

# My Wellness Diary





# Skin Saviour

Lam Yee Mun

Presidential Diamond



Taking care of my skin and hair with essential oils and essential oil-infused products is one of my most important daily routines.

Each day, I will use dōTERRA's Protecting Shampoo and Smoothing Conditioner to wash and care for my hair. After hair wash, I will wipe off the excess water and proceed to mix two drops of Ylang Ylang and one pump of Root to Tip Serum, and massage evenly into my scalp. Next, I will mix one drop of Geranium with one pump of Root to Tip Serum, and massage evenly into my hair. Finally, I will apply Healthy Hold Glaze before I blow-dry my hair.

Besides, I will use my own formula for haircare twice a week. The formula includes mixing six to eight drops of Lavender, Rosemary, Cedarwood, Clary Sage and Tea Tree into a 15 mL empty bottle, follow by filling the rest with Fractionated Coconut Oil.

I will use Verage® Skin Care series for my face and neck care. The Verage® Skin Care series can improve skin condition gradually, making it radiant, firmer and brighter. Also, I will use them with Yarrow|POM, Immortelle and Frankincense. I really like Yarrow|POM because it is a specially-blend proprietary formula which combined yarrow and pomegranate seed essential oils. It helps to promote younger-looking skin.



As for total body care, I will mix one to two drops of Geranium, Hawaiian Sandalwood, Bergamot and Vetiver with one tablespoon of SPA Hand & Body Lotion and apply it evenly on my body. Geranium and Hawaiian Sandalwood possess strong moisturizing effect, while Bergamot is full of fruity and floral aroma which helps to calm and uplift my mood. As for Vetiver, it helps to soothe the skin and prolong the scent.





# Best Companion



**Winny Yeoh**

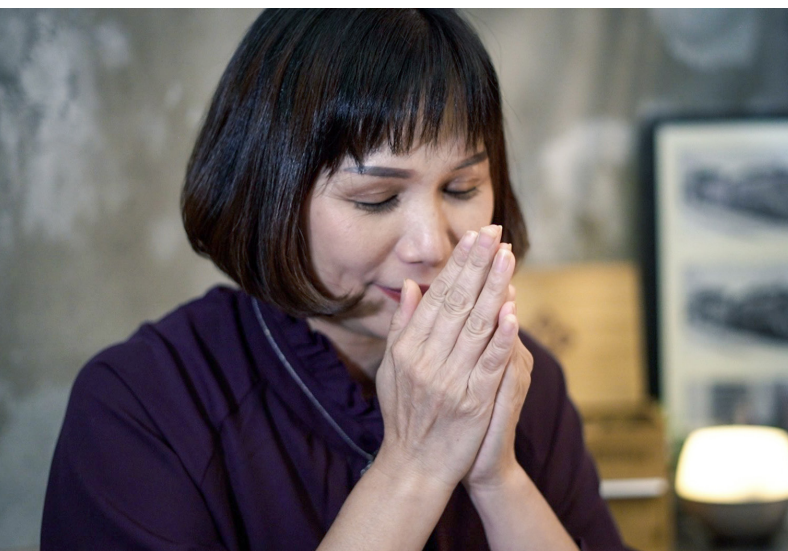
*Presidential Diamond*

Have you wonder what are the essential oils that I will always bring along wherever I go?

The first essential oil is InTune Focus Blend. This essential oil allows me to pay attention and stay focused on my tasks whenever I manage my dōTERRA business. It contains the carefully selected essential oils such as frankincense, ylang ylang, hawaiian sandalwood, Roman chamomile, etc. When applied to the back of my neck, its calming aroma helps me feel calm and focused during work.

The second essential oil is the Rose Touch. As the queen of flowers, Rose is one of the most precious essential oils in the world. Combined with Fractionated Coconut Oil, Rose Touch helps balance moisture levels in the skin. After applying, my skin looks brighter. Rose Touch can also be applied to the neck and wrists as a beautiful and romantic personal fragrance.

The last essential oil is my own personal formula which I named Massage Blend Oil. The formula contains 10 drops of Deep Blue, Cypress, Lavender and Peppermint. Deep Blue is soothing and cooling to the skin, which helps to soothe tired muscles. Cypress has a fresh, woody and herbaceous aroma. It is invigorating and suitable to use in massage to relax the muscles. Being one of the most popular essential oils, Lavender has the effects of soothing, relaxing and calming. Whereas, the menthol in Peppermint is cooling to the skin, which helps to relieve muscle discomfort. After applying on my neck and shoulders, this special blend of mine helps relax my body and relieve the discomfort of stiff shoulders after sitting for long hours.





