NEW PRODUCT BOOKLET
NEW PRODUCTS

TURMERIC ESSENTIAL OIL
Promoting uplifting feelings, Turmeric is beneficial both as a food flavouring and when used aromatically. Turmeric is known for its warming properties and can also add a great burst of flavour to your favourite savoury meals.

USES
• Add 1-2 drops to four servings of food for flavour enhancement.
• Add 1-2 drops into your hand and inhale to promote feelings of positivity.

MAGNOLIA TOUCH
Magnolia may help promote feelings of relaxation. Combined with doTERRA Fractionated Coconut Oil, Magnolia Touch is moisturising and soothing to the skin. As a personal fragrance, Magnolia Touch provides a comforting aroma while uplifting and refreshing.

USES
• Use Magnolia Touch daily as your new personal fragrance.
• Combine topically with Bergamot* or Ylang Ylang* to promote healthy-looking skin and to customise your daily fragrance.
• Roll onto the bottoms of your feet to help promote feelings of relaxation.

PINK PEPPER ESSENTIAL OIL
The pink peppercorn, while similar in appearance to black peppercorn, is closely related to cashews. Limonene and α-Phellandrene, two of the main chemical components of Pink Pepper essential oil, create a calming atmosphere when diffused.

USES
• Diffuse to promote a relaxing environment - try blending with citrus or floral oils to create an invigorating aroma.
• Add 1-2 drops to a food for a taste sensation.

GREEN MANDARIN ESSENTIAL OIL
Create a bright and energised environment while diffusing the sweet, refreshing aroma of Green Mandarin.

USES
• Diffuse 2-3 drops of Green Mandarin to create an energised atmosphere.
• Add 1-2 drops to food for flavouring.

*Application to the skin may increase sensitivity to sunlight.
PINK PEPPER GOAT’S CHEESE SPREAD

INGREDIENTS
200g goat’s cheese
2 teaspoons honey
1 teaspoon fresh thyme leaves
1–2 drops Pink Pepper essential oil

METHOD
• Preheat oven to 190°C.
• Spread goat’s cheese in a small ramekin or gratin dish. Drizzle with honey and sprinkle thyme.
• Bake until cheese is warmed through and soft, about 10 minutes. Mix through Pink Pepper essential oil.
• Serve warm with slices of fresh or toasted baguette. Makes 1 cup.

PINK PEPPER MARINATED OLIVES

INGREDIENTS
1 cup brine-cured green/black olives
1 tablespoon extra-virgin olive oil
1 teaspoon fresh thyme leaves
2 drops Pink Pepper essential oil
1 drop Lemon essential oil

METHOD
• Combine all ingredients in a small bowl.
• Cover and marinate at room temperature for at least 1 hour.
• Can be made ahead and refrigerated. Bring to room temperature before serving. Makes two serves.
SWEET POTATO AND TURMERIC SOUP

INGREDIENTS
1 small sweet potato
1 400mL can unsweetened coconut milk
1/4 cup white miso
1 drop Turmeric essential oil
1 drop Lime essential oil
Toasted coconut flakes, crushed salted, roasted peanuts, and chilli oil (for serving)

METHOD
• Preheat oven to 230°. Pierce sweet potato several times with a fork or sharp knife. Roast sweet potato on a baking sheet until tender, 35-45 minutes. Let cool, then scoop out flesh; discard skin.
• Add 4 cups water, sweet potato, coconut milk, miso, to a pot and bring to a gentle simmer. Cook for 10-20 minutes.
• Remove from heat and stir in Lime and Turmeric essential oils.
• Divide soup among bowls. Top with coconut flakes and peanuts, then drizzle with chilli oil. Makes four serves.

