

COAST

Ocean Blend 15mL

Delightful, relaxing, grounding, uplifting

Aromatic description

PRODUCT DESCRIPTION

The beach in a bottle. dōTERRA's Coast Ocean Blend was inspired by the beautiful, warm Australian and New Zealand summer beaches. Featuring a unique combination of powerhouse CPTG® essentials oils. Lemongrass and Lemon Eucalyptus for their uplifting and mood enhancing benefits, Douglas Fir and Cedarwood for their relaxing and grounding properties, and Magnolia for its calming and relaxing qualities. This coastal aromatic blend will help you feel like you've spent a day at the beach without ever leaving your home.

Exclusively for Australia and New Zealand, dōTERRA's Coast Ocean Blend was expertly crafted to provide an evocative and expansive aroma to ground, uplift and calm your soul.

USES

- Diffuse Coast Ocean Blend for a grounding and relaxing atmosphere.
- Diffuse during meditation or yoga to enhance your practice.
- Diffuse to enjoy a grounding and mood enhancing coastal aroma while at home, on the road, or at work.
- Dilute with 2-3 drops of carrier oil and apply topically to enhance your mood and carry the coastal aroma wherever you go.

DIRECTIONS FOR USE

Add 3-8 drops in your dōTERRA diffuser for a coastal aromatic experience.

For topical and aromatic use only.

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

Citrus aurantium dulcis (Orange) Peel Oil, Amyris balsamifera (Amyris) Bark Oil, Eucalyptus citriodora (Lemon Eucalyptus) Oil, Juniperus virginiana (Cedarwood) Wood Oil, Coriandrum sativum (Coriander) Seed Oil, Pseudotsuga menziesii (Douglas Fir) Branch/Leaf Oil, Cymbopogon flexosus (Lemongrass) Oil, Michelia alba (Magnolia Flower) Flower Oil, Zanthoxylum schinifolium (Pepper Sichuan) Fruit Extract, Barosma betulina (Bucchu Aged) Leaf Oil.



Certified Pure Tested Grade

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DESERT SAND™

Outback Blend 15mL

Earthy, Grounding, Calming

Aromatic description

Connect with the power, resilience and strength of one of Australia's most iconic landscapes. Our Desert Sand™ Outback Blend unites us with the ancient culture of our land, evoking the spirit of our scorched red earth, while calling on us to experience the magic in its stillness.

PRODUCT DESCRIPTION

Capture the wild energy and diversity of outback Australia with the earthy, calm and grounding aromas of our Desert Sand™ Outback Blend. Warm and woody Australian native Sandalwood and Buddhawood essential oils centre your emotions, while Copaiba and Vetiver soothe body and mind. Turn up the heat with the spicy intensity of Turmeric, Rosemary and Ginger and let Rosemary and Orange essential oils enhance mental clarity, refreshment and rejuvenation.

Be transported to the dry, rugged expanses of our great continent to dwell in the magnitude of its forces. Our Desert Sand™ Outback Blend is the ideal complement to all your wellness rituals, helping ground and centre your energy during mindfulness and meditation, nurturing a supportive environment where you can re-unite with the power within.

USES

- Diffuse Desert Sand™ Outback Blend for a grounding and relaxing atmosphere.
- Diffuse during meditation or yoga to enhance your practice.
- Diffuse to enjoy a grounding and mood enhancing aroma while at home, on the road, or at work.
- Dilute with 2-3 drops of carrier oil and apply topically to enhance your mood and carry the aroma of Desert Sand™ Outback Blend wherever you go.

DIRECTIONS FOR USE

For topical use only.

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

Juniperus Virginiana Wood Oil, Citrus Aurantium Dulcis (Orange) Peel Oil, Curcuma Longa (Turmeric) Rhizome Oil, Eremophila Mitchellii Wood Oil, Copaifera Coriacea/Langsdorffii/Officinalis/Reticulata Resin Oil, Rosmarinus Officinalis (Rosemary) Leaf/Stem Oil, Origanum Majorana Flower/ Leaf/Stem Oil, Protium Heptaphyllum Resin Oil, Zingiber Officinale (Ginger) Root Oil, Cyperus Scariosus Rhizome Oil, Cinnamomum Zeylanicum Leaf Oil, Vetiveria Zizanioides Root Oil, Fusanus Spicatus Wood Oil.



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NATIVE BUSH™

Forest Blend 15mL

Grounding, Peaceful, Fresh & Woody

Aromatic description

Retreat to the peace and serenity of the forest with our Native Bush™ Forest Blend. Specifically blended to evoke memories of time spent in our Australian bushland, this revitalising blend reminds us of our connection to the land and the unparalleled ability of Mother Nature to renew and restore our spirit.

