you don't have a bathtub, the bath bombs can still be effective in a shower. The water will help dissolve the bath bomb and release the aroma of the essential oils into the steam.

## WHAT YOU NEED:

- 1 cup citric acid\*
- 1 cup baking soda
- ½ cup cornstarch\*
- ½ cup oil (*almond oil, olive oil, dōTERRA Fractionated Coconut Oil, etc.*)
- 8-10 drops of your favorite essential oil(s)
- silicone mold or saran wrap

\* Citric acid can be found at most major supermarkets in the canning section. If necessary, replace the 1 cup of citric acid with ½ cup of cream of tartar.

\* Cornstarch can be replaced with arrowroot powder

## DIRECTIONS

- 1** In a bowl, add citric acid, baking soda, cornstarch, and oil.
- 2** Add 8-10 drops of the essential oil(s) of your choice.  
*Note: Choose an essential oil to best suit your needs.*
- 3** Mix well with a spoon or with your hands until a soft dough is formed. It should have the consistency of damp sand. At this point you could also add food coloring, dried herbs, or flower petals to the mixture. If the mixture is too wet, try adding a little more baking soda and cornstarch until the consistency is right.
- 4** Put the mixture into a silicone mold. Let it sit for at least 24 hours before removing from mold.  
*Note: If you don't have a silicone mold, you could use cupcake liners or saran wrap to help mold your bath bombs.*
- 5** The bath bombs are ready to use once they are completely dry. To use, just drop them in the tub until they dissolve.

## RECOMMENDED ESSENTIAL OILS

### INVIGORATING

Deep Blue  
Eucalyptus  
Peppermint  
Cypress  
Breathe

### CLEANSING/ ENERGIZING

Lemon  
Wild Orange  
Grapefruit  
Purify  
Geranium  
Ginger  
Melaleuca

### CALMING

Serenity  
Lavender  
Bergamot  
Balance



For more handy ideas, recipes, and tips, visit: [doterrablog.com](http://doterrablog.com)



# The Value of Daily Use



**Dr. David K. Hill, Chief Medical Officer and Chairman of the Scientific Advisory Board**

The use of essential oils is rewarding and provides many opportunities to appropriately manage individual health. One can either use for specific health benefits or act through a model of general support. Effectively using essential oils may provide profound benefits for either scenario. One obvious advantage of essential oil application for wellness is personalization of usage based on individual inclination, health concerns, and even sensitivities. While there may be considerable variance in usage preference, there is general acceptance that using the oils consistently is important to achieving the desired outcomes.

Using a variety of essential oils on a regular basis could be more significant than focusing on oil selection or specific application methods. Routine and deliberate application of essential oils can often increase and even sustain health benefits. Routine exposure can be achieved through aromatic, topical, and internal consumption based on the individual needs and level of expertise.

There are some who express concern over consistent use of essential oils. Although mechanisms of biological action are not completely understood, specific health benefits have been well demonstrated in both clinical and anecdotal environments. There are many scientific reviews and studies that verify that appropriate doses of essential oils are safe and efficacious. Developing a personal understanding of individual tolerance, practicing consistency, and using methods that work best for you will increase the likelihood of achieving successful results.

The following guidelines will help determine how to implement dōTERRA essential oils into a daily model of consistency based on an individual's unique health and lifestyle circumstances.

## QUALITY

# 01

To prevent sensitivities, it is important to use only pure essential oils, such as essential oils that have the dōTERRA CPTG Certified Pure Therapeutic Grade® quality standard. Using altered essential oils dramatically increases the likelihood that a sensitivity or inappropriate response will develop.

## CHEMISTRY

# 02

The chemical structure and reactivity of some essential oil elements makes them more potent than others. Phenols and aldehydes are especially strong. Diluting oils that contain a high proportion of these types of elements or using a lower dose is an excellent way to ensure safe application.

## VARIETY

# 03

A unique feature of essential oils is that they share many of the same benefits. There is safety and increased benefit from variety, which is one of the foundational principles of health. Try introducing a wide variety of oils into your personal usage protocol rather than focusing on just one or two main oils.

## AMOUNT

# 04

A common misconception is to assume that more is always better. While this may be true in some instances, it is not true with essential oils. They are highly concentrated and very potent, so a small dose is all that is needed to achieve powerful benefits. It is best to use smaller amounts of oil and apply more frequently.

## DILUTION

# 05

There are many benefits to diluting essential oils, including slowing the rate of absorption to prevent sensitivities and increasing the surface area of absorption. I generally recommend a dilution ratio of one drop of essential oil to three drops of carrier oil. This ratio can be altered depending on the chemistry of the oil and the preferences or sensitivities of the user.

## PERSONAL CONSIDERATION

# 06

Certain individuals, such as young children and the elderly, require special precautions when using essential oils because their skin is typically more sensitive. Appropriate dilution modifications or essential oil substitutions should be made to cater to their individual needs.



