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*November 2020*

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# Introduction

A warm, crackling fire, with loved ones gathered for a cozy night of talking and laughing. Winter is settling in. Along with holiday joy, quiet evenings, and plenty of blankets, winter also brings the usual challenge of how to stay healthy through the season.

If you're looking for a starting lineup of essential oils to keep you feeling strong all season, look no further. Between Adaptiv<sup>®</sup>, Air-X<sup>™</sup>, dōTERRA Breathe<sup>®</sup> Touch, Copaiba, Northern Escape, dōTERRA On Guard<sup>®</sup>, Oregano, Peppermint, Siberian Fir, and Ylang Ylang, you're off to an incredible start.

In the following pages, you'll learn the what, where, when, why, and how of each one of these amazing products. Plus, you get some helpful DIY ideas and quick tips. As you put these essential oils and blends to work, you'll find a unique winter care routine that supports and nurtures your health and your family's.

# Adaptiv® Calming Blend

## What is Adaptiv®?

Adaptiv is a proprietary blend of essential oils known for their calming, uplifting, and balancing aromas. The blend includes Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Sweetgum, Rosemary, and Copaiba.

The name Adaptiv is derived from the word *adapt*, because that's exactly what this product is designed to help you do. Be empowered with a natural solution that helps you feel in control of your environment.

## How do I use Adaptiv®?

### *Aromatically:*

One of the most powerful ways to use Adaptiv is aromatically. When you take a deep breath of its light and soothing aroma, your olfactory system sends signals straight to the limbic system. Using Adaptiv aromatically can be as simple as putting a drop in your palm, rubbing your hands together, cupping them over the nose, and taking several deep breaths. You can rub any leftover Adaptiv on the back of your neck or even in your hair to keep the scent with you.

Diffusion is another excellent and easy way to use Adaptiv aromatically. Put several drops in your diffuser and press the on button! Diffusing Adaptiv can help soften a stressful or tense atmosphere.

Other ways to use Adaptiv aromatically include putting it on diffuser jewelry, making a room or linen spray with it, or using it with a passive diffuser on your office desk.

### *Topically:*

One of the best things about topical application is you're still receiving the oil's aromatic benefits as well. In the evening, massage Adaptiv into your feet or shoulders with Fractionated Coconut Oil as you wind down for bed. You could also add a few drops to an evening bath with Epsom salts.

Use Adaptiv® as a tranquil, relaxing perfume or personal scent. Applying it to pulse points, such as on your neck and wrists, is especially effective for topical use. You can also add it to your lotion or body butter after a shower.

Adaptiv has Wild Orange in the oil blend, and citrus oils can cause skin sensitivity when exposed to UV light. This just means when you're using Adaptiv topically, either don't apply it before direct and extended exposure to sunlight or simply apply it to areas that will be covered and protected.

## When should I use Adaptiv®?

When the daily twists and turns of life leave you feeling overwhelmed, you know you need to adapt to your environment to find balance and comfort again. But adapting is easier said than done, and Adaptiv Calming Blend can help make the process a little easier.

Adaptiv is designed to help you acclimate and adjust to the daily challenges of life. It's specifically formulated to help soothe, uplift, calm, and relax your space. Use Adaptiv to help take yourself from a restless, indecisive, or overwhelming environment to one that's calm and in control.

Before your next big presentation or important conversation, use Adaptiv. When you need to take a deep breath and carry on, but you don't know where to turn, turn to Adaptiv.

Adaptiv is ideal for daily use. Morning or night, if you need a soothing, relaxing, and empowering atmosphere, Adaptiv is there to support you.

## **Do it yourself with Adaptiv®:**

### Adaptiv aromatic hand warmers

#### Items Needed:

Fabric

Thread

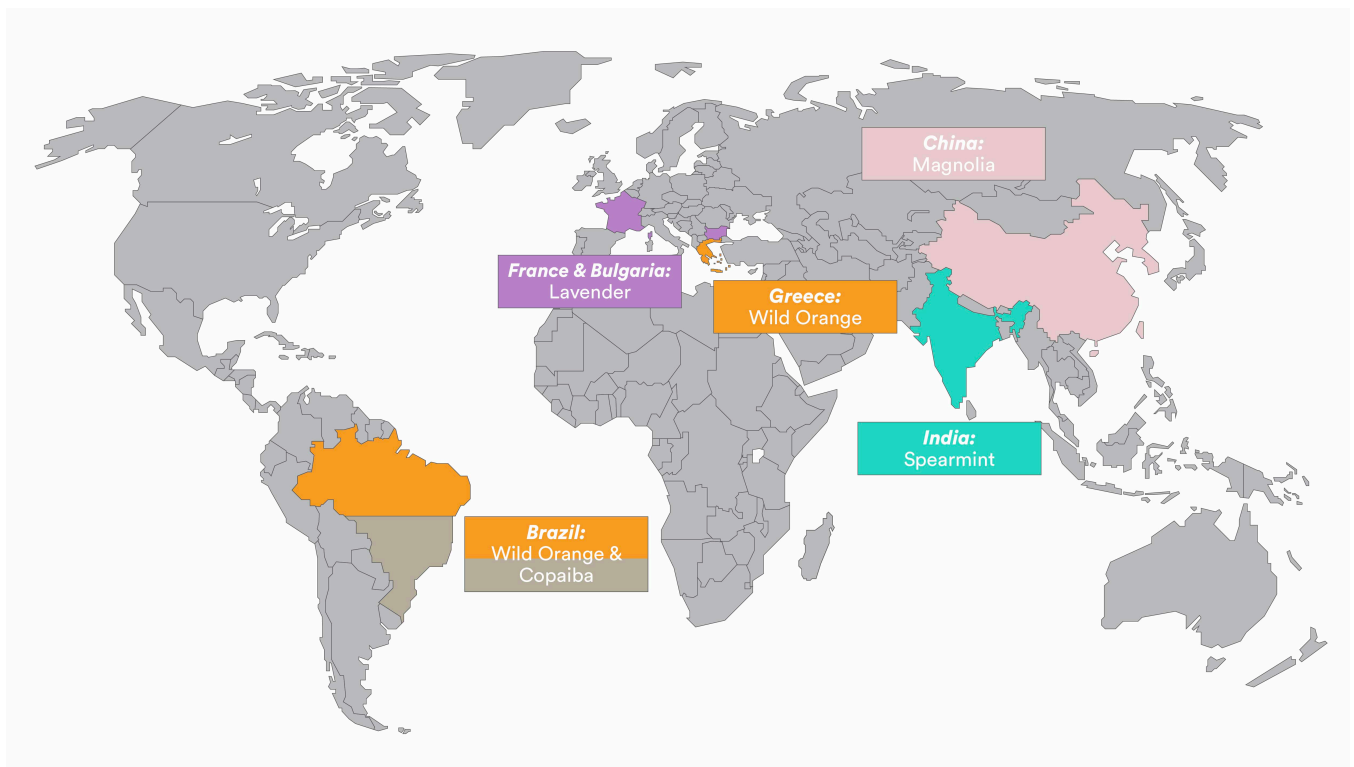
Flax seed

## Instructions:

1. Cut out two four-inch by four-inch squares for each hand warmer desired.
2. Sew the right sides of the fabric together, leaving a few inches open on one side.
3. Turn the fabric right-side out.
4. In a medium-sized bowl, mix flax seed with Adaptiv. Use three to five drops of the oil blend for every cup of grain (resulting in a relatively strong-scented hand warmer). Mix and allow to sit for 5–10 minutes.
5. Use the grain to fill the hand warmers about three-quarters full, and then stitch closed.
6. Heat hand warmers 25–30 seconds in the microwave, allow to sit for about 30 seconds, and place in pockets to warm your hands. Enjoy!

Tip: Replenish the hand warmers with Adaptiv as desired.

