

# 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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# 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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# CLARYCALM®

*Monthly Blend for Women 10 mL*

*Floral, herbal, coniferous*

*Aromatic description*

## PRIMARY BENEFITS

- A topical blend including Clary Sage, Lavender and Bergamot, dōTERRA ClaryCalm® is formulated to soothe, calm and stabilise your mind and body during menstrual cycles.
- dōTERRA ClaryCalm® contains Clary Sage, Lavender and Bergamot essential oils. Apply ClaryCalm® to pulse points to help balance and stabilise you during menstrual cycles and menopause.
- With both calming and uplifting properties, Bergamot essential oil may help to reduce feelings associated with worry and tiredness.

## PRODUCT DESCRIPTION

ClaryCalm® is a proprietary blend of essential oils especially designed for women.

A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa and Vitex essential oils, ClaryCalm® provides a calming aroma to help promote a balancing environment.

## USES

- Throughout the month, rub on your abdomen as part of a soothing and calming massage.
- When emotional balance is desired, try applying ClaryCalm® to the skin for its calming aroma.

## DIRECTIONS FOR USE

TOPICAL USE: Apply to abdomen to experience a soothing and calming massage. Dilute with a carrier oil to minimise any skin sensitivity.

Apply to the back of the neck, temples, and soles of your feet. 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

Clary Sage Flower, Lavender Flower, Bergamot Peel, Roman Chamomile Flower, Ylang Ylang Flower, Cedarwood Wood, Geranium Stem/Leaf, Fennel Seed, Carrot Seed, Palmarosa Herb and Vitex Leaf/Berry essential oils.



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# CORRECT-X™

*Essential Ointment 15mL*

## PRIMARY BENEFITS

- Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender soothe and purify skin
- Contains Bisabolol to soothe the skin and promote healthy-looking skin
- Similar to the natural oils found in the skin, Jojoba provides optimal hydration, making the skin feel smoother
- Phellodendron Amurense Bark extract is used to condition the skin

## PRODUCT DESCRIPTION

Frankincense, Helichrysum, Melaleuca, Cedarwood and Lavender, all CPTG® essential oils which may assist in soothing the skin are used in dōTERRA Correct-X™. This multi-purpose ointment helps soothe skin and keep it clean while recovering from distress and provides a moisture barrier that

helps protect while simultaneously soothing and hydrating the skin. This petroleum-free, preservative-free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.

## DIRECTIONS FOR USE

Apply to affected areas as needed.

## CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

## INGREDIENTS

Hordeum distichon (Barley) Extract, Santalum album (Sandalwood) Extract, Phellodendron amurense Bark Extract, Glyceryl Stearate, Acacia Decurrens/Jojoba/Sunflower Seed Wax/Polyglyceryl-3 Esters, Caprylic/Capric Triglyceride, Glyceryl Myristate, Glyceryl Palmitate, Glyceryl Ricinoleate, Juniperus virginiana (Cedarwood) Wood Oil, Lavandula angustifolia (Lavender) Oil, Melaleuca alternifolia (Melaleuca) Leaf Oil, Physalis angulata Extract, Plukenetia volubilis Seed Oil, Boswellia carterii (Frankincense) Oil, Helichrysum italicum (Helichrysum) Flower Oil, Rosa canina Fruit Oil, Zingiber officinale (Ginger) Root Extract, Elaeis guineensis (Palm) Oil, Gossypium herbaceum (Cotton) Seed Oil, Bidens pilosa Extract, Bisabolol, Linum usitatissimum (Linseed) Seed Oil, Linoleic Acid, Phospholipids, Glyceryl Eicosanedioate, Glycine Soja (Soybean) Sterols, Dextrin Palmitate, Stearyl Glycyrhettinate



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# DigestZen™

Essential Oil Blend 15mL

*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



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# dōTERRA PURIFY®

*Refreshing Blend 15 mL*

*Fresh, airy, herbal*

*Aromatic description*

## PRIMARY BENEFITS

- Refreshing aroma
- Diffuse to refresh aroma of the air

## PRODUCT DESCRIPTION

dōTERRA Purify® is an exclusive combination of essential oils with a refreshing aroma. This uplifting blend combines citrus and fir essential oils that leave an airy, fresh scent on surfaces and in the air.

A favourite among dōTERRA users, dōTERRA Purify® can be diffused to to provide a refreshing aroma to any room. Containing Lemon and Lime, known for their cleansing properties, along with Siberian Fir essential oils give a distinct, fresh aroma. The addition of Citronella, Tea Tree and Cilantro give this blend an enticing aroma that's uniquely dōTERRA.

## USES

- Diffuse to provide a refreshing aroma to any room.
- Freshen smaller rooms (or a car) by placing a few drops of dōTERRA Purify® Refreshing Blend on a cotton ball.

- Add five drops to a small spray bottle with water and use to wipe down countertops.
- Add a few drops to the rinse cycle when doing laundry to help freshen the aroma of the wash cycle.

## DIRECTIONS FOR USE

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

**TOPICAL USE:** Apply to desired areas before outdoor activity. Reapply every few hours as needed. 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

Lemon Peel, Siberian Fir Needle, Citronella Grass, Lime Peel, Melaleuca (Tea Tree) Leaf, Cilantro Herb essential oils.



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# EASY AIR®

Clear Blend 15 mL

## 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.

### INGREDIENTS

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

### 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

#### 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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# EASY AIR® VAPOUR STICK

12g

## PRIMARY BENEFITS

- Apply topically to the chest or neck and take a deep breath to enjoy a cooling, invigorating aroma
- Easy to use and convenient format
- Suitable to be enjoyed both topically and aromatically

## PRODUCT DESCRIPTION

Enjoy the convenient and smooth application of dōTERRA's Easy Air® Vapour Stick. This unique delivery method of Easy Air® proprietary blend can be used anytime, anywhere to enjoy a cooling, soothing aroma. Our Vapour Stick is formulated to be non-greasy and allow for easy application on the skin.

Easy Air® essential oil blend can help provide a cooling sensation on

the skin. The small and convenient package is perfect for travelling and only a small amount provides an impactful aroma.

The Vapour Stick can be enjoyed and is complementary to other Easy Air® products.

## DIRECTIONS FOR USE

Apply to chest or neck area as needed.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Application to skin may increase sensitivity to sunlight. If pregnant or under doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

## INGREDIENTS

Isoamyl Laurate, Octyldodecanol, Eucalyptus globulus (Eucalyptus) Leaf Oil, Laurus nobilis (Laurel) Leaf Oil, Menthol, Mentha piperita (Peppermint) Oil, Melaleuca alternifolia (Melaleuca) Leaf Oil, Citrus limon (Lemon) Peel Oil, Dibutyl Lauroyl Glutamide, Dibutyl Ethylhexanoyl Glutamide, Ravensara aromatica (Ravensara) Leaf Oil, Phytosteryl/Octyldodecyl Lauroyl Glutamate, Cinnamomum camphora (Ravintsara) Leaf Oil, Elettaria cardamomum (Cardamom) Seed Oil.



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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®

*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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# 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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# LAVENDER

*Lavandula angustifolia 15mL*

*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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# 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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# LEMON

*Citrus limon 15 mL*

*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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# LEMONGRASS

*Cymbopogon flexuosus 15 mL*

*Clean, fresh, citrus, bright*

*Aromatic description*

## PRIMARY BENEFITS

- Refreshing and invigorating aroma

## PRODUCT DESCRIPTION

Lemongrass has a pungent, herbaceous aroma that gives you a sense of heightened awareness and positivity when diffused.

It is ideal to promote an overall sense of emotional and spiritual wellbeing.

Lemongrass is also renowned for its unique flavour and is popular in many Asian dishes.

## USES

- Use to flavour Asian inspired dishes and salads.
- Blends well with Basil, Cardamom or Spearmint essential oils in the diffuser.

## 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

**EXTRACTION METHOD:**

Steam distillation

**MAIN CHEMICAL COMPONENTS:**

Geranial, neral



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# ON GUARD® BEADLETS

## PRIMARY BENEFITS

- Freshens breath
- Provides a convenient consumption method for On Guard® Blend
- Convenient beadlets are perfect for traveling and on-the-go

## PRODUCT DESCRIPTION

dōTERRA's On Guard® Beadlets are an easy and convenient way to obtain the breath freshening benefits of On Guard® Essential Oil Blend.

Providing a flavourful dose of dōTERRA's proprietary blend of wild orange, clove, cinnamon, eucalyptus and rosemary, all contained in tiny vegetable beadlets that dissolve in the mouth to freshen breath.

Perfect for home use and while travelling – anytime, anywhere.

## DIRECTIONS FOR USE

Consume one beadlet as desired.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
If you are pregnant, nursing, or under a doctor's care, consult your physician.

Store in a cool, dry place.

## INGREDIENTS

On Guard® Blend (Wild Orange, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus and Rosemary), Coconut Oil, Palm Oil, Agar, Guar Gum, Glycerin, Sodium Alginate, Carrageenan, Xylitol.



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AUNZ SKU: 38010004

AUNZ SKU WITH 2 FOAMING DISPENSERS: 38070004



# ON GUARD® FOAMING HAND WASH

473 mL

## PRIMARY BENEFITS

- Gentle cleansers and emollients clean and soften hands throughout the day without drying or irritating sensitive skin
- pH balanced to protect the delicate moisture barriers of the skin
- Invigorate the senses during and after use
- enhances the cleansing function to take it to a new level and set it apart from other commercially branded products

## PRODUCT DESCRIPTION

dōTERRA's On Guard® Foaming Hand Wash is a gentle alternative to harsh soaps that may dry and irritate sensitive skin.

Fortified with the power of dōTERRA CPTG® essential oils, On Guard® Foaming Hand Wash provides the cleansing benefits of one of our most popular proprietary essential oil blends.

On Guard® Foaming Hand Wash cleans and softens hands while providing an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus clean.

## DIRECTIONS FOR USE

Pump On Guard® Foaming Hand Wash dispenser once or twice to dispense foam onto hands. Work to a lather with warm water and rinse thoroughly.

## CAUTIONS

For external use only. Avoid contact with eyes and broken skin. Store in a cool, dry place avoiding exposure to direct sunlight.



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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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# 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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# OREGANO

*Origanum vulgare 15 mL*

*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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# 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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# PEPPERMINT

*Mentha piperita 15mL*

*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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# 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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# 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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# TEA TREE

*Melaleuca alternifolia 15mL*

*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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# dōTERRA LOGO ENGRAVED WOODEN BOX

## PRODUCT DETAILS

Our dōTERRA Logo Wooden Box is only available to purchase as part of our Nature's Solutions Kit.

Lightweight and compact, it is a fun and fancy way to show off your favourite oils. This box is custom-made to hold 25 essential oils making it easy to transport your oils where-ever you go. It also serves as a beautiful display case for your oils when making presentations, sharing your oils or running workshops.

Made from Pine Wood, it can hold up to 25 5mL or 15mL bottles.

Dimensions: 18 cm x 18 cm x 8cm.



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