PRODUCT DESCRIPTION

The rush of a current running downstream, a swaying canopy of eucalyptus leaves and the chorus of native birdsong - it is here nature kindly returns what we've lost - ourselves. Filtering light into all the dark places and re-igniting our inner light with peaceful and fresh aromas is our Native Bush™ Forest Blend. Featuring the clearing and grounding properties of Australian native Sandalwood and Eucalyptus essential oils, the calm, peaceful and woody aromas of Cedarwood, Arborvitae, Copaiba and Douglas Fir essential oils and the warm and stimulating qualities of Clove and Coriander essential oils, you'll feel like you've been wrapped in nature's embrace.

Give yourself a moment to pause and breathe deeply as the rich, woody aromas promote positive energy, help quell daily stress and anxiety and nurture a state of calm balance.

USES

- Diffuse Native Bush™ Forest Blend for a grounding and relaxing atmosphere.
- Diffuse during meditation or yoga to enhance your practice.
- Diffuse to enjoy a grounding and mood-enhancing aroma while at home, on the road, or at work.
- Dilute with 2-3 drops of carrier oil and apply topically to enhance your mood and carry the aroma of Native Bush™ Forest Blend wherever you go.

DIRECTIONS FOR USE

For aromatic and topical use only.

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

Cupressus Lusitanica Branch/Leaf Oil, Pseudotsuga Menziesii (Balsam Oregon) Branch/Leaf Oil, Eucalyptus Radiata Leaf/Stem Oil, Juniperus Virginiana Wood Oil, Copaifera Coriacea/Langsdorffii/ Officinalis/ Reticulata Resin Oil, Thuja Plicata Wood Oil, Eugenia Caryophyllus (Clove) Bud Oil, Coriandrum Sativum (Coriander) Seed Oil, Fusanus Spicatus Wood Oil, Myroxylon Pereirae (Balsam Peru) Resin, Thymus Vulgaris (Thyme) Oil.



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COPAIBA TOUCH

Copaifera Roll-On 10mL

Spicy, woody

Aromatic description

PRIMARY BENEFITS

- Promotes a clear and smooth-looking complexion.
- Assists natural skin hydration.
- Supports healthy-looking skin.
- Helps manage minor skin lesions.

PRODUCT DESCRIPTION

Copaiba, a fan-favourite essential oil, is now available in a convenient roll-on. Copaiba essential oil is derived from the resin of the copaiba tree, found in tropical South America. Since the 16th century, Copaiba essential oil has been used by the natives of north and northeastern Brazil in traditional health practices. Today the oil is often found in cosmetic products including soaps, creams, lotions, and perfumes. Copaiba Touch is a blend of CPTG® Copaiba essential oil and Fractionated Coconut Oil. It moisturises skin, and promotes a clear, smooth complexion. Copaiba contains the highest levels of -

Beta caryophyllene (BCP) among currently known essential oils.

An irregular cannabinoid and sesquiterpene, BCP is a potent constituent within Copaiba essential oil. BCP selectively binds to CB2 receptors in the cutaneous endocannabinoid system (ECS) —a signaling and regulating system in the skin.

The ECS may modulate local immune responses in the skin.

USE

Apply topically to help keep skin clean and clear. Roll on to help moisturise skin.

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,
Copaifera Resin



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ICE BLUE POLYPHENOL COMPLEX™

60 Vegetarian Capsules, 30 day supply

TRADITIONALLY USED TO:

- relieve mild rheumatic aches and pains.
- relieve inflammation.
- Maintain & support general health and wellbeing.

PRODUCT DESCRIPTION

dōTERRA Ice Blue Polyphenol Complex™ is a proprietary formula containing extracts of Frankincense and Turmeric which are loaded with polyphenols that are used as an internal solution for soreness or discomfort. Traditionally used in Ayurvedic medicine to relieve inflammation and support general health and wellbeing. The unique blend of polyphenol extracts in Ice Blue Polyphenol Complex™ provides the soothing comfort needed to support a life of activity and vitality.

DIRECTIONS FOR USE

Take 2 capsules with food per day; 1 capsule in the morning and 1 capsule in the evening or as directed by your healthcare professional.

Do not use if tamper evidence seal is missing, torn, or broken. Store below 25°C.

If symptoms persist consult your healthcare practitioner. Not to be used in children under two years of age without medical advice. Not to be taken without medical advice. If you are pregnant, or considering becoming pregnant, do not take without consulting a health professional.

