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PROMO

# March BOGO 2024 CANADA



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# Introduction

Packed with must-have oils and blends, exclusive dōTERRA Touch® roll-ons, and more, dōTERRA BOGOs are the best time to discover new tools to help you improve your daily wellness! Join us as we take a deep dive into some of the most essential dōTERRA products you can have in your home: **Air-X™, Cedarwood, Deep Blue®, Deep Blue Stick®, dōTERRA Purify®, dōTERRA Serenity® Touch, dōTERRA Touch® Balance®, dōTERRA Touch® Helichrysum, dōTERRA Touch® Neroli, and dōTERRA Touch® Vetiver.**

In this eBook, you'll learn the What, When, Where, Why, and How of all ten of these dōTERRA products, plus get DIY ideas and tips for how to use each one! Together, let's discover how the beautiful gifts of the earth can deliver their amazing benefits to your home.



# Air-X™

## What Is Air-X™?

Air-X is a proprietary essential oil blend designed to give your space a fresh feel. It includes Litsea, Tangerine, Grapefruit, Frankincense, and Cardamom essential oils to give it a bright, clean, and earthy aroma.

## How Do I Use Air-X™?

### *Aromatically*

Created specifically with aromatic usage in mind, Air-X has an aroma that's intensely citrusy but has faint woody and herbal undertones. Perfect for freshening the air, this essential oil blend helps create a calming and cheerful atmosphere when inhaled or diffused. You can also add a couple drops to a room spray and use to deodorize stuffy areas in your home.

### *Topically*

In addition to its powerful aromatic benefits, Air-X is also a great essential oil blend to use topically. Made up of several citrus oils known for their potent topical cleansing properties, Air-X puts a fresh spin on household surface cleansers.

You can also utilize its cleansing benefits and refreshing aroma by applying it directly to your skin. Apply it to your chest for an invigorating aroma during a chest rub or to the bottoms of your feet for an energizing push at the start of your day.

Because Air-X has a high concentration of citrus oils, avoid applying it to areas that will be directly exposed to UV light or simply apply it when you know you won't be spending time in the sun for several hours.

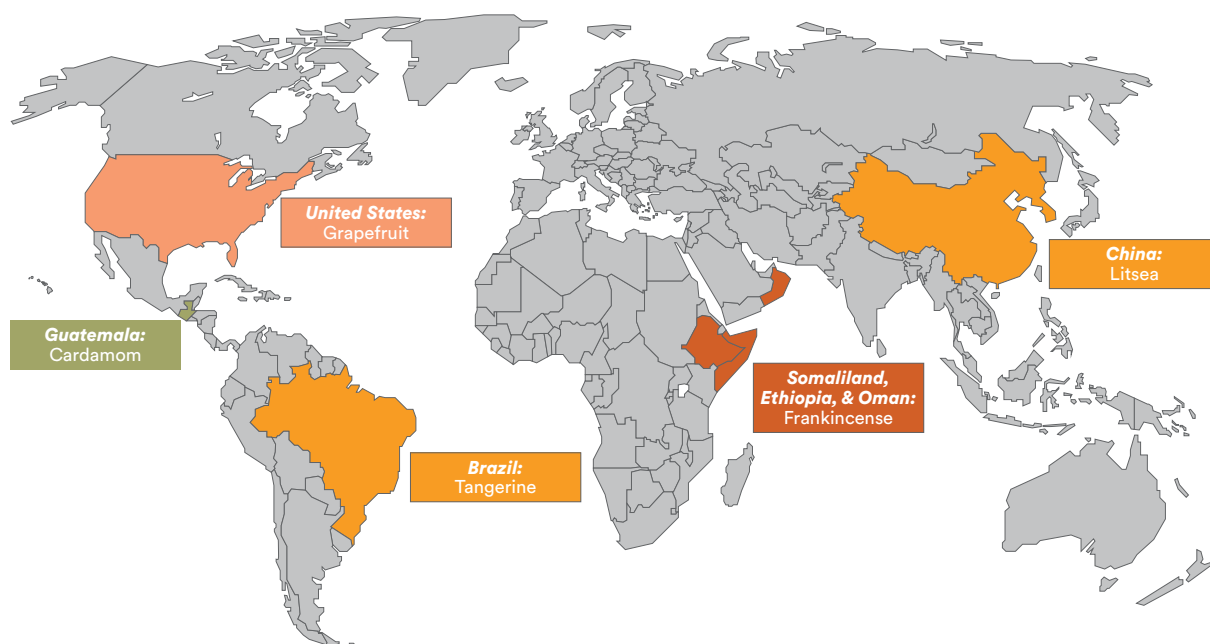
## When Should I Use Air-X™?

When you're in need of an aromatic refresh, use the bright scent of Air-X to help create an environment of openness and cleanliness. Diffuse it in your home or office throughout the day for an invigorating and clean aroma. Its scent helps create an uplifting and rejuvenating environment, perfect for the fall and winter months.

Air-X does more than freshen the air, though. You can also use Air-X to clean the surfaces in your home. Add a few drops to a spray bottle with water or white vinegar for an all-purpose cleaner with a refreshing, clean aroma.