## Where Adaptiv® comes from



## Why Adaptiv®

Adaptiv contains Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Sweetgum, Rosemary, and Copaiba. Together, these essential oils create a synergistic experience that results in the ultimate calming blend.

Lavender is queen among essential oils when it comes to calming and relaxing.

Magnolia's aroma is intoxicatingly sweet and soft. It has the same primary chemical constituent as Lavender—linalool—which is incredibly soothing.

From the blossom of the bitter orange tree, Neroli carries a calm and uplifting scent.

Wild Orange is known for its uplifting, positive, and energizing aroma.

Invigorating and refreshing, Spearmint is particularly sweet among mint oils and promotes a positive environment.

Rosemary's energizing, herbaceous scent is often used in aromatherapy.

Copaiba can help create a calm environment.



*Three is better than one:*

Adaptiv® Calming Blend is actually part of the Adaptiv Trio, which includes two other products: Adaptiv Touch and Adaptiv Capsules. Use all three products together for maximum benefits and more powerful support.

# Air-X™

## What is Air-X™?

Air-X is an oil blend that's designed to help freshen the air when diffused. It includes Litsea, Tangerine, Grapefruit, Frankincense, and Cardamom.

## How do I use Air-X™?

### *Aromatically*

Also known as the Air Blend, Air-X was created with aromatic usage specifically in mind. The aroma is intensely citrusy, with faint woody and herbal tones. In addition to helping freshen the air, the oil blend provides a calming and energizing aroma when inhaled.

### *Topically*

With its lovely aroma and supportive benefits, Air-X is a great oil blend to use topically. Apply it to your chest and back or the bottoms of your feet.

Because Air-X has citrus oils in it, avoid applying it in areas that will be directly exposed to UV light or simply apply it when you know you won't be spending time in the sun for several hours.

### *Internally*

Air-X can be used internally as well. Add a drop of Air-X to your water to enrich the flavor and enjoy a refreshing drink.

## When should I use Air-X™?

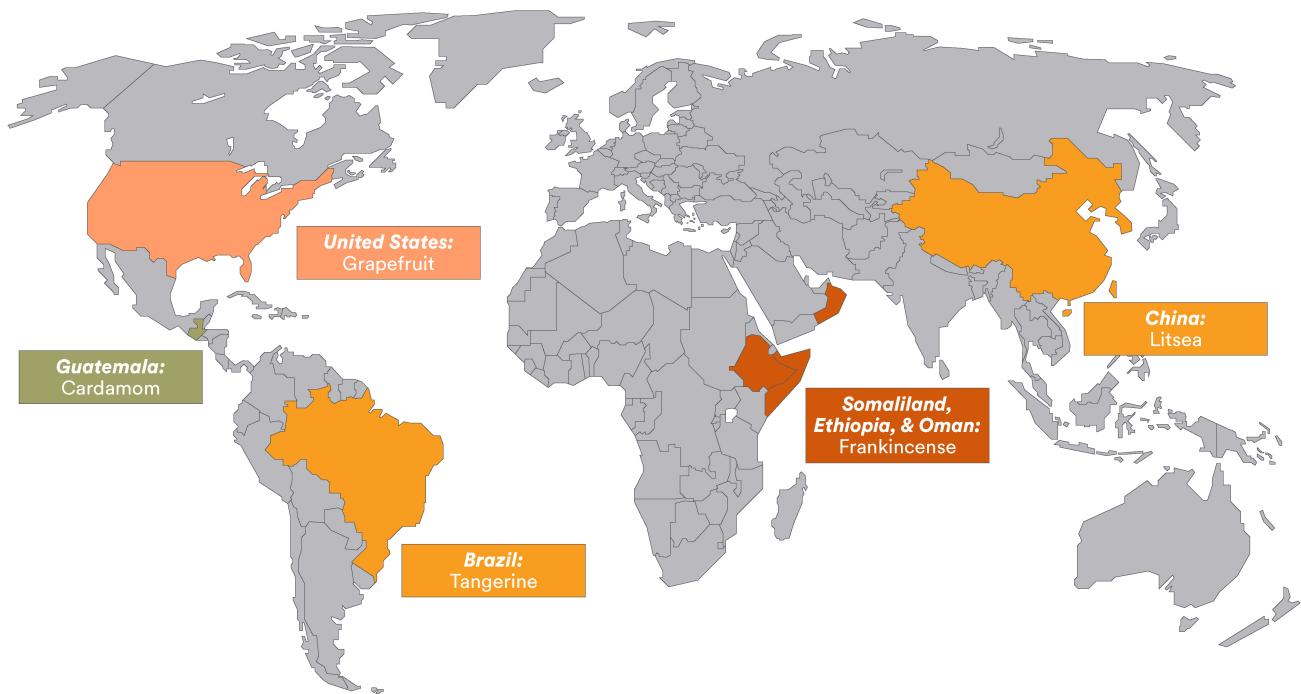
Use Air-X whenever you need some fresh air. Diffuse it in your home or office. Its scent helps create an uplifting and rejuvenating environment.

In the same vein, you can use Air-X to clean surfaces in your home. Add a few drops to a spray bottle with water or white vinegar for a refreshing all-purpose cleaner.

When you're in need of a refresh, use Air-X to promote feelings of openness and diffuse it to encourage a clear environment.



## Where Air-X™ comes from



## Why Air-X™

Air-X is an oil blend of Litsea, Grapefruit, Tangerine, Frankincense, and Cardamom.

Litsea's lemony aroma is fresh and bright. Geranial and neral—the two main chemical components of Litsea—offer cleansing benefits.

Grapefruit is a favorite essential oil to use as an air freshener, thanks to its delightful aroma. Grapefruit has an uplifting and cheering effect on any atmosphere. The primary constituent of Grapefruit is limonene, which is also present in other citrus oils, including Tangerine. This contributes to its cleansing and purifying properties.

Fresh and tangy, Tangerine is also cleansing. Its aroma creates an uplifting environment. Frankincense offers many powerful soothing benefits, as well as a warm, rich aroma.

Valued worldwide as a spice for its flavor, cardamom provides an essential oil with wonderful benefits. Due to its high 1,8-cineole content, Cardamom promotes feelings of clear breathing.

 Tip

*Bedtime breaths:*

Before bed, dilute a few drops of Air-X in Fractionated Coconut Oil and apply it to your chest and back. Then bring your hands to your face and take three slow, deep breaths, lengthening your exhales.

# dōTERRA Breathe® Touch

## What is dōTERRA Breathe® Touch?

dōTERRA Breathe Touch is dōTERRA Breathe Respiratory Blend, prediluted with Fractionated Coconut Oil and packaged in a roller bottle for easy topical application.

dōTERRA Breathe is an oil blend of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara.

## How do I use dōTERRA Breathe® Touch?

### *Aromatically*

Clean, airy, and refreshing, dōTERRA Breathe Touch is the perfect oil blend to support feelings of clear breathing. While dōTERRA Breathe Touch was specifically designed for topical use, you're actually still using it aromatically and receiving the associated benefits through topical application. For a more focused aromatic experience, roll dōTERRA Breathe Touch on your palms and inhale deeply from your hands.

### *Topically*

dōTERRA Breathe Touch is excellent for easy, no-mess topical application. Additionally, it's ideal for those with gentle or sensitive skin. Simply roll dōTERRA Breathe Touch on the chest and back. These are two of the most effective areas to apply dōTERRA Breathe Respiratory Blend. You can also apply it to the bottoms of your feet.