TURMERIC SALAD DRESSING

INGREDIENTS
1/4 cup tahini
3 tablespoons fresh lemon juice
2 tablespoons olive oil
1/4 teaspoon cayenne pepper
1-2 drops Turmeric essential oil
Salt and freshly ground black pepper

METHOD
• Mix all ingredients together and enjoy!
GREEN MANDARIN SALAD

INGREDIENTS
8 cups torn red leaf lettuce
425g mandarin (or orange) peeled and cut into segments
1/2 cup crumbled feta cheese
1/4 cup chopped sweet yellow capsicum
1/4 cup chopped sweet red capsicum
5 tablespoons olive oil
2 tablespoons honey
1/2 red onion, finely chopped
4 1/2 teaspoons apple cider vinegar
2 teaspoons Dijon mustard
1/8 teaspoon salt
2–4 drops Green Mandarin essential oil (to taste)
1/3 cup sliced almonds, toasted

METHOD
• In a salad bowl, combine the lettuce, oranges, cheese and peppers.
• In a small bowl, whisk the oil, honey, vinegar, mustard, Green Mandarin essential oil and salt.
• Stir in onion.
• Pour over salad and toss to coat.
• Sprinkle with almonds. Serve immediately. Makes four serves.

GREEN MANDARIN CHIA PUDDING

INGREDIENTS
1/3 cup (70g) white chia seeds
1 400mL can light coconut milk
1/4 cup (60mL) agave syrup or maple syrup
2 mandarins (or small oranges), peeled, segmented
250g strawberries, quartered
2 drops Green Mandarin essential oil

METHOD
• Combine the chia seeds, coconut milk and 2 tablespoons of the agave syrup or maple syrup in a medium bowl. Cover with plastic wrap. Place in the fridge for 6 hours or until the mixture thickens.
• Combine the mandarin and strawberry in a bowl with Green Mandarin essential oil.
• Add the remaining agave syrup or maple syrup and stir to combine. Set aside for 30 minutes or until the strawberry releases its juice.
• Spoon the chia mixture among serving bowls or glasses. Top with the strawberry/mandarin mixture. Makes four serves.
**TURMERIC LATTE**

**INGREDIENTS**
- 1/2 cup coconut milk
- 1 tablespoon date sugar or 2 teaspoons raw sugar
- 2 teaspoons freshly grated turmeric
- 1/8 teaspoon Chinese five-spice powder or ground nutmeg
- 1 drop Turmeric essential oil
- 1 drop ginger essential oil
- Pinch of salt

**METHOD**
Whisk coconut milk, sugar, grated turmeric, five-spice, salt, and 3/4 cup water in a small saucepan and bring to a boil. Remove from heat add turmeric and ginger essential oil and let mixture steep 5 minutes. Strain through a fine-mesh sieve into a mug and serve. Makes one serve.

**TROPICAL CARROT, GINGER AND TURMERIC SMOOTHIE**

**INGREDIENTS**
- 1 blood or navel orange, peeled and white pith removed
- 1 large carrot, scrubbed, coarsely chopped
- 1/2 cup frozen mango chunks
- 2/3 cup coconut water
- 1 tablespoon shelled raw hemp seeds
- 1 drop Ginger essential oil
- 1 drop Turmeric essential oil
- 1 drop Juniper Berry essential oil
- Pinch of salt

**METHOD**
Using smoothie or ice crush setting, purée orange, carrot, mango, coconut water, hemp seeds, ginger, turmeric, cayenne, salt, and ½ cup ice in a blender until smooth. Makes two serves.

**GREEN MANDARIN SMOOTHIE**

**INGREDIENTS:**
- 2 mandarins
- 1 large lime
- 1 lemon
- 2 celery stalks
- 4 kale leaves
- 2 drops Green Mandarin essential oil

**METHOD**
Wash all produce well. Peel mandarins, lemon and lime. Add all ingredients to juicer and enjoy! Makes one serve.
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<tr>
<th><strong>DIFFUSER BLENDS</strong></th>
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<tr>
<td><strong>PINK PARADISE</strong></td>
<td><strong>BREEZY BOOST</strong></td>
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<td>3 drops Green Mandarin essential oil</td>
<td>4 drops Ylang Ylang essential oil</td>
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<td>3 drops Grapefruit essential oil</td>
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<td>1 drop Roman Chamomile essential oil</td>
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<tr>
<td><strong>EXHALE</strong></td>
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<td>4 drops Bergamot essential oil</td>
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<td>4 drops Lavender essential oil</td>
<td>3 drops Sandalwood essential oil</td>
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<td><strong>RADIANT GLOW</strong></td>
<td><strong>UPLIFT &amp; UNWIND</strong></td>
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<td>4 drops Purify essential oil blend</td>
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<td>3 drops Cinnamon essential oil</td>
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