## Where Does Air-X™ Come From?



## Why Should I Use Air-X™?

Air-X was carefully blended to include a variety of essential oils—Litsea, Grapefruit, Tangerine, Frankincense, and Cardamom—that offer complementary aromas and benefits to create a powerhouse, clean aroma.

Litsea, Tangerine, and Grapefruit elevate the Air-X blend with their uplifting citrusy notes. These oils are also the main contributors to its cleansing benefits. Frankincense brings a grounding element to the blend's aromatic profile with its warm, rich scent and provides skin-soothing properties. Cardamom adds a much-needed herbal sharpness to the blend and lends a pleasant sensation to the skin.



### Tip:

#### *Bedtime Breaths*

Before bed, dilute a few drops of Air-X in Fractionated Coconut Oil and apply it to your chest and back. Then bring your hands to your face and take three slow, deep breaths, lengthening your exhales.



# Cedarwood

## What Is Cedarwood?

Steam distilled from the heartwood of the eastern red cedar tree, the tranquil and grounding qualities of Cedarwood essential oil make it one of the most versatile wood essential oils of all. Its aroma can be used to invite a forest-like freshness to any space through diffusion, or it can add a grounding dimension to any essential oil blend. Also a popular ingredient in perfumes, colognes, and body care products, Cedarwood also provides gentle benefits to the skin and can play an essential role in any skincare routine.

## How Do I Use Cedarwood?

### *Aromatically*

Diffusing Cedarwood throughout your home or office is the easiest way to enjoy the soothing aroma of this classic oil. Or, for an effective, passive freshener, add a couple drops of Cedarwood to a cotton ball and place inside of a drawer, gym locker, closet, or vent to help revitalize those spaces.

When worn on the skin, the aroma of Cedarwood essential oil blends with your personal chemistry to create a warm, inviting scent. Add a layer of complexity to any essential oil perfume or cologne blend by using Cedarwood as your base note.

### *Topically*

Cedarwood oil is a superhero of skincare thanks to its unique chemical makeup. To take advantage of its gentle cleansing properties, simply add a drop in your daily face and body cleanser before washing. To help promote clear, radiant skin, add a drop of Cedarwood to your facial toner or moisturizer.

Cedarwood's comforting aroma also makes it an excellent massage oil. As a busy day comes to a close, apply a couple drops of Cedarwood to the bottoms of your feet for a comforting foot massage or combine with Fractionated Coconut oil to massage larger areas like the shoulders and legs.

## When Should I Use Cedarwood?

Part of what makes Cedarwood essential oil so versatile is that it can be used at any time of day. Enjoy a calm, grounded atmosphere from morning until night diffusing Cedarwood wherever you are, whether you're hard at work or taking time to relax. Whenever a room or space is stuffy or in need of a refresh, use Cedarwood oil to clear the air.

Whether you prefer a morning or evening skincare routine, utilize the benefits of Cedarwood to help cleanse and promote clear, healthy-looking skin by adding a drop to your daily cleansers and moisturizers. However, we love to recommend a little extra self-care in the evening. Enrich a warm bath soak by adding a drop of Cedarwood to your hot water or massage a drop into the bottoms of your feet just before getting into bed.



## Where Cedarwood Comes From



## Why Cedarwood?

Although it is not the most aromatically distinct of the wood oils, Cedarwood is one of the most useful. Due to its high content of the chemical constituent cedrol, Cedarwood possesses a grounding scent profile that stands on its own and blends beautifully with most other essential oils. High concentrations of the compounds cedrene and thujopsene allow Cedarwood to notably improve the appearance of the skin, making Cedarwood an ideal oil to use in skincare.





### ***Do It Yourself with Cedarwood: Sachet Diffusers***

Having fresh-smelling clothes is a simple pleasure. Rather than using fresheners made with synthetic ingredients, we prefer these ultra-easy sachets using essential oils. The clear, woody aroma, Cedarwood essential oil is an ideal choice to help dispel unpleasant odours around your clothes.

#### *Ingredients:*

- 1 small sachet or cloth bag of your choice
- 5-15 drops Cedarwood essential oil
- 3-5 cotton balls

#### *Instructions:*

1. Add five drops of essential oil to each cotton ball (we suggest three to five) to infuse them with the aroma.
2. Place cotton balls into the sachet pouch.
3. Place the sachet diffuser in a sock drawer, coat closet, or gym bag to enjoy clothes that always smells fresh!



### **Tip:** *Grounding Diffuser Blends*

Whether you're waking up a room with scents of citrus or want to impress with fragrant florals, include the warm, woody aroma of Cedarwood as a base note to invite the perfect grounding element when creating your own diffuser blend.





# Deep Blue®

## What Is Deep Blue®?

Deep Blue is a blend of eight essential oils that offer comforting cooling to desired areas of the skin. Eight essential oils combine synergistically to create this powerful product: Blue (German) Chamomile, Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, and Osmanthus.

## How Do I Use Deep Blue®?

### *Topically*

Deep Blue is a potent topical blend. To use Deep Blue topically, dilute it in a carrier oil like Fractionated Coconut Oil and rub into targeted areas, like the neck, back, legs, feet, or shoulders. You'll experience an intense warming and cooling sensation that both comforts and soothes the skin. After applying Deep Blue, wash your hands so you don't accidentally get any leftover product on or in sensitive areas of the body.

