

BREVI® WALNUT DIFFUSER

PRIMARY BENEFITS

- Customisable output: two or five hours continuous run time, Ten hours intermittent (5 minutes on / 5 minutes off).
- Ultrasonic technology – uses the vibration of water, instead of heat to create an ultra-fine mist.
- Six lighting colour options – four colours, cycle option, or leave the light off.
- Coverage of up to 25 m² in a room.
- Auto shut off safety feature when the water level is low.

Selectable LED: Light colour options include blue, purple, yellow, and warm white. The LED feature can be set to cycle through all four colours, a single colour, or off.

PRODUCT DESCRIPTION

Enhance and transform a room with the Brevi® Walnut Diffuser. The contemporary design offers a sleek, modern look for diffusing in any space. The Brevi® can run five hours continuously and ten hours intermittently. With ultrasonic wave technology and multiple light settings, enjoy the benefits of misting dōTERRA CPTG® aromatic essential oils and create an uplifting environment.

DIRECTIONS FOR USE

Always read the directions for use accompanying the diffuser before operating

Remove the top cover and add water into the water reservoir until it reaches the red maximum water level indicator.

Add 8-10 drops of essential oils suitable for diffusing into the water reservoir as desired and replace top cover.

Plug in the power cord to the Brevi®, followed by the adapter into the power point and then once all connected turn on the power.

Press the mist button to select the desired time setting. Press the light button to select the desired light colour.

KEEP OUT OF REACH OF CHILDREN.
Adult operation only.



ON GUARD® SANITISING MIST

27 mL

PRIMARY BENEFITS

- Infused with moisturising apple extract
- On Guard® Protective Blend provides an invigorating citrus spice aroma

PRODUCT DESCRIPTION

We all know the protecting power of dōTERRA's On Guard® essential oil blend and the wonders it does for us in helping our families and homes with environmental threats. Handy, convenient and easy to use On Guard® Sanitising Mist is great to have on hand when you are on-the-go.

Our Sanitising Mist cleanses hands by killing bacteria on the skin through an extremely fine, quick drying mist. Infused with a natural apple extract, the moisturising formula will not dry out the skin and leaves hands feeling soft and smooth.

On Guard® blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® essential oils provides an uplifting citrus spice aroma and its protective benefits.

DIRECTIONS FOR USE

Shake well before use. Pump one or two mists directly to hands; rub together until dry.

CAUTIONS

Flammable. Keep away from flame, spark, or temperatures above 40°C (104° F).

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. For external use only. When using this product, avoid contact with eyes. Stop use and ask a doctor if irritation and redness develop.

INGREDIENTS

ACTIVE INGREDIENT: Ethyl Alcohol 64%

INACTIVE INGREDIENTS: Water (Aqua), Pyrus malus (Apple), Fruit Extract, Glycerin, Eucalyptus globulus Leaf Oil, Citrus aurantium dulcis (Orange) Peel Oil, Eugenia caryophyllus (Clove) Bud Oil, Cinnamomum zeylanicum Leaf Oil, Cinnamomum zeylanicum Bark Oil, Rosmarinus officinalis (Rosemary) Leaf Oil, Citric Acid



AUNZ SKU: 60208783
(ONLY AVAILABLE ONLY IN THE KIDS COLLECTION)

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dōTERRA BRAVE™

Courage Blend 10 ml Roll-On

Warm citrus, floral, faintly spicy

Aromatic description

PRIMARY BENEFITS

- Energising and invigorating to the senses
- Ideal for use in conjunction with positive affirmations
- Try to help promote a confident, courageous atmosphere

PRODUCT DESCRIPTION

Begin each day with confidence. Whilst practicing your positive affirmations try pairing dōTERRA Brave™ Courage Blend as part of your routine, roll onto the back of your neck and pulse points.

Wild Orange, Amyris, Osmanthus and Cinnamon Bark essential oils are combined with Fractionated Coconut Oil for quick and easy application.

