

# 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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# CITRUS BLISS®

*Invigorating Blend 15 mL*

## *Citrus, sweet*

*Aromatic description*

### PRIMARY BENEFITS

- Creates an uplifting environment
- Energising and refreshing aroma

### PRODUCT DESCRIPTION

Citrus Bliss® Invigorating Blend brings together the benefits of citrus essential oils.

We combine the powerful essential oils of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine and Clementine with a hint of Vanilla Absolute to form this unique and harmonious blend.

The citrus notes make Citrus Bliss® ideal for refreshing the home. It's perfect when diluted in water to add a fresh, sweet scent whilst wiping down countertops and other surfaces.

### USES

- Diffuse for an uplifting aroma.
- Put one drop on your wrist and rub both wrists together for a great everyday perfume.
- Add two or three drops to dryer sheets to add a refreshing aroma to your laundry.
- Add to a carrier oil for a cheerful hand massage.

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

### INGREDIENTS

Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Tangerine Peel, Clementine Peel essential oils and Vanilla Bean Absolute



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# ELEVATION™

*Joyful Blend 15mL*

*Floral, sweet, citrus*

*Aromatic description*

## PRIMARY BENEFITS

- Uplifting energising and refreshing aroma helps enliven the senses
- Promotes a revitalising environment

## PRODUCT DESCRIPTION

Elevation™ is the perfect blend for those moments when you need to be revitalised. This exciting blend provides an invigorating combination of essential oils that provide an uplifting aroma.

Combining the uplifting and euphoric floral scents of Lavandin, Lavender, Melissa, Ylang Ylang and Osmanthus with Tangerine, Elemi and Lemon Myrtle essential oils creates a select blend and optimistic aroma.

## USES

- Diffuse Elevation™ to promote a positive and calming aroma.
- Diffuse in the mornings before waking kids to create a positive and energised environment.

- Rub Elevation™ essential oil over your heart, temples, or wrists to promote a revitalising aroma.
- After a long, stressful day, add to a bath for a restful, uplifting experience.

## 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. 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

Lavandin Flower, Tangerine Peel, Lavender Flower, Amyris Bark, Clary Sage Flower/Leaf, Hawaiian Sandalwood Wood, Ylang Ylang Flower, Ho Wood Leaf, Osmanthus Flower, Lemon Myrtle Leaf, Melissa Flower/Leaf



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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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# ICE BLUE RUB®

*Athletic Cream 120 mL | & 10 x 2 mL*

## PRIMARY BENEFITS

- A 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 Chamomile, 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 Chamomile) 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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# ON GUARD® CLEANER CONCENTRATE

335 mL

## PRIMARY BENEFITS

- dōTERRA's proprietary On Guard® Protective Blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary CPTG® essential oils keeps surrounding areas clean
- Plant-based surfactants help improve the cleaning process
- No preservatives added, helping to provide an effective household cleaning product

## PRODUCT DESCRIPTION

On Guard® Cleaner Concentrate is designed to be the ideal cleaner. It is fortified with the proprietary On Guard® Protective Blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary CPTG® essential oils, which provide natural protection against certain environmental factors while elevating the overall cleaning capability.

This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odours, so it is safe for loved ones as well as the environment.

The multi-purpose capabilities of On Guard® Cleaner Concentrate make it perfect to expertly clean hard surfaces in the kitchen, bathroom or any room, leaving behind a clean and invigorating scent.

## DIRECTIONS FOR USE

**MULTI-PURPOSE CLEANER:**  
Mix 2 tbsp of concentrate per 700mL of water.

**BATHROOMS:** Mix 3 tbsp of concentrate per 700mL of water.

**DISHES:** Mix 3 tbsp of concentrate per 4L of water.

**TOUGH JOBS:** Apply concentrate directly on designated area and let soak.

Avoid direct use of concentrate on hardwood floors and Natural stone.

## CAUTIONS

Use product only as directed as a household cleaner.

**KEEP OUT OF THE REACH OF CHILDREN.** If cleaner gets in eyes, rinse thoroughly with water.

## SAFETY DIRECTIONS

Avoid contact with skin.