Diluting Deep Blue not only helps avoid skin sensitivity, but it actually makes the oil blend more effective. When you dilute essential oils in a carrier oil and apply topically, they don't evaporate off the skin as quickly, which means your skin absorbs more of the oil and you enjoy the topical sensation for longer.

The first time you use Deep Blue, try it in a small area of skin to see how it feels. If it's too powerful for your liking, add a little more carrier oil the next time you apply it. If it isn't powerful enough, use less carrier oil next time.

## When Should I Use Deep Blue®?

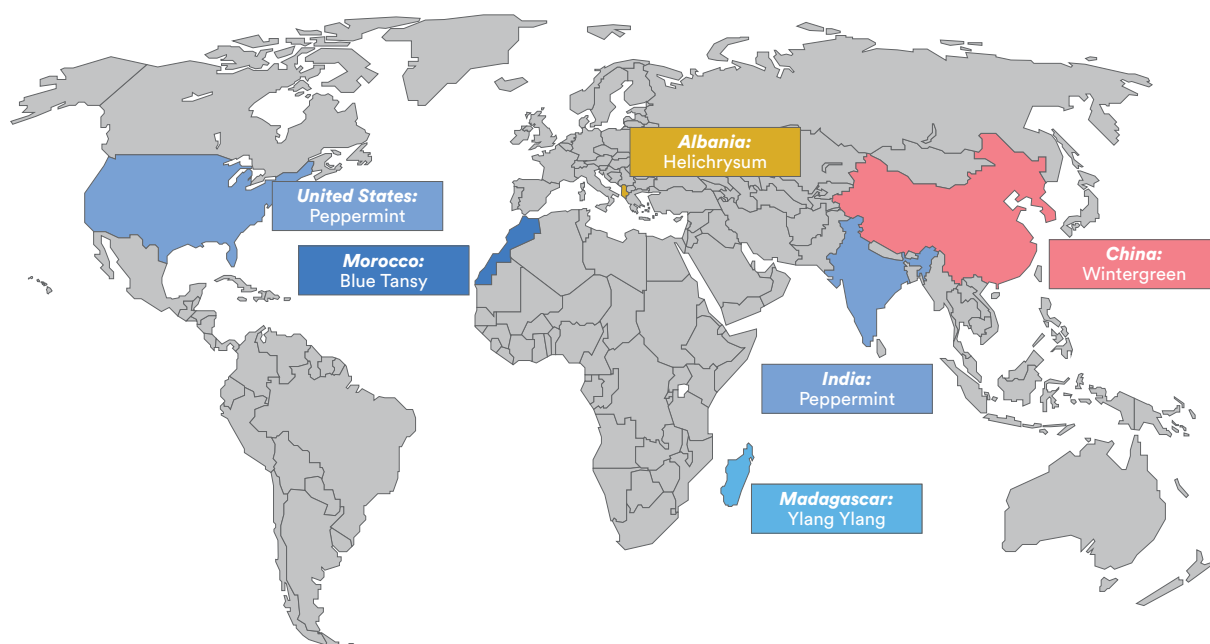
After a day of heaving lifting, yard work, or moving. You can also massage it diluted with Fractionated Coconut Oil onto kids' legs before bedtime.

Before or after working out, apply Deep Blue to your back, knees, and shoulders. You could also apply Deep Blue to your feet after a long hike or run.

Another great time to use Deep Blue is before or after special events. Whether it's standing all day for a wedding, presenting at a work conference, or competing in the big game, Deep Blue helps bring the topical comfort you may need when it's over.



## Where Deep Blue® Comes From



## Why Deep Blue®?

Deep Blue is a proprietary blend of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, German Chamomile, Osmanthus. These oils were chosen specifically for their soothing topical benefits and invigorating aromas.

Menthol—the primary chemical constituent of Peppermint—and Methyl salicylate—the primary constituent in Wintergreen essential oil—can be particularly soothing to the skin. Camphor oil is renowned for its stimulating, airy scent, while the floral oils in Deep Blue are known to be some of the most soothing and beneficial when used for skincare.



### **Tip:** *Where's My Deep Blue?*

Don't get stuck in the deep end with no Deep Blue. Keep a bottle wherever you might need it. Here are some suggestions:

- Gym bag
- Bathroom cabinet
- Bedside table
- Office or desk
- Car glovebox



# Deep Blue Stick®

## What Is What Is Deep Blue Stick?

Infused with Deep Blue® essential oil blend and powered by plant-based menthol camphor, the Deep Blue Stick provides targeted relief from aches and pains of muscles and joints.\* This revolutionary Deep Blue product provides soothing relief with each gentle glide and contains moisturizing emollients that leave your skin soft. It also comes in a convenient, mess-free solid, which means there's no handwashing or clean-up required!

## How Do I Use Deep Blue Rub Stick?

### *Topically*

Whether it's after a daily workout, strenuous physical activity, or simply a long day at work, reach for Deep Blue Stick to maximize its soothing benefits. Try reapplying Deep Blue Stick every two hours for extended relief or apply on clean skin when you're fresh out of the shower. Or, for enhanced comfort, follow application with a drop of Deep Blue essential oil blend and massage the muscles generously.

## When Should I Use Deep Blue Rub Stick?

The Deep Blue Stick is an exceptional, if not essential addition to your daily exercise routine. You can use to Deep Blue Stick to elevate both your pre- and post-workout by applying it to the areas you plan to target with your workout.

