

AROMATOUCH®

Spa Blend 15 mL

Clean, fresh, mint, powdery

Aromatic description

PRIMARY BENEFITS

- Comforting and relaxing
- Relax and feel invigorated
- Adds an aromatic experience to a soothing massage

PRODUCT DESCRIPTION

AromaTouch®, dōTERRA's proprietary massage blend, brings together the unique benefits of essential oils known for their relaxing and comforting properties.

A combination of Cypress, Peppermint, Marjoram, Basil, Grapefruit and Lavender essential oils make a perfect blend that adds many important benefits to various massage techniques.

This popular blend is a vital part of the dōTERRA AromaTouch® Technique, an aromatic experience for applying essential oils to the whole-body.

USES

- Apply to neck and shoulders or use with carrier oil for massage.
- Give your loved one a hand massage using AromaTouch® essential oil blend and the hand technique.

- Add to Epsom salts and enjoy soaking in a hot bath.

DIRECTIONS FOR USE

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. Avoid sunlight and UV rays for at least 12 hours after applying product.

INGREDIENTS

Cypress Leaf, Peppermint Plant, Marjoram Leaf, Basil Leaf, Grapefruit Peel, Lavender Flower essential oils.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 13112019

dōTERRA BALANCE®

Grounding Blend 15mL

Airy, fresh, sweet, woody

Aromatic description

PRIMARY BENEFITS

- The calming aromas of Ho Wood, Blue Tansy, and Blue Chamomile essential oils found in dōTERRA Balance® may help to promote feelings of calm.
- Spruce essential oil is high in bornyl acetate, a compound that promotes relaxation and calmness. Try diffusing dōTERRA Balance® to ease into a good night's sleep.
- Re-focus and re-centre. The grounding combination of Frankincense and Spruce can create a peaceful and meditative space. Take a moment to slow your breath and quieten your mind.

PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance® Grounding Blend helps create a sense of calm and relaxation.

We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance to help promote tranquility and relaxation.

Spruce, one of the oils in dōTERRA Balance®, was used by Native Americans and is still used today to help bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile aromas can provide a sense of calmness, while Frankincense aroma has grounding and balancing properties.

USES

- Begin your day by putting dōTERRA Balance® on the bottom of your feet to help promote a sense of calmness and tranquility to your day.

- A great oil blend to use during an AromaTouch® Hand Massage.
- Apply to your wrists or neck.
- Diffuse in your car during road trips to create a calming, soothing 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. 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.

INGREDIENTS

Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 13042021

CILANTRO

Coriandrum sativum 15 mL

Fresh, herbal, sweet, pungent

Aromatic description

PRIMARY BENEFITS

- Clear and invigorating aroma
- Gives food a fresh and tasty flavour
- Soothing aroma

PRODUCT DESCRIPTION

The culinary uses and additional benefits of Cilantro have been documented for centuries.

Cilantro adds a fresh, herbal aroma to any essential oil blend when diffused.

Cilantro's culinary uses are endless, adding a flavourful twist to meats, salads, dips and guacamole.

The oil has a calming, relaxing and positive aroma.

USES

- Add to stir fries, salads and dips to experience Cilantro's distinct flavour.
- Diffuse with citrus essential oils for a fresh, herbal 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.

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:
Linalool, 2-decenal



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 12062020

CITRUS BLISS®

Invigorating Blend 15 mL

Citrus, sweet

Aromatic description

PRIMARY BENEFITS

- Creates an uplifting environment
- Energising and refreshing aroma

PRODUCT DESCRIPTION

Citrus Bliss® Invigorating Blend brings together the benefits of citrus essential oils.

We combine the powerful essential oils of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine and Clementine with a hint of Vanilla Absolute to form this unique and harmonious blend.

The citrus notes make Citrus Bliss® ideal for refreshing the home. It's perfect when diluted in water to add a fresh, sweet scent whilst wiping down countertops and other surfaces.

USES

- Diffuse for an uplifting aroma.
- Put one drop on your wrist and rub both wrists together for a great everyday perfume.
- Add two or three drops to dryer sheets to add a refreshing aroma to your laundry.
- Add to a carrier oil for a cheerful hand massage.

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. Avoid sunlight or UV rays for up to 12 hours after applying product. Application to the skin may increase sensitivity to sunlight.

INGREDIENTS

Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Tangerine Peel, Clementine Peel essential oils and Vanilla Bean Absolute



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 18112019

DigestZen™

Essential Oil Blend 15mL

Spicy, sweet, minty, liquorice

Aromatic description

PRIMARY BENEFITS

- Add to two drops to water with/after/before food to promote a feeling of satisfaction after eating

PRODUCT DESCRIPTION

DigestZen™ contains ingredients that can be added to flavour food.