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# dōTERRA® ON GUARD® CLEANSING TOOTHPASTE

125g

## PRIMARY BENEFITS

- A cinnamon-mint flavour with xylitol to help leave your breath fresh and clean
- Proprietary On Guard® essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary with Peppermint, Wintergreen, Myrrh for a flavour powerhouse
- Calcium hydroxyapatite helps to keep teeth looking clean and healthy
- Xylitol tastes great while helping to keep the teeth and gums clean
- Hydrated silica is a gentle abrasive that helps remove plaque, but is gentle enough to not damage tooth enamel

## PRODUCT DESCRIPTION

dōTERRA® On Guard® Cleansing Toothpaste is fluoride-free and, with regular brushing, provides the benefits of On Guard® essential oil, while cleansing teeth with gentle polishing agents. The On Guard® blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary, combined with the additional essential oils of Peppermint, Wintergreen and Myrrh provide a unique cinnamon mint flavour.

This refreshingly unique flavour and xylitol help to leave your breath fresh and clean.

## DIRECTIONS FOR USE

- After flossing, apply a pea-size amount of paste to moistened toothbrush. Brush gently but thoroughly, preferably after each meal and in the morning and at night, or as directed by a dentist.
- Rinse with 120mL of water or mouthwash.

## CAUTIONS

CAUTION. KEEP OUT OF REACH OF CHILDREN.

## INGREDIENTS:

Glycerin, Water (Aqua), Hydrated Silica, Calcium Carbonate, Xylitol, Hydroxyapatite, Cellulose Gum, Mentha piperita (Peppermint) Oil, Citrus sinensis (Wild Orange) Peel Oil, Eugenia caryophyllus (Clove) Bud Oil, Cinnamomum zeylanicum (Cinnamon) Leaf Oil, Cinnamomum zeylanicum (Cinnamon) Bark Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Rosmarinus officinalis (Rosemary) Leaf Oil, Stevia rebaudiana (Stevia) Leaf Extract, Gaultheria procumbens (Wintergreen) Leaf Oil, Commiphora myrrha (Myrrh) Oil, Sodium Lauroyl Sarcosinate, Xanthan Gum



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# PASTTENSE®

*Inspiring Blend 10 mL Roll-On*

*Fresh, mint, herbal*

*Aromatic description*

## PRIMARY BENEFITS

- A calming, grounding and balancing aroma for a sense of ease
- Packaged for convenient application in a roll-on bottle

## PRODUCT DESCRIPTION

Have you lost your why or passion? PastTense® is a distinctive blend of essential oils known for their soothing and calming properties and is ideal for relaxation.

PastTense® comes in a convenient 10 mL roll-on for easy application when at work, on the go or at home. Simply apply to the neck, shoulders or behind the ears and enjoy its distinctive aroma.

## USES

- Massage into shoulders, neck and back as part of a cooling, soothing massage.
- Add to temples and back of neck before taking a test or presenting in public.
- Apply to the wrists while travelling for a calming scent and a sense of ease.

## 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.

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.

## INGREDIENTS

Wintergreen Leaf, Lavender Flower, Peppermint Plant, Frankincense Resin, Cilantro Herb, Marjoram Leaf, Roman Chamomile Flower, Basil Leaf and Rosemary Leaf essential oils.



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# PETAL DIFFUSER 2.0

## PRIMARY BENEFITS

- Simple usage: 3-piece diffuser is easy and convenient
- Multiple time settings: 2 or 6 hour continuous and 12 hour intermittent (5 minutes. on, 5 minutes. off)
- Optional light settings: nightlight or light-free
- Dispersion: Ultra-fine mist reaches up to 30m<sup>2</sup>
- 12 month warranty

## PRODUCT DESCRIPTION

The Petal Diffuser you know and love now has a new look and updated features! This small, convenient, and night-friendly diffuser has a far-reaching mist designed to help disperse aromas throughout your home while running for up to 12 hours. Create the aromatic atmosphere of your choice with this beautiful diffuser!

dōTERRA's Petal Diffuser 2.0 is a small, user friendly diffuser that delivers aromatic benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 30m<sup>2</sup>. The Petal Diffuser 2.0 has three time settings, allowing you to customise the release of dōTERRA CPTG® essential oils into the air.