With a bright and warm aroma, dōTERRA Brave™ Courage Blend is the ideal blend when you're feeling unmotivated. Featuring the unique essential oil from Amyris Wood, dōTERRA Brave™ Courage Blend helps to create a calm environment. Before tackling life's big (or small) moments, try rolling dōTERRA Brave™ Courage Blend onto the bottoms of your feet and/or backs of your hands and focus on courage and positivity, and believe that you can accomplish anything.

USES

- Comfortably use dōTERRA Brave™ Courage Blend throughout the day to help encourage tranquility.
- Try dōTERRA Brave™ before new or different situations when looking for an atmosphere of courage and confidence.

DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN UNDER 3 YEARS. Contains small parts. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product. Immediately discontinue use if any skin irritation or sensitivity occurs.

INGREDIENTS

Wild Orange, Amyris, Osmanthus and Cinnamon essential oils in a base of Fractionated Coconut Oil



Certified Pure Tested Grade

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PATCHOULI

Pogostemon cablin 15 mL

Rich, woody, musky, earthy

Aromatic description

PRIMARY BENEFITS

- Grounding, balancing aroma
- Promotes a smooth, glowing looking complexion when applied to skin
- Reduces the appearance of wrinkles, blemishes, and skin imperfections when applied topically

PRODUCT DESCRIPTION

Patchouli is a bushy herb from the mint family with stems reaching two or three feet in height and bearing small, pink-white flowers.

Easily recognised for its rich, musky-sweet fragrance, Patchouli is regularly used in the perfume industry as well as in scented products like laundry detergents and air fresheners. Patchouli is beneficial to the skin in many ways. It's often used topically to help reduce the appearance of wrinkles, blemishes, and minor skin imperfections and to promote a smooth, glowing looking complexion.

The fragrance of Patchouli essential oil has a grounding and balancing aroma.

USES

- Blends well in the diffuser with Peppermint, Sandalwood, Bergamot, Geranium, Lavender and Clary Sage essential oils.

- Apply one to two drops to help reduce the appearance of wrinkles, blemishes, or problem skin areas or add to your favourite moisturiser .

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below .

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf

EXTRACTION METHOD: Steam distillation

MAIN CHEMICAL COMPONENTS: Patchouli alcohol, α -Bulnesene, α -Guaiene



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CITRONELLA

Cymbopogon winterianus 15 mL

Slightly sweet, floral, rosy, lemon-like

Aromatic description

PRIMARY BENEFITS

- Cleansing properties
- Uplifting aroma

PRODUCT DESCRIPTION

From the leaf of a tall grass native to Asia, Citronella essential oil has a crisp, fresh aroma.

With powerful benefits, Citronella essential oil is an ideal companion for camping, hiking and trips to the great outdoors. The oil components include citronellal and geraniol, which are known for their cleansing properties.

Try using on surfaces in and outside the home. When inhaled, Citronella essential oil has a refreshingly positive aroma.

USES

- Apply to skin with Fractionated Coconut Oil
- Add three to four drops in water for an aromatic surface cleanser
- Diffuse to promote a cheery, optimistic environment

- Use in shampoo and conditioner for a refreshing aroma

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

TOPICAL USE: Apply one to two drops to desired area.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf

EXTRACTION METHOD: Steam distillation

MAIN CHEMICAL COMPONENTS: Citronellal, geraniol



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TEA TREE

Melaleuca alternifolia 15 mL

Herbaceous, green, leathery

Aromatic description

PRIMARY BENEFITS

- Cool and cleansing. Tea Tree is known for its antibacterial properties; it can be applied to the skin when necessary
- Tea Tree essential oil contains a compound known to naturally repel insects.
- Tea Tree's antibacterial effects make it a good alternative to traditional cleaners. Add a few drops to a spray bottle with water and use on surfaces around the home.

PRODUCT DESCRIPTION

Tea Tree essential oil has over 92 different compounds and limitless applications.

