

# BLACK SPRUCE

*Picea mariana 5mL*

*Balsamic, green, fruity, woody*

*Aromatic description*

## PRIMARY BENEFITS

- May provide soothing benefits to the skin
- Relaxing and calming aroma
- Refreshing and clear aroma

## PRODUCT DESCRIPTION

Historically used by Native Americans for topical and spiritual practices, Black Spruce is a powerful wood essential oil. Distilled from the needles and branches of the Picea mariana tree, Black Spruce essential oil is high in bornyl acetate, a chemical component known for relaxation and calming properties.

Diffuse Black Spruce essential oil or apply it to the back of the neck throughout the day whenever you are searching for harmony and balance. Black Spruce essential oil is often used in aromatherapy for its invigorating, refreshing and clear aroma.

## USES

- After strenuous activity, combine one to two drops of Black Spruce essential oil with Fractionated Coconut Oil and massage into the skin for a soothing and comforting massage.

- When working through difficult circumstances, try diffusing Black Spruce essential oil.
- Inhale throughout the day to experience the refreshing, clear 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.

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.

**PLANT PART:** Branch/Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Bornyl acetate,  $\alpha$ -pinene, camphene, -3-carene



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

# EUCALYPTUS

*Eucalyptus radiata* 15mL

*Camphoraceous, airy*

*Aromatic description*

## PRIMARY BENEFITS

- Clear and calming aroma
- Promotes feelings of relaxation
- Breathe a sigh of relief with the diffusion of Eucalyptus essential oil

## PRODUCT DESCRIPTION

Eucalyptus trees are tall evergreen trees that can grow up to 150 metres in height and are also known as Gum Trees. The main chemical components of Eucalyptus Radiata are eucalyptol and alpha-terpineol, making it an ideal oil to diffuse or apply topically for that distinct fresh, clean and calming scent of Eucalyptus oil.

Eucalyptus has cleansing properties that can be beneficial for the skin and for cleansing surfaces. Eucalyptus is often used to promote a sense of calmness and balance.

## USES

- Combine with Lemon and Peppermint in a spray bottle and use to wipe down surfaces in your kitchen or bathroom.

- Add one drop to your moisturiser and apply to help revitalise the appearance of your skin.
- While showering, place a few drops in your hands, place over nose, and inhale deeply for aromatic invigoration and vitality.

## 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:** Leaf/Stem

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Eucalyptol, alpha-terpineol



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

# FRACTIONATED COCONUT OIL

*Cocos nucifera 30mL*

## 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



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

# PEPPERMINT

*Mentha piperita 15mL*

*Minty, fresh, herbaceous*

*Aromatic description*

## PRIMARY BENEFITS

- Diffuse for a clear crisp scent in the air
- Invigorating to the senses promoting an uplifted cheery feeling

## 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 is frequently used in toothpaste and chewing gum for oral hygiene. Peppermint continues to be one of the best-selling favourites among dōTERRA essential oils.

## USES

- Use a drop of Peppermint with Lemon in water for a refreshing flavour.
- Add a drop to your favourite smoothie recipe for a refreshing twist.

- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense essential oils and inhale for a midday pick-me-up.
- Diffuses well with Basil, Wild Orange, Spearmint, Coriander and Lemon essential oils.

## 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/Stem

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Menthol, menthone, eucalyptol



# TEA TREE

*Melaleuca alternifolia 5mL*

*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,  $\gamma$ -terpinene,  $\alpha$ -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 11092020