

ICE BLUE RUB®

Athletic Cream 120mL

PRIMARY BENEFITS

- Blended in a base of moisturising emollients that leaves your skin soft and non-greasy, perfect for the athlete in your life
- Provides a cooling and soothing sensation to targeted areas

PRODUCT DESCRIPTION

Ice Blue Rub® is a rich, topical cream infused with the Ice Blue® Athletic Blend of essential oils. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Ice Blue Rub® provides a comforting sensation of cooling and warmth to problem areas.

Made with dōTERRA's top-selling Ice Blue® essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomille, Helichrysum, Ylang Ylang and Osmanthus, this is an essential addition to your bathroom cabinet and gym bag.

Ice Blue Rub® is blended in a base of moisturising emollients that leave your skin feeling soft and not greasy. It is the choice of massage therapists and sports practitioners who currently use Ice Blue® essential oil blend in their practice.

DIRECTIONS FOR USE

Massage cream onto desired areas.

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

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

SAFETY DIRECTIONS:
DO NOT SWALLOW.

FIRST AID

For advice, contact a Poisons Information Centre (eg. Phone Australia 13 11 26; New Zealand 0800 764 766) or a doctor at once. If in eyes, wash out immediately with water. If swallowed, do NOT induce vomiting and get medical help or contact a Poisons Information Centre immediately.

For external use only. Avoid contact with eyes. Do not use on wounds or damaged skin.

INGREDIENTS

Water (Aqua), Gaultheria procumbens (Wintergreen) Leaf Oil, Cinnamomum camphora (Camphor) Bark Oil, Menthol, Cetearyl Alcohol, Prunus amygdalus dulcis (Sweet Almond) Oil, Stearic Acid, Glyceryl Stearate, PEG-100 Stearate, Mentha piperita (Peppermint) Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Butylene Glycol, Caprylic/Capric Triglyceride, Cananga odorata (Ylang Ylang) oil, Capsicum frutescens Extract, Chamomilla recutita (Blue Chamomille) Flower Oil, Tanacetum annuum (Blue Tansy) Oil, Helichrysum italicum (Helichrysum) Flower Oil, Allantoin, Gardenia florida Fruit Extract, Osmanthus fragrans (Osmanthus) Flower Extract, Aloe barbadensis Leaf Juice, Chlorella vulgaris Extract, Retinyl Palmitate, Squalane, Ceteareth-20, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Dimethicone, Phenoxyethanol, Caprylyl Glycol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Xanthan Gum, Ethylhexylglycerin, Hexylene Glycol, Polysorbate 60, Maltodextrin, Sodium PCA, Tetrasodium Glutamate Diacetate



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PEPPERMINT BEADLETS

Mentha piperita (125 beadlets per container)

PRIMARY BENEFITS

- Dissolve in mouth for a fresh, minty burst
- Convenient beadlets are perfect for travelling and on-the-go

PRODUCT DESCRIPTION

Through a unique and exclusive process, dōTERRA has captured the unique benefits of Peppermint essential oil in the convenience of a soft vegetarian beadlet.

Each tiny beadlet delivers a refreshing burst of Peppermint as it dissolves in your mouth, while invigorating your senses as you breathe in the cooling aroma of pure Peppermint essential oil.

USES

- Dissolve one beadlet in mouth for a fresh flavour burst.
- Take after meals for a refreshing flavour.

- Have a bottle on hand when travelling for a convenient breath refresher.

DIRECTIONS FOR USE

Consume one beadlet as desired.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Store in a cool, dry place.

INGREDIENTS

Peppermint Oil, Coconut Oil, Palm Oil, Agar, Guar Gum, Glycerin, Sodium Alginate, Carrageenan, Xylitol.



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COPAIBA

Copaifera essential oil 15 mL

Spicy, woody

Aromatic description

PRIMARY BENEFITS

- Unwind and relax by incorporating Copaiba essential oil into a warming and soothing massage, ideal for tired muscles.
- Help reduce the appearance of blemishes. Add to your facial moisturiser to promote the appearance of a clear and smooth complexion.
- We all need a little calm sometimes. The woody and calming scent of Copaiba Essential Oil is ideal when feeling overwhelmed.

PRODUCT DESCRIPTION

Copaiba essential oil is derived from the resin of the copaiba tree which can grow upwards of more than 30 metres and can be found in tropical South America.

Copaiba oil is widely used in cosmetic products including soaps, creams, lotions and perfumes. Since the 16th century, copaiba essential oil has been utilised in traditional health practices by the natives of north and northeastern Brazil.

Similar to Black Pepper essential oil, Copaiba essential oil is soothing and calming to the emotions and can be applied topically when combined with a carrier oil to promote the appearance of a clear, smooth complexion.

DIRECTIONS FOR USE

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

FOOD FLAVOUR: Add one or two drops to food or water.

TOPICAL USE: Combine one to two drops with a teaspoon of carrier oil and massage into the 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.

PLANT PART:

Resin from *Copaifera reticulata*, *officinalis*, *coriacea* and *langsdorffii*

EXTRACTION METHOD:

Steam distillation

MAIN CHEMICAL COMPONENTS:

Caryophyllene



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EUCALYPTUS

Eucalyptus radiata 15 mL

Camphoraceous, airy

Aromatic description

PRIMARY BENEFITS

- Clear and calming aroma
- Promotes feelings of relaxation
- Breathe a sigh of relief with the diffusion of Eucalyptus essential oil

PRODUCT DESCRIPTION

Eucalyptus trees are tall evergreen trees that can grow up to 150 metres in height and are also known as Gum Trees. The main chemical components of Eucalyptus Radiata are eucalyptol and alpha-terpineol, making it an ideal oil to diffuse or apply topically for that distinct fresh, clean and calming scent of Eucalyptus oil.