The leaves of the Tea Tree tree were used by the Aboriginal and Torres Strait Islander peoples for centuries. They would apply crushed leaves directly to the skin for a cooling effect.

Tea Tree essential oil is best known for its cleansing properties. It can be used to cleanse and clarify the skin and nails and to support a healthy looking complexion. Diffusing Tea Tree essential oil will help freshen the scent of the air.

USES

- For topical skin application, apply one or two drops of Tea Tree essential oil in a carrier oil onto area.
- Combine one or two drops with your facial cleanser, as Tea Tree is known for its cleansing properties, or apply to skin after shaving.

- Apply to fingernails and toenails after showering to cleanse and keep nails looking healthy.
- Add a few drops to a spray bottle with water and use on surfaces as a cleaner around the home.

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

CLEANING USE: Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult

your physician. Avoid contact with eyes, inner ears and sensitive areas. Application to skin may increase sensitivity to sunlight.

PLANT PART: Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Terpinen-4-ol, γ -terpinene, α -terpinene



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LEMON MYRTLE

Backhousia citriodora 5 mL

Sweet, lemon, slightly herbal

Aromatic description

PRIMARY BENEFITS

- Uplifting to the senses
- Calming and relaxing aroma

PRODUCT DESCRIPTION

Native to Australia, Lemon Myrtle has long been used by Aboriginal and Torres Straight Islander people as part of their diet.

Lemon Myrtle essential oil is distilled from the citrus scented leaves of the subtropical lemon myrtle plant.

Lemon Myrtle essential oil has a calming and relaxing aroma.

USES

- Try diffusing for a calming and relaxing aroma.
- Add a drop of Lemon Myrtle essential oil to your water for a refreshing taste.

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one to two drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf

EXTRACTION METHOD:

Steam distillation

MAIN CHEMICAL COMPONENTS:

Citral (geranial and neral)



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ON GUARD®

Protective Blend 15 mL

Invigorate

Aromatic description: Warm, spicy, camphoraceous, woody

Invigorate and cleanse with dōTERRA On Guard®

dōTERRA On Guard® with its warm, spicy, camphoraceous and woody aroma is a powerful essential oil blend. With revitalising Wild Orange, Clove and Cinnamon, diffusing invigorating dōTERRA On Guard® can help energise and uplift any home, workplace or study environment.

PRIMARY BENEFIT

With Wild Orange, Clove and Cinnamon essential oils, dōTERRA On Guard® is a powerful blend that protects against environmental and seasonal threats.

SECONDARY BENEFIT

The main essential oil in dōTERRA On Guard® is Wild Orange. Its refreshing aroma helps to create a cleansing and uplifting environment.

TERTIARY BENEFIT

Clove and Wild Orange Essential Oils give dōTERRA On Guard® its refreshing and clean scent, make it ideal for use in your DIY surface cleanser for the home.

PRODUCT DESCRIPTION

As one of dōTERRA's best selling products, On Guard® can be used on surfaces throughout the home as a non-toxic cleaner. When diffused, On Guard® provides a pure and uplifting aroma.

USES

- Soak sliced apples in water and a few drops for a snack.
- Diffuse two or three drops for a refreshing and energising aroma.

DIRECTIONS FOR USE

DIFFUSION:

Use three to four drops in a diffuser of your choice.

FOOD FLAVOUR:

Add one or two drops to food.

TOPICAL USE:

Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

CLEANING USE:

Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions below

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

INGREDIENTS:

Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf and Rosemary Leaf/Flower essential oils.



dōTERRA TOUCH® NEROLI

Citrus x aurantium 10 mL Roll-On

Sweet, floral, citrusy, fresh

Aromatic description

PRIMARY BENEFITS

- A positive uplifting aroma
- Enables a sense of calm and ease
- Calming, lulling aroma to support relaxation

PRODUCT DESCRIPTION

Neroli essential oil is derived from the flowers of the bitter orange tree; in fact, there are three oils derived from this same tree, Orange is derived from the orange peels, Petitgrain from the leaves and twigs and Neroli from the flower.