This selected blend contains Ginger, Fennel and Coriander essential oils, which have been used in foods throughout the world for centuries.

DigestZen™ is great to have on hand. The essential oils of Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon and Fennel are also known for their soothing and settling aromas when inhaled.

USES

- Add one or two drops to water or food for flavouring.
- Diffuse before flying or taking a road trip 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.

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

Anise Seed, Peppermint Plant, Ginger Root, Caraway Seed, Coriander Seed, Tarragon Plant and Fennel Seed essential oils



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 14112019

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.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC. ©2020 dōTERRA 12062020



ELEVATION™

Joyful Blend 15mL

Floral, sweet, citrus

Aromatic description

PRIMARY BENEFITS

- Uplifting energising and refreshing aroma helps enliven the senses
- Promotes a revitalising environment

PRODUCT DESCRIPTION

Elevation™ is the perfect blend for those moments when you need to be revitalised. This exciting blend provides an invigorating combination of essential oils that provide an uplifting aroma.

Combining the uplifting and euphoric floral scents of Lavandin, Lavender, Melissa, Ylang Ylang and Osmanthus with Tangerine, Elemi and Lemon Myrtle essential oils creates a select blend and optimistic aroma.

USES

- Diffuse Elevation™ to promote a positive and calming aroma.
- Diffuse in the mornings before waking kids to create a positive and energised environment.

- Rub Elevation™ essential oil over your heart, temples, or wrists to promote a revitalising aroma.
- After a long, stressful day, add to a bath for a restful, uplifting experience.

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 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.

INGREDIENTS

Lavandin Flower, Tangerine Peel, Lavender Flower, Amyris Bark, Clary Sage Flower/Leaf, Hawaiian Sandalwood Wood, Ylang Ylang Flower, Ho Wood Leaf, Osmanthus Flower, Lemon Myrtle Leaf, Melissa Flower/Leaf



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 18112019

FRACTIONATED COCONUT OIL

Cocos nucifera 115 mL

Odourless

Aromatic description

PRIMARY BENEFITS

- Softens and soothes dry skin
- An emollient to increase essential oil distribution
- Odourless and colourless for easy blending with any essential oil

PRODUCT DESCRIPTION

dōTERRA Fractionated Coconut Oil is a carrier oil that readily absorbs into the skin, making it an ideal oil for topical delivery.

Its feather-light emollient effect provides a soothing barrier without clogging pores and is ideal for dry skin. It leaves skin feeling silky smooth and non-greasy.

Fractionated Coconut Oil is completely soluble with all essential oils and is colourless, odourless and will not stain.

USES

- Apply topically to help hydrate skin without interfering with your perfume or essential oil blends.
- Mix with calming oils and massage into neck and shoulders for deeper relaxation.

- Dilute stronger oils with coconut oil before applying topically to lessen sensitivity.

DIRECTIONS FOR USE

Use as a light carrier oil for topical applications of essential oils. Dilute one part essential oil to five parts or more of Fractionated Coconut Oil depending on skin sensitivity, or as directed on essential oil label.

For topical use only.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. 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: Fruit

EXTRACTION METHOD:
Fractionation

MAIN CHEMICAL COMPONENTS:
Caprylic /capric triglyceride



FRANKINCENSE

Boswellia Essential Oil 15mL

Warm, spicy, clean

Aromatic description

PRIMARY BENEFITS

- Alleviate rough and sore skin. Rub Frankincense essential oil on your hands after a long day of gardening for a soothing effect.
- The benefits of foot massage are well known. Relax and restore by massaging Frankincense into the soles of your feet.
- Re-focus and re-centre. Diffuse Frankincense to create a peaceful and meditative space; slow your breath and quieten your mind.

PRODUCT DESCRIPTION

Frankincense is renowned as one of the most prized and precious essential oils.

In addition to its notoriety in the New Testament, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians also used Frankincense resin for everything from perfume to salves for soothing skin. This centuries-old knowledge contributes to the modern uses of Frankincense today. Its soothing and beautifying properties are used to revitalise the appearance of the skin and help reduce the appearance of imperfections when applied topically.

When inhaled or diffused Frankincense essential oil may support feelings of peace, relaxation, satisfaction and overall spiritual and emotional wellness.

USES

- Rub Frankincense essential oil on your hands after a long day of gardening for a soothing effect.

- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the bottoms of feet to promote feelings of relaxation and to balance mood.

DIRECTIONS FOR USE

TOPICAL USE: Combine one to two drops with a teaspoon of carrier oil and massage into the desired area.

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

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

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: Resin from *Boswellia carterii*, *frereana*, and *sacra*

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
 α -pinene, limonene, α -thujene



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 20122020

GRAPEFRUIT

Citrus X paradisi 15 mL

Citrus, floral, fruity

Aromatic description

PRIMARY BENEFITS

- A perky pick-me-up! After a long, hard day or a vigorous workout, diffuse Grapefruit essential oil to create an invigorating and energising environment.
- Fruity, floral and citrusy. Add a drop or two of Grapefruit essential oil to your water to give it an uplifting kick – a good tip for those who want to avoid unwanted snacking.
- Reviving and stimulating. Use Grapefruit essential oil as a muscle rub to help uplift and focus your mind.

PRODUCT DESCRIPTION

Referred to as a "forbidden fruit" and one of the "Seven Wonders of Barbados", Grapefruit was first documented in 1750 by Welshman Rev. Griffith Hughes.

The name "grapefruit" is attributed to the fruits growing in clusters which resemble those of grapes.

Grapefruit is known for its energising, invigorating and uplifting aroma. Grapefruit is also renowned for its strong citrus and fruity flavour.

USES

- Try adding one to two drops as a replacement for lemon or lime in recipes.
- A great oil to diffuse before and during exercising.

DIRECTIONS FOR USE

TOPICAL USE: Combine one to two drops with a teaspoon of carrier oil or facial moisturiser and apply to desired area.

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

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

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. Application to skin may increase sensitivity to sunlight.

PLANT PART: Grapefruit rinds (peel)

EXTRACTION METHOD:
Cold pressed

MAIN CHEMICAL COMPONENTS:
d-Limonene



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 10092020

ICE BLUE®

Athletic Blend 5 mL

Minty, camphoraceous

Aromatic description

PRIMARY BENEFITS

- Ice Blue® is great to use before or after physical activity. Simply massage gently as required.
- Ice Blue® when used in massage can promote a warming or cooling sensation, ideal for tired and sore muscles.
- Ice Blue® contains Peppermint essential oil, which is known to contain menthol. Gently massage into neck and temples to help relax muscles and ease tension headaches.

PRODUCT DESCRIPTION

dōTERRA's Ice Blue® is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum and Osmanthus essential oils work together to help soothe and cool.

After long hours on the computer, try rubbing Ice Blue® essential oil blend on your fingers, wrists, shoulders and neck.

A few drops diluted in a carrier oil can be part of a cooling and comforting massage.

USES

- Apply to feet and knees before and after exercise.
- Massage Ice Blue® with a few drops

of carrier oil onto legs before bedtime.

- Rub on your lower back after a day of heavy lifting at work or during a move.

DIRECTIONS FOR USE

TOPICAL USE: Apply 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.

INGREDIENTS

Wintergreen Leaf, Camphor Bark, Peppermint Plant, Ylang Ylang Flower, Helichrysum Flower, Blue Tansy Flower, Blue Chamomile Flower and Osmanthus Flower essential oils.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 11092020

LAVENDER

Lavandula angustifolia 15mL

Powdery, floral, light

Aromatic description

PRIMARY BENEFITS

- Soothes skin
- Relaxed aroma ideal to use before a peaceful sleep

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 bathing, relaxation, cooking and as a perfume. It's aromatic properties have been used 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.

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 essential oil to pillows, bedding or bottoms of feet to relax and prepare for a restful night's sleep.
- Add to bath water to soak away stress or apply to the temples and the back of the neck.

DIRECTIONS FOR USE

DIFFUSION: Use three to eight 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



LAVENDER PEACE™

Restful Blend 15 mL

Warm, floral, herbal

Aromatic description

PRIMARY BENEFITS

- The Lavender and Cedarwood essential oils found in dōTERRA Lavender Peace™ may support more restful and better quality sleep.
- The Ho Wood essential oil in dōTERRA Lavender Peace™ is known for calming linalool. Ho Wood essential oil is ideal when looking to balance emotions in times of stress or worry.
- Re-centre and relax. The Vetiver essential oil in dōTERRA Lavender Peace™ has a calming effect and a grounding aroma that may help with anxious feelings.

PRODUCT DESCRIPTION

Lavender Peace™ Restful Blend has a calming and relaxing aroma that provides a unique user experience.