Eucalyptus has cleansing properties that can be beneficial for the skin and for cleansing surfaces. Eucalyptus is often used to promote a sense of calmness and balance.

USES

- Combine with Lemon and Peppermint in a spray bottle and use to wipe down surfaces in your kitchen or bathroom.

- Add one drop to your moisturiser and apply to help revitalise the appearance of your skin.
- While showering, place a few drops in your hands, place over nose, and inhale deeply for aromatic invigoration and vitality.

DIRECTIONS FOR USE

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

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

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.

PLANT PART: Leaf/Stem

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Eucalyptol, alpha-terpineol



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LEMONGRASS

Cymbopogon flexuosus 15 mL

Clean, fresh, citrus, bright

Aromatic description

PRIMARY BENEFITS

- Refreshing and invigorating aroma

PRODUCT DESCRIPTION

Lemongrass has a pungent, herbaceous aroma that gives you a sense of heightened awareness and positivity when diffused.

It is ideal to promote an overall sense of emotional and spiritual wellbeing.

Lemongrass is also renowned for its unique flavour and is popular in many Asian dishes.

USES

- Use to flavour Asian inspired dishes and salads.
- Blends well with Basil, Cardamom or Spearmint essential oils in the diffuser.

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.

PLANT PART: Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Geranial, neral



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WINTERGREEN

Gaultheria fragrantissima 15 mL

Sweet, minty, refreshing

Aromatic description

PRIMARY BENEFITS

- Great for a warming, soothing massage after exercise
- Has a refreshing aroma that uplifts to enliven the senses

PRODUCT DESCRIPTION

Wintergreen essential oil is derived from the leaves of a creeping shrub found in coniferous areas. The main chemical component in Wintergreen, methyl salicylate, is used in topical creams and massage blends because of its soothing properties to the skin. In fact, Wintergreen and Birch are the only plants in the world that contain methyl salicylate naturally.

When diffused, Wintergreen essential oil has a refreshing, uplifting aroma to help enliven the senses. Through dōTERRA's Co-Impact Sourcing initiative, our Wintergreen comes from Nepal where it is wild harvested by rural villagers then distilled by community-owned distillation facilities. This process helps create increased economic opportunity for very remote regions in rural Nepal.

USES

- Wintergreen essential oil has

a warming effect when applied to skin and is excellent as part of a soothing massage. A little goes a long way, so use sparingly and dilute with a carrier oil to minimise any skin sensitivity.

DIRECTIONS FOR USE

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

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT FOR INTERNAL USE. 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.

FIRST AID "For advice, contact a Poisons Information Centre (e.g. phone Australia 13 11 26; New Zealand 0800 764 766) or a doctor (at once)". If swallowed, do NOT induce vomiting. If in eyes wash out immediately with water.

PLANT PART: Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Methyl salicylate



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dōTERRA MOTIVATE™

Encouraging Blend 5mL

Fresh, minty, clean

Aromatic description

PRIMARY BENEFITS

- Formulated to help promote feelings of confidence, courage and belief
- An uplifting and positive aroma, ideal to use in times when negative emotions are present.

PRODUCT DESCRIPTION

Are you frustrated at work? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be? Then stop, reset, and restart with dōTERRA Motivate™ Encouraging Blend of mint and citrus essential oils.

dōTERRA Motivate™ with its invigorating scent may help you unleash your creative powers and find feelings of courage that comes from believing in yourself again.

Go ahead and raise the bar, you can do it!

USES

- Apply to the bottom of feet in the morning to jump start your day.
- Diffuse dōTERRA Motivate™ when working on a project at work or studying.

- Apply to pulse points before participating in sporting events or other competitions.

DIRECTIONS FOR USE

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

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

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. Avoid sunlight or UV rays for up to 12 hours after applying product.

INGREDIENTS

Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf Flower and Rosamary Leaf essential oils with Vanilla Bean Absolute



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FRACTIONATED COCONUT OIL

Cocos nucifera 115 mL

Odourless

Aromatic description

PRIMARY BENEFITS

- Softens and soothes dry skin
- An emollient to increase essential oil distribution
- Odourless and colourless for easy blending with any essential oil

PRODUCT DESCRIPTION

dōTERRA Fractionated Coconut Oil is a carrier oil that readily absorbs into the skin, making it an ideal oil for topical delivery.

Its feather-light emollient effect provides a soothing barrier without clogging pores and is ideal for dry skin. It leaves skin feeling silky smooth and non-greasy.

Fractionated Coconut Oil is completely soluble with all essential oils and is colourless, odourless and will not stain.

USES

- Apply topically to help hydrate skin without interfering with your perfume or essential oil blends.
- Mix with calming oils and massage into neck and shoulders for deeper relaxation.

- Dilute stronger oils with coconut oil before applying topically to lessen sensitivity.

DIRECTIONS FOR USE

Use as a light carrier oil for topical applications of essential oils. Dilute one part essential oil to five parts or more of Fractionated Coconut Oil depending on skin sensitivity, or as directed on essential oil label.

For topical use only.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. 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: Fruit

EXTRACTION METHOD:
Fractionation

MAIN CHEMICAL COMPONENTS:
Caprylic /capric triglyceride