Much research has been conducted regarding the scent of Neroli essential oil. It's known for its calming uplifting aroma, which may support relaxation, and help promote spiritual and emotional well-being.

USES

- Combine Neroli, Lavender, Ylang Ylang and Marjoram essential oils in a carrier oil for a relaxing and aromatic massage experience.

- Apply to pulse points throughout the day for an uplifting scent.
- Try using Neroli essential oil when you are looking for a calming environment.

DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

INGREDIENTS

Fractionated Coconut Oil and Neroli flower

MAIN CHEMICAL COMPONENTS:

Linalool, linalyl acetate, limonene



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EASY AIR®

Clear Blend 15 mL

Breathe

Aromatic description: Minty, fresh, airy

Breathe easy with dōTERRA Easy Air®

dōTERRA Easy Air® is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus and Tea Tree. Ancient Greeks made headdresses of laurel leaves to crown winning sportsmen, warriors and scholars. The refreshing aroma of Easy Air® helps promote feelings of clear and easy breathing. It can be applied topically, or diffused before a restful night's sleep.

PRIMARY BENEFIT

The Eucalyptus within dōTERRA Easy Air® may help with seasonal threats. Take a deep breath and inhale for feelings of relaxation and clearer breathing.

SECONDARY BENEFIT

The Laurel Leaf within dōTERRA Easy Air® may help to promote feelings of easy breathing.

TERTIARY BENEFIT

dōTERRA Easy Air® contains relaxing Ravintsara which can be used in meditation for its relaxation properties. Its fresh and earthy scent may be used to prepare for a restful night's sleep.

PRODUCT DESCRIPTION

Easy Air® can be applied topically to the chest, back or bottom of feet, or diffused at night time to help calm the senses before a restful night's sleep.

USES

- Diffuse, inhale directly from palms, or rub on chest or feet when environmental threats are high.
- Use when outdoors at times of seasonal threats.
- Diffuse at bedtime for a restful environment.

INGREDIENTS

Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf and Ravensara Leaf essential oils.

DIRECTIONS FOR USE

DIFFUSION:

Use three to four drops in a diffuser of your choice.

TOPICAL USE:

Apply one to two drops to desired area. Dilute with carrier oil to minimise any skin sensitivity.

See additional precautions below

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product. Application to skin may increase sensitivity to sunlight.



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CLEARIFY®

Air Blend 15 mL

Fresh and Sweet Aroma

Aromatic description

PRIMARY BENEFITS

- Diffuse for a refreshing and uplifting aroma
- Diffuse while working or exercising for a stimulating aroma

PRODUCT DESCRIPTION

Clearify® is an aromatic blend of essential oils with an invigorating and refreshing aroma.

Clearify® includes Litsea essential oil which has a fresh stimulating aroma, Tangerine and Grapefruit essential oils known to be uplifting to the senses as well as Frankincense whose aroma promotes feelings of relaxation, and Cardamom essential oil which has a warming, spicy aroma.

Clearify® is ideal to be diffused in the home or workplace.

USES

- For and positive start to the day, try diffusing Clearify® Air Blend for an uplifting aroma.
- Try diffusing Clearify® Air Blend during an intense workout.

DIRECTIONS FOR USE

DIFFUSION: Diffuse one or two drops in your home or office during the day.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
READ SAFETY DIRECTIONS.

SAFETY INSTRUCTIONS

DO NOT SWALLOW. If swallowed DO NOT induce vomiting. Avoid contact with skin.

FIRST AID

For advice, contact a Poisons Information Centre
(eg. Australia 13 11 26;
New Zealand 0800 764 766)
or a doctor (at once).