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# DDR PRIME™ SOFTGELS

*60 Vegetarian Soft Capsules*

## PRIMARY BENEFITS

- Vegetarian soft gels
- Carrageenan free

## PRODUCT DESCRIPTION

DDR Prime™ Softgels contain Clove oil (*Syzygium aromaticum*) and also include Summer Savory, Frankincense, Wild Orange, Lemongrass, Litsea, Niaouli and Thyme essential oils in an easy to swallow vegetarian and carrageenan free softgel.

## DIRECTIONS FOR USE

Adults, take 3 capsules daily, with food, or as directed by your healthcare professional.

Do not use if inner foil liner is missing or broken. Store below 25°C.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

If symptoms persist, talk to your healthcare professional.

## INGREDIENTS

Per capsule *Satureia hortensis* 19.4mg  
*Syzygium aromaticum* 21.34mg

## EXCIPIENT INGREDIENTS

*Boswellia carterii* essential oil, *Citrus sinensis* essential oil, *Cymbopogon flexuosus* essential oil, *Litsea cubeba* essential oil, *Melaleuca quinquenervia* essential oil, *Thymus vulgaris* essential oil



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AUNZ SKUS: (946ML) 60202475  
(250ML) 36220004 (250 ML 2 PACK) 36240004

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# PROTECTING SHAMPOO

*dōTERRA Salon Essentials® | 250mL and 946mL*

## PRIMARY BENEFITS

- Provides light moisturisers to help leave hair soft, shiny and silky
- Provides a silky slip feel to help combing both wet and dry hair
- Promotes cleansing of the hair, hair follicle, and scalp by helping remove residue left behind by styling products

## PRODUCT DESCRIPTION

dōTERRA Salon Essentials® Protecting Shampoo is a formula with an invigorating complex of CPTG® essential oils, gentle cleansers and botanical ingredients that keep the hair looking clean and healthy.

A unique combination of plant extracts, along with Wild Orange and Lime essential oils provides gentle lathering and cleansing to help remove impurities collected on the hair and scalp. Light moisturisers leave hair soft, shiny and silky.

## DIRECTIONS FOR USE

Apply a small amount of shampoo to damp hair. Rinse thoroughly. Follow with dōTERRA Salon Essentials Smoothing Conditioner. Avoid contact with eyes. For external use only.

## INGREDIENTS

Aqua (Water), Sodium Lauroyl Methyl Isethionate, Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Betaine, Sodium Methyl Oleoyl Taurate, Sodium Cocoyl Isethionate, Betaine, Acrylates Copolymer, Avena sativa (Oat) Peptide, Citrus sinensis (Wild Orange) Peel Oil Expressed, Citrus aurantifolia (Lime) Oil, Silicone Quaternium-3, Trisodium Ethylenediamine Disuccinate, Guar Hydroxypropyltrimonium Chloride, Lauryl Lactyl Lactate, PEG-150 Pentaerythrityl Tetrastearate, Trideceth-12, PEG-6 Caprylic/Capric Glycerides, Tetrasodium Glutamate Diacetate, Hexylene Glycol, Caprylyl Glycol, Ethylhexylglycerin, Phenoxyethanol, Natural Fragrance, Mica, Titanium Dioxide, Iron Oxides



# SMOOTHING CONDITIONER

*dōTERRA Salon Essentials® | 250mL and 946mL*

## PRIMARY BENEFITS

- dōTERRA essential oil blend of Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli and Eucalyptus helps keep the scalp looking clean and healthy.

## PRODUCT DESCRIPTION

dōTERRA Salon Essentials® Smoothing Conditioner is a formula of conditioning emollients, botanical extracts and proteins formulated to help leave hair looking luminous and healthy.

It also includes a proprietary blend of essential oils specifically selected to revitalise the appearance of your hair. Other ingredients help keep hair appearance looking strong and healthy.

## DIRECTIONS FOR USE

After shampooing, work evenly into wet hair. Wait one minute, then rinse thoroughly.

For external use only.