# Evening Routine

Henry Fong

Blue Diamond



How do I enjoy “Me Time”?

Whenever I reach home after work in the evening, I will use AromaTouch to massage my neck. AromaTouch combines the essential oils of basil, cypress, peppermint, lavender and so on.

It is a perfect and relaxing blend of essential oils. I will go to bath 15 minutes after massaging using AromaTouch. The feeling is just like doing a sauna. This helps our body to eliminate the feeling of fatigue.

I will diffuse Bergamot when I am handling some miscellaneous matters. Bergamot has concentrated fruity aroma and light floral scent. Besides calming the mind, Bergamot also helps in invigorating our spirit.

Having high quality sleep is also an important part of enjoying my me-time. My favorite essential oils for improving sleep quality include Vetiver which has deep aroma and relaxation effects, as well as Balance that has a strong calming effect.



Every night, 15 minutes before I go to sleep, I will diffuse Balance to help me sleep better. Balance combines black spruce, ho wood, frankincense, blue tansy and osmanthus essential oils. Its fresh woody aroma is combined with a light sweet aroma. It is capable of soothing our troubled emotions, its sweet aroma also helps in improving my sleep quality.







# Quality Time with Kids

**Chok Sin Ee**  
*Blue Diamond*

doTERRA essential oils bring various beautiful aroma to the enjoyment of my children.

Every morning, I will apply On Guard Touch to the back and bottom of the feet of my children to help boost their body defense.

Since my children are prone to stomach discomfort, as well as to allow them to have fresh and clean air all the time, DigestZen Touch and Easy Air Touch are the must-haves for my children. Both essential oils are in roll-on bottle whereby its metal-ball design allows essential oil to be applied directly to the skin. This makes it easier for my children to use.

In addition, I will prepare a DIY hand sanitizer for my children so that they can maintain hand cleanliness and personal hygiene at all times. This hand sanitizer contains On Guard, Spearmint, and Wild Orange.

I will always diffuse a diffuser blend formula called "Total Focus" that I prepared for my children. It is made from mixing two drops of Peppermint, Frankincense, and Rosemary.

This diffuser blend helps to improve the energy level of my children and allows them to be more focused on their studies.

At night, I will often massage their hands using Lavender and Balance. These two essential oils have the ability to relieve stress and encourage better sleep.





# Morning Energy

Ho Mei Li

Blue Diamond

ō

Every morning is a new beginning. Therefore, I love using essential oils to kick-start my morning in order to have a productive day.

When I wake up, I start with putting two drops of Peppermint on my palm, inhale it, and then gently massage it into my scalp. This helps to energize my senses and instantly refreshes me.

After the morning shower, I will apply ClaryCalm on my abdomen. ClaryCalm is a woman's best friend as this blend helps to balance our emotions and our mood. I will roll two lines of ClaryCalm on my lower abdomen and then gently massage it.

After this, I will put a few drops of Elevation on my palm, rub gently to warm it, inhale it, and then apply it on my chest. Elevation is called the joyful blend whereby it helps to elevate our mind and uplift our mood.

When I'm having breakfast, I would always diffuse three drops of Petitgrain, Wild Orange, and Peppermint. This is my favorite combination as the scents are uplifting and refreshing, which stimulate our mind. It also helps to create a positive atmosphere.

Lastly, before going out, I will definitely apply Immortelle behind my ears down to my neck, as well as on my wrist area. Although Immortelle is popular for its anti-aging benefits, I love to use it as a perfume and it is always in my handbag. It consists of precious essential oils like rose, hawaiian sandalwood, helichrysum, frankincense, etc. This powerful blend encourages gratitude and kindness and it allows me to see things from a new perspective.







# Spa Time



Annda Lee

*Blue Diamond*

Being relax is important to me. Every week, I will make time for personal relaxation by doing face gua sha, head massage, body spa and foot spa with essential oils.

