

dōTERRA<sup>®</sup> BO  
GO

# CANADA BOGO | June 2025

## SUMMER WELLNESS ESSENTIALS



# *Table of Contents*

[Adaptiv® Capsules](#)

[Adaptiv® Touch 10 mL](#)

[Blue Lotus Touch 10 mL](#)

[Eucalyptus 15 mL](#)

[Japanese Peppermint 15 mL](#)

[Jasmine Touch 10 mL](#)

[Lavender 15 mL](#)

[Ravintsara 5 mL](#)

[dōTERRA Serenity® 5 mL](#)

[dōTERRA Serenity® Stick + Valerian](#)

[Spearmint 15 mL](#)

[Tea Tree 15 mL](#)

[Bonus! Roman Chamomile 5 mL](#)







# June 2025 BOGOs

June 23-27, 2025

Summer isn't just a season. It's an adventure, and the best summer adventures happen with the right people—and the right oils—by your side.

This June, enjoy a week of buy-one-get-one deals on summer wellness solutions tailored to your sunniest summer plans! Score sizzling hot deals on soothing summer skincare, some of the season's most refreshing aromas, and must-have products from our dōTERRA Serenity® and Adaptiv® lines to help you unwind after fun-filled days in the sun.

- ✿ BUY **Blue Lotus Touch 10 mL** GET **Jasmine Touch 10 mL**
- ✿ BUY **Lavender 15 mL** GET **Tea Tree 15 mL**
- ✿ BUY **Eucalyptus 15 mL** GET **Ravintsara 5 mL**
- ✿ BUY **Spearmint 15 mL** GET **Japanese Peppermint 15 mL**
- ✿ BUY **dōTERRA Serenity® Stick + Valerian** GET **dōTERRA Serenity® 5 mL**
- ✿ BUY **Adaptiv® Capsules** GET **Adaptiv® Touch 10 mL**

Pick and choose your favourite pairs or choose to get the BOGO Bundle.\*

*\*BOGO Bundle does not include Premium BOGO items: Blue Lotus Touch 10 mL and Jasmine Touch 10 mL.*

BOGO Offers and FAQs

## Get **FREE Roman Chamomile 5 mL!**

As an added summer perk, receive a **FREE 5 mL Roman Chamomile** essential oil with any order of 150 PV or more during BOGO week! Don't miss your chance to secure this special gift for free.

PV Promo Details

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► June 23-27



doTERRA

ADAPTIV

Calming Blend  
Le mélange calmant

NPN: 80107170  
30 Capsules



# Adaptiv<sup>®</sup> Capsules

## *Calm in a Capsule*

Adaptiv Capsules are designed to support your daily efforts to balance your lifestyle and adapt to ever-changing circumstances. These convenient capsules offer targeted benefits that compliment your busy, on-the-go lifestyle, or simply support you when you have a lot on your plate.

## *What are Adaptiv Capsules?*

Formulated with a calming blend of essential oils and plant extracts, Adaptiv Capsules can help temporarily promote relaxation, making them an ideal tool for your longest, fullest days. Additionally, taking one capsule daily can support cognitive function and performance in adults.\*

### **Adaptiv Line**

Experience true tranquility when you use the complete Adaptiv Line in your daily activities.



## *Benefits of Adaptiv Capsules*

- ✿ Helps to temporarily promote relaxation
- ✿ Helps support cognitive function in adults
- ✿ Helps to support cognitive performance in a healthy aging population

### *Tip*

Adaptiv<sup>®</sup> Capsules are part of the Adaptiv Trio, which includes Adaptiv<sup>®</sup> essential oil blend and Adaptiv<sup>®</sup> Touch. Use all three products daily for maximum benefits and daily support.

\*Adaptiv Capsules are registered as a Natural Health Product (NHP): NPN 80107170







# Adaptiv® Touch 10 mL

*Keep Calm and Adapt*

Made for life's most unpredictable moments, Adaptiv® Touch delivers Adaptiv essential oil blend in a convenient roll-on. Designed to provide an aroma of calm confidence anytime and anywhere, this dōTERRA Touch blend is the perfect on-the-go companion for your most overwhelming days. Simply inhale the familiar scent of Adaptiv Touch to anchor yourself whenever you're trying to find your footing in new surroundings or situations.

## *What is Adaptiv Touch?*

Adaptiv Touch delivers the Adaptiv blend of CPTG® Wild Orange, Lavender, Copaiba, Spearmint, Rosemary, Magnolia, Neroli, and Sweetgum essential oils in a gentle base of Fractionated Coconut oil. The convenient roll-on glides on smoothly and can easily be applied wherever your circumstances take you.

### *Tip*

Adaptiv Touch can be kept in your desk drawer at the office or in the kid's backpacks at school for quick and easy access to its soothing aroma when the moment calls for it.

## *How to Use Adaptiv Touch*

- ✿ Apply to the wrists and temples for a tranquil aroma.
- ✿ Roll on your hands, rub them together, and inhale deeply as needed throughout the day.
- ✿ Roll onto bottoms of feet in the morning or evening for a calming, centering aroma.