INGREDIENTS

Litsea Oil, Tangerine Oil, Grapefruit Oil, Frankincense Oil, Cardamom Oil



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CLEMENTINE

Citrus clementina 5 mL

Citrus, sweet, zesty

Aromatic description

PRIMARY BENEFITS

- Add a sweet and zesty flavour to drinks and foods
- Refreshing, sweet and zesty aroma when diffused

PRODUCT DESCRIPTION

Clementine, a natural hybrid of mandarin and sweet orange, it produces an essential oil that is abundant in limonene and has an array of benefits with a sweet, fresh aroma.

Sweeter and more zesty than other citrus oils, try diffusing Clementine throughout your home when looking for a refreshing, uplifting experience.

Clementine essential oil is a great addition to refreshing drinks or used as a replacement for citrus, when looking for a unique flavour twist in recipes.

USES

- Add a drop or two of Clementine to your drinking water for enhanced flavour.
- Diffuse throughout your home to create a light and refreshing atmosphere.

DIRECTIONS FOR USE

DIFFUSION: Use one to two drops in diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. If you are pregnant, nursing or under a doctors care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas. In case of skin contact, application to the skin may increase sensitivity to sunlight and UV rays for at least 12 hours.

PLANT PART: Peel

EXTRACTION METHOD:
Cold pressed

MAIN CHEMICAL COMPONENTS:
Limonene



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DOUGLAS FIR

Pseudotsuga menziesii 5mL

Clean, fresh, woody, airy

Aromatic description

PRIMARY BENEFITS

- Promotes a clear sensation on inhalation
- Provides an uplifting aroma

PRODUCT DESCRIPTION

Douglas Fir is a conifer that grows natively throughout North America. This tall, evergreen fir tree is frequently used in the Christmas tree industry and has a lemon-scented note that's sweet and refreshing.

dōTERRA Douglas Fir essential oil is sustainably sourced from young trees in New Zealand, where it is a highly invasive species threatening the country's ecosystem. By harvesting young Douglas Fir trees and using them for essential oil, dōTERRA is helping combat the environmental impact of the trees overtaking the land while providing a premium conifer essential oil.

Douglas Fir essential oil has a unique chemical composition that's particularly rich in beta-pinene, contributing to its fresh and clear aroma and can be used to cleanse the skin and blending Douglas Fir essential oil with citrus oils will create an uplifting environment and refreshing aroma.

USES

- Combine Douglas Fir with Wild Orange, Lemon or Bergamot in a diffuser to provide an uplifting aroma.
- Add one drop to facial cleanser, bar soap or body wash for an invigorating aroma.
- Diffuse two to three drops with Eucalyptus, or rub into hands and inhale deeply.
- Combine with one to two drops of Wintergreen and a carrier oil for a relaxing massage experience.

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PLANT PART: Branch/Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
β-pinene, α-pinene, 3-carvone, sabinene



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THERAPEUTIC RANGE

AUS ONLY SKU: 60209189

dōTERRA® PEPPERMINT

Mentha X piperita herb oil essential 1 mL/mL. 15ml

PRIMARY BENEFITS

INHALATION:

- Traditionally used in Aromatherapy to:
 - Support cognitive or mental function
 - Help reduce and relieve symptoms of mild head tension or headache
 - Reduce and relieve flatulence,
 - Reduce/relieve cough

ORAL:

- Traditionally used in Western herbal medicine to reduce/relieve:
 - Colic
 - Flatulence
 - Abdominal discomfort
 - Digestive spasms
 - Vomiting
 - Nausea
 - Mild throat inflammation
 - Symptoms of sore throat
- Supports general health and wellbeing

ORAL APPLIED (DIRECTLY TO MOUTH CAVITY):

- Traditionally used in Western herbal medicine to reduce/relieve:
 - Toothache

ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL.



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dōTERRA THERAPEUTIC

LEMON

Citrus limon 15 mL

Clean, fresh, citrus, bright

Aromatic description

PRIMARY BENEFITS

- Refresh and uplift. Add one or two drops of Lemon essential oil to water to create a refreshing and citrusy boost you can reach for throughout the day. A great tip to help reduce snack cravings.
- Invigorate your senses with the fresh and cleansing aroma of Lemon Essential oil. Diffuse Lemon to create a focused environment and help revive and elevate lagging spirits.
- Lemon essential oil, with its fresh and clean scent, can be incorporated into your daily household cleaning routine and used throughout the home.