## INGREDIENTS

Water, Stearyl Alcohol, Behentrimonium Methosulfate, Cetyl Alcohol, Betaine, Cyclopentasiloxane, Stearalkonium Chloride, Dimethicone, Lavandula angustifolia (Lavender) Essential Oil, Mentha piperita (Peppermint) Essential Oil, Cedrus atlantica (Cedar Wood) Essential Oil, Origanum majorana (Marjoram) Essential Oil, Melaleuca quinquenervia (Niaouli) Essential Oil, Rosmarinus officinalis (Rosemary) Essential Oil, Lavandula hybrida (Lavandin) Essential Oil, Eucalyptus globulus (Eucalyptus) Essential Oil, Cananga odorata Flower Oil, Cinchona succirubra Bark Extract, Citrus aurantifolia (Lime) Peel Oil, Citrus limon (Lemon) Peel Oil, Achillea millefolium Extract, Tussilago farfara (Coltsfoot) Flower Extract, Hordeum distichon (Barley) Extract, Phellodendron amurense Bark Extract, Santalum album (Sandalwood) Extract, Panthenol, Persea gratissima (Avocado) Oil, Triticum vulgare (Wheat) Flour Lipids, Guar Hydroxypropyltrimonium Chloride, Myristic Acid, Palmitic Acid, Stearic Acid, Hydrogenated Soybean Oil, Butylene Glycol, Cetearyl Alcohol, Hydroxypropyl Guar, Silicone Quaternium-3, Quaternium-91, Cetrimonium Methosulfate, Polyglyceryl-3 Distearate, Polysorbate 60, Trideceth-12, Tetrasodium Glutamate Diacetate, Hexylene Glycol, Ethylhexylglycerin, Caprylyl Glycol, Phenoxyethanol



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# SMART & SASSY®

*Active Blend 15 mL*

*Minty, spicy, herbal*

*Aromatic description*

## PRIMARY BENEFITS

- The citrusy oils found in dōTERRA Smart & Sassy® can provide a fresh and zesty burst of flavour to water. A great companion to a balanced eating and exercise program.
- Lemon essential oil is a key component of dōTERRA Smart & Sassy®. It underpins a distinct aroma that can help uplift your outlook and stimulate your senses.
- The Peppermint properties of dōTERRA Smart & Sassy® may help clear the mind, relieve tension and help to prevent feelings of tiredness.

## PRODUCT DESCRIPTION

The flavourful blend of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils in our proprietary product Smart & Sassy® Active Blend taken with water provides a fresh burst of citrus.

A great companion to a healthy eating and exercise program, its flavour and aroma are uplifting and stimulating to the senses.

## USES

- Add to water or tea and drink before working out for a revitalising aroma boost.
- A great addition to your water while on a healthy eating and exercise program.

## DIRECTIONS FOR USE

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

**FOOD FLAVOUR USE:** 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. In case of skin contact avoid sunlight or UV rays for up to 12 hours. Application to the skin may increase sensitivity to sunlight.

## INGREDIENTS

Grapefruit Peel, Lemon Peel, Peppermint Plant, Ginger Root and Cinnamon Bark essential oils.



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# DigestZen™

Essential Oil Blend 5mL

*Spicy, sweet, minty, liquorice*

*Aromatic description*

## PRIMARY BENEFITS

- Add to two drops to water with/after/before food to promote a feeling of satisfaction after eating

## PRODUCT DESCRIPTION

DigestZen™ contains ingredients that can be added to flavour food. This selected blend contains Ginger, Fennel and Coriander essential oils, which have been used in foods throughout the world for centuries.

DigestZen™ is great to have on hand. The essential oils of Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon and Fennel are also known for their soothing and settling aromas when inhaled.

## USES

- Add one or two drops to water or food for flavouring.
- Diffuse before flying or taking a road trip 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.

## 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

Anise Seed, Peppermint Plant, Ginger Root, Caraway Seed, Coriander Seed, Tarragon Plant and Fennel Seed essential oils



# EASY AIR®

Clear Blend 5mL

## Breathe

Aromatic description: Minty, fresh, airy

*Breathe easy with dōTERRA Easy Air®*

dōTERRA Easy Air® is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus and Tea Tree. Ancient Greeks made headdresses of laurel leaves to crown winning sportsmen, warriors and scholars. The refreshing aroma of Easy Air® helps promote feelings of clear and easy breathing. It can be applied topically, or diffused before a restful night's sleep.

### PRIMARY BENEFIT

The Eucalyptus within dōTERRA Easy Air® may help with seasonal threats. Take a deep breath and inhale for feelings of relaxation and clearer breathing.

### SECONDARY BENEFIT

The Laurel Leaf within dōTERRA Easy Air® may help to promote feelings of easy breathing.

### TERTIARY BENEFIT

dōTERRA Easy Air® contains relaxing Ravintsara which can be used in meditation for its relaxation properties. Its fresh and earthy scent may be used to prepare for a restful night's sleep.

### PRODUCT DESCRIPTION

Easy Air® can be applied topically to the chest, back or bottom of feet or diffused at night time to help calm the senses before a restful night's sleep.

### USES

- Diffuse, inhale directly from palms, or rub on chest or feet when environmental threats are high.
- Use when outdoors at times of seasonal threats.
- Diffuse at bedtime for a restful environment.

### DIRECTIONS FOR USE

#### DIFFUSION:

Use three to four drops in a 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

### INGREDIENTS

Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf and Ravensara Leaf essential oils.

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



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# FRANKINCENSE

*Boswellia Essential Oil 5mL*

*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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# 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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# LAVENDER

*Lavandula angustifolia 5mL*

*Powdery, floral, light*

*Aromatic description*

## PRIMARY BENEFITS

- Soothes skin
- Relaxed aroma ideal to use before a peaceful sleep

## 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 bathing, relaxation, cooking and as a perfume. It's aromatic properties have been used 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.

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 essential oil to pillows, bedding or bottoms of feet to relax and prepare for a restful night's sleep.
- Add to bath water to soak away stress or apply to the temples and the back of the neck.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to eight 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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# LEMON

*Citrus limon 5mL*

*Clean, fresh, citrus, bright*

*Aromatic description*

## PRIMARY BENEFITS

- Refresh and uplift. Add one or two drops of Lemon essential oil to water to create a refreshing and citrusy boost you can reach for throughout the day. A great tip to help reduce snack cravings.
- Invigorate your senses with the fresh and cleansing aroma of Lemon Essential oil. Diffuse Lemon to create a focused environment and help revive and elevate lagging spirits.
- Lemon essential oil, with its fresh and clean scent, can be incorporated into your daily household cleaning routine and used throughout the home.

## PRODUCT DESCRIPTION

This top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. With a clean refreshing, crisp uplifting aroma to help brighten the day.

When added to water, Lemon provides a refreshing citrus flavour boost.

Lemon is frequently added to food to enhance the flavour of desserts and main dishes.

When diffused, Lemon essential oil has very uplifting and an energising aroma, ideal when searching for some feelings of lightness, cheer and joy.

## DIRECTIONS FOR USE

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

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

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

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

**EXTRACTION METHOD:**  
Cold pressed/expressed

**MAIN CHEMICAL COMPONENTS:**  
Limonene,  $\beta$ -pinene,  $\gamma$ -terpinene



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# ON GUARD®

*Protective Blend 5mL*

*Herbaceous, green, leathery*

*Warm, spicy, camphoraceous, and 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 brands, 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 the 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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# OREGANO

*Origanum vulgare 5mL*

*Herbaceous, sharp, green, camphoraceous*

*Aromatic description*

## PRIMARY BENEFITS

- Oregano is used extensively in Mediterranean cooking. Add one drop of Oregano essential oil in place of dried Oregano to spaghetti sauce, pizza sauce, or on a roast.
- Carvacrol; a component of Oregano Essential oil may have antimicrobial properties.
- Oregano essential oil contains antioxidants known to reduce the damage caused by free radicals.

## PRODUCT DESCRIPTION

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices.

The primary chemical components of Oregano is carvacrol. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed.

Oregano is a popular cooking spice and Oregano essential oil is an ideal substitute in recipes.

## USES

- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce or on a roast.

- Diffuses well with Lemon, Rosemary, Peppermint and Cypress Essential Oils.

## DIRECTIONS FOR USE

**DIFFUSION:** Use one to two drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Dilute one drop in food or liquid.

**Tip:** Oregano has a strong flavour and you may want to add using a toothpick.

## 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:**  
Carvacrol, thymol



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# PEPPERMINT

*Mentha piperita 5mL*

*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 favourite 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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# TEA TREE

*Melaleuca alternifolia 5mL*

*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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