### **All Day with Adaptiv® Touch**

Learn how to make the refreshing aroma of Adaptiv Touch part of your day—morning, noon, and night.







# Blue Lotus Touch 10 mL

*Beauty Blooms Within*

Blue lotus is a majestic blue water lily with a vibrant yellow center. Throughout history, it has been a symbol of long life, health, honour, and good luck, and was considered a sacred and magical flower by the ancient Egyptians. Blue Lotus Touch has a royal aroma that serves as an enchanting personal fragrance, a peaceful meditation companion, and so much more.

## *What is Blue Lotus Touch?*

Blue Lotus Touch combines Fractionated Coconut Oil with Blue Lotus essential oil for optimal moisturizing benefits and maximum absorption of this precious essence.

### **Behind the Bottle: Blue Lotus**

Go behind the bottle to learn how Blue Lotus is sourced and the impact it makes on the incredible people who harvest it.



## *How to Use Blue Lotus Touch*

- ✿ Apply to the pulse points for a centering, and relaxing aroma throughout the day.
- ✿ Use as part of a daily skincare routine to help keep your skin looking moisturized
- ✿ Roll onto the neck and wrists for a tranquil, calming personal aroma experience.

### *Tip*

Roll Blue Lotus Touch on your wrists and pulse points for a calming aromatic experience while meditating.

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June 23-27







# Eucalyptus 15 mL

*A Spa in a Bottle*

Eucalyptus essential oil is an all-star essential with a fresh aroma that can create a revitalizing atmosphere when diffused. Use Eucalyptus oil both aromatically and topically to enjoy the clear, refreshing scent or include in a soothing massage for a stimulating scent.

## *What is dōTERRA Eucalyptus?*

dōTERRA has selected five unique species to create its proprietary Eucalyptus essential oil: Eucalyptus radiata, Eucalyptus polybractea, Eucalyptus kochii, Eucalyptus loxophleba, and Eucalyptus globulus. The primary chemical component of all five species is eucalyptol (1,8-cineole), which is the source the essential oil's rich cleansing benefits.

Learn about each of the three countries where we source our Eucalyptus plant species and the impact we leave behind.



## *How to Use Eucalyptus*

- ☀ Diffuse or put a few drops on your hands, place them over the nose, and inhale deeply.
- ☀ Place one to two drops on the floor of your shower for a spa-like experience.
- ☀ Add to a carrier oil or lotion during a soothing massage.
- ☀ Use as an air freshener and room deodorizer.

### **DIY: Shower Melts with Eucalyptus**

Transform your shower into a full spa experience with these DIY Eucalyptus Shower Melts.



## *Eucalyptus Diffuser Blends*

*Shooting Stars*

💧💧 Eucalyptus    💧💧💧 Rosemary    💜💜 Lavender

*Surf's Up*

💧💧💧 Eucalyptus    🟡 Bergamot    💧 Spearmint    🟡💧💧 Lime

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10



10



3-27





# Japanese Peppermint 15 mL

*Beyond Refreshing*

Take a deep breath and enjoy the crisp, cool aroma of Japanese Peppermint. Use Japanese Peppermint oil topically for a refreshing sensation or use several drops in a massage for a soothing effect after exercise. To create a clear, uplifting environment, diffuse Japanese Peppermint in your home or office.

## *Tip*

To help you cool down on a hot day, combine water, witch hazel, and Japanese Peppermint in a spray bottle and spray on desired areas of the skin to enjoy its refreshing, skin-cooling effects.

## *What is Japanese Peppermint?*

Although it's similar to Peppermint oil, Japanese Peppermint essential oil contains a higher percentage of the chemical constituent menthol, giving it a more potent, minty aroma.

## *How to Use Japanese Peppermint*

- ☀ Diffuse for a refreshing and energizing aroma.
- ☀ Place a drop in your palm, rub your hands together, and inhale deeply.
- ☀ Rub a drop into your temples and the back of the neck at the base of the skull.
- ☀ Combine with a carrier oil and use to enhance a post-workout massage.
- ☀ Add a few drops to a spray bottle with water and spritz on skin for a cooling sensation.





# Japanese Peppermint 15 mL

*Beyond Refreshing*

## DIY: Foot Bath with Japanese Peppermint

Go behind the bottle to learn how Blue Lotus is sourced and the impact it makes on the incredible people who harvest it.



## Japanese Peppermint Diffuser Blends

### Summer Morning

💧💧💧 Japanese Peppermint

💧💧💧 Rosemary

💧💧💧 Lemon

### Ocean Breeze

💧💧💧💧 Japanese Peppermint

💧💧💧 Lavender

💧💧💧 Lime









# Jasmine Touch 10 mL

*A Touch of Elegance*

The aroma of Jasmine can be characterized as soft, sweet, musky, and exotic. Renowned for its benefits to the skin, Jasmine Touch can be applied daily to help balance moisture levels in the skin and promote a glowing, youthful complexion.

## *What is Jasmine Touch?*

Known as the "King of Flowers," Jasmine is prized for its exquisite, elegant fragrance. Jasmine Touch is an indulgent roll-on that combines Jasmine flower absolute in a base of Fractionated Coconut Oil for gentle, even application of this precious extract.

