

# dōTERRA PLATYPUS WARMIE

We just adore this gorgeous Platypus Warmie! Much safer and more comforting than a Hot Water Bottle, the dōTERRA Platypus Warmie can be heated to provide several hours of soothing warmth and comfort. Sure to keep you toasty warm on those chilly nights or when you need the soothing warmth of a warm pack on tired, tensed up muscles!!

## DETAILS

- Great for snuggling at bed-time and can be used to soothe away aches, pains, and stomach cramps, making them ideal for anyone of any age.
- Use as a cold pack too! Perfect for those hot summer nights or for cooling the skin.

## DIRECTIONS FOR USE

Heat in the microwave for up to two minutes (800 watts).

Place inside a plastic bag and chill in the freezer for 2-3 hours to use as a cold pack.

Dab your favourite CPTG® essential oil on dabbing pouch and re-apply as needed.

## CAUTIONS

Designed to be heated in a microwave only. Never immerse in water. Clean with a damp sponge when necessary.

## MATERIALS

Made from 100% Polyester. The filling consists of microwave safe grain and French Lavender. Manufactured with extra strong seams, using microwave safe thread and fabrics. All materials have been specially designed to be heated in a microwave.



# dōTERRA TOUCH® FORGIVE

*Renewing Blend 10 mL Roll-On*

*Herbaceous, fresh, woody*

*Aromatic description*

## PRIMARY BENEFITS

- Helps promote feelings of contentment, relief and patience
- A soothing and calming aroma

## PRODUCT DESCRIPTION

dōTERRA Touch® Forgive contains the tree and herb essential oils found in our proprietary Forgive essential oil blend along with Fractionated Coconut Oil for gentle application and ease of use.

Discover the liberating action of forgiving, forgetting and moving on. The herbaceous, fresh and woody aroma helps promote feelings of contentment and relief, creating a path to let go of burdens and guilt.

## USES

- Rub dōTERRA Touch® Forgive over your heart while choosing to forgive yourself and others.
- Rub into your temples while choosing to forgive and let go.

- Have on hand throughout the day for negative emotions that may arise from undesirable situations.

## 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. Avoid sunlight or UV rays for up to 12 hours after applying product. Application to skin may increase sensitivity to sunlight.

## INGREDIENTS

Fractionated Coconut Oil, Spruce Leaf, Bergamot Peel, Juniper Berry Fruit, Myrrh Resin, Arborvitae Wood, Nootka Tree Wood, Thyme Leaf, Citronella Herb



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# 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.



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# dōTERRA BALANCE® TOUCH

*Grounding Blend 10mL Roll-On*

*Airy, fresh, sweet and woody*

*Aromatic description*

## PRIMARY BENEFITS

- Creates a sense of calm and well-being.
- Promotes a relaxing environment with a tranquil aroma.
- Helps bring harmony to the mind and body.
- Can help create calm surroundings.
- Spruce essential oil is high in bornyl acetate, a compound that promotes relaxation and calmness.

## PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance® helps create a sense of calm and wellbeing. A perfect combination of Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile and Osmanthus essential oils in a fractionated coconut oil base, dōTERRA Balance® Touch offers an enticing fragrance to help promote tranquility and relaxation. Spruce, one of the oils in dōTERRA Balance® Touch, was used by Native Americans. Ho Wood, Blue Tansy and Blue Chamomile aromas can provide a sense of calmness, while Frankincense aroma has grounding and balancing properties.

## USES

- Roll on to wrists, pulse points and back of neck for a calm aroma.
- Apply to feet to promote a tranquil aromatic atmosphere.
- Try at times when looking for relaxation and balance.

## DIRECTIONS FOR USE

**DIFFUSION:** Roll on to diffusing jewellery, natural dolomite, or lava diffusing rocks.

**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, Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile and Osmanthus essential oils.



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# ADAPTIV™

*Tranquil Blend 15 mL*

*Sweet, citrusy, floral*

*Aromatic description*

## PRIMARY BENEFITS

- Soothe the mind and relax the body. Take a moment to enjoy the calming aromas of Lavender, Magnolia and Neroli essential oils.
- Work and study. The distinctive calming aromas of dōTERRA Adaptiv™ may help push the noise and distractions of modern day life into the background.
- Tired or restless? The collective aromas of dōTERRA Adaptiv™ Tranquil Blend is part of your toolbox to help your body and mind stay balanced.

## PRODUCT DESCRIPTION

When life's activities seem relentless and you are searching for a new perspective, why not try Adaptiv™ Tranquil Blend.

