

dōTERRA BALANCE®

Grounding Blend 15mL

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.



Certified Pure Tested Grade

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CEDARWOOD

Juniperus virginiana 15 mL

Nutty, woody, sweet

Aromatic description

PRIMARY BENEFITS

- Relaxing and grounding aroma
- Helps keep skin looking healthy

PRODUCT DESCRIPTION

Cedarwood has a grounding aroma that evokes feelings of spiritual and emotional wellbeing. Known for its rich hue and warm, woody scent, Cedarwood essential oil provides a myriad of benefits.

It is native to cold climates, thriving in high altitudes and growing up to 100 feet. Reminiscent of its size and strength.

When applied topically, Cedarwood essential has clarifying properties and is frequently used in massage therapy to help soothe the body during a relaxing massage.

USES

- After a difficult day, diffuse to create a relaxing environment.

- During your facial routine, add one to two drops to your facial toner or moisturiser to help promote clear, healthy looking skin.
- Place a drop on a cotton ball and place in closet to freshen the smell.

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: Wood

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
 α -cedrene, cedrol, thujopsene



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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.
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PLANT PART: Fruit

EXTRACTION METHOD:
Fractionation

MAIN CHEMICAL COMPONENTS:
Caprylic /capric triglyceride



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LAVENDER PEACE™

Restful Blend 15 mL

Warm, floral, herbal

Aromatic description

PRIMARY BENEFITS

- The Lavender and Cedarwood essential oils found in dōTERRA Lavender Peace™ may support more restful and better quality sleep.
- The Ho Wood essential oil in dōTERRA Lavender Peace™ is known for calming linalool. Ho Wood essential oil is ideal when looking to balance emotions in times of stress or worry.
- Re-centre and relax. The Vetiver essential oil in dōTERRA Lavender Peace™ has a calming effect and a grounding aroma that may help with anxious feelings.

PRODUCT DESCRIPTION

Lavender Peace™ Restful Blend has a calming and relaxing aroma that provides a unique user experience.

This perfectly balanced blend includes essential oils renowned for their soothing and calming properties. Cedarwood, Ho Wood and Vetiver essential oils give Lavender Peace™ a grounding and soothing aroma for a relaxing environment.

USES

- Diffuse at night to create a calming environment.
- Massage onto bottoms of feet at bedtime to help unwind before going to sleep.
- Inhale directly from hands or diffuse throughout the day for a soothing and calming aroma.

- Apply one or two drops to the back of the neck or on the heart to help promote feelings of calmness and peace.

DIRECTIONS FOR USE

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

TOPICAL USE: Apply one to two drops to desired area. Dilute with 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

Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood



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dōTERRA TOUCH® PEACE

Reassuring Blend 10 mL Roll-On

Sweet, rich, minty

Aromatic description

PRIMARY BENEFITS

- Formulated to help promote feelings of peace, reassurance, and contentment
- Calm and peaceful aroma

PRODUCT DESCRIPTION

In today's fast paced society, it's easy to feel overwhelmed and unbalanced, no matter what your age. dōTERRA Touch® Peace Reassuring Blend of floral and mint essential oils is a positive reminder you don't have to be perfect to find peace.

Slow down, take a deep breath, and reconnect with the composed, collected you. Use dōTERRA Touch® Peace Reassuring Blend to promote feelings of contentment, composure and reassurance when you are feeling overwhelmed.

USES

- Give yourself peace of mind by rubbing dōTERRA Touch® Peace Reassuring Blend into your temples.

- Apply to tense shoulders.

- A calming scent, massaged into the bottoms of feet is ideal during feelings of restlessness or emotional upset.

DIRECTIONS FOR USE

TOPICAL USE: Apply to 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.

INGREDIENTS

Fractionated Coconut Oil, Vetiver Root, Lavender Plant, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower/Leaf, Marjoram Leaf, Labdanum Leaf/Stalk, Spearmint Herb



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VETIVER

Vetiveria zizanioides 15 mL

Sweet, woody, caramel, smoky

Aromatic description

PRIMARY BENEFITS

- Calming, grounding effect on emotions
- Great for relaxing baths and massages

PRODUCT DESCRIPTION

Vetiver, a member of the grass family, is grown for many reasons. Unlike other grasses, the root system of Vetiver grows down, making it ideal for helping to prevent erosion and providing soil stabilisation.

Vetiver has a rich, exotic, complex aroma that is used extensively in perfumes. Due to Vetiver essential oils calming, grounding effect on the emotions, it is an ideal oil to use in massage therapy. It can also be rubbed on the feet before bedtime to promote a sense of relaxation and can be used to flavour food and drinks.

USES

- Add one or two drops to tea or hot drinks during Winter time.
- Use as a massage oil to calm emotions.
- Take a warm bath with a few drops of Vetiver essential oil for deep relaxation.
- Diffuse with Lavender, dōTERRA

Lavender Peace®, or dōTERRA Balance® to provide a sense of balance while calming the emotions.

- Use a toothpick to help get the desired amount out of container if Vetiver is too thick to get out of the bottle. A little goes a long way.

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 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: Root

EXTRACTION METHOD:
Hydro Diffusion

MAIN CHEMICAL COMPONENTS:
Carvone, Isovalencenol, Khusimol



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