



dOTERRA®

EMPOWERED LIFE SERIES

Tracy Lyman

Foaming Face Wash

- ¼ cup distilled water
- 2 Tbsp. castile soap
- ¼ Tbsp. aloe vera gel
- 8 drops Immortelle, or Melaleuca and Lemon

Mix ingredients in a foaming pump bottle



Shimmering Body Spray

- 2 Tbsp. mica powder
- 2–12 drops Citrus Bliss® or dōTERRA Serenity®

Mix ingredients in a spray bottle and fill with distilled water.



Body Wash

- 2 Tbsp. castile soap
- 10–12 drops of Citrus Bliss®, Lemon, Lavender, or Melaleuca

Mix ingredients in a foaming pump bottle and fill with distilled water.



Nourishing Body Spray

- 6 drops Frankincense
- 6 drops Lavender
- 5 drops Cypress
- 1 drop Myrrh
- 1 drop Sandalwood

Mix essential oils in a spray bottle and fill with equal parts water and carrier oil (apricot or jojoba)



Perfume Blends

Fill a roller bottle 70% with fractionated coconut oil and add essential oils.

Bliss

4 drops Grapefruit
3 drops Vetiver
2 drops Ginger



Rebel

3 drops Lime
2 drops Sweet Fennel
2 drops Patchouli



Love

4 drops Sandalwood
4 drops Geranium
2 drops Bergamot



Peace

7 drops Patchouli
3 drops Grapefruit
1 drop Ylang Ylang



Essential oil perfume blends courtesy of EO Tools.



dOTERRA[®]

EMPOWERED LIFE SERIES

Makay Tautu

Sugar Scrub

- ½ cup white sugar
- ½ cup sugar in the raw
- ¼ cup olive oil
- 20 drops of essential oil

Mix all ingredients and store in an air tight jar.



Bath Salt

- 1 cup Epsom salt
- 1 cup baking soda
- 5-10 drops essential oils
- Coloring as desired

Mix all ingredients and store in an air tight jar.

For the candy cane bath salt, separate mixture into two parts. Mix one with Peppermint and color with red coloring. Mix the second part with Lavender. Layer the salts into a glass jar alternating red and white.



dōTERRA On Guard Pretzels



- 24 pretzel rods
- 12 oz. chocolate morsels
- 1 tsp. coconut oil
- 2-4 drops dōTERRA On Guard® essential oil

Melt the chocolate morsels and coconut oil together in a double boiler. Mix until smooth. Add the essential oil. Dip pretzels into chocolate. You can add toppings if desired. Place the pretzels on a baking sheet lined with waxed paper to cool.



Emotional Release Blend

- 2 drops Frankincense
- 1 drop Citrus Bliss®
- 1 drop Siberian Fir