Adaptiv™ Tranquil Blend combines the calming aromas of Lavender, Magnolia, Neroli and Sweetgum with the uplifting aromas of Wild Orange and Spearmint essential oils. In addition, the topical benefits of Copaiba mean Adaptiv™ Tranquil Blend can be enjoyed both topically and aromatically.

No matter how you are feeling, include Adaptiv™ Tranquil Blend as part of your toolbox to help support a balanced mind and body.

## USES

- Soak in a relaxing Epsom Salts bath by adding three to four drops in a teaspoon of carrier oil (ie.

fractionated coconut oil) to the bath water with Epsom Salts as desired.

- Mix three drops with Fractionated Coconut Oil for a soothing massage.
- Diffuse for a soothing and uplifting aroma.
- Apply one drop to hands, rub together and inhale deeply as needed throughout the day.

## 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.

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

## INGREDIENTS

Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli and Sweetgum essential oils



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# dōTERRA ADAPTIV™ TOUCH

*Tranquil Blend 10mL Roll-On*

*Sweet, citrusy, floral*

*Aromatic description*

## PRIMARY BENEFITS

- Try to help create a tranquil change
- Soothing and uplifting aroma

## PRODUCT DESCRIPTION

A synergistic complementary blend to the dōTERRA Adaptiv™ Tranquil Blend essential oil, try dōTERRA Adaptiv™ Touch when life's activities seem relentless, and you are searching for a new perspective.

Combining the calming aromas of Lavender, Magnolia, Neroli and Sweetgum with the uplifting aromas of Wild Orange and Spearmint essential oils in a Fractionated Coconut Oil base, when you are having difficulties staying on task try dōTERRA Adaptiv™ Touch Tranquil Blend as a reminder to create a change for balance.

## USES

- Apply to pulse points as a reminder to create a change for balance.
- Use to massage shoulders and neck.

- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.
- Roll on wrists and temples whenever you feel the need.

## DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area as needed. No dilution required.

AROMATIC USE: Roll on to diffusing jewellery, natural dolomite or lava diffusing rocks.

## 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

Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli and Sweetgum essential oils in a Fractionated Coconut Oil base



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# INTUNE®

## Focus Blend 10mL Roll-On

### Musky, spicy, earthy

Aromatic description

#### PRIMARY BENEFITS

- With an invigorating aroma a deep breath may help reset your focus
- Its enlivening aroma is ideal when you want to stay on task

#### PRODUCT DESCRIPTION

A proprietary blend of essential oils with an invigorating aroma that is ideal when you want to stay on task.

The carefully selected essential oils in dōTERRA's InTune® Focus Blend are formulated to support you. Sandalwood, Frankincense and Lime are known for their clarifying properties while Patchouli, Ylang Ylang and Roman Chamomile essential oils are known for their soothing and calming aromas.

Its pleasing aroma makes this essential oil blend an easy and delightful one to use.

#### USES

- Try applying to the temples and back of the neck when doing tasks that require extra attention.

- Try applying to wrists or back of hands and take a deep breath to help reset your focus.
- Try using InTune® at work to stay on task or when feeling tired mid-afternoon.

#### 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

Amyris Bark, Patchouli Leaf, Frankincense Resin, Lime Peel, Ylang Ylang Flower, Hawaiian Sandalwood Wood and Roman Chamomile Flower essential oils.



# BEAUTIFUL TOUCH

*Captivating Blend 10mL*

## PRIMARY BENEFITS

- Uplifting and energising aroma
- Provides a comforting scent

## PRODUCT DESCRIPTION

Embrace the beauty of essential oils through the combination of Osmanthus, Lime, Bergamot and Frankincense in a harmoniously floral blend.

The invigorating scent of Lime and Bergamot help create an uplifting environment. Utilising the supportive and relaxing aromas of Osmanthus and Frankincense, the Captivating Blend will soon become a favourite.

Beautiful Touch makes a lovely and sweet personal aroma to use daily or on special occasions. Charm and uplift with Beautiful Touch Captivating Blend.

## USES

- Use as a personal aroma during your day for a motivating scent.

- Create feelings of empowerment and inspiration when experiencing the captivating bouquet that is Beautiful Touch Captivating Blend.
- Roll Beautiful Touch onto your pulse points for an uplifting experience.

## DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area. Dilute with a carrier oil to minimise any skin sensitivity. Avoid UV rays for 12 hours after applying product.