The benefits of the Deep Blue Stick also extend far beyond the gym to offer you all day support. If you work in an office, try applying it to your wrists before sitting down to a day at your keyboard or use it on your shoulders and lower back during an afternoon break.

In the evening, we all feel the aches of the day starting to add up. Treat yourself to the relief you need by applying Deep Blue Stick wherever needed, especially after a refreshing evening shower. You can also let your children get involved by applying the Deep Blue Stick to growing kids' legs and joints before they head off to bed.



## Why Deep Blue Rub Stick?

In a revolutionary new solid stick, its soft, non-greasy formula absorbs quickly, allowing for easy application without any clean-up or handwashing. It has a sleek, convenient, portable design that can travel with you inside your purse, backpack, or gym bag, ready to be applied whenever you need relief. The Deep Blue Stick is an essential solution for general aches and pains of muscles and joints associated with backaches, lumbago, arthritis, and sprains and strains.



### **Tip:** *Never Forget Deep Blue Stick*

It's a good idea to keep a Deep Blue Stick in your gym bag or at your work desk for easy access to its soothing, gentle topical properties. When the moment calls for it, you can rest assured knowing the relief you need is always in reach.

\*Deep Blue Stick (NPN 80111485)



# dōTERRA Purify®

## What Is dōTERRA Purify?

dōTERRA Purify is a potent blend of Tea Tree, Lime, Lemon, Siberian Fir, Citronella, and Cilantro essential oils. This signature scent of pine and citrus helps manage unwanted odours and effectively cleanses household surfaces. Use Purify essential oil daily to help keep your home clean and freshen your surroundings!

## How Do I Use dōTERRA Purify?

### *Aromatically*

One of the best ways to enjoy the benefits of Purify is through diffusion. Its crisp, airy aroma chases away stale and foul odours with ease! You can also refresh any space by adding a few drops of dōTERRA Purify to a cotton ball and placing it in an air vent.

Put the odour-fighting benefits of Purify to the test by adding a drop anywhere that gives off strong smells, like the bottoms of garbage cans, kitchen disposals, and bathroom drains.

### *Topically*

Each of the individual oils in dōTERRA Purify were chosen for their surface cleansing properties. This makes dōTERRA Purify an ideal addition to your homemade cleaning solutions, such as surface cleaners, floor washes, and laundry soaps.

## When Should I Use dōTERRA Purify?

Anytime you encounter an unpleasant odour in your home, reach for dōTERRA Purify. Whether a space is a bit stale, or it smells a little stuffy in the kitchen, entryway, or even your car, diffuse Purify to help minimize the odour.

Use dōTERRA Purify when you're cleaning your home. It's great for countertops, floors, and other surfaces. For a simple cleaner, add several drops of dōTERRA Purify to a spray bottle with water or white vinegar.

Laundry day is also the perfect time to use dōTERRA Purify. Add a few drops to the rinse cycle or include in your personal DIY laundry detergent. You can also soak sweaty workout and sports gear in a sink with several drops of dōTERRA Purify before washing.



### *Do It Yourself with dōTERRA Purify: Carpet Cleaning Powder*

Carpets can make rooms comfortable and cozy, but sometimes they're difficult to keep clean. This simple DIY uses the power of the dōTERRA Purify blend and baking soda to help keep your carpets fresh.

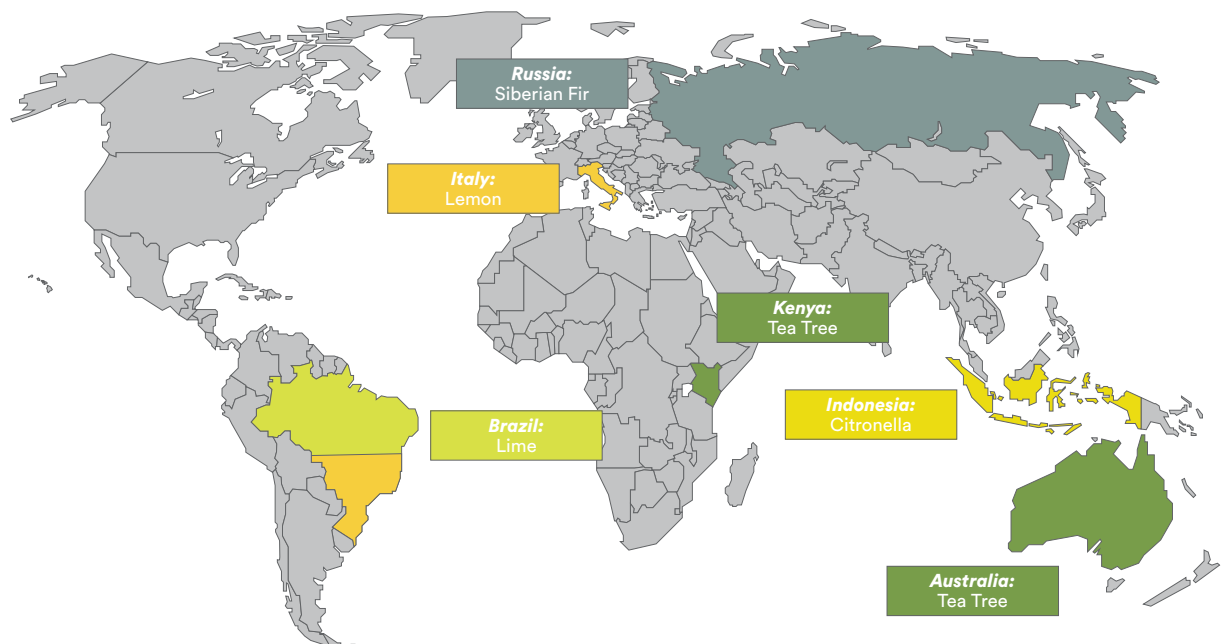
#### *Ingredients:*

- 2 cups baking soda
- dōTERRA Purify

#### *Instructions:*

1. Add the essential oil blend to baking soda and stir until well combined.
2. Sprinkle the mixture over a carpet.
3. Let rest one to two hours, then vacuum.
4. Store the remaining baking soda in an airtight container for future use.

## **Where Purify Comes From**





## Why dōTERRA Purify?

With its cleansing properties and strong, airy fragrance, dōTERRA Purify is a true household essential. Purify is made with a powerhouse combination of essential oils that help create a clean, refreshing environment by eliminating undesired odours. The uplifting notes of Siberian Fir and Tea Tree provide another dimension of freshness while the potent aromas of Citronella and Cilantro add a signature sharpness to the blend. Along with their bright, citrusy scents, Lemon and Lime enhance dōTERRA Purify with their famous topical cleansing benefits.



### **Tip:** *Say Goodbye to Stinky Shoes*

Add a few drops of dōTERRA Purify onto a cotton ball and place into your family's shoes overnight to eliminate any lingering odours. You can also add a cotton ball or sachet diffuser to gym bags or laundry baskets to help keep stale smells under control.





# dōTERRA Serenity® Touch®

## What Is Serenity Touch?

With Serenity Touch, you can have the soft, calming fragrance of dōTERRA Serenity® always at your fingertips. This bestselling blend features a serene combination of CPTG® Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils with hints of Tonka Bean and Vanilla Absolute, all suspended in a base of Fractionated Coconut Oil for smooth delivery of its calming, peaceful aroma. The convenient 10 mL roller bottle glides gently on the skin, inviting an atmosphere of calm with each easy use.

## How Do I Use Serenity Touch?

### *Aromatically*

dōTERRA Serenity Touch has a soothing, grounding aroma that can promote a restful environment in any setting. Try rolling Serenity Touch on the back of your neck for a calming aromatic experience in the evening or simply hold the bottle under your nose and take a few deep breaths to indulge in its serene scent.

### *Topically*

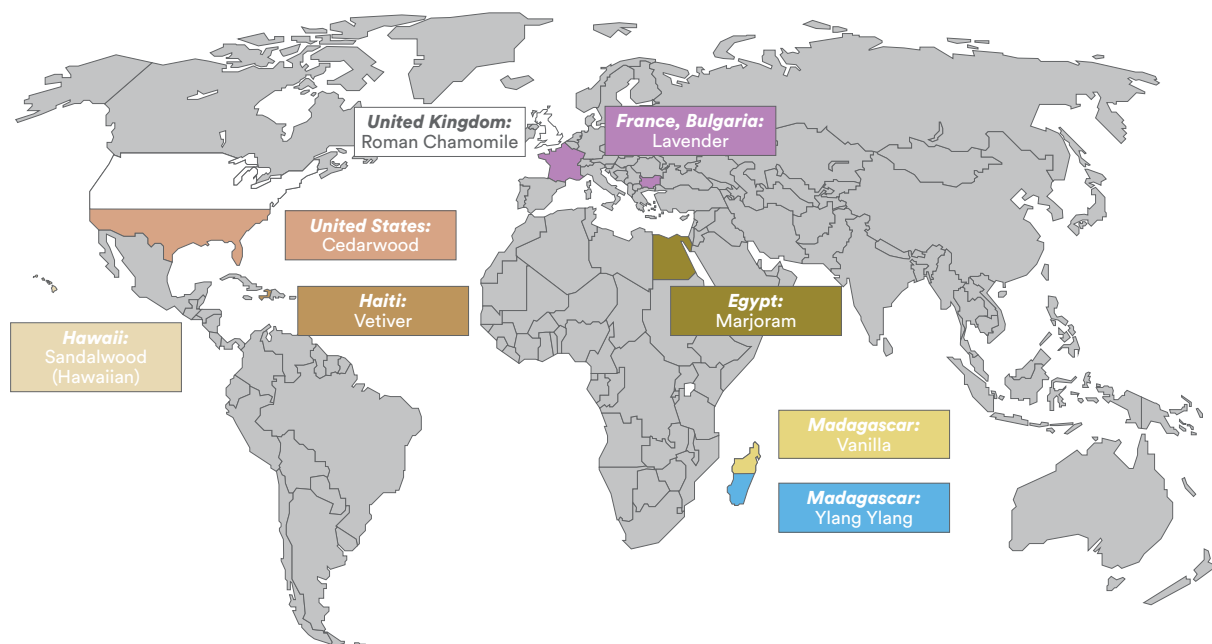
The beauty of Serenity Touch is that it provides a more convenient way to enjoy the aromatic and topical benefits of dōTERRA Serenity® blend. Not only is it gentle on the skin, but it's specifically designed for more targeted application when used topically. During an evening massage, roll Serenity Touch on your shoulders or temples to enjoy a soothing sensation on the skin or get the kiddos involved by applying it to the bottoms of their feet for a relaxing scent as they prepare for bed.