This perfectly balanced blend includes essential oils renowned for their soothing and calming properties. Cedarwood, Ho Wood and Vetiver essential oils give Lavender Peace™ a grounding and soothing aroma for a relaxing environment.

USES

- Diffuse at night to create a calming environment.
- Massage onto bottoms of feet at bedtime to help unwind before going to sleep.
- Inhale directly from hands or diffuse throughout the day for a soothing and calming aroma.

- Apply one or two drops to the back of the neck or on the heart to help promote feelings of calmness and peace.

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 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.

INGREDIENTS

Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 11092019

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



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 10092020

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.



OREGANO

Origanum vulgare 15 mL

Herbaceous, sharp, green, camphoraceous

Aromatic description

PRIMARY BENEFITS

- Oregano is used extensively in Mediterranean cooking. Add one drop of Oregano essential oil in place of dried Oregano to spaghetti sauce, pizza sauce, or on a roast.
- Carvacrol; a component of Oregano Essential oil may have antimicrobial properties.
- Oregano essential oil contains antioxidants known to reduce the damage caused by free radicals.

PRODUCT DESCRIPTION

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices.

The primary chemical components of Oregano is carvacrol. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed.

Oregano is a popular cooking spice and Oregano essential oil is an ideal substitute in recipes.

USES

- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce or on a roast.

- Diffuses well with Lemon, Rosemary, Peppermint and Cypress Essential Oils.

DIRECTIONS FOR USE

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

FOOD FLAVOUR USE: Dilute one drop in food or liquid.

Tip: Oregano has a strong flavour and you may want to add using a toothpick.

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:
Carvacrol, thymol



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 10092020

PASTTENSE®

Inspiring Blend 10 mL Roll-On

Fresh, mint, herbal

Aromatic description

PRIMARY BENEFITS

- A calming, grounding and balancing aroma for a sense of ease
- Packaged for convenient application in a roll-on bottle

PRODUCT DESCRIPTION

Have you lost your why or passion? PastTense® is a distinctive blend of essential oils known for their soothing and calming properties and is ideal for relaxation.

PastTense® comes in a convenient 10 mL roll-on for easy application when at work, on the go or at home. Simply apply to the neck, shoulders or behind the ears and enjoy its distinctive aroma.

USES

- Massage into shoulders, neck and back as part of a cooling, soothing massage.
- Add to temples and back of neck before taking a test or presenting in public.
- Apply to the wrists while travelling for a calming scent and a sense of ease.

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.

FIRST AID: "For advice, contact a Poisons Information Centre (e.g. phone Australia 13 11 26; New Zealand 0800 764 766) or a doctor (at once)".

If swallowed, DO NOT induce vomiting. If in eyes wash out immediately with water.

INGREDIENTS

Wintergreen Leaf, Lavender Flower, Peppermint Plant, Frankincense Resin, Cilantro Herb, Marjoram Leaf, Roman Chamomile Flower, Basil Leaf and Rosemary Leaf essential oils.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 15112019



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.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 29072020

AUST L 332583

dōTERRA THERAPEUTIC

ō

THERAPEUTIC RANGE

AUS ONLY SKU: 60209189

dōTERRA® PEPPERMINT*Mentha X piperita* herb oil essential 1 mL/mL. 15ml*Minty, fresh, herbaceous**Aromatic description***PRODUCT DESCRIPTION**

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753.

A high menthol content—like that found in the dōTERRA® Peppermint essential oil—distinguishes the best quality Peppermint from other products.

Peppermint oil has been traditionally used in Aromatherapy to relieve cough, support mental function and help relieve the symptoms of mild tension headache.

In traditional Western herbal medicine, Peppermint oil has been taken orally to relieve abdominal discomfort, relieve nausea, relieve vomiting, relieve symptoms of sore throat, relieve mild throat inflammation and applied orally (directly to the mouth cavity) to relieve toothache.

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

DIRECTIONS FOR USE

Adults only. Use up to 3 times per day.

FOR INHALATION USE: Add 0.18 -0.24mL oil (3-4 drops) in a vaporiser or hot water and inhale deeply. Alternatively, add 0.3mL (5 drops) onto a tissue, hold near the nose and inhale.

FOR ORAL USE: Dilute 0.06 mL oil (1 drop) in a glass of water or tea and drink immediately.

FOR DIRECT ORAL APPLICATION: Apply 0.06mL oil (1 drop) to the affected area of the mouth.

