

# dōTERRA BALANCE®

Grounding Blend 15 mL

*Airy, fresh, sweet, woody*

*Aromatic description*

## PRIMARY BENEFITS

- The calming aromas of Ho Wood, Blue Tansy, and Blue Chamomile essential oils found in dōTERRA Balance™ may help to promote feelings of calm.
- Spruce essential oil is high in bornyl acetate, a compound that promotes relaxation and calmness. Try diffusing dōTERRA Balance™ to ease into a good night's sleep.
- Re-focus and re-centre. The grounding combination of Frankincense and Spruce can create a peaceful and meditative space. Take a moment to slow your breath and quieten your mind.

## PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance® Grounding Blend helps create a sense of calm and relaxation.

We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance to help promote tranquility and relaxation.

Spruce, one of the oils in dōTERRA Balance®, was used by Native Americans and is still used today to help bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile aromas can provide a sense of calmness, while Frankincense aroma has grounding and balancing properties.

## USES

- Begin your day by putting dōTERRA Balance® on the bottom of your feet

to help promote a sense of calmness and tranquility to your day.

- A great oil blend to use during an AromaTouch® Hand Massage.
- Apply to your wrists or neck.
- Diffuse in your car during road trips to create a calming, soothing aroma.

## 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.

## INGREDIENTS

Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower.



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# TEA TREE

*Melaleuca alternifolia 15 mL*

*Herbaceous, green, leathery*

*Aromatic description*

## PRIMARY BENEFITS

- Cool and cleansing. Tea Tree is known for its antibacterial properties; it can be applied to the skin when necessary
- Tea Tree essential oil contains a compound known to naturally repel insects.
- Tea Tree's antibacterial effects make it a good alternative to traditional cleaners. Add a few drops to a spray bottle with water and use on surfaces around the home.

## PRODUCT DESCRIPTION

Tea Tree essential oil has over 92 different compounds and limitless applications.

The leaves of the Tea Tree tree were used by the Aboriginal and Torres Strait Islander peoples for centuries. They would apply crushed leaves directly to the skin for a cooling effect.

Tea Tree essential oil is best known for its cleansing properties. It can be used to cleanse and clarify the skin and nails and to support a healthy looking complexion. Diffusing Tea Tree essential oil will help freshen the scent of the air.

## USES

- For topical skin application, apply one or two drops of Tea Tree essential oil in a carrier oil onto area.
- Combine one or two drops with your facial cleanser, as Tea Tree is known for its cleansing properties, or apply to skin after shaving.

- Apply to fingernails and toenails after showering to cleanse and keep nails looking healthy.
- Add a few drops to a spray bottle with water and use on surfaces as a cleaner around the home.

## 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.

**CLEANING USE:** Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. 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.

**PLANT PART:** Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Terpinen-4-ol,  $\gamma$ -terpinene,  $\alpha$ -terpinene



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# WILD ORANGE

*Citrus sinensis 15 mL*

*Sweet, fresh, citrus*

*Aromatic description*

## PRIMARY BENEFITS

- Wild Orange essential oil's energising and uplifting aroma makes it ideal for diffusion. Use it to promote a sense of joy and positivity into your home, workplace or place of study.
- Sweet and zesty. Wild Orange's distinct flavour can be added to food or water. Make a refreshing and citrusy beverage by adding one or two drops to a glass of water.
- Bright and refreshing. Diffuse Wild Orange essential oil to revitalise and rebalance your environment by eliminating unwanted odours.

## PRODUCT DESCRIPTION

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its energising scent.

High in monoterpenes, Wild Orange essential oil has a stimulating and uplifting aroma, making it ideal for diffusion. It can be added to food or water for a citrus burst of flavour.

Wild Orange enhances any essential oil diffuser blend with a fresh, sweet, refreshing aroma.

## USES

- Add a drop to your water or recipe calling for a citrus flavour.
- Diffuse for an uplifting aroma. Blends well with Cinnamon Bark, Cedarwood, Frankincense, Bergamot and Peppermint essential oils.

- For an energising aroma boost, dispense one to two drops in the diffuser with equal parts Peppermint and Frankincense essential oils.

## DIRECTIONS FOR USE

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

**FOOD FLAVOUR:** Dilute one drop in 120 mL of liquid.

## 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. Application to skin may increase sensitivity to sunlight.

**PLANT PART:** Orange rinds (peel)

**EXTRACTION METHOD:**  
Cold pressed/expressed

**MAIN CHEMICAL COMPONENTS:**  
Limonene



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# ON GUARD®

Protective Blend 15 mL

## Invigorate

Aromatic description: Warm, spicy, camphoraceous, woody

Invigorate and cleanse with dōTERRA On Guard®

dōTERRA On Guard® with its warm, spicy, camphoraceous and woody aroma is a powerful essential oil blend. With revitalising Wild Orange, Clove and Cinnamon, diffusing invigorating dōTERRA On Guard® can help energise and uplift any home, workplace or study environment.

### PRIMARY BENEFIT

With Wild Orange, Clove and Cinnamon essential oils, dōTERRA On Guard® is a powerful blend that protects against environmental and seasonal threats.

### SECONDARY BENEFIT

The main essential oil in dōTERRA On Guard® is Wild Orange. Its refreshing aroma helps to create a cleansing and uplifting environment.

### TERTIARY BENEFIT

Clove and Wild Orange Essential Oils give dōTERRA On Guard® its refreshing and clean scent, make it ideal for use in your DIY surface cleanser for the home.

### PRODUCT DESCRIPTION

As one of dōTERRA's best selling products, On Guard® can be used on surfaces throughout the home as a non-toxic cleaner. When diffused, On Guard® provides a pure and uplifting aroma.