## When Should I Use Serenity Touch?

The best time to use Serenity Touch is during the evening, specifically when winding down for sleep. Start off your bedtime routine with a soothing massage by rolling Serenity Touch onto your shoulders or legs then gently massage it into the skin for a grounding experience. Before your head hits the pillow, apply Serenity Touch to the bottoms of your feet to enjoy a tranquil, soothing aroma as you get ready for bed. By using Serenity Touch in your nighttime ritual, you can help create a relaxing, restful atmosphere as you drift off to dreamland.



## Where Serenity Touch Comes From



## Why Serenity Touch?

All the oils found in dōTERRA Serenity Touch—Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Bean Absolute, and Hawaiian Sandalwood—have relaxing, calming aromatic properties that make it an ideal choice at bedtime. Its sleek, roll-on design and base of Fractionated Coconut Oil makes dōTERRA Serenity Touch the perfect option for even, mess-free application, ideal for children and those with sensitive skin.



### **Tip:** *Bedtime Buddy*

Whether you're at home or traveling, it's a good idea to keep dōTERRA Serenity Touch by your bed—either on your bedside table or dresser—so you can always have quick and easy access to its soothing aroma as you catch some z's.



# dōTERRA Touch® Balance

## What Is Balance Touch?

dōTERRA Touch Balance captures the essence of Balance, our signature grounding blend, in the convenience of a 10 mL dōTERRA Touch® roll-on. Aptly named, this blend presents a perfectly balanced combination of CPTG® Spruce, Ho Wood, Frankincense, Osmanthus, Blue Tansy, and Blue Chamomile in a gentle base of Fractionated Coconut Oil to help you deliver its steady and centering fragrance with ease.

## How Do I Use Balance Touch?

### *Aromatically*

Although Balance Touch is mainly intended for topical application, its fresh and grounding aromatic profile helps create a tranquil, supportive environment whenever and wherever you need it. During times of overwhelm, hold the roller bottle below your nose and inhale its peaceful, woody aroma. To help create an atmosphere of balance, roll Balance Touch onto your pulse points and over your heart and breathe in its calming, centering scent during your daily meditation or yoga practice.

### *Topically*

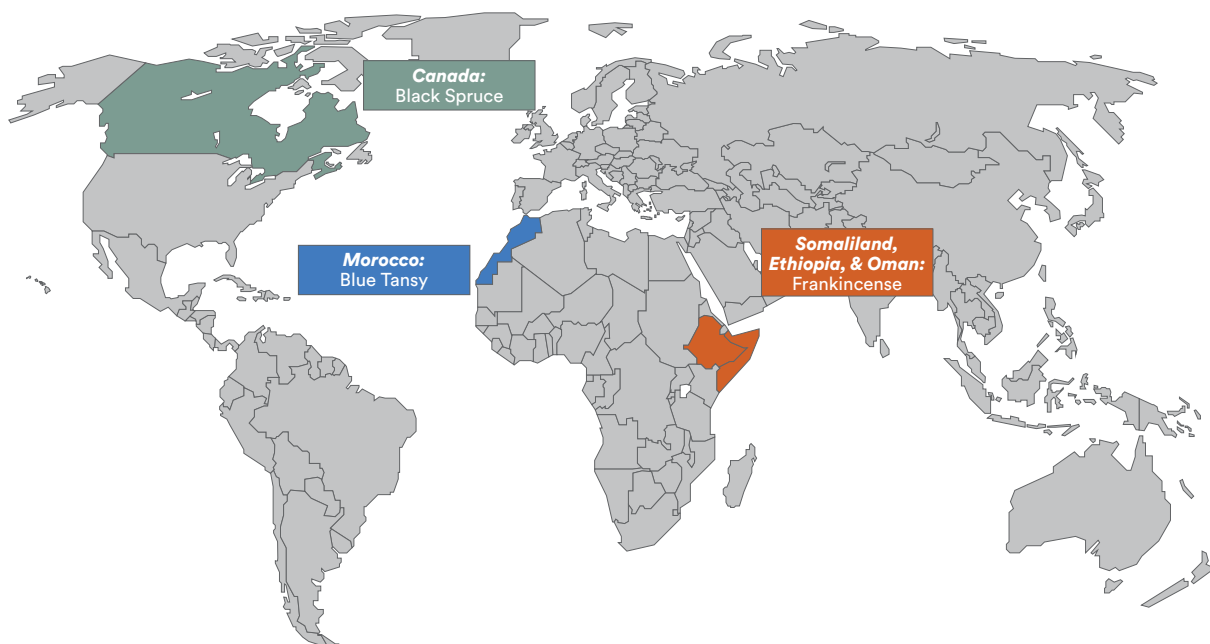
Balance Touch is specifically intended for topical use. The bottoms of the feet and pulse points are ideal places to apply Balance Touch, especially in the morning or during moments of personal meditation. Balance Touch also makes an excellent choice for an evening massage oil. This blend of rare and precious essential oils is prediluted in Fractionated Coconut Oil for ease of use—it comes ready to apply straight to the skin!