When I am taking a bath, I will put a few drops of my favorite essential oils into the bathtub such as Lavender, Rosemary and Eucalyptus. Lavender can be calming and relaxing. The herbal aroma from the Rosemary helps to reduce anxious feeling and fatigue. Eucalyptus helps to calm our mind too.

At the same time, I will mix AromaTouch and Ginger with Fractionated Coconut Oil and apply it evenly on my body, and follow by a 15 to 30 minutes warm bath. You will experience total relaxation after this bath.

Foot spa is very suitable for those who are constantly standing. There are numerous formulas for essential oil foot spa. My favorite one would be mixing Ginger and Lemongrass together with a carrier oil to become a soothing massage formula. First, I will fill up the barrel with warm water. Next, I will mix Fractionated Coconut Oil, Ginger and Lemongrass together, and apply it evenly on my feet. After that, I will soak my feet for 15 minutes. This is my favorite and most relaxing foot spa time.





# Emotional Management

Lim Mian Foo

Blue Diamond



Adaptiv is made up of a variety of essential oils. It contains precious essential oils of wild orange, lavender, copaiba, spearmint, magnolia, rosemary, neroli and sweetgum. I really like the aroma of Adaptiv. The aroma of lavender, magnolia and neroli help to relieve stress and calm the emotions. While the aroma of wild orange, rosemary and spearmint can uplift my mood.

Each morning, I will use Adaptiv Touch as a perfume. First, I will rub the oils on my palms and inhale deeply. In addition, I will rub it on my neck and wrist. The aroma of Adaptiv makes me feel comfortable.

I would diffuse Adaptiv during work. It helps to relax my mind, and helps me feel motivated and stay focused in completing my task.

Adaptiv is a perfect formula. Besides helping to manage our emotion, it also helps to balance our physical and mental health. It is an essential oil that you will definitely need.







# Better Me



Pauline Tey

*Blue Diamond*

Vetiver helped me to become a better person. In Feng Shui, there is a saying that the earth produces gold. Hence, I believe in root-type essential oil such as vetiver for its ability to boost wealth and luck.

Vetiver is used for calming and soothing purposes. Whenever I feel less confident and nervous I will apply Vetiver on my wrist, and back of my ears, especially before I present a speech on stage. The aroma from the Vetiver will help me feel incredibly confident and focused.

I like Vetiver for its complex, unique, and consistent woody aroma. Its flexibility allows it to be mixed with other essential oils. It is one of my favorite essential oils for DIY fragrance. By combining 10 drops of Vetiver, Cedarwood and Juniper Berry, 15 drops of Bergamot and Rosemary, together with Fractionated Coconut Oil, this perfect blend helps boost my charisma and calm my emotion.

Before going to bed, I will diffuse it in my bedroom. I will mix Vetiver together with Lavender and Petitgrain to help my family and me to sleep better at night.





# Pick-me-up

Forest Chew

Blue Diamond



How do I maintain a good mood for the whole day?

After freshening up in the morning, I will follow up with a simple haircare routine. It involves applying two to three drops of Elevation and Hawaiian Sandalwood evenly into the scalp and ends of my hair. Elevation contains citrus, lavender, ylang ylang and osmanthus essential oils that can energize and revitalize the body. Hawaiian Sandalwood nourishes and soothes the scalp making me feel joy throughout the day.

I will then apply Rose Touch as a body lotion to keep my skin healthy. The scent of rose makes me feel loved and contented for the whole day.

In addition, I love to use Wild Orange and Peppermint because these two essential oils are good for mood boosting. I will bring these two essential oils along so they will be there for me whenever I need them.

Before going for a long drive or in the afternoon, I will often use one or two drops of Wild Orange and Peppermint, rub it on my palm, and inhale deeply to feel energized and eliminate the drowsy feeling.



I will apply Wild Orange and Peppermint on my body before meeting new friends for the first time. This allows me to feel positive and help bring good luck to me. I will also recommend my new friends to try these two essential oils whenever I do essential oil sharing. Many of them love Wild Orange and Peppermint after they have experience its aroma!







# Travel Buddy



**Joshua Ang**  
*Blue Diamond*

With dōTERRA essential oils, my trips definitely become smoother. Let me unveil to you what are the essential oils I will use during my trip.

First, I will use Peppermint to boost the wellbeing of my body and mind. It is one of my favorite essential oil no matter which day of the week. I will drop a few drops of Peppermint on the collar, or on the palm, and inhale it to feel energize.