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# Essential Recipes



## CHILI LIME MARINADE

- 1 ½ tablespoons fresh cilantro, chopped
- 2 tablespoons honey or agave
- 2 tablespoons water
- 8 drops Lime essential oil
- 1 clove garlic, minced
- 1 tablespoon lemon grass, minced
- 1 tablespoon chili flakes
- 1 ½ tablespoons ginger
- 2 tablespoons coconut oil

*\*Recommended with shrimp.*

## SWEET & SOUR MARINADE

- ½ cup balsamic vinegar
- ½ cup honey
- ½ cup light brown sugar, packed
- ¼ cup low-sodium soy sauce
- 2 garlic cloves, minced
- 8 drops Wild Orange essential oil

*\*Recommended with pork.*

## INDIAN MARINADE

- 1 cup plain whole-milk yogurt
- 2 tablespoons coconut oil
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon ground coriander
- 1 drop Cinnamon or Clove essential oil

*\*Recommended with chicken.*





## BALSAMIC ROSEMARY MARINADE

½ cup balsamic vinegar  
¼ cup olive oil  
1 teaspoon salt  
2 teaspoons pepper  
2 drops Rosemary essential oil

*\*Recommended with beef.*

## HONEY LIME FRUIT DIP

1 cup plain yogurt  
2 tablespoons honey  
1-2 drops Lime essential oil



## GRILLED PINEAPPLE

½ cup brown or coconut palm sugar  
½ pineapple peeled, cored, and cut  
1 teaspoon ground cinnamon or 1 drop  
Cinnamon essential oil

1. Mix brown sugar and cinnamon together in bowl. Pour mixture into a large ziplock bag. Place pineapple pieces in bag and shake until fully coated.
2. Grill 3 to 5 minutes per side.





# Geranium

**PLANT PART:** Whole plant

**EXTRACTION METHOD:** Steam distillation

Uses of Geranium essential oil date back to ancient Egypt when Egyptians used Geranium oil to beautify skin and for its internal health benefits. In the Victorian era, fresh Geranium leaves were placed at formal dining tables as decorative pieces and to be consumed as a fresh sprig. In fact, the edible leaves and flowers of the plant are often used in desserts, cakes, jellies, and teas. As an essential oil, Geranium has been used to promote clear, looking skin—making it ideal for skin care products.

## HOW TO USE

### Aromatically

- Diffuse three to four drops to help relieve occasional stress, and tension.
- Use in an aromatherapy steam facial to beautify skin.

### Internally

- Dilute one drop in 4 fl. oz. of liquid.
- Place a few drops in the veggie capsule and take it with water.

### Topically

- Add a drop to your moisturizer to help for a clear complexion.
- Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to avoid any skin sensitivity.

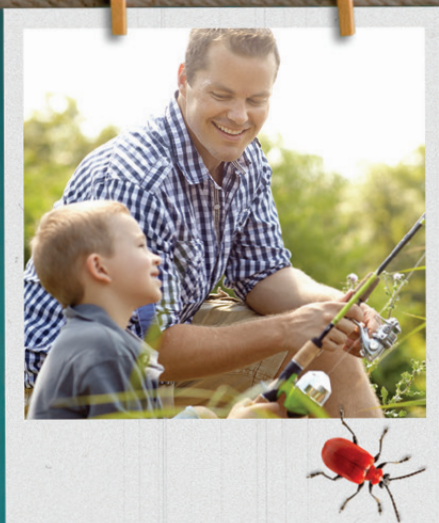


### FUN FACT

A member of the Pelargonium genus of flower species, Geraniums are grown for their beauty and as a staple of the perfume industry. While there are over 200 different varieties of Pelargonium flowers, only a few are used as essential oils.







## OUTDOOR TIP

### Bug Spray Recipe

Submitted by Ashley Brandes, Tennessee

#### Ingredients

- 55 drops Geranium
- 25 drops Purify
- ¼ cup witch hazel (to help the oil emulsify)
- Spray bottle

#### Directions

1. Mix essential oils and witch hazel in spray bottle; fill with water.
2. Spray head to toe.

### Geranium Facial Wipes

Revive your face on-the-go

#### Ingredients

- 2-3 tablespoons witch hazel extract
- 5-8 drops Geranium, Frankincense, or Melaleuca essential oil
- 4 paper towel pieces quartered
- 1 tablespoon Fractionated Coconut Oil\*
- Ziplock bag or small Tupperware container

#### Directions

1. Mix essential oils, witch hazel extract, and Fractionated Coconut Oil together.
2. Soak paper towel pieces with mixture in container of choice.
3. Wipe face for a quick refresher or use as a *makeup remover*.

**Note:** Instead of paper towels, you can re-use fabric pieces.

\*Add Fractionated Coconut Oil for dry skin or for makeup removing purpose.



### Salt Water Spray

Get natural beach hair at home

#### Ingredients

- 1 cup hot water
- 1 teaspoon salt
- 1 teaspoon hair gel
- 1 teaspoon Fractionated Coconut Oil
- 4 drops Lavender essential oil
- 4 drops Rosemary essential oil
- Spray bottle

#### Directions

Mix all ingredients together in spray bottle, spray hair, scrunch, and enjoy.

→ share your tip!  
email [living@doterra.com](mailto:living@doterra.com) with your favorite essential oil recipe, idea, or time saver.



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# DDR PRIME

## Essential Oil Cellular Complex

There are anywhere from **75 to 100 trillion cells** in the human body. An average adult human **loses** somewhere between **200,000 and 3,000,000 cells** per second.

*-Steve Mack, Molecular and Cell Biology, Children's Hospital Oakland Research Institute*



## Don't CELL Yourself Short.

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

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