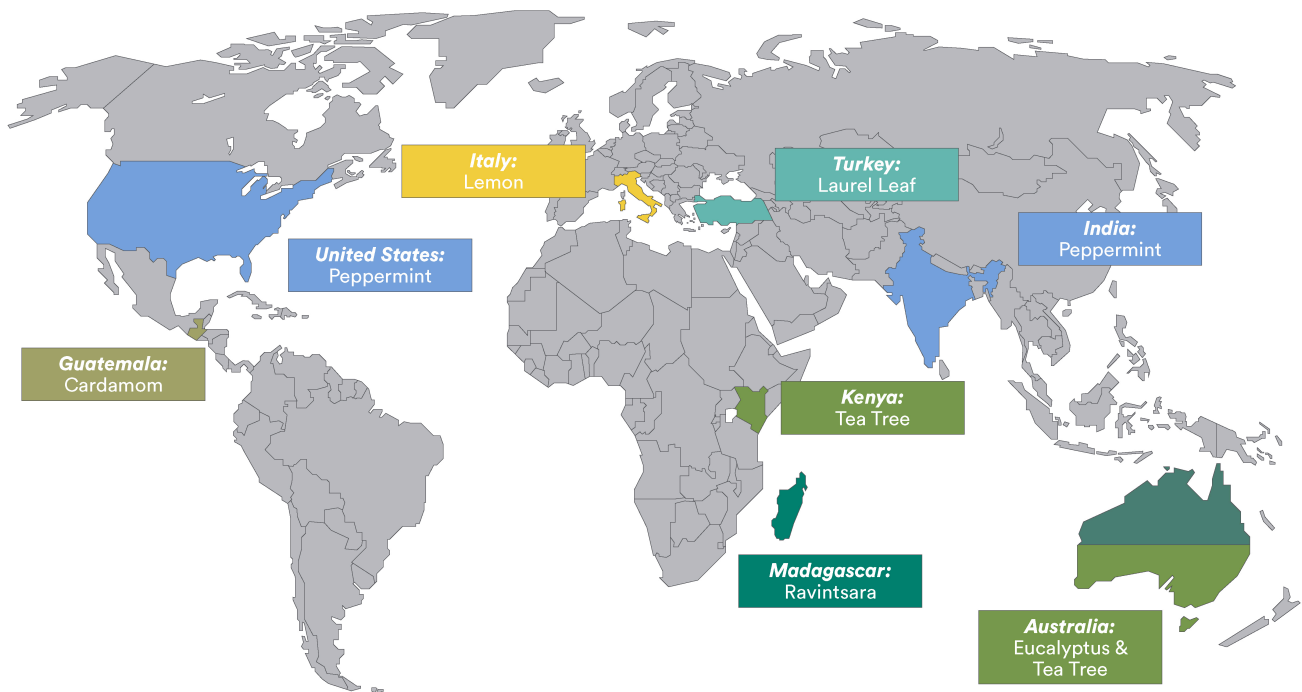
## When should I use dōTERRA Breathe® Touch?

dōTERRA Breathe Touch can be used to support feelings of clear airways. This is especially useful when seasonal threats are high. Cooler winter months—or any change of seasons—are particularly helpful times to keep dōTERRA Breathe Touch on hand.

It's minty and airy aroma also offers a cooling, soothing vapor, providing comfort during the evening as you prepare for bed and are seeking a restful night of sleep. You might keep dōTERRA Breathe Touch on your bedside table for easy access during the night when you or your family might need it.

dōTERRA Breathe Touch is helpful when you're on-the-go. Keep it in your purse or take it with you when you're spending time outdoors and could use some extra support with feelings of easy breathing.

## Where dōTERRA Breathe® Touch comes from



## Why dōTERRA Breathe® Touch

The essential oils used in dōTERRA Breathe are favorites for promoting feelings of clear breathing. It's made of eight oils that have historically been used to promote feelings of easy breathing: Lemon, Laurel, Eucalyptus, Ravensara, Ravintsara, Peppermint, Cardamom, and Tea Tree.

Eucalyptus and Peppermint have high menthol concentration. These essential oils work together to help your breathing feel clear. The cooling and soothing sensation of dōTERRA Breathe Touch can be incredibly comforting, especially when you need a gentle and quick application.

 Tip

*Your new backpack buddy*

Keep a bottle in your child's backpack or next to his or her bed. Because dōTERRA Breathe Touch is already diluted, it's perfect for the whole family. Remember, it's always important to talk to children about essential oil safety and supervise their learning.

# Copaiba

## What is Copaiba?

The towering copaiba tree grows in the tropical rainforests of South America. For hundreds of years, traditional healers in northern Brazil have used copaiba trees for their health benefits. Copaiba essential oil is steam-distilled from the oleoresin of the tree. When used internally, Copaiba can help soothe anxious feelings. It also supports the cardiovascular, nervous, digestive, immune, and respiratory systems.\*

## How do I use Copaiba?

### *Aromatically*

Diffusing or inhaling Copaiba directly is deeply relaxing and soothing. Add a few drops to a diffuser to create a relaxing, calming atmosphere.

### *Topically*

Copaiba's soothing properties make it ideal for topical use. Massage it into your neck and shoulders, joints, or other targeted areas.

Copaiba is also a fantastic essential oil to use on your face as part of your skincare routine, as it helps promote a clear and smooth complexion. Add a drop of Copaiba to a facial moisturizer to help nourish the skin and reduce the appearance of blemishes.

One of Copaiba's most powerful characteristics is that it can actually help increase the absorption and efficacy of other essential oils. Whether you're rubbing Lavender on your feet before bed or Deep Blue® into your muscles after a workout, adding a few drops of Copaiba to the application will enhance the overall experience.

### *Internally*

Copaiba also has a plethora of benefits when taken internally. The main constituent of Copaiba is beta-caryophyllene, which is also present in Black Pepper essential oil and helps soothe anxious feelings.\* In addition to its emotional benefits, beta-caryophyllene promotes healthy nervous, cardiovascular, and immune system function.\* The essential oil also contains

powerful antioxidants that support immune health.\* Copaiba is a well-loved oil because it eases discomfort and promotes overall health, supporting people to feel and live their best.\*

To take Copaiba internally, add one to two drops to water, juice, or tea. You can also place a couple of drops to a Veggie Cap.

## When should I use Copaiba?

When you first wake up, drop one to two drops of Copaiba under the tongue as part of your daily health regimen. You might also make it a part of your morning skincare routine by applying a few drops to your facial moisturizer or cleanser.

Throughout the day, you might find yourself fostering an environment of balance, centeredness, and calm with Copaiba. With its pleasant, spicy, and woody aroma, Copaiba is a wonderful essential oil you can turn to on stressful or overwhelming days.

In the evening, you can use Copaiba to create an atmosphere of rest and relaxation as you prepare for sleep. Massage it into your muscles or the bottoms of your feet. Diffuse it alone or with other soothing oils like Lavender, Cedarwood, or Roman Chamomile.

Copaiba is the kind of essential oil you never want to run out of. It's useful at all times of the day, week, or year. It's an incredible versatile oil, so whenever you feel like your body needs some support, turn to Copaiba.

## **Do it yourself with Copaiba:**

### Copaiba and Frankincense foot fizzies

These foot-soak fizzies are designed to pamper you like royalty. The bottoms of your feet have some of the body's largest pores, making them the perfect place to apply and absorb essential oils. Treat the royal in you to a bubbling experience, enhanced with the rich and earthy aromas of Copaiba and Frankincense.

#### **Ingredients:**

½ cup baking soda

¼ cup Epsom salts

¼ cup cornstarch

¼ cup citric acid

2 tablespoons pink Himalayan bath salts, for texture (optional)

3 teaspoons olive oil

1 tablespoon water

5 drops Copaiba oil

5 drops Frankincense oil

### **Instructions:**

1. In a bowl, combine and whisk together the dry ingredients.
2. In a separate container, combine the wet ingredients and mix well.
3. Slowly add the wet ingredients to the dry ones, whisking until uniform—just a little bit at a time will keep the mixture from fizzing too early!
4. Pack the completed mixture firmly into a candy mold or a standard mini bath bomb mold.
5. Leave in mold for 10–15 minutes, and then turn out onto a parchment sheet.
6. Let dry overnight or refrigerate for an hour before using.