Sometimes, I may experience discomfort when travelling. ZenGest has become my go-to companion in any of my trip. It combines ginger, peppermint, fennel, coriander and other essential oils to help relieve my stomach upset. It also helps me to sleep well at night.

At night, I will diffuse On Guard in the hotel room. This unique aroma of On Guard contains wild orange, clove, cinnamon, eucalyptus, and rosemary essential oils. It helps to purify the air and boost our defence power.

Frankincense is another must-have whenever I travel. Before going to bed, I will apply Frankincense on my body and the aroma helps me sleep well.





# Breathe Happily

Lee Hui Ling

Diamond

ō

We spend most of our time indoors, so the indoor air quality is very important to me.

There are two exclusive diffuser blends that I like to diffuse in the living room. The first blend includes three drops of Spearmint, three drops of Oregano and four drops of Lime. Another blend is six drops of Grapefruit and two drops of Arborvitae. These blends can help to cleanse and purify the air. The Lime and Grapefruit have a sweet aroma, you will feel comfortable and uplifted after smelling these aromas.

I love to diffuse Litsea, Clearify, Tea Tree, Eucalyptus and Citrus Bliss in the bedroom. These essential oils can help to purify the air and improve sleep quality, especially the Citrus Bliss and Litsea. Citrus Bliss is an essential oil blend which combines other citrus essential oils. Its aroma is very invigorating and sweet because of the vanilla bean absolute ingredient. It can freshen the air and helps you feel uplifted too. Litsea may help to reduce dust circulation and cleanse the air.



Because of the pesky cooking smells and flies in the kitchen, I will DIY air freshener spray to help to freshen up the air and to repel the flies. I will add 10 drops of Purify, 20 drops of Eucalyptus and 10 drops of Peppermint with filtered water in a bottle and spray around the kitchen.

To remove odors and bugs in the bathroom, I will DIY wax melts with On Guard to freshen up the bathroom or add Lemongrass to repel bugs.







**+603 2633 7888**



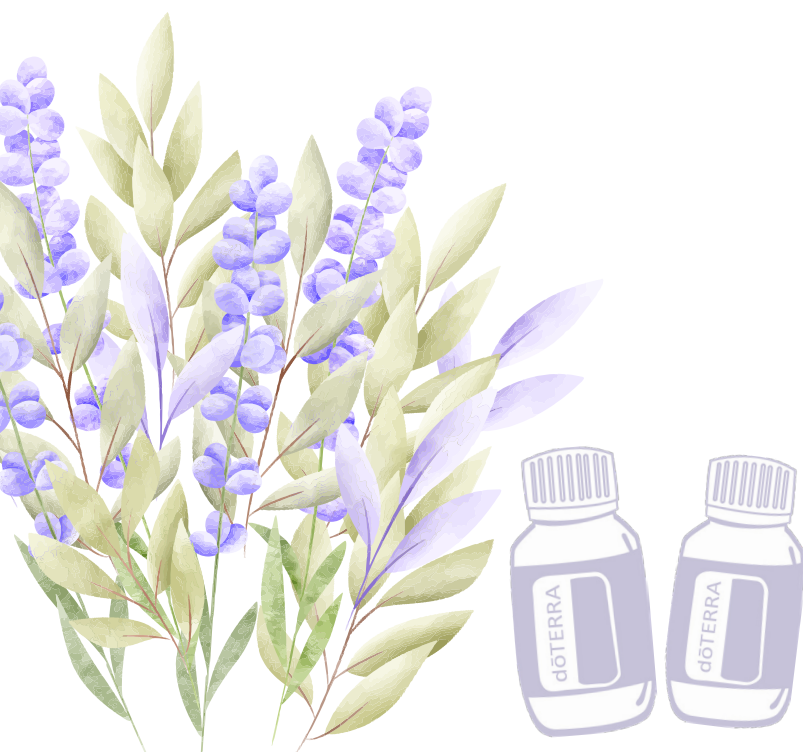
**malaysia@doterra.com**



**doTERRA Essential Oils Malaysia /  
doTERRA Business Malaysia**



**doterra\_my**



**dōTERRA<sup>®</sup>**  
MALAYSIA  
A.J.L. 932137

201401037485 (1113630-U)