

BUDDHA WOOD

Eremophila Mitchellii 5mL

Balsamic, woody, leathery

Aromatic description

PRIMARY BENEFITS

- Great for a soothing and calming meditation
- Woody, earthy, smoky, masculine aroma ideal to add to your moisturiser

PRODUCT DESCRIPTION

Buddha Wood is a small tree that grows traditionally in the grazing land of eastern Australia. This sturdy shrub was traditionally used by the Aboriginal Peoples of Australia.

Uniquely, CPTG® Buddha Wood essential oil is predominantly made of the bicyclic sesquiterpenes known as eremophilones. Also known as Australian Desert Rosewood, many compare the aroma and benefits of Buddha Wood essential oil to common Sandalwood, although the chemistry and aroma differ.

With more prominent balsamic and smoke notes, Buddha Wood has been commonly used in personal fragrances—often for men. Use Buddha Wood essential oil as part of your soothing, calming meditative practice, or try after physical activity.

USES

- Create a soothing massage by combining one to two drops with dōTERRA Fractionated Coconut Oil.

- Blend with citrus or floral oils in a roller bottle or your favorite dōTERRA diffuser to create an invigorating, yet earthy aromatic experience.
- Add a few drops of Buddha Wood essential oil to your daily dōTERRA moisturiser for an enhanced aromatic daily moisture.

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of your 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: Wood

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Eremophilone, 8-Hydroxy-Eremophilone



Certified Pure Tested Grade

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LEMON MYRTLE

Backhousia citriodora 5mL

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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MĀNUKA

Leptospermum scoparium 5mL

Rich, spicy, sweet and herbaceous

Aromatic description

PRIMARY BENEFITS

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

PRODUCT DESCRIPTION

Revered by the Maori people for its many invigorating properties, Mānuka has been used for centuries in New Zealand. dōTERRA's New Zealand Mānuka essential oil is a pure steam distillation of the potent aromatic compounds found in the flowers, leaves and stems of the Mānuka tree.

Mānuka essential oil has a rich, spicy, herbaceous fragrance that can help promote feelings of relaxation.

Use Mānuka essential oil to help ground and centre energies in preparation for deep meditation. Mānuka essential oil can also be diffused for a refreshing aroma.

Applied topically, Mānuka promotes the appearance of smooth, healthy looking skin.

USES

- Diffuse during meditation to help centre one self.
- Combine with water in a spray bottle for a refreshing aroma in rooms and closets or on surfaces.
- Dispense two to three drops on a terracotta plate and breathe in deeply before bedtime.
- Add one to two drops to your favourite cleanser or toner to help maintain the appearance of a smooth, clear complexion.

DIRECTIONS FOR USE

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

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.



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