To use, drop one fizzie into a warm foot bath and let your feet soak. Or you can make it a head-to-toe experience by dropping two or three in a full-sized bath!



## Where Copaiba comes from



## Why Copaiba

As the essential oil with the highest concentration of beta-caryophyllene, Copaiba has a spectrum of health-promoting benefits that continues expanding as more research is conducted.\* Previous research has shown that beta-caryophyllene is an agonist of the cannabinoid type 2 receptor (CB2 receptor), meaning it activates the receptor just as an endogenous signal would. The CB2 receptor has several functions both inside and outside of the central nervous system. CB2 receptors are expressed in the hippocampus, as well as the ventral tegmental area, which is a major player in neural circuits of pleasure and reward. CB2 receptors are also expressed in immune cells and peripheral nervous system pathways involved in the sensation of pain. New research suggests that activation of the cannabinoid system may help support neuron health.

Additional research on caryophyllene suggests many other means by which Copaiba essential oil can support overall health.\* When taken internally, caryophyllene possesses strong antioxidant properties, promotes healthy cellular function, may help support immune function while also supporting overall circulatory health, and may help support the health of the

gastrointestinal tract and colon.\* Copaiba essential oil (with all its constituents) may help keep the mouth, teeth, and gums clean and healthy-looking. Topically applied Copaiba may also help keep the skin clean and clear, while also helping reduce the appearance of blemishes. Another interesting experimental research study found that Copaiba, when taken internally, may help support uterine health and ease menstruation.\*

With so many incredible benefits to offer, Copaiba makes a wonderful and powerful addition to anyone's essential oil routine.



Tip

### *Cuppa with Copaiba:*

When you could use a cozy morning or evening tea, Copaiba serves as a wonderful addition, especially if you've been feeling a little under the weather or could use some extra support. Add a spoonful of honey, a drop of Lemon, and a couple drops of Copaiba to a mug of warm water and stir. Enjoy!

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Northern Escape

## What is Northern Escape?

Northern Escape is a proprietary oil blend of Black Spruce, Siberian Fir, Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki, Frankincense, Nootka, Cananga, and Clove.

## How do I use Northern Escape?

### *Aromatically*

Diffusing Northern Escape is like taking a journey through the forests of the world. Its fresh, green aroma creates a beautiful atmosphere of harmony and peace. Place a drop in your palm, rub your hands together, cup them over your nose, and take a deep breath to escape into the woods.

### *Topically*

Several of the many wood oils found in Northern Escape are soothing to the skin and tissues, making it an effective option to use topically. Dilute with Fractionated Coconut Oil for a relaxing and inspiring massage. Using Northern Escape topically also allows you to carry the soft, balancing scent of the trees with you all day.

## When should I use Northern Escape?

Whenever you could use a minute to yourself—to think and breathe—Northern Escape is the perfect oil blend to turn to. As you breathe in the scent of Northern Escape, the rush of everyday life is forgotten. Use Northern Escape anytime you or your family could use a tranquil atmosphere.

With all its wood oils, Northern Escape is crisp and refreshing. Use it in your office, kitchen, car, or anywhere else that could use a crisp, clean, and positive scent to freshen things up.

Add a drop of Northern Escape to your lotion, body butter, or Fractionated Coconut Oil when you could use a balancing but also stimulating aroma that soothes your skin.

## **Do it yourself with Northern Escape:**

### Northern Escape foaming hand soap

Making your own foaming hand soap is surprisingly simple. You probably already have most of the ingredients! You can use any empty foaming hand soap dispenser you have around the house.

#### **Ingredients:**

2 tablespoons unscented liquid Castile soap

1 tablespoon Fractionated Coconut Oil

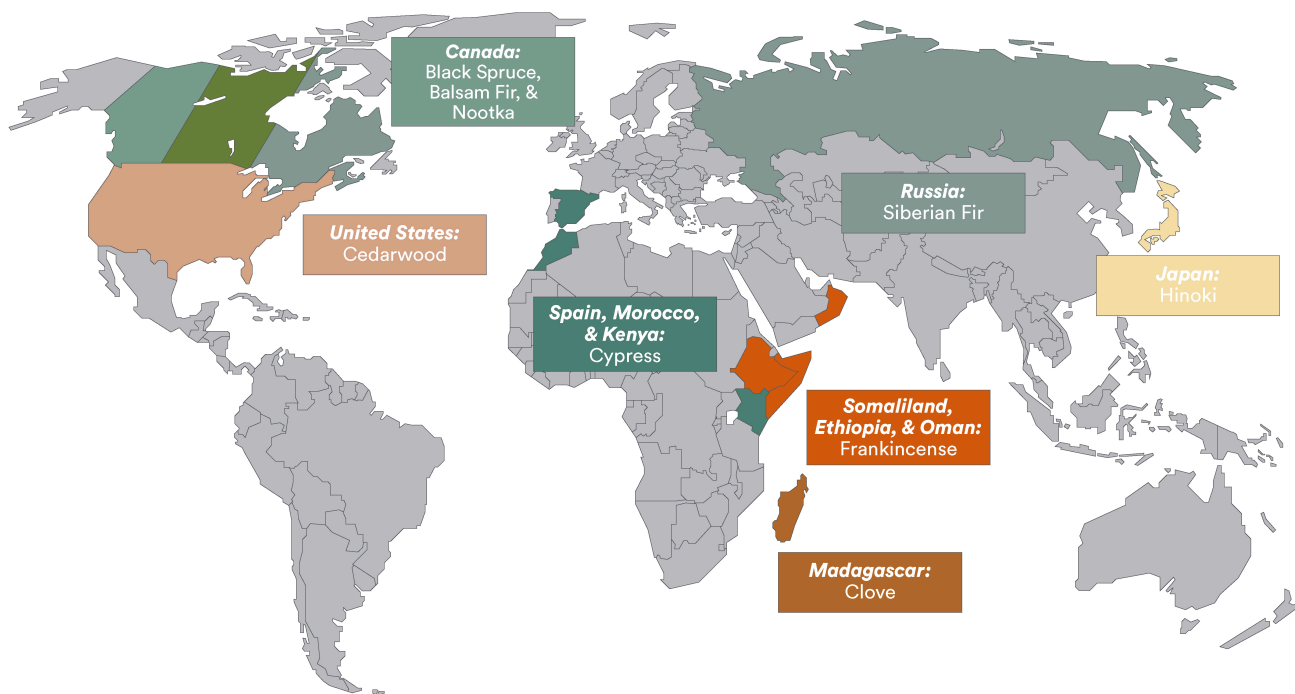
10 drops Northern Escape

Water

#### **Instructions:**

1. Pour the Castile soap and Fractionated Coconut Oil into a bottle.
2. Add the essential oil.
3. Slowly add water into the bottle, making sure to leave room for the foaming pump.
4. Add the lid, shake, and you're good to go!
5. When ready to use, pump one to two times into hands and wash with warm water.

## Where Northern Escape comes from



## Why Northern Escape

Northern Escape is an oil blend of Black Spruce, Siberian Fir, Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki, Frankincense, Nootka, Cananga, and Clove.

Black Spruce is a powerful essential oil from the pine family. This woody, refreshing fir oil is grounding, cleansing, and soothing. Black Spruce is slightly sweeter in scent than some other fir oils.

As its name implies, Siberian Fir comes from the fragrant evergreen tree that thrives in the remote forests of Siberia. Its fresh, pine-like aroma helps create a tranquil space and soothes muscles.

Balsam fir is native to North America. It's among the most fragrant of fir trees, with Balsam Fir essential oil promoting an uplifting, grounded environment.

Cedarwood encourages tranquility. Warm, woody, and somewhat balsamic, the aroma of Cedarwood creates a relaxing atmosphere.

Fresh and woody, Cypress is often used in spas and massages for its refreshing aroma and many benefits to the skin. Cypress has a pleasant, woody aroma that combines well with the other oils in Northern Escape—especially the florals: Lavandin and Cananga.