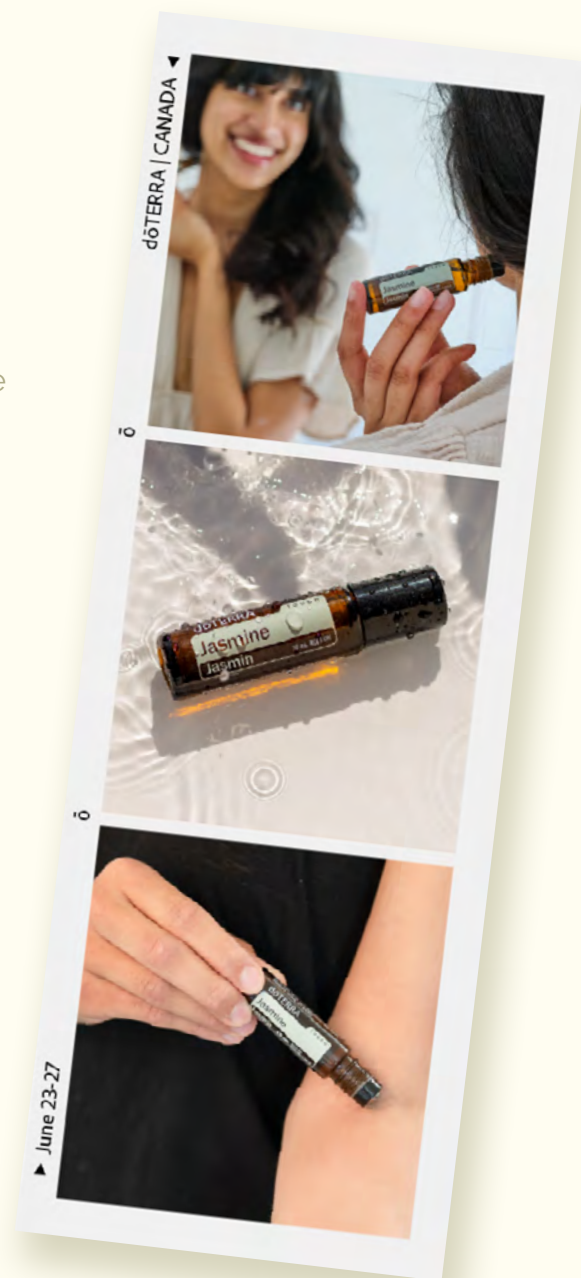
### *Fun Fact*

It takes 21,000 freshly picked petals to produce 5 mL of Jasmine absolute.

## *Where Does Jasmine Touch Come From?*

dōTERRA Jasmine is sourced in Egypt from royal jasmine flower petals (*Jasminum grandiflorum*). To ensure the highest-quality aromatic compounds, it is essential to pick the flowers and extract their essence immediately after the plant blooms. Because of the fragility of the petals, the essence of Jasmine oil is captured as a highly concentrated absolute.

Take a closer look at dōTERRA Jasmine's journey from the fields of Egypt to your home.



# Jasmine Touch 10 mL

*A Touch of Elegance*

## *How to Use Jasmine Touch*

- ✿ Rub into skin for a soothing, relaxing aroma during a massage.
- ✿ Add to skincare routine to promote a radiant complexion.
- ✿ Apply to wrists and neck for a unique personal fragrance.
- ✿ Use topically after a shower for a relaxing fragrance and to moisturize skin.

### *Tip*

Bring a little extra romantic flair to date night by wearing Jasmine Touch as a personal perfume. For a more enhanced aroma, combine with other floral aromas like Blue Lotus Touch.







COOLTRUNK  
**Lavender** 15 mL  
Essential Oil Supplement  
Supplement Facts

# Lavender 15 mL

*Soft, Sweet, and Everything in Between*

Lavender has been cherished for centuries for its unmistakable floral aroma and myriad benefits. Experience the incredible properties of Lavender oil through diffusion, topical application, home cooking, and so much more.

## Behind the Bottle: Lavender

Click this link to learn about Lavender oil sourcing in Bulgaria and the incredible impact it makes.



## How to Use Lavender

- ✿ Add a few drops to pillows, bedding, or the bottoms of the feet at bedtime.
- ✿ Apply topically to soothe skin on contact or combine with a daily moisturizer.
- ✿ Freshen your linen closet, mattress, car, or the air by combining a few drops with water in a spray bottle.
- ✿ Incorporate into cooking for a flavourful addition to marinades, baked dishes, and desserts.

Discover how you can use an entire bottle of this household essential in one month.





# Lavender 15 mL

*Soft, Sweet, and Everything in Between*



## *DIY: Lavender Cuticle Cream*

### Ingredients:

- 2 tablespoons shea butter
- 1 teaspoon beeswax
- 1 tablespoon Fractionated Coconut Oil
- 7 drops Lavender essential oil

### Directions:

1. In glass container, combine shea butter, beeswax, and Fractionated Coconut Oil.
2. Place in saucepan with 1-1 ½ inches of boiling water.
3. Stir ingredients for 5-10 minutes until combined.
4. Once melted, remove from heat and let rest for three minutes before adding essential oil.
5. Pour into container and let harden for 2-3 hours.