INGREDIENTS

Active Ingredient:

Zingiber officinale root Extract dry concentrate 90 mg
Equivalent: Zingiber officinale (Dry) 1.8 g
Mentha X piperita leaf Extract dry concentrate 5 mg
Equivalent: Mentha X piperita (Dry) 20 mg
Reynoutria japonica root Extract dry concentrate Stand. 25 mg
Equivalent: Reynoutria japonica (Dry) 2.5 g
Equivalent: Resveratrol 12.5 mg
Camellia sinensis leaf Extract dry concentrate Stand. 45.18 mg
Equivalent: Camellia sinensis (Dry) 1.36 g
Equivalent: Catechins 37.5 mg
Boswellia serrata gum oleoresin Extract dry concentrate Stand. 50 mg
Equivalent: Boswellia serrata (Dry) 300 mg
Equivalent: Boswellic acid 32.5 mg
Vitis vinifera seed Extract dry concentrate Stand. 42 mg
Equivalent: Vitis vinifera (Dry) 5.04 g
Equivalent: Catechins 15.96 mg
Carum carvi seed Extract dry concentrate 5 mg
Equivalent: Carum carvi (Dry) 20 mg
Curcuma longa rhizome Extract dry concentrate Stand. 192.31 mg
Equivalent: Curcuma longa (Dry) 3.85 g
Equivalent: Curcuminoids 125 mg
Punica granatum seed Extract dry concentrate 50 mg
Equivalent: Punica granatum (Dry) 2.5 g

Inactive Ingredients: Maltodextrin, Colloidal anhydrous silica, Magnesium stearate, Glucose monohydrate, Microcrystalline cellulose.

Capsule Ingredients: Hypromellose, Gellan gum, Potassium acetate, Disodium edetate, Purified water.



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ICE BLUE® STICK

Topical Athletic Blend 48g

PRIMARY BENEFITS

- Includes Ice Blue® Athletic Blend, Copaiba, and other natural ingredients.
- Provides maximum strength plant-based menthol.
- Includes moisturising emollients to leave your skin soft and with a non-greasy feel.
- Creates a cooling and soothing sensation.

PRODUCT DESCRIPTION

Infused with dōTERRA Ice Blue® Athletic Blend containing CPTG Certified Pure Tested Grade™ essential oils, plus the beneficial properties of Copaiba, the Ice Blue® Stick is powerful, targeted relief in a fast-acting solid. Formulated with plant-based menthol, methyl salicylate, and camphor, this easy-to-use stick creates a cooling sensation on skin.

A welcome addition to your bathroom cabinet or gym bag, the stick formula provides moisturising emollients that leave your skin feeling soft and not greasy. Quick drying so it can be applied before, during, or after a workout, the Ice Blue® Stick is soothing, convenient, and effective.

INGREDIENTS

Ingredient: Menthol 10%, Cocos nucifera (Coconut) Oil, Tapioca Starch, Gaultheria procumbens (Wintergreen) Leaf Oil, Helianthus annuus (Sunflower) Seed Wax, Copaifera coriacea/ langsdorffii/ officinalis/reticulata (Copaiba) Resin Oil, Water (Aqua), Sambucus nigra Fruit Extract, Prunus amygdalus dulcis (Sweet Almond) Oil, Glyceryl Laurate, Glyceryl Caprylate, Mentha piperita (Peppermint) Oil, Cinnamomum camphora (Camphor) Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Tanacetum annuum (Blue Tansy) Flower/Leaf/ Stem Oil, Glyceryl Undecylenate, Cananga odorata (Ylang Ylang) Flower Oil, Capsicum frutescens Fruit Extract, Glycerin, Lauric Acid, Chamomilla recutita (Matricaria) Oil, Helichrysum italicum (Helichrysum) Flower/Leaf/Stem Oil, Citric Acid.

DIRECTIONS FOR USE

Apply directly to affected areas. For a more intensive treatment, apply Ice Blue® essential oil blend on the skin prior to application.

CAUTIONS

For external use only. Possible skin sensitivity. Avoid getting into eyes or on mucous membranes. If contact occurs, rinse thoroughly with water. Do not use on wounds or damaged skin. Do not bandage tightly after application or use with a heating pad. Stop use and ask a doctor if irritation or redness occur; nausea, vomiting, abdominal discomfort, diarrhea, or skin rash occurs; pain persists for more than seven days or redness is present; or in conditions affecting children under 12 years of age.

KEEP OUT OF REACH OF CHILDREN TO AVOID ACCIDENTAL INGESTION. IF SWALLOWED, GET MEDICAL HELP IMMEDIATELY.



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