A cousin of Lavender, Lavandin offers a soothingly soft touch to Northern Escape. Its aroma is slightly sharper than Lavender, which helps it blend seamlessly and effectively with the conifer oils.

Cananga—which is closely related to Ylang Ylang essential oil—helps reduce stress and promote calmness. Cananga is also soothing to the skin.

An essential oil that needs no introduction, Frankincense is well known for its many health benefits, uses, and applications. Its aroma is slightly warmer and spicier than the other wood oils. Its calming, stabilizing, and balancing scent creates an atmosphere of peace and harmony.

Named for the Nootka tribe who resided in an area called the Nootka Sound, the nootka tree is sometimes called a “twin” to the arborvitae tree. Like the other wood oils found in Northern Escape, Nootka contributes to the overall grounding and balancing effects.

Hinoki comes from the wood of the Japanese hinoki tree. Its fresh, woody, and balsamic aroma provides a relaxing environment and is frequently used in personal care products and perfumes for its fresh and airy scent.

Clove may be most known for its internal benefits; however, it has much to offer topically and aromatically as well. Its aroma is warm, invigorating, and cozy. In Northern Escape, it adds a hint of warmth and spice that rounds out the entire oil blend into a familiar and welcoming experience.



*A drive through the forest*

Place a few drops of Northern Escape on a cotton ball and rub it on the heating and air conditioning vents of your car. Anytime you turn on the air, you'll get a fresh whiff of the forest. Leave the cotton ball in your center console compartment to increase the aroma when needed.

# dōTERRA On Guard®

## What is dōTERRA On Guard®?

dōTERRA On Guard Protective Blend supports healthy immune and respiratory function when taken internally.\* It purifies the air and is a favorite for diffusing, thanks to its welcoming citrus-spice aroma and many beneficial properties. It includes Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary.

## How do I use dōTERRA On Guard®?

### *Aromatically*

Thanks to its warm and spicy aroma, dōTERRA On Guard is a great oil blend for diffusing at home, school, and work. It cleanses and refreshes the air and creates an upbeat, energized atmosphere.

### *Topically*

When using dōTERRA On Guard topically, two of the best places to apply it include the spine and bottoms of the feet. Applying dōTERRA On Guard topically can produce a gentle warming effect that feels especially nice during cold weather. For children or those with sensitive skin, dilute with a carrier oil like Fractionated Coconut Oil.

### *Internally*

When taken internally, dōTERRA On Guard offers powerful immune support and reinforces the body's natural antioxidant defenses.\* It also encourages healthy respiratory function and circulation.\* dōTERRA On Guard can be taken daily to maintain healthy immune function.\*

## When should I use dōTERRA On Guard®?

During winter months, as well as when seasonal threats are high, massage dōTERRA On Guard into your feet in the evenings. Put on socks or slippers after to increase the absorption. Or after a warm bath or shower, gently apply dōTERRA On Guard to the spine (this can be wonderfully soothing for children before bed).



Whenever you feel a bit under the weather, take dōTERRA On Guard® internally for some extra support.\* Just a drop or two is all you need! While many love the taste of dōTERRA On Guard, you may prefer to take it in a Veggie Cap if you haven't tried it before, since it does contain hotter oils like Clove and Cinnamon. Or you can dilute it by adding a drop to juice, water, or another beverage. You can always follow it with a sip of milk afterward if the taste was still a little strong for your liking.

Another excellent time to use dōTERRA On Guard is when you're cleaning. The oil blend is highly cleansing, purifying, and even degreasing, so it makes the perfect cleaning companion. Add several drops to a spray bottle with water, and you've got yourself a natural and effective all-purpose spray.

Diffuse dōTERRA On Guard throughout your home for a welcoming, supportive, and inviting aroma. Try diffusing it in the foyer as your kids come home from school or in the living room and kitchen when you're entertaining guests. Other great places to diffuse it include bedrooms, bathrooms, and workspaces—it works everywhere!

## **Do it yourself with dōTERRA On Guard®:**

### dōTERRA On Guard pumpkin smoothie

Fall in love with the flavors of fall through this delicious treat, infused with dōTERRA On Guard Protective Blend.

#### **Ingredients:**

- 1 cup almond milk (or milk of choice)
- ½ cup pumpkin purée
- ½ cup vanilla yogurt
- 2 frozen bananas
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie seasoning
- 2–3 drops dōTERRA On Guard
- 1 cup ice

## Instructions:

1. Combine all the ingredients in a blender and blend until smooth.
2. If desired, add some whipped cream and sprinkle with cinnamon.

Tip: For a vegan recipe, replace the milk and yogurt with one can of coconut milk.

## Where dōTERRA On Guard® comes from



## Why dōTERRA On Guard®

dōTERRA On Guard oil blend contains Cinnamon, Wild Orange, Eucalyptus, Rosemary, and Clove.

Spicy and sweet, [Cinnamon](#) has been shown in experimental research to promote a healthy immune system when taken internally.\* It can also help freshen your breath.

Wild Orange contains powerful antioxidants that support a healthy immune system and promote overall health.\* The fresh citrus kick of Wild Orange is uplifting and greatly adds to the appeal of dōTERRA On Guard.

Eucalyptus has purifying properties that can be beneficial for cleaning surfaces. Aromatically, it cleanses the air and has an uplifting aroma. The type of Eucalyptus essential oil (*Eucalyptus globulus*) used in dōTERRA On Guard is different from the single dōTERRA Eucalyptus essential oil (*Eucalyptus radiata*), which isn't for internal use.

Rosemary may support healthy respiratory function, reduces fatigue, and calms tension when taken internally.\* When ingested, Rosemary also supports digestion.\*

Clove freshens breath and supports the immune system when taken internally, thanks to its powerful antioxidant properties.\*

While each of these are individually impressive, when together in an oil blend, they create a synergistic effect that makes them even more powerful and beneficial. In other words, the whole is greater than the sum of its parts!



*Super support for school:*

As your children leave for school in the morning, apply dōTERRA On Guard to the backs of their necks for a spicy and supportive aroma at the start of the day!

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Oregano

## What is Oregano?

Distilled from the fragrant leaves of the Mediterranean herb, Oregano essential oil has powerfully cleansing properties, supporting the immune, respiratory, and digestive systems.\* Known as the oil of humility, Oregano was revered by the ancient Greeks for its taste and countless health benefits.

## How do I use Oregano?

Due to its high phenol content, Oregano is an incredibly potent and hot essential oil. Whether you're using it aromatically, topically, or internally, remember to dilute and you only need one to two drops.

### *Aromatically*

While it may seem a bit unexpected due to its distinct and potent aroma, using Oregano aromatically has its benefits. Diffusing Oregano helps cleanse the air. Additionally, Oregano's aroma acts as an enhancer and equalizer in diffuser blends. You might just find that the well-placed drop of Oregano adds the perfect herbaceous twist to your next blend.

### *Topically*

Oregano is a hot oil and should be diluted with a carrier oil when used topically. Combine a drop or two of Oregano with Fractionated Coconut Oil and apply it to the spine and bottoms of the feet. Topical use is a great way to deliver some of the supportive benefits of Oregano.

