

LEMON

Citrus limon 5mL

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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LIME

Citrus aurantifolia 15 mL

Citrus, tart, sweet

Aromatic description

PRIMARY BENEFITS

- Uplifting and pleasing aroma
- Stimulating and refreshing to the senses
- Versatile food flavouring
- Promotes feelings of emotional balance and well-being

PRODUCT DESCRIPTION

Cold-pressed from the peel of fresh limes, dōTERRA Lime essential oil is refreshing and energising in both aroma and taste.

Limes are used in a variety of dishes and beverages for their fresh, citrus flavour.

Due to its high limonene content, Lime essential oil provides a refreshing flavour and can be diffused to add a refreshing aroma inside the home.

USES

- Diffuse for a refreshing and stimulating aroma. Blends well with Cilantro, Balance, Peppermint and Vetiver essential oils.
- Try as a subtle flavour replacement for lemon in recipes.

- Add a drop of lime essential oil to your drinking water for an enhanced flavour.

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. Application to skin may increase sensitivity to sunlight.

PLANT PART: Lime Peel

EXTRACTION METHOD:
Cold pressed/expressed

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



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STAR ANISE

Illicium verum 5mL

Sweet, spicy, fresh, liquorice-like

Aromatic description

PRIMARY BENEFITS

- When diffused can create an aroma that creates a relaxing ambience
- Has a liquorice-like aroma

PRODUCT DESCRIPTION

The Star Anise tree is an evergreen indigenous to south-eastern Asia. Usually the trees grow only 4-6 meters high, but they can reach up to 20 metres. In Chinese culture, the plant is called "eight-horned anise" or simply "eight horns," referring to the usually eight-follicled fruit. Anethole, the main chemical component of Star Anise, is what creates the characteristic liquorice aroma that Star Anise essential oil and fruit are known for.

USES

- Put 1-2 drops of Star Anise essential oil in tea for a flavoursome beverage
- Dilute 1-2 drops of Star Anise oil with dōTERRA Fractionated Coconut Oil for a soothing massage.
- Diffuse with floral or wood oils to create a grounding aroma and for a sense of balance when you are feeling overwhelmed with the busyness of life.

DIRECTIONS FOR USE

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

FOOD FLAVOUR: Dilute one drop in food or drink.

TOPICAL USE: Apply one to two drops to desired area. Dilute with carrier oil to minimise any skin sensitivity. See additional precautions below.

PLANT PART: Fruit/Leaf/Seed

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
trans-Anethole



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TANGERINE

Citrus reticulata 15 mL

Tangy, sweet, fresh

Aromatic description

PRIMARY BENEFITS

- Energising and invigorating aroma
- Flavourful citrus burst

PRODUCT DESCRIPTION

Tangerine has a long history of use in Chinese culture and herbal practices.

Tangerine has a sweet, tangy aroma, similar to other citrus oils, ideal to invigorate and energise the senses.

A popular and flavourful addition to desserts and drinks – from water to fruit smoothies, Tangerine essential oil can be used in any recipe calling for citrus fruits.

USES

- Add one or two drops as a flavouring in cake and cookie recipes.
- Add one or two drops to water, smoothies or teas for a citrus flavour.

- Diffuse three or four drops for an energising and uplifting aroma throughout your home. Blends well with Frankincense, Lime, Clove, Ylang Ylang and Eucalyptus essential oils.

PLANT PART: Peel/Rind

EXTRACTION METHOD:
Cold pressed

MAIN CHEMICAL COMPONENTS:
Limonene

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. Application to skin may increase sensitivity to sunlight.



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BASIL

Ocimum basilicum 15 mL

Warm, spicy, herbal

Aromatic description

PRIMARY BENEFITS

- Provides a sense of alertness and feelings of calmness when diffused
- Distinct flavour ideal for italian dishes

PRODUCT DESCRIPTION

Basil is commonly used in cooking to add a fresh, herbal flavour to meats, pastas and entrée dishes.

With a warm, spicy yet herbal aroma and a high linalool content Basil essential oil ideal a to diffuse for a calming and centering environment.

USES

- Diffuse while studying or reading.
- Combine with Geranium and Wild Orange essential oils, for an uplifting aroma.
- Add to your favorite Italian dishes for a refreshing taste.

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 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, eucalyptol



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