### USES

- Soak sliced apples in water and a few drops for a snack.
- Diffuse two or three drops for a refreshing and energising aroma.

### DIRECTIONS FOR USE

#### DIFFUSION:

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

#### FOOD FLAVOUR:

Add one or two drops to food.

#### TOPICAL USE:

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

#### CLEANING USE:

Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

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:

Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf and Rosemary Leaf/Flower essential oils.



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# LAVENDER

*Lavandula angustifolia 15 mL*

*Powdery, floral, light*

*Aromatic description*

## PRIMARY BENEFITS

- Relax and recover. Create the perfect environment for a restful and quality night's sleep by diffusing the peaceful aromas of Lavender in your bedroom.
- Prepare and promote. Add a few drops of Lavender essential oil to your pillows, bedding, or the soles of your feet, to relax and prepare for a restful night's sleep.
- Create a calm and tranquil atmosphere. Lavender's relaxing and soothing aromas are thought to calm anxiety and quieten your mind during stressful periods.

## PRODUCT DESCRIPTION

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits.

In ancient times, the Egyptians and Romans used Lavender for for bathing, relaxation, cooking and as a perfume. its aromatic properties in cooking. Its calming and relaxing qualities continue to be Lavender's most notable attributes.

Applied topically, Lavender essential oil is frequently used to reduce the appearance of skin imperfections. Add to bath water to soak away stress or apply to the temples and the back of the neck.

Add a few drops of Lavender essential oil to pillows, bedding or bottoms of feet to relax and prepare for a restful night's sleep.

Due to Lavender's versatile properties, it is considered the must-have essential oil to have on hand at all times.

## USES

- Keep a bottle of Lavender essential oil on hand to soothe skin.
- Freshen your linen closet or room by diffusing three or four drops.
- Use in cooking to soften citrus flavours and add a flavourful twist to marinades, baked goods and desserts
- Add a few drops of Lavender to pillows and bedding for a calming aroma.

## DIRECTIONS FOR USE

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

**FOOD FLAVOUR USE:** Add one or two drops to food.

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

See additional precautions to the right.

## 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:** Flower/Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Linalool, linalyl acetate



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# AROMATOUCH®

*Spa Blend 15 mL*

*Clean, fresh, mint, powdery*

*Aromatic description*

## PRIMARY BENEFITS

- Comforting and relaxing
- Relax and feel invigorated
- Adds an aromatic experience to a soothing massage

## PRODUCT DESCRIPTION

AromaTouch®, dōTERRA's proprietary massage blend, brings together the unique benefits of essential oils known for their relaxing and comforting properties.

A combination of Cypress, Peppermint, Marjoram, Basil, Grapefruit and Lavender essential oils make a perfect blend that adds many important benefits to various massage techniques.

This popular blend is a vital part of the dōTERRA AromaTouch® Technique, an aromatic experience for applying essential oils to the whole-body.

## USES

- Apply to neck and shoulders or use with carrier oil for massage.
- Give your loved one a hand massage using AromaTouch® essential oil blend and the hand technique.

- Add to Epsom salts and enjoy soaking in a hot bath.

## DIRECTIONS FOR USE

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 and UV rays for at least 12 hours after applying product.

## INGREDIENTS

Cypress Leaf, Peppermint Plant, Marjoram Leaf, Basil Leaf, Grapefruit Peel, Lavender Flower essential oils.



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# PEPPERMINT

*Mentha piperita 15 mL*

*Minty, fresh, herbaceous*

*Aromatic description*

## PRIMARY BENEFITS

- Diffuse for a clear crisp scent in the air
- Invigorating to the senses promoting an uplifted cheery feeling

## PRODUCT DESCRIPTION

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753.

A high menthol content, like that found in the dōTERRA Peppermint essential oil, distinguishes the best quality Peppermint from other products.

Peppermint is frequently used in toothpaste and chewing gum for oral hygiene. Peppermint continues to be one of the best-selling favourites among dōTERRA essential oils.

## USES

- Use a drop of Peppermint with Lemon in water for a refreshing flavour.
- Add a drop to your favorite smoothie recipe for a refreshing twist.

- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense essential oils and inhale for a midday pick-me-up.
- Diffuses well with Basil, Wild Orange, Spearmint, Coriander and Lemon essential oils.

## 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/Stem

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Menthol, menthone, eucalyptol



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# ICE BLUE®

*Athletic Blend 5 mL*

## *Minty, camphoraceous*

*Aromatic description*

### PRIMARY BENEFITS

- Ice Blue® is great to use before or after physical activity. Simply massage gently as required.
- Ice Blue® when used in massage can promote a warming or cooling sensation, ideal for tired and sore muscles.
- Ice Blue® contains Peppermint essential oil, which is known to contain menthol. Gently massage into neck and temples to help relax muscles and ease tension headaches.

### PRODUCT DESCRIPTION

dōTERRA's Ice Blue® is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum and Osmanthus essential oils work together to help soothe and cool.

After long hours on the computer, try rubbing Ice Blue® essential oil blend on your fingers, wrists, shoulders and neck.

A few drops diluted in a carrier oil can be part of a cooling and comforting massage.

### USES

- Apply to feet and knees before and after exercise.
- Massage Ice Blue® with a few drops

of carrier oil onto legs before bedtime.

- Rub on your lower back after a day of heavy lifting at work or during a move.

### DIRECTIONS FOR USE

TOPICAL USE: Apply 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.

### INGREDIENTS

Wintergreen Leaf, Camphor Bark, Peppermint Plant, Ylang Ylang Flower, Helichrysum Flower, Blue Tansy Flower, Blue Chamomile Flower and Osmanthus Flower essential oils.



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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



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