### *Internally*

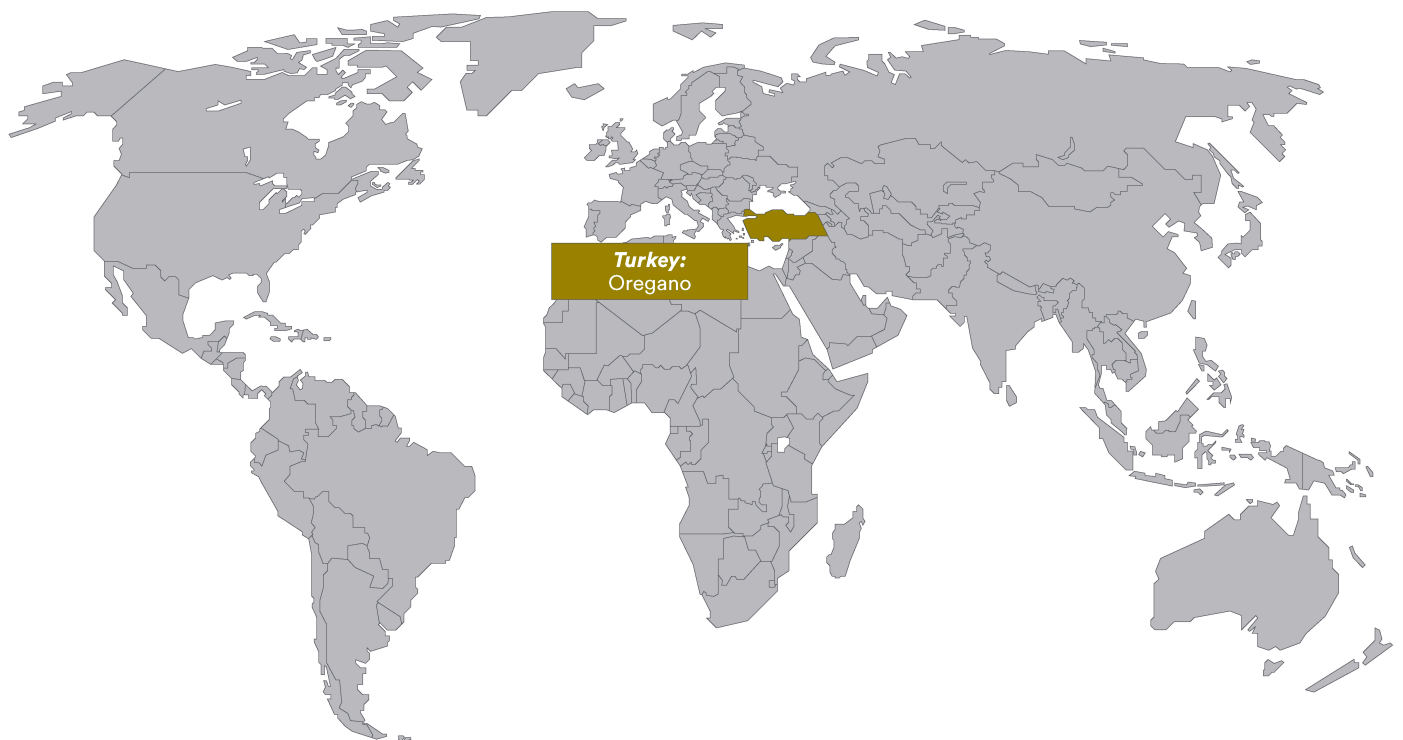
When taken internally, Oregano supports the digestive, respiratory, and immune systems.\* It's most popularly used for immune support.\* Oregano offers powerful antioxidants,\* which come from carvacrol and thymol—the primary chemical components. Carvacrol also supports the respiratory system.\* Oregano supports healthy digestion by promoting the secretion of digestive juices.\* You can take Oregano internally by adding a drop or two to a Veggie Cap or using it in recipes.

## When should I use Oregano?

One of the best times to use Oregano essential oil is when you're cooking! Not only is it more potent than the herb, but it also has a much longer shelf life. Plus, when you use Oregano in your cooking, you're getting a great flavor and receiving amazing internal benefits as well!

When threats are high or you're not feeling your best, Oregano is great to have on hand. Take it internally using a Veggie Cap or diluted in liquid. You can also make a gargle, using four ounces of water and one drop of Oregano—after gargling, you can spit it out or swallow. Dilute Oregano with Fractionated Coconut Oil and massage it into your children's feet before they go to bed.

## Where Oregano comes from



## Why Oregano

Carvacrol is the main chemical compound in Oregano, comprising 60–80% of the essential oil. Carvacrol is chemically classified as a monoterpene phenol, as it's derived from two isoprene units and contains a benzene ring with an alcohol group. It's been heavily researched due to its many health benefits; in fact, a search for "carvacrol" in the National Institute of Health's *PubMed* research database returns over 1,400 research studies.

Due to its ability to affect sodium channel dynamics, carvacrol has soothing properties. Carvacrol affects inflammation signaling pathways and promotes a healthy inflammatory response.\* It can also help soothe tension and occasional discomfort in muscles.

Carvacrol is an essential oil compound with a host of wellness benefits. Its powerful effects on cellular health in the reproductive and digestive systems make it a smart choice for dietary use on top of it all.\*



### *The toothpick method:*

When cooking, remember that Oregano is incredibly potent, so you don't need as much of the essential oil as you'd use of the herb. If a recipe calls for a tablespoon or more of oregano, then go ahead and start by adding one drop of essential oil. If the amount called for is less, then start by adding a toothpick's amount, meaning you dip a toothpick in your Oregano essential oil and stir it into whatever you're making. You can use the toothpick method to keep adding Oregano to taste.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Peppermint

## What is Peppermint?

Peppermint is a cross of watermint and mild-flavored spearmint. It was first described by Swedish botanist Carl Linnaeus in the eighteenth century. One of the most popular essential oils, Peppermint relieves head and neck tension, promotes feelings of clear airways, supports oral health, and soothes the stomach.\*

## How do I use Peppermint?

### *Aromatically*

The sharp, sweet scent of Peppermint is energizing and exhilarating. Its intensely minty aroma is distinct, familiar, and fresh. One of the most effective ways to use Peppermint aromatically is to put a drop or two into your palms and breathe deeply from your hands. This helps create an awake and alert atmosphere, as well as provides feelings of clear airways. Peppermint is almost always a fabulous addition to diffuser blends.

### *Topically*

Peppermint is a powerful essential oil to use topically. It generates a cooling sensation on the skin that's soothing and beneficial. Peppermint can be used to help ease tension in the head, neck, and shoulders. Apply it topically to targeted areas and dilute as desired.

Another benefit to using Peppermint topically is that it's a natural bug repellent. Keep it handy for hikes, campouts, or even your next neighborhood BBQ.

### *Internally*

The great flavor of Peppermint makes it a popular essential oil to take internally. In fact, Peppermint is the most popular essential oil used in the food industry, thanks to its pleasant and refreshing taste. You can add a drop of Peppermint to your favorite smoothie recipe or protein shake for a refreshing twist.

When taken internally, Peppermint promotes healthy digestion and respiratory function.\* To freshen breath and ease occasional indigestion, add one to two drops of Peppermint to a glass of water and drink.\* It also helps ease nausea and motion sickness.\*

## When should I use Peppermint?

One of the best times to use Peppermint essential oil is first thing in the morning. When you wake up, place a small drop of Peppermint on your thumb, and then on the roof of your mouth. This will help jump-start your day with an energetic atmosphere.

Use a drop of Peppermint and Lemon in water for a healthy and refreshing mouth rinse before you leave the house in the morning. You might also add a drop of Peppermint to your toothbrush—along with your toothpaste, of course—for boosted oral hygiene benefits and extra fresh breath.

As you navigate daily life, you'll likely find Peppermint is one of the best go-to natural solutions for many of the occasional uncomfortable issues you encounter, like tummy troubles\* and head tension. When your head and neck are giving you grief, apply Peppermint to your temples and back of the neck for comfort.

To alleviate occasional stomach upset or indigestion, take Peppermint internally.\* You can put a drop under the tongue, in a glass of water, or in a Veggie Cap.

## **Do it yourself with Peppermint:**

### Peppermint sugar lip scrub

This delicious, natural exfoliating lip scrub will leave your lips feeling smooth and rejuvenated. Peppermint essential oil adds a strong cooling effect that leaves your lips feeling tingly and fresh! For extra soft lips, apply lip balm after the scrub.