## When Should I Use Balance Touch?

Balance Touch is an all-day tool, perfect for applying in the mornings, throughout the afternoon, and at night. Begin the day by applying dōTERRA Touch Balance to your temples or by rolling it on your hands and taking a few deep breaths. Then, as needed during the day, apply Balance Touch to your wrists or neck to enjoy its centering scent whether you're at home or the office. Finally, in the evening, roll Balance Touch onto your neck or the bottoms of your feet during your nightly routine for a soothing aroma before bed.



## Where Balance Touch Comes From



## Why Balance Touch?

Balance Touch was expertly formulated with essential oils known for their grounding properties. Frankincense lays the blend's foundation as one of the most prized and beloved essential oils on the planet, while Spruce and Ho wood invite harmonious forest notes to the aroma. Blue Tansy and Blue Chamomile contribute their soft, calming scents, and precious Osmanthus rounds out the blend with a gentle, floral sweetness. When these essential oils come together, they create the ultimate meditation blend. Best of all, with its pocket-sized roll-on design, you can always have easy access to its topical and aromatic benefits.



### **Tip:** *Road Trip Done Right*

During your next road trip, apply Balance Touch on your temples or pulse points throughout the drive to create a pleasant, balanced atmosphere while you're traveling.



# dōTERRA

## Touch® Helichrysum

### What Is dōTERRA Touch Helichrysum?

The name "Helichrysum" is derived from the Greek "helios" meaning sun, and "chrysos" meaning gold, referring to golden color of this flower's tiny, delicate blossoms. Also referred to as the "everlasting" or "immortal" flower, Helichrysum has been used in herbal wellness practices since ancient Greece and the oil is highly sought after for both for its soothing aroma and many benefits, particularly those to the skin.

### How Do I Use dōTERRA Touch Helichrysum?

#### *Aromatically*

dōTERRA Touch Helichrysum delivers the unique aroma of Helichrysum essential oil, which is famously herbal yet sweet like wild honey. Although this product is designed specifically for topical use, it can still provide a calming, centering aromatic experience, especially if you pause to take several deep breaths after you apply it.

#### *Topically*

Deserving of its nickname, the "immortal flower," Helichrysum essential oil is gentle and renewing to the skin. When applied topically, dōTERRA Touch Helichrysum promotes a clear complexion and soothes dryness, thanks especially to its base of moisturizing Fractionated Coconut oil. Regular application can help promote healthy, glowing skin, whether you apply it to targeted areas of the face, such as the sites of wrinkles and fine lines, or use a more generous applications to help soothe the skin when it is dry or irritated, such as after shaving or longer periods of sun exposure.

### When Should I Use dōTERRA Touch Helichrysum?

Thanks to its convenient dōTERRA® Touch roll-on design and predilution in gentle Fractionated Coconut oil, there's not time that dōTERRA Touch Helichrysum can't make a difference in your day. It can be taken with you anywhere for clean, even application directly on your skin, whether you need on-the-spot soothing or are using this oil in your regular skincare.

Because you can always keep it on hand, dōTERRA Touch Helichrysum is a great naturally sourced answer for all sorts of skin needs. Apply it after shaving for a little extra or soothing and moisturizing support, use directly on dry patches of the skin, or roll a little dōTERRA Touch Helichrysum on children's hands, knees, and elbows to comfort their skin amidst all the climbing, tumbling, and fun of childhood.

dōTERRA Touch Helichrysum is also a great essential oil to have on hand for adult skin care. Use it as part of a skin care routine to soothe skin on a regular basis and promote a glowing, youthful complexion.



## Where dōTERRA Touch Helichrysum Comes From



## Why dōTERRA Touch Helichrysum?

Helichrysum's primary chemical constituent is neryl acetate, which is a naturally occurring, famously skin-soothing component. Thanks to this constituent, Helichrysum oil supports healthy-looking skin and can even help reduce the appearance of skin imperfections. Helichrysum is a very gentle oil that is already ideal for many different skin types and skin of all ages, but diluted in an enriching base of Fractionated Coconut Oil, this precious essential oil becomes even more accessible. Its aroma is also truly unique among all other floral essential oils, and can provide your daily routines with a mild, calming sweetness you need among your busy activities.



### **Tip:** *A Golden Aroma*

Although dōTERRA Touch Helichrysum is primarily intended for topical use, its aroma is both prized and precious. It offers a one-of-a-kind, honey-like warmth to any essential oil perfume blend, one that can beautifully complement the unique chemistry of your skin. So, the next time you're blending a personal aroma using dōTERRA essential oils, first roll on a thin layer of dōTERRA Touch Helichrysum as the subtle base note of your scent.



# dōTERRA Touch® Neroli

## What Is dōTERRA Touch Neroli?

Distilled from the beautiful, white blossoms of the bitter orange tree, dōTERRA Touch Neroli offers a sweet, citrus-like floral aroma. dōTERRA Touch Neroli is prediluted in a base of Fractionated Coconut Oil to enhance its moisturizing properties and deliver its uplifting scent with gentle ease.