PRODUCT DESCRIPTION

This top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. With a clean refreshing, crisp uplifting aroma to help brighten the day.

When added to water, Lemon provides a refreshing citrus flavour boost.

Lemon is frequently added to food to enhance the flavour of desserts and main dishes.

When diffused, Lemon essential oil has very uplifting and an energising aroma, ideal when searching for some feelings of lightness, cheer and joy.

DIRECTIONS FOR USE

DIFFUSION USE: Use three to four drops in a diffuser of your choice.

FOOD FLAVOUR: Dilute one drop in 120 mL of liquid.

CLEANING USE: Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions to the right.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product. Application to skin may increase sensitivity to sunlight.

PLANT PART: Lemon rinds (peel)

EXTRACTION METHOD:
Cold pressed/expressed

MAIN CHEMICAL COMPONENTS:
Limonene, β-pinene, γ-terpinene



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LAVENDER

Lavandula angustifolia 15 mL

Powdery, floral, light

Aromatic description

PRIMARY BENEFITS

- Relax and recover. Create the perfect environment for a restful and quality night's sleep by diffusing the peaceful aromas of Lavender in your bedroom.
- Prepare and promote. Add a few drops of Lavender essential oil to your pillows, bedding, or the soles of your feet, to relax and prepare for a restful night's sleep.
- Create a calm and tranquil atmosphere. Lavender's relaxing and soothing aromas are thought to calm anxiety and quieten your mind during stressful periods.

PRODUCT DESCRIPTION

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits.

In ancient times, the Egyptians and Romans used Lavender for for bathing, relaxation, cooking and as a perfume. its aromatic properties in cooking. Its calming and relaxing qualities continue to be Lavender's most notable attributes.

Applied topically, Lavender essential oil is frequently used to reduce the appearance of skin imperfections.

Add to bath water to soak away stress or apply to the temples and the back of the neck.

Add a few drops of Lavender essential oil to pillows, bedding or bottoms of feet to relax and prepare for a restful night's sleep.

Due to Lavender's versatile properties, it is considered the must-have essential oil to have on hand at all times.

USES

- Keep a bottle of Lavender essential oil on hand to soothe skin.
- Freshen your linen closet or room by diffusing three or four drops.
- Use in cooking to soften citrus flavours and add a flavourful twist to marinades, baked goods and desserts
- Add a few drops of Lavender to pillows and bedding for a calming aroma.

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions to the right.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Flower/Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Linalool, linalyl acetate



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dōTERRA NEW ZEALAND MANUKA TOUCH®

Leptospermum scoparium 10 mL Roll-on

Herbaceous, woody, earthy

Aromatic description

PRIMARY BENEFITS

- Promotes relaxing environment
- Refreshing aroma.
- Promotes the appearance of smooth, healthy skin.

PRODUCT DESCRIPTION

Manuka has been used for centuries in New Zealand. Experience the many topical benefits of dōTERRA's New Zealand Manuka Essential Oil in a convenient Touch format. Manuka Touch has a rich, spicy, herbaceous fragrance that can help promote feelings of relaxation.

Use Manuka Touch to ground and centre energies in preparation for deep meditation. Applied topically, Manuka Touch promotes the appearance of smooth, healthy looking skin.

USES

- Roll on daily and let the aroma set the tone for the day
- Add to your skin care routine to help maintain the appearance of a smooth, clear Complexion.
- Use as part of a relaxing, soothing massage after a long and tiring day

DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area. See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

INGREDIENTS: Fractionated Coconut Oil, Manuka

MAIN CHEMICAL COMPONENTS:

Leptospermone, (E)-Calamene, Copaene, Flavosone



Certified Pure Tested Grade

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