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# Introduction

Spring approaches—the urge to clean, get organized, and welcome the warming weather with a splash of order and renewal growing. Now is the perfect opportunity to take stock of your routines and rituals, as well as what you’re holding on to around the house.

This season, clean out the cupboards and drawers, replacing cleaning and personal care products that are full of toxins with pure, natural options, using essential oils like Lemon, Lavender, Tangerine, Blue Tansy, Eucalyptus, and Roman Chamomile. Upscale your routines and the atmosphere of your home with fantastically fresh aromas like dōTERRA Peace®, dōTERRA Balance®, Beautiful Touch, and Citrus Bloom®. Give your body the support it needs to thrive in the life you’re creating with oils like Spearmint, Rosemary, and dōTERRA Breathe®.

In the following pages, you’ll learn the what, where, when, why, and how of each of these amazing products. Plus, you get some helpful DIY ideas and usage tips. As you begin making these essential oils and blends part of your daily life, you just might notice some extra spring in your step.

# dōTERRA Balance®

## What Is dōTERRA Balance®?

dōTERRA Balance Grounding Blend combines essential oils that help create a harmonious atmosphere, many of which have been used for thousands of years! dōTERRA Balance contains Frankincense, Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil.

## How Do I Use dōTERRA Balance®?

### *Aromatically:*

One of the most powerful ways of using dōTERRA Balance is aromatically. The fresh, woody aroma of dōTERRA Balance makes it the perfect go-to oil blend during times of stress. It can create a tranquil and supportive environment.

Enjoy the warm, woody aroma of dōTERRA Balance by diffusing it throughout your home. You can also put a few drops in your palm, rub your hands together, cup them over the nose, and take a few deep breaths. Rub the leftover oil blend over your heart or on the back of your neck for topical benefits, and then carry the scent around with you thereafter.

### *Topically:*

dōTERRA Balance is also a great oil blend for topical use. It makes a wonderful addition to massages. Especially effective places to apply dōTERRA Balance topically include the bottoms of the feet and pulse points. This blend of rare and precious essential oils is prediluted in Fractionated Coconut Oil for ease of use—it comes ready to apply straight to the skin!

## When Should I Use dōTERRA Balance®?

Because of its supportive nature, dōTERRA Balance is perfect for applying in the mornings, throughout the afternoon, and at night. Really, this is an oil blend you want to have with you all day. Begin the day by putting dōTERRA Balance on the bottoms of your feet or by taking a few deep breaths of it from your hands. Then as needed throughout the day, apply dōTERRA Balance to your wrists or neck or diffuse it in your workspace. Finally, in the evening, soