

# RED MANDARIN

*Citrus nobilis 5mL*

*Sweet, citrusy, slightly floral*

*Aromatic description*

## PRIMARY BENEFITS

- Energised aroma when diffused
- Adds a uniquely sweet, refreshing flavour to food

## PRODUCT DESCRIPTION

Also known as Tangor and Temple Orange, Red Mandarin is darker in colour than regular mandarin and has a sweet, citrusy, and slightly floral aroma.

Of all the citrus oils, Red Mandarin is the sweetest and blends in the diffuser well with floral, wood, spice, and herb essential oils.

Red Mandarin, when added to food offers a sweet impactful citrus flavour to sweet and savoury dishes.

## USES

- Add one or two drops to desserts or a salad for a sweet, citrus twist.
- Diffuse two or three drops of Red Mandarin essential oil to create an energised atmosphere.

## DIRECTIONS FOR USE

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

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

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

**PLANT PART:** Peel

**EXTRACTION METHOD:**  
Cold pressed

**MAIN CHEMICAL COMPONENTS:**  
Limonene



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# DILL

*anethum graveolens 5mL*

*Herbaceous, grassy, fresh*

*Aromatic description*

## PRIMARY BENEFITS

- Enhance the flavour of food
- Diffuse to enjoy the aroma
- Dilute and use in a relaxing massage

## PRODUCT DESCRIPTION

Dill is an annual herb in the Apiaceae family and is the sole species of the genus *Anethum*. Dill has a myriad of traditional benefits. The Ancient Egyptians used it for its soothing effects and to ward off evil spirits. The Greeks thought of dill as a symbol of wealth and the Romans believed it brought good fortune, therefore they would make wreaths of dill to adorn athletes and heroes.

Dill has been used for centuries to enhance the flavour of vegetables, meats, and seafood. Today, it is used across many cultures to flavour soups, salads, potatoes, curry, fish, rice, and vegetable dishes. Dill essential oil can be used in addition to or as a substitute for Dill flavouring.

## USES

- Add to marinades, soups, and salads to enhance flavour.
- Add 1–2 drops to an herbal tea before bedtime as part of your nightly routine.

- Diffuse with Bergamot and Lemon to help create an oasis of calm.

## DIRECTIONS FOR USE

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

**FOOD FLAVOUR:** Dilute one drop in 200mL liquid.

**TOPICAL:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity. See additional precautions below.

## CAUTIONS

**KEEP OUT OF REACH OF CHILDREN.** Possible skin sensitivity. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

**PLANT PART:** Seed

## EXTRACTION METHOD:

Steam distillation

## MAIN CHEMICAL COMPONENTS:

Limonene, Carvone, -phellandrene



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# STAR ANISE

*Illicium verum 5mL*

*Sweet, spicy, fresh, liquorice-like*

*Aromatic description*

## PRIMARY BENEFITS

- When diffused can create an aroma that creates a relaxing ambience
- Has a liquorice-like aroma

## PRODUCT DESCRIPTION

The Star Anise tree is an evergreen indigenous to south-eastern Asia. Usually the trees grow only 4-6 meters high, but they can reach up to 20 metres. In Chinese culture, the plant is called "eight-horned anise" or simply "eight horns," referring to the usually eight-follicled fruit. Anethole, the main chemical component of Star Anise, is what creates the characteristic liquorice aroma that Star Anise essential oil and fruit are known for.

## USES

- Put 1-2 drops of Star Anise essential oil in tea for a flavoursome beverage
- Dilute 1-2 drops of Star Anise oil with dōTERRA Fractionated Coconut Oil for a soothing massage.
- Diffuse with floral or wood oils to create a grounding aroma and for a sense of balance when you are feeling overwhelmed with the busyness of life.

## DIRECTIONS FOR USE

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

**FOOD FLAVOUR:** Dilute one drop in food or drink.

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with carrier oil to minimise any skin sensitivity. See additional precautions below.

**PLANT PART:** Fruit/Leaf/Seed

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
trans-Anethole



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# KUMQUAT

*Fortunella japonica 5mL*

*Citrus, clean, fresh, sweet*

*Aromatic description*

## PRIMARY BENEFITS

- Diffuse for an uplifting aroma

## PRODUCT DESCRIPTION

Indigenous to Asia, the Kumquat fruit is the size of a large olive and can be eaten whole with the peel. The peel has been described as being sweet and the flesh sour. The peel produces a versatile essential oil.

Also known as Citrus japonica, Kumquat essential oil is filled with limonene—the same main chemical component as Lime, Wild Orange and other citrus essential oils.

Because of this, they share many of the same features and benefits and can often be used interchangeably.

The aroma of Kumquat is well-suited to uplift mood, invigorate the mind and help provide a new perspective when tackling daily challenges.

## USES

- Combine in a diffuser with Lemon, Lime, Wild Orange or Bergamot essential oils for a refreshing citrus aroma.
- Diffuse for cleansing and invigorating aroma.

## DIRECTIONS FOR USE

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

**FOOD FLAVOUR:** 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. Application to skin may increase sensitivity to sunlight. Avoid UV rays for 12 hours after applying product.

**PLANT PART:** Peel

**EXTRACTION METHOD:**

Cold pressed

**MAIN CHEMICAL COMPONENTS:**

Limonene



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