

# BASIL

*Ocimum basilicum 15 mL*

*Warm, spicy, herbal*

*Aromatic description*

## PRIMARY BENEFITS

- Provides a sense of alertness and feelings of calmness when diffused
- Distinct flavour ideal for italian dishes

## PRODUCT DESCRIPTION

Basil is commonly used in cooking to add a fresh, herbal flavour to meats, pastas and entrée dishes.

With a warm, spicy yet herbal aroma and a high linalool content Basil essential oil ideal a to diffuse for a calming and centering environment.

## USES

- Diffuse while studying or reading.
- Combine with Geranium and Wild Orange essential oils, for an uplifting aroma.
- Add to your favorite Italian dishes for a refreshing taste.

## DIRECTIONS FOR USE

**DIFFUSION:** Use one to two drops in 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:**  
Linalool, eucalyptol



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# BLACK SPRUCE

*Picea mariana 5mL*

*Balsamic, green, fruity, woody*

*Aromatic description*

## PRIMARY BENEFITS

- May provide soothing benefits to the skin
- Relaxing and calming aroma
- Refreshing and clear aroma

## PRODUCT DESCRIPTION

Historically used by Native Americans for topical and spiritual practices, Black Spruce is a powerful wood essential oil. Distilled from the needles and branches of the *Picea mariana* tree, Black Spruce essential oil is high in bornyl acetate, a chemical component known for relaxation and calming properties.

Diffuse Black Spruce essential oil or apply it to the back of the neck throughout the day whenever you are searching for harmony and balance. Black Spruce essential oil is often used in aromatherapy for its invigorating, refreshing and clear aroma.

## USES

- After strenuous activity, combine one to two drops of Black Spruce essential oil with Fractionated Coconut Oil and massage into the skin for a soothing and comforting massage.

- When working through difficult circumstances, try diffusing Black Spruce essential oil.
- Inhale throughout the day to experience the refreshing, clear 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.

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.

**PLANT PART:** Branch/Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Bornyl acetate,  $\alpha$ -pinene, camphene, -3-carene



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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 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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# 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, β-pinene, γ-terpinene



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# NEPAL DRYER BALLS WITH COTTON BAG

This practical dryer set of four wool dryer balls is handmade in Nepal and comes with a reusable handmade 100 per cent cotton bag for storage.

## DRYER BALLS

- 100% wool dryer balls and 100% cotton bag.
- Made with love, these handmade dryer balls and bag provide needed jobs and income to help improve the economic well-being of women in Kathmandu, Nepal.
- The dryer balls are created from organic, chemical and dye-free wool harvested according to international ethical sheering standards.

## PRODUCT DESCRIPTION

This practical dryer set of four wool dryer balls is handmade in Nepal and comes with a reusable handmade 100 per cent cotton bag for storage.

## INSTRUCTIONS

- Place one to four drops of CPTG® essential oil onto the wool dryer balls.
- Toss two to four dryer balls with laundry in the dryer.
- Once done, remove and reuse over and over again.

## USES

- Include two to four balls in the dryer to help reduce drying time.
- Helps leave your fabrics soft and smelling fabulous.



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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.

**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.

## INGREDIENTS

Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf/Flower essential oils.

## USES

- Soak sliced apples in water and a few drops for a snack.
- Diffuse two or three drops for a refreshing and energising aroma.

See additional precautions below.

## DIRECTIONS FOR USE

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

## 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.



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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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# WHITE GRAPEFRUIT

*Citrus X paradise 5 mL*

*Citrus, floral, fruity*

*Aromatic description*

## PRIMARY BENEFITS

- Aroma refreshes the senses and is ideal for an uplifting environment.
- Fruity and citrusy. Add a drop or two to your water to give it an uplifting kick – a good tip for those who want to avoid unwanted snacking.
- Reviving and stimulating. Use White Grapefruit essential oil as a muscle rub to help uplift and focus your mind.

## PRODUCT DESCRIPTION

White Grapefruit's name comes from the colour of its white peel but shares similar characteristics of other grapefruit varieties. Not quite as sweet as its pink grapefruit cousin, the aroma of White Grapefruit still evokes a fruity, citrusy tone. High in Limonene, the oil is cold pressed from the fresh peel and is ideal for its cleansing properties. This oil shines at creating a fresh, sweet environment.

## USES

- Diffuse throughout your home to create a light and refreshing atmosphere.
- Add one drop to facial cleansers, shampoos, or toothpastes for added cleansing properties.
- Place one to two drops in the palm of your hand, rub together, and cup over the nose and mouth for 30 seconds to refresh the senses.

## 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.

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

**FOOD FLAVOUR USE:** Dilute one drop in 120mL 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. Avoid sunlight and UV rays for at least 12 hours after applying product.

## PLANT PART:

Grapefruit rinds (peel)

## EXTRACTION METHOD:

Cold pressed

## MAIN CHEMICAL COMPONENTS:

Limonene, myrcene