### *Tip*

After spending the day in the sun, apply Lavender oil to the skin for a soothing topical experience.

## *Lavender Diffuser Blends*

### *Ocean Waves*



Lavender



Lime



Spearmint

### *Sleeping Under the Stars*



Lavender



Copaiba



Cedarwood







# Ravintsara 5 mL

*As Fresh as it Gets*

Meaning, “tree with good leaves,” in the Malagasy language, dōTERRA Ravintsara is a powerhouse essential oil known for its powerfully fresh, green scent. Enjoy Ravintsara daily by taking advantage of its potent cleansing properties, diffusing it to refresh any room, or adding it to your favourite skin cleanser.

## Behind the Bottle: Ravintsara

See how dōTERRA sources Ravintsara oil and the positive impact it makes on women in the community!



## What is Ravintsara?

Ravintsara essential oil is distilled from the fragrant leaves of the cinnamomum camphora tree, more commonly known as the camphor tree, which can grow up to 15-18 meters tall. Ravintsara essential oil has rich amounts of the chemical constituent Eucalyptol, which gives it similar properties to Eucalyptus oil, including its relaxing aromatic qualities and topical soothing properties, and effective cleansing benefits.

## How to Use Ravintsara

- ☀ Diffuse for an effective air freshener.
- ☀ Add one to two drops to an Epsom salts bath.
- ☀ Put a few drops in a spray bottle with water to create a refreshing surface cleanser.



# Ravintsara 5 mL

*As Fresh as it Gets*

## Tip

For an invigorating shower experience, add a couple drops of Ravintsara to your shower floor and enjoy a refreshing steam as you rinse off.



## DIY: Ravintsara Chest Rub

### Ingredients:

- 1 Tablespoon Fractionated Coconut Oil
- 5 drops Ravintsara essential oil blend

### Directions:

1. Combine Ravintsara with Fractionated Coconut Oil and mix well.
2. Rub onto chest for an invigorating aroma. Use Immediately.

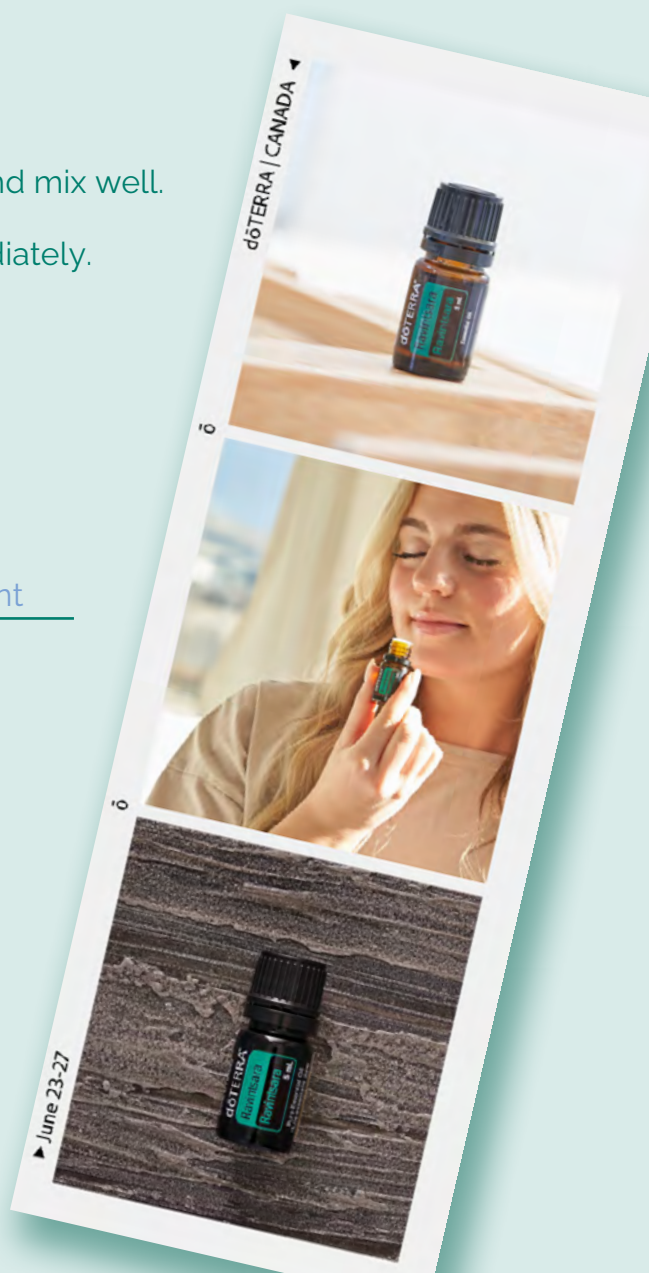
## Ravintsara Diffuser Blends

### Good Vibes

💧💧 Ravintsara      💧💧💧 Copaiba

### Morning Renewal

💧💧💧 Ravintsara      🍊🍊 Tangerine      💧💧 Peppermint







oi

1H 2H 4H ON

1H 2H 4H ON

doTERRA  
Serenity  
Essential Oil Blend  
Mélange d'huiles  
Essentielles  
5 mL

doTERRA

Serenity®

Stick + Valerian  
Bâton avec valériane

Rest and Calm  
Repos et sérénité  
Net wt 30 g

# dōTERRA Serenity® 5 mL

*Drift Off to Dreamland*

Capture the essence of true serenity with the sweet, calming aroma of dōTERRA Serenity essential oil blend. Just one drop transports you to a world of tranquility and helps you create a restful environment ideal for bedtime.

