

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.



Certified Pure Tested Grade

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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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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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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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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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PETAL DIFFUSER

PRIMARY BENEFITS

- Simple usage: 3-piece diffuser is easy and convenient
- Multiple time settings: 2 or 6 hour continuous and 12 hour intermittent (5 min. on, 5 min. off)
- Optional light settings: nightlight or light-free
- Dispersion: Ultra-fine mist reaches up to 30m²

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. Create the aromatic atmosphere of your choice with this beautiful diffuser!

dōTERRA's Petal Diffuser is a small, userfriendly 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 30m². The Petal Diffuser has three time settings, allowing you to customise the release of essential oils into the air.



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