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, Lime Peel, Osmanthus Flower, Bergamot and Frankincense essential oils.



# 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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# FRANKINCENSE

## *Boswellia Essential Oil 15mL*

### *Warm, spicy, clean*

*Aromatic description*

#### PRIMARY BENEFITS

- Alleviate rough and sore skin. Rub Frankincense essential oil on your hands after a long day of gardening for a soothing effect.
- The benefits of foot massage are well known. Relax and restore by massaging Frankincense into the soles of your feet.
- Re-focus and re-centre. Diffuse Frankincense to create a peaceful and meditative space; slow your breath and quieten your mind.

#### PRODUCT DESCRIPTION

Frankincense is renowned as one of the most prized and precious essential oils.

In addition to its notoriety in the New Testament, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians also used Frankincense resin for everything from perfume to salves for soothing skin. This centuries-old knowledge contributes to the modern uses of Frankincense today. Its soothing and beautifying properties are used to revitalise the appearance of the skin and help reduce the appearance of imperfections when applied topically.

When inhaled or diffused Frankincense essential oil may support feelings of peace, relaxation, satisfaction and overall spiritual and emotional wellness.

#### USES

- Rub Frankincense essential oil on your hands after a long day of gardening for a soothing effect.

- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the bottoms of feet to promote feelings of relaxation and to balance mood.

#### DIRECTIONS FOR USE

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

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

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

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 *Boswellia carterii*, *frereana*, and *sacra*

**EXTRACTION METHOD:** Steam distillation

**MAIN CHEMICAL COMPONENTS:**  $\alpha$ -pinene, limonene,  $\alpha$ -thujene



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# LAUREL LEAF

*Laurus nobilis* 5mL

*Herbaceous, fruity, fresh, camphoraceous*

*Aromatic description*

## PRIMARY BENEFITS

- Laurel Leaf, due to its chemical constituents, including eucalyptol may have surface cleansing properties
- The powerful fragrance of Laurel Leaf essential oil may be ideal when looking to concentrate or stay focused on difficult tasks
- Laurel Leaf containing eucalyptol is a great addition to a soothing massage

## PRODUCT DESCRIPTION

The *Laurus nobilis* is a small evergreen tree that has played an important role in Mediterranean culture for millennia. Laurel leaves were revered as a symbol of victory and success in both the Greek and Roman cultures and are also associated with the phases of the moon in contemporary Chinese culture. These leaves are also regularly used in cooking all over the world, more commonly known as "bay leaves". But laurel leaves have uses outside of victory wreaths and food seasoning. When steam distilled, they produce a powerfully fragrant essential oil that due to its primary constituent, eucalyptol may have cleansing and soothing properties.

The combinations of Laurel Leaf essential oil's two primary constituents, eucalyptol and alpha-terpinyl acetate, provide a strong, herbaceous, and slightly spicy aroma that can be used in a variety of aromatic and topical applications

## USES

- Place a few drops in your morning shower for an invigorating start to your day.
- Add a few drops to vinegar or your DIY surface cleansing recipe to help refresh your home.
- Dilute in a carrier oil and use as part of a soothing massage

## DIRECTIONS FOR USE

AROMATIC: add 3-4 drops to your diffuser.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any sensitivity. See additional precautions to the right.

## 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.

## MAIN CHEMICAL COMPONENTS:

Eucalyptol, -Terpinyl acetate



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# LITSEA

*Litsea cubeba 15mL*

*Clean, fresh, sweet*

*Aromatic description*

## PRIMARY BENEFITS

- Diffuse for a refreshing and uplifting aroma
- Diffuse while working or exercising to bring fresh stimulating aroma

## PRODUCT DESCRIPTION

Litsea cubeba is an evergreen tree or shrub belonging to the Lauraceae family. Its fruit produces Litsea, a lemon-like essential oil with a wide range of aromatic uses.

Being native to East Asia, Litsea has a long history of traditional use by the indigenous people of Taiwan and has been widely distributed in Japan, Taiwan, Southern China and Southeastern Asia.

When diffused, Litsea essential oil provides an uplifting scent.

## USES

- Diffuse to promote feelings of balance throughout the day.

- Create your own diffuser blend by combining with complementary oils such as Lavender, Ylang Ylang, Rose, Sandalwood, Frankincense, Geranium, Vetiver or Fennel essential oils.
- Diffuse during meditation to promote a cleansing, revitalising aromatic environment

## DIRECTIONS FOR USE

Diffusion: Use two to three 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:** Fruit

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Geranial, neral, limonene



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