## *What is dōTERRA Serenity?*

The calming aroma of dōTERRA Serenity is an expert blend of CPTG® Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils with hints of Tonka Bean and Vanilla

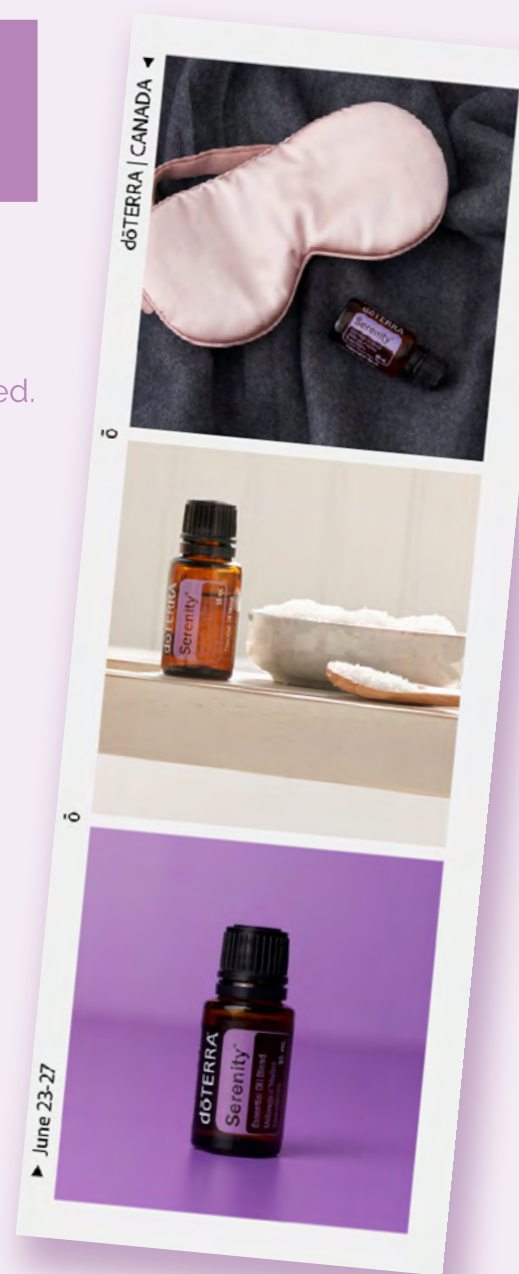
### *Tip*

Apply dōTERRA Serenity on the bottoms of your feet or diffuse at night as part of a positive sleep practice.

## *How to Use dōTERRA Serenity*

- ✿ Diffuse to create a serene environment as you prepare for bed.
- ✿ Add to a warm bath with Epsom salts to create a relaxing, renewing experience.
- ✿ Add 5-10 drops to a spray bottle of water and mist over your sheets before bed for a restful aroma.
- ✿ Apply to bottoms of feet at bedtime to help unwind before going to sleep.

Designed with your nightly routine in mind, the entire dōTERRA Serenity line supports better bedtime habits.





# dōTERRA Serenity® 5 mL

*Drift Off to Dreamland*

## DIY: Bedtime Bubble Bath

### Ingredients:

- 1 cup unscented liquid castile soap
- ½ cup vegetable glycerin
- 2 Tablespoons water
- 15 drops dōTERRA Serenity essential oil blend

### Directions:

1. Combine castile soap, glycerin, and water in glass bowl.
2. Add essential oils and stir until combined.
3. Pour into glass container and use during your next bath.