CAUTIONS

ADULTS ONLY. KEEP OUT OF REACH OF CHILDREN. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf/stem

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Menthol, menthone, eucalyptol



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 13112019

AUST L 332583
dōTERRA THERAPEUTIC

PETAL DIFFUSER 2.0

PRIMARY BENEFITS

- Simple usage: 3-piece diffuser is easy and convenient
- Multiple time settings: 2 or 6 hour continuous and 12 hour intermittent (5 minutes. on, 5 minutes. off)
- Optional light settings: nightlight or light-free
- Dispersion: Ultra-fine mist reaches up to 30m²
- 12 month warranty

PRODUCT DESCRIPTION

The Petal Diffuser you know and love now has a new look and updated features! This small, convenient, and night-friendly diffuser has a far-reaching mist designed to help disperse aromas throughout your home while running for up to 12 hours. Create the aromatic atmosphere of your choice with this beautiful diffuser!

dōTERRA's Petal Diffuser 2.0 is a small, user friendly diffuser that delivers aromatic benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 30m². The Petal Diffuser 2.0 has three time settings, allowing you to customise the release of dōTERRA CPTG® essential oils into the air.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC. ©2021 dōTERRA 16082021

SMART & SASSY®

Active Blend 15 mL

Minty, spicy, herbal

Aromatic description

PRIMARY BENEFITS

- The citrusy oils found in dōTERRA Smart & Sassy® can provide a fresh and zesty burst of flavour to water. A great companion to a balanced eating and exercise program.
- Lemon essential oil is a key component of dōTERRA Smart & Sassy®. It underpins a distinct aroma that can help uplift your outlook and stimulate your senses.
- The Peppermint properties of dōTERRA Smart & Sassy® may help clear the mind, relieve tension and help to prevent feelings of tiredness.

PRODUCT DESCRIPTION

The flavourful blend of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils in our proprietary product Smart & Sassy® Active Blend taken with water provides a fresh burst of citrus.

A great companion to a healthy eating and exercise program, its flavour and aroma are uplifting and stimulating to the senses.

USES

- Add to water or tea and drink before working out for a revitalising aroma boost.
- A great addition to your water while on a healthy eating and exercise program.

DIRECTIONS FOR USE

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

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

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. In case of skin contact avoid sunlight or UV rays for up to 12 hours. Application to the skin may increase sensitivity to sunlight.

INGREDIENTS

Grapefruit Peel, Lemon Peel, Peppermint Plant, Ginger Root and Cinnamon Bark essential oils.



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 11092020

TEA TREE

Melaleuca alternifolia 15mL

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



WILD ORANGE

Citrus sinensis 15 mL

Sweet, fresh, citrus

Aromatic description

PRIMARY BENEFITS

- Wild Orange essential oil's energising and uplifting aroma makes it ideal for diffusion. Use it to promote a sense of joy and positivity into your home, workplace or place of study.
- Sweet and zesty. Wild Orange's distinct flavour can be added to food or water. Make a refreshing and citrusy beverage by adding one or two drops to a glass of water.
- Bright and refreshing. Diffuse Wild Orange essential oil to revitalise and rebalance your environment by eliminating unwanted odours.

PRODUCT DESCRIPTION

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its energising scent.

High in monoterpenes, Wild Orange essential oil has a stimulating and uplifting aroma, making it ideal for diffusion. It can be added to food or water for a citrus burst of flavour.

Wild Orange enhances any essential oil diffuser blend with a fresh, sweet, refreshing aroma.

USES

- Add a drop to your water or recipe calling for a citrus flavour.
- Diffuse for an uplifting aroma. Blends well with Cinnamon Bark, Cedarwood, Frankincense, Bergamot and Peppermint essential oils.

- For an energising aroma boost, dispense one to two drops in the diffuser with equal parts Peppermint and Frankincense essential oils.

DIRECTIONS FOR USE

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

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

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. Application to skin may increase sensitivity to sunlight.

PLANT PART: Orange rinds (peel)

EXTRACTION METHOD:
Cold pressed/expressed

MAIN CHEMICAL COMPONENTS:
Limonene



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 11092020

dōTERRA KEY CHAIN

Oil Accessory | Grey

PRIMARY BENEFITS

- Zippered pouch contains eight amber 5/8 dram vials to store your favourite oils on-the-go.
- Quality material and sleek grey dōTERRA branded design.
- Conveniently attach your keys.

PRODUCT DESCRIPTION

New and updated – the dōTERRA branded key chain conveniently allows for easy access to your favourite oils on-the-go. Comes with eight, empty, amber 5/8 dram vials.

CAUTIONS:

Keep away from children. Not for use other than directed.