#### **Ingredients:**

- 4 teaspoons brown sugar
- 3 teaspoons virgin coconut oil
- 3 teaspoons honey
- 2 drops Peppermint oil
- 2 drops Wild Orange or other oil of choice (optional)

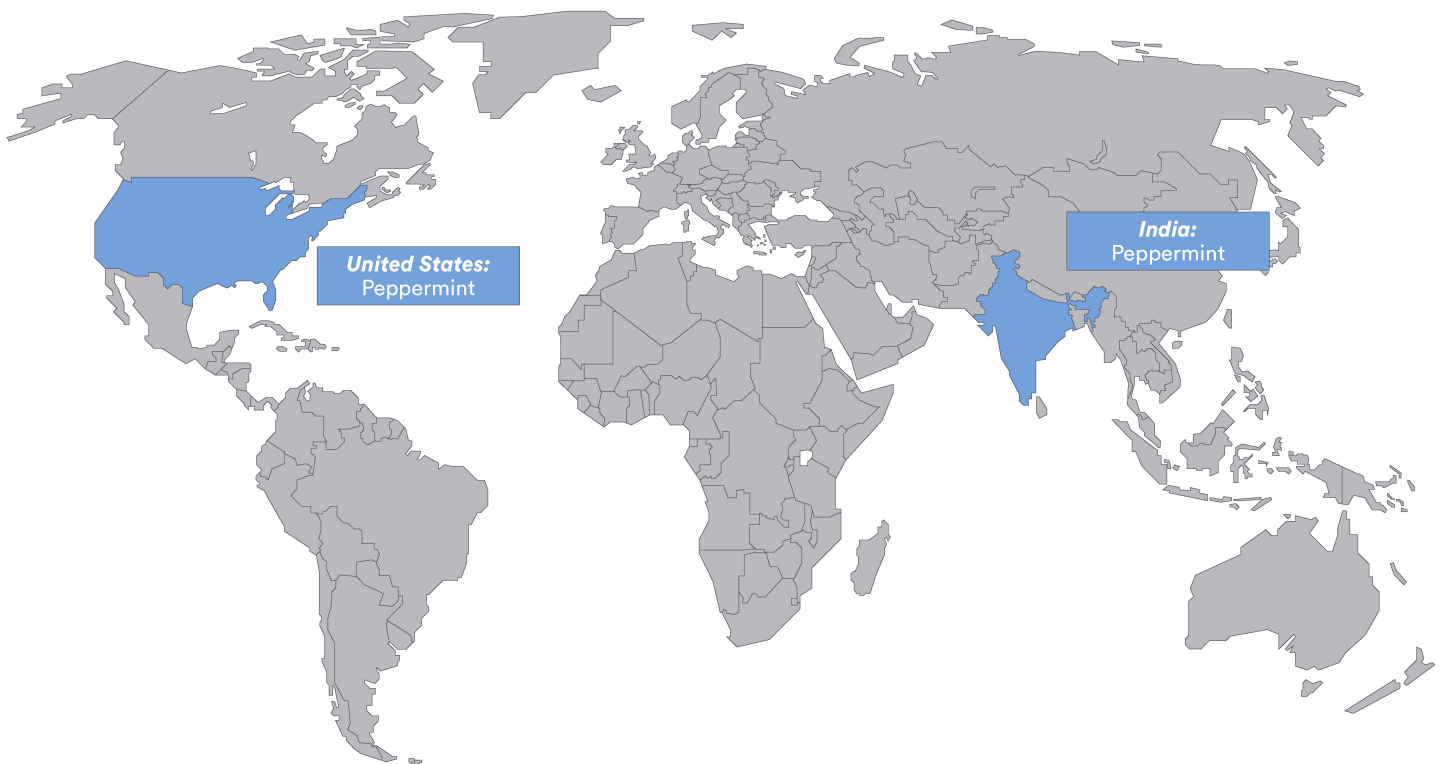
#### **Instructions:**



1. Mix the brown sugar, coconut oil, and honey in a small bowl.
2. Add desired essential oil(s).
3. Stir until the ingredients are combined.
4. Apply to your lips and gently scrub to exfoliate and soften.
5. Remove with a warm and wet washcloth.
6. Put extra contents into container(s) of your choice and apply to lips as needed.

Note: This recipe makes a little less than a quarter cup. Either portion out the mixture into several airtight containers or adjust the recipe to fit the container you have.

## Where Peppermint comes from



## Why Peppermint

One of the most widely known and used terpene compounds, menthol is a monoterpene alcohol that's found in high concentrations in Peppermint. Though it's primarily known for its skin-cooling and respiratory-supporting benefits,\* its surface-cleansing, body system-supporting,\* and pest-repellant properties have also been extensively investigated.

Peppermint oils are graded based on the content of the menthol they contain. High-quality essential oils contain more of menthol, which is the primary constituent and is responsible for its positive effects on the body. Factors like location and climate, as well as time of harvest, all effect the menthol content. dōTERRA gives careful care and attention to ensure and confirm that our Peppermint yields essential oil with maximum menthol content.



### *After-dinner mint*

After indulging at dinner on, say Thanksgiving, take a few drops of Peppermint internally to support digestion and comfort.\* Alternatively, you can use Peppermint proactively to help manage and encourage mindful and healthy eating. Before and during your meal, place a drop or two of Peppermint in your water. Enjoy the refreshing taste and health benefits!

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# Siberian Fir

## What is Siberian Fir?

Siberian Fir essential oil is steam-distilled from a fragrant evergreen tree that thrives in the remote forests of Siberia. The fresh, pine-like aroma of Siberian Fir soothes and eases muscle soreness.

## How do I use Siberian Fir?

### *Aromatically*

Like a stroll through a mountain forest, Siberian Fir provides a relaxing aroma and eases temporary stress. Inhale deeply to experience its refreshing aroma. When diffused, Siberian Fir can promote feelings of easy breathing, while also providing calming and grounding effects.

### *Topically*

In addition to its balancing aromatic benefits, Siberian Fir can be soothing to the body when used in a massage. After strenuous activity, dilute it with Fractionated Coconut Oil and massage into your legs and back for a comforting effect. Applied topically, Siberian Fir essential oil can also help soothe minor skin irritations.

### *Internally*

Siberian Fir is unique among fir oils, because it can be taken internally. Take one drop in a Veggie Cap to experience its relaxing and supportive benefits.\*

## When should I use Siberian Fir?

Siberian Fir is used in aromatherapy. Anytime you're working through difficult circumstances, Siberian Fir can help create a peaceful, grounding environment. It's also wonderful to use when you just feel like your headspace could use a breath of fresh air. The harmonious aroma of Siberian fir trees can transform a stressful atmosphere into something still and serene.

When you feel like your muscles could use care and attention, Siberian Fir is just the essential oil to help, as it's often used in massages for a soothing experience.

## **Do it yourself with Siberian Fir:**

### Scented holiday pinecones and cards

The scents of pine, gingerbread, cinnamon, and orange are almost inseparable from the holiday season. Catch one hint of these aromas any time of year, and you're instantly taken back to childhood sledding races, homemade gingerbread houses, and sweet memories with family and friends. Capture the nostalgia with these homemade scented pinecones and cards.

#### *Scented Pinecones*

##### **Items Needed:**

Dry pinecones

Siberian Fir oil

##### **Instructions:**

1. If the pinecones have been collected from outside, cook in the oven at 200 °F for at least 30 minutes—or until the pinecones have opened.
2. Add one drop of Siberian Fir on each pinecone. If you'd like to add additional essential oils, Cinnamon Bark, Clove, Cassia, Wild Orange, and Holiday Joy™ are all fantastic options.
3. Place the pinecones in a decorative bowl or on your Christmas tree.

#### *Scented Cards*

##### **Items Needed:**

Cotton balls

Plastic or paper bag

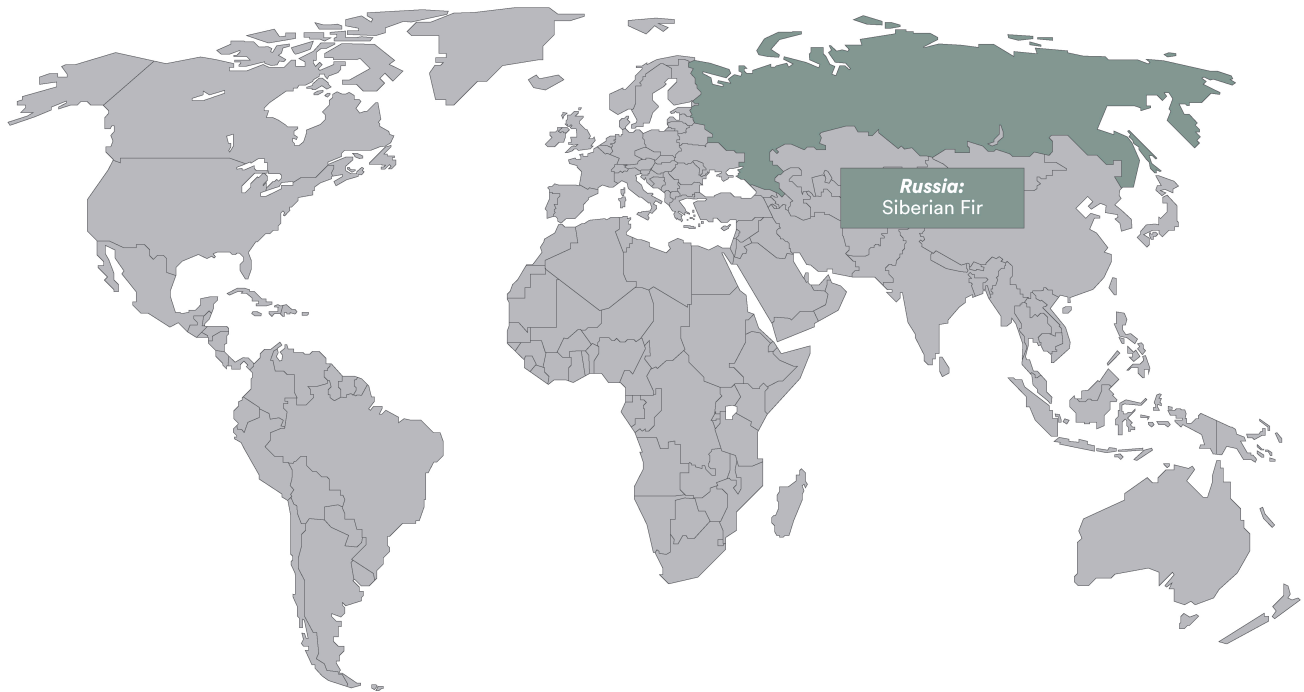
Siberian Fir oil

##### **Instructions:**

1. Place two to four drops of Siberian Fir on a cotton ball. If you'd like to add additional essential oils, consider Douglas Fir, Frankincense, Cinnamon Bark, or Holiday Joy.
2. Place the cotton ball inside bag with cards.
3. Seal the bag and let sit overnight.

Tip: You can also make scented wrapping paper using the same directions for the scented cards.

## Where Siberian Fir comes from



## Why Siberian Fir

Siberian Fir has a unique chemical composition that's predominately bornyl acetate, which provides most of the calming benefits of this essential oil. Bornyl acetate also provides relaxing properties to the skin.

Multiple studies have confirmed that it also has soothing and supportive effects on the body's tissues. Various research groups have found that bornyl acetate affects gene expression and protein activity in different cell types in a way that can soothe a normal inflammatory response.\*

 Tip

*A fresh roll:*

Place one to two drops of Siberian Fir on the cardboard tube of a toilet paper roll. Not only will the roll always feel fresh, but your bathroom will smell faintly of trees!

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# Ylang Ylang

## What is Ylang Ylang?

From the delicate star-shaped flowers of the ylang ylang tree, Ylang Ylang essential oil is famous for its sweet, luxurious, and calming scent. Ylang Ylang is nourishing to the skin and hair. It also provides antioxidant properties when taken internally.\*

## How do I use Ylang Ylang?

### *Aromatically*

Chances are you've smelled ylang ylang before in a perfume or lotion, because its sweet, rich, and spicy scent is commonly used in the perfume and fragrance industry. The aroma of Ylang Ylang essential oil is sometimes compared to Jasmine.

Traditionally, ylang ylang has been used as part of religious and wedding ceremonies for centuries. It's also been used extensively in aromatherapy for its ability to create a soothing, positive, and relaxed environment. Ylang Ylang's aroma can help ease a tense or stressful atmosphere.

### *Topically*

Hair and skincare are great ways to use Ylang Ylang. Include a drop of Ylang Ylang when you apply your moisturizer or use lotion for added skin benefits and a soft floral scent. Ylang Ylang provides nourishing and protective properties to your skin and hair that leave them feeling luxurious and smelling divine. Plus, when you use Ylang Ylang essential oil in your hair, you carry that sweet aroma with you all day.

Some of the best places to apply Ylang Ylang topically include pulse points like your wrists, neck, and backs of your knees or elbows.

### *Internally*

When taken internally, Ylang Ylang essential oil offers antioxidant support.\* It can also support healthy immune function.\* To take Ylang Ylang internally and access the antioxidant benefits, add a drop or two to a drink—like tea or juice—or take in a Veggie Cap.\*

## When should I use Ylang Ylang?

One of the best times to use Ylang Ylang is in the evenings; in fact, Ylang Ylang is one of the essential oils included in dōTERRA Serenity® Restful Blend. Add a drop of Ylang Ylang to a warm bath with Epsom salts and enjoy a luxurious evening soak. Apply it topically to the bottoms of your feet as well and diffuse it as you get ready for bed to help you wind down. Try combining Ylang Ylang with Bergamot for a sweet, citrusy twist in scent.

Ylang Ylang is also a lovely essential oil to incorporate into your skin and hair routines. For a soothing DIY steam facial, fill a large bowl with warm water, add a couple drops of Ylang Ylang (and any other essential oils you want to include), then cover your head with a towel and place your face above the steaming bowl. If the steam becomes too hot or intense, simply lift the towel for a few moments or move your face further from the bowl. Lavender and Frankincense make lovely additions to this experience. Brush a drop or two of Ylang Ylang through your hair.

## **Do it yourself with Ylang Ylang:**

### Leave-in conditioning spray

Sometimes hair needs a little extra care, especially during the winter months. This leave-in conditioning spray—infused with Ylang Ylang and Rosemary essential oils—provides great support for hair that's feeling stiff or overworked. Rosemary conditions, while Ylang Ylang leaves locks looking full, smooth, and healthy.

#### **Ingredients:**

- 3 parts distilled water
- 2½ tablespoons vegetable glycerin
- 1 tablespoon Fractionated Coconut Oil
- 1 tablespoon rose water
- 2 drops Ylang Ylang oil

#### **Instructions:**

1. Combine all the ingredients in an eight-ounce glass spray bottle.



2. Shake well and spray over damp hair after your normal shampoo and conditioner routine.
3. Don't rinse. Style hair as usual.

## Where Ylang Ylang comes from



## Why Ylang Ylang

One of the main chemical constituents found in Ylang Ylang is beta-caryophyllene. You might recognize it as a sesquiterpene found in Copaiba, Melissa, and Black Pepper essential oils. Research indicates that beta-caryophyllene can protect neurons via the cannabinoid pathway by activating the CB2 receptor. This supports a body of evidence suggesting that beta-caryophyllene—and essential oils rich in beta-caryophyllene—support a healthy nervous system.\*



Tip

*Flower power perfume:*

Use Ylang Ylang as a sweet, floral perfume or create your own personalized fragrance by combining it with another essential oil or two, like dōTERRA Jasmine Touch, dōTERRA Neroli Touch, or dōTERRA Magnolia Touch.

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