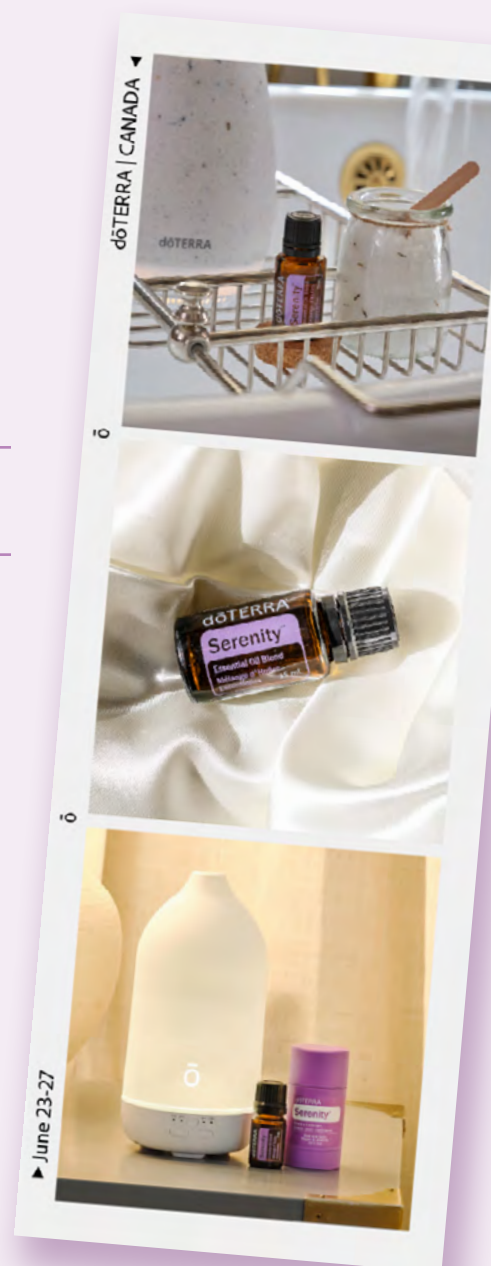
## dōTERRA Serenity Diffuser Blends

### Recharge

◆◆◆ dōTERRA Serenity®    ◆◆◆ Balance    ◆◆ Wild Orange

### Rise & Shine

◆◆ dōTERRA Serenity®    ◆◆ Bergamot    ◆◆ Eucalyptus







# dōTERRA Serenity® Stick + Valerian

*What Dreams Are Made Of*

Prepare for bed with effortless, convenient support from the dōTERRA Serenity Stick + Valerian. This easy-to-use stick glides onto the skin with silky smoothness and provides a calming aroma that encourages a tranquil atmosphere, creating the serene backdrop you need to get the rest that you deserve.

## *What is dōTERRA Serenity Stick + Valerian?*

The stick combines CPTG® dōTERRA Serenity essential oil blend with Valerian essential oil to help create a relaxing atmosphere and gently promotes a restful climate for sleep. You can rest assured knowing this product is free from parabens, phthalates, and synthetic fragrances.

### *Tip*

Use dōTERRA Serenity Stick + Valerian on the bottoms of your feet after an evening shower or bath for maximum absorption.

## *Benefits of dōTERRA Serenity Stick + Valerian*

- ✿ Promotes tranquil environment when applied topically.
- ✿ Delivers Valerian essential oil and dōTERRA Serenity® blend with Lavender for a comforting, soothing aroma in a portable stick.
- ✿ Applies smoothly without a greasy feeling
- ✿ Free from parabens, phthalates, and synthetic fragrances.

Learn how the Serenity Stick + Valerian builds on the benefits of the other amazing products in the dōTERRA Serenity line.







# Spearmint 15 mL

*Minty Fresh*

Spearmint is a world-famous herb widely used in gums and dental products for its minty taste and ability to promote fresh breath. Not only can dōTERRA Spearmint oil be used in oral care and cooking, but it also provides a powerfully refreshing aroma and a cool, invigorating sensation to the skin when used topically.

Milder than other mint oils, Spearmint oil is a much gentler option to use topically for those with sensitive skin.

## Behind the Bottle: Spearmint

Go behind the bottle for a closer look at how dōTERRA sources Spearmint essential oil from India.



## How to Use Spearmint

- Diffuse for a positive aroma.
- Use in massage for a cool topical sensation.
- Apply to your toothbrush before brushing teeth.
- Add one to two drops to water and gargle to freshen breath.
- Add a drop or two to any dessert, drink, salad, or entrée for flavour.

### Tip

Spearmint is popular as a seasoning in marinades, desserts, candy, condiments, and summertime drinks. Try adding it to your own recipes for a refreshing change in flavour.



# Spearmint 15 mL

Minty Fresh

## DIY: Spearmint Lemonade

### Ingredients:

1 ½ cup granulated sugar  
10 lemons, juiced  
8 cups water  
2 drops Spearmint oil

### Directions:

1. Juice roughly eight lemons (you'll want two cups of lemon juice; use more lemons, if needed, to get to that amount).
2. Add the water and lemon juice to sugar and stir until the sugar is completely dissolved.
3. Add spearmint oil and stir.
4. Chill the lemonade until ready to serve.

## Spearmint Diffuser Blends

### Recharge

💧💧 Spearmint      💧💧💧 Lavender      💧💧💧 Lime

### Rise & Shine

💧💧💧 Spearmint      💧💧💧💧 Citrus Bliss®







# Tea Tree 5 mL

*Famously Fresh*

Easily recognized by its sharp, herbal scent, Tea Tree essential oil is a true gift of the earth. Often referred to by its native Australian name, Melaleuca, Tea Tree is treasured for its versatility in skincare, hair care, home care, massage, and aromatherapy.\*

## *What is Tea Tree?*

Cultivated in Kenya and Australia, the melaleuca plant can range from the size of small shrubs to the height of trees, but the leaves are where the magic happens. The potent green leaves are steam distilled into the pure, potent Tea Tree essential oil you know and love.

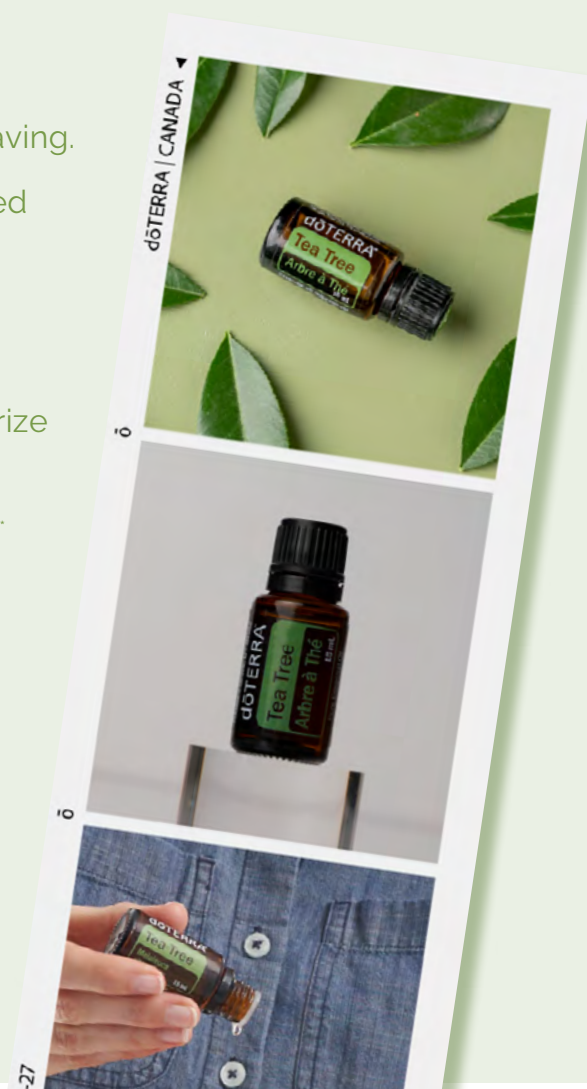
### *Tip*

After trimming your fingernails and toenails, apply Tea Tree essential oil to your cuticles to keep your nailbeds looking healthy.

## *How to Use Tea Tree Every Day*

- ✿ Apply Tea Tree oil to skin for a soothing effect after shaving.
- ✿ Combine Tea Tree oil with your facial cleanser for added cleansing properties.
- ✿ Apply Tea Tree oil to your underarms as a naturally sourced deodorant.
- ✿ Combine Tea Tree oil with a daily lotion to help moisturize dry, cracked skin.
- ✿ Used in aromatherapy to help relieve colds and cough.\*

Tea Tree essential oil is registered as a Natural Health Product (NHP): NPN 80060950





# Tea Tree 5 mL

*Famously Fresh*

## DIY: Razor Relief Serum

After your next shave, soothe your skin with this serum enhanced with the topical properties of Tea Tree essential oil.



## Tea Tree Diffuser Blends

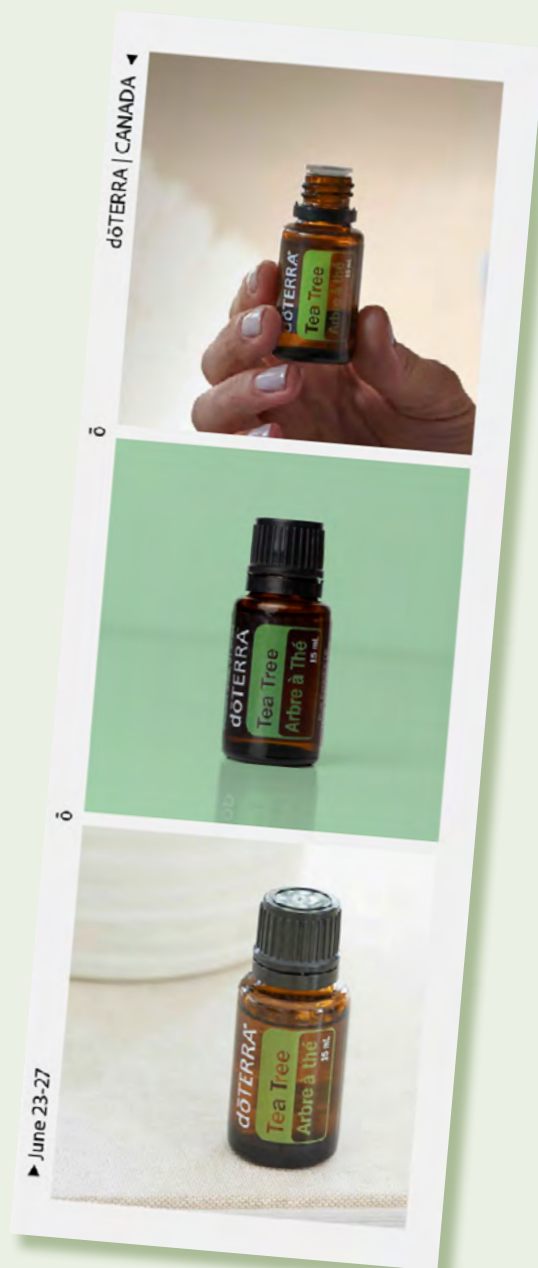
### Take a Hike

◆◆ Tea Tree    ◆◆◆◆ Cypress    ◆◆ Cedarwood    ◆ Bergamot

### Dew Drops

◆◆◆◆ Tea Tree    ◆◆ Eucalyptus    ◆◆ Rosemary

Tea Tree essential oil is registered as a Natural Health Product (NHP): NPN 80060950





doTERRA  
Roman  
Chamomile  
Camomille  
romaine 5 mL  
*Anthemis nobilis*



# Bonus! Roman Chamomile 5 mL

## *Calming Chamomile*

The aroma of Roman Chamomile is a beautiful medley of sweet, floral notes and herbal undertones. When used aromatically and topically for therapeutic purposes, Roman Chamomile has a calmative effect.\*

Diffuse Roman Chamomile during your bedtime routine to create a deeply tranquil atmosphere or rub it into the bottoms of your feet to enjoy its calming aroma as you prepare for rest.

## *What is Roman Chamomile?*

Roman chamomile is a short, wild-growing perennial plant with small white blossoms that resemble daisies. Nicknamed the “plant’s physician” for its positive effects on nearby flora, Roman chamomile oil has a gentle fragrance that is often utilized in teas, face creams, shampoos, and perfumes.

Discover how regional weather conditions in the Pacific Northwest lead to successful growth of Roman Chamomile.



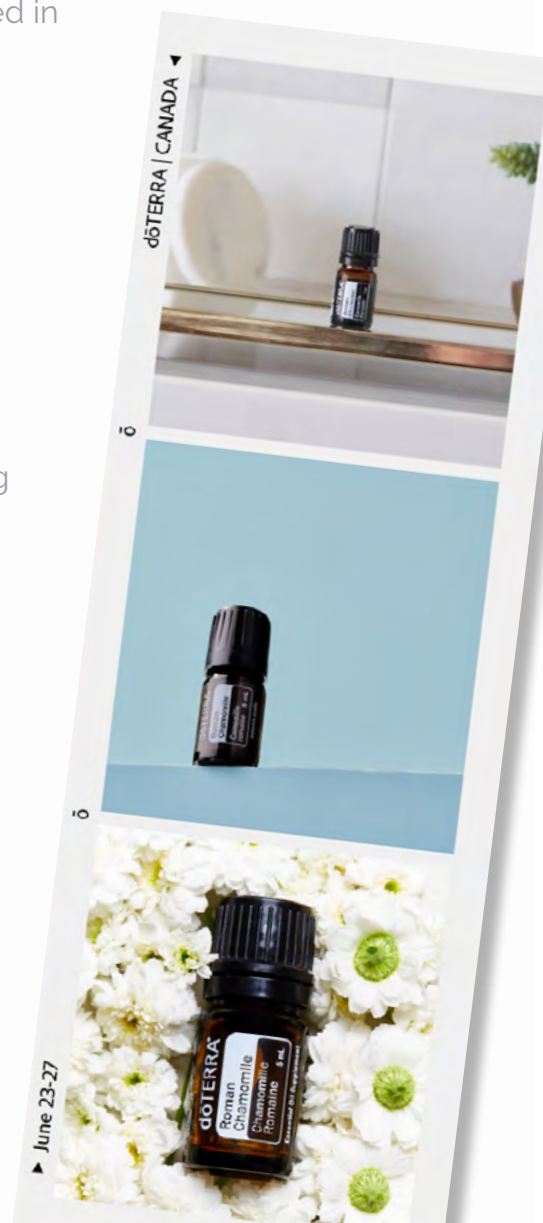
## *How to Use Roman Chamomile*

- ☀ Use in aromatherapy through diffusion, steam, or by rubbing on the chest.
- ☀ Rub a drop between the palms and breathe deeply during quiet moments.
- ☀ Include a drop in daily skincare.

### *Tip*

Massage a drop of Roman Chamomile into your temples and breathe deeply as you work to quiet troubled thoughts.

Roman Chamomile essential oil is registered as a Natural Health Product (NHP): NPN 80072461



# Bonus! Roman Chamomile 5 mL

*Calming Chamomile*

## *DIY: Calming Skin Toner Spray*

### Ingredients:

30 mL witch hazel  
15 mL distilled water  
¼ teaspoon vitamin E oil  
15 drops Roman Chamomile essential oil  
60 mL amber spray bottle

### Directions:

1. Combine all ingredients in the spray bottle and shake to combine.
2. To use, shake the bottle and spray a thin layer directly onto face after cleansing. You can also dispense a small amount onto a cotton round and dab onto the skin.

## *Roman Chamomile Diffuser Blends*

### *Centering*

💧💧💧 Roman Chamomile    💧💧 Black Spruce    💧 Ylang Ylang

### *Namaste*

💧💧 Roman Chamomile    💧💧 Marjoram    💧 Sandalwood

Roman Chamomile essential oil is registered as a Natural Health Product (NHP): NPN 80072461