## How Do I Use dōTERRA Touch Neroli?

### *Aromatically*

With an enchanting profile of fragrant floral and uplifting citrus notes, dōTERRA Touch Neroli has an aroma that's unique to other floral oils. You can make this sweet scent your own signature fragrance by applying dōTERRA Touch Neroli to your wrists, neck, and other pulse points as needed throughout the day or before a special occasion. Or you may simply wish to take a moment during a busy day to stop and breathe in its calming aroma.

### *Topically*

As a convenient roll-on, dōTERRA Touch Neroli was designed with topical use in mind. Prediluted in a gentle base of Fractionated Coconut Oil, Neroli absorbs smoothly and evenly into the skin and has a longer-lasting aroma. Enriched with additional moisturizing properties, dōTERRA Touch Neroli is best for soothing occasional dryness and promoting a youthful-looking complexion. You can also apply it directly to cuticles or other targeted areas in need of extra hydration.

## When Should I Use dōTERRA Touch Neroli?

Its small, compact size makes it easy to take the refreshing aromatic and skincare benefits of dōTERRA Touch Neroli with you wherever you go. You can indulge in its delicate fragrance on special occasions or throughout the day as a unique personal perfume.

In addition to your regular moisturizer or face cream, including dōTERRA Touch Neroli into your daily skincare routine comes with enriching benefits. Applying this rare and precious floral oil on targeted areas both morning and night can help soothe dry skin and keep the skin looking moisturized and healthy.





## Where dōTERRA Touch Neroli Comes From



## Why dōTERRA Touch Neroli?

Linalool and linalyl acetate are the primary chemical constituents found in dōTERRA Touch Neroli, making them the main contributors to its rich, beautifying properties and fresh, uplifting fragrance. Because of this unique chemical makeup, dōTERRA Touch Neroli adds the perfect touch to your daily beauty routine, helping to soothe dry areas while keeping your skin looking clean and youthful. Best of all, dōTERRA Touch Neroli comes in a gentle base of Fractionated Coconut Oil so children and those with sensitive skin can enjoy its topical benefits.



### **Tip:** *A Haircare Must*

There are other ways get creative with the topical potential of this beautiful oil. Roll a small amount onto the tips of your hair for a touch of moisture and a fragrance that renews with every turn of your head or passing breeze.



# dōTERRA Touch® Vetiver

## What Is dōTERRA Touch Vetiver?

Steam distilled from the roots of the tall, thick Vetiver grass, dōTERRA Touch Vetiver delivers the same treasured benefits as the 15 mL Vetiver essential oil, now beautifully purposed as a dōTERRA Touch® 10 mL roller. With its smooth, gliding applicator, you can directly apply Vetiver essential oil to the skin with no mess, plus enjoy the moisturizing and absorption-boosting benefits of Fractionated Coconut Oil.

## How Do I use dōTERRA Touch Vetiver?

### *Aromatically*

With an aroma that is celebrated worldwide for grounding and calming qualities, Vetiver essential oil is well deserving of nicknames like "fragrance of the soil" and "oil of tranquility." You can enjoy dōTERRA Touch Vetiver by taking a long, centering breath with the applicator directly beneath your nose, or you can wear it directly on your skin like a perfume to savour its soothing, grounding scent throughout your entire day.

### *Topically*

dōTERRA Touch Vetiver makes it easier than ever to take advantage of the remarkable topical benefits of Vetiver essential oil. Apply this precious oil to clean, targeted areas of the skin as a regular step in your nighttime or skincare routine. The Fractionated Coconut oil base helps moisturize and hydrate the skin while the Vetiver absorbs and further conditions your skin for a nourished, healthy-looking radiance.

Because dōTERRA Touch Vetiver glides smoothly on the skin, you can easily apply it to the bottoms of your feet for a truly tranquil aroma as you prepare for bed or roll a generous application over your neck and shoulder as part of a nurturing massage at the day's end.

## When Should I Use dōTERRA Touch Vetiver?

dōTERRA Touch Vetiver has a special place in your regular bedtime routine. As you start winding down for the evening, roll dōTERRA Touch Vetiver onto your wrists, temples, neck, or feet to support a calming atmosphere that helps set the scene for a good night's sleep.

The grounding properties of this oil also make it well suited for morning affirmations or afternoon meditations. As you center your thoughts and create a few minutes of stillness, invite the scent of dōTERRA Touch Vetiver by holding the bottle in hand or apply gently to your pulse points to enjoy while you practice deep breathing.

## Where dōTERRA Touch Vetiver Comes From



## Why dōTERRA Touch Vetiver?

Due to its high concentration of the chemical constituents carvone, isovalencenol, and khusimol, Vetiver brings a deeply earthy, grounding aroma that sets it apart from other root essential oils. Because of the clean, portable dōTERRA Touch® design, you never have to go without the extraordinary benefits of Vetiver essential oil. Now prediluted in a base of Fractionated Coconut Oil, children and those with skin sensitivities can also more easily enjoy the enriching topical benefits of dōTERRA Touch Vetiver.



### **Tip:** *On-The-Go with Vetiver*

Take your skincare routine on-the-go by keeping dōTERRA Touch Vetiver in your pocket or purse for easy access to its topical benefits when you're out and about. dōTERRA Touch Vetiver is also the perfect companion to have by your side during busy work afternoons or after exercising. Keep in your gym bag for quick access to its soothing topical benefits as a part of an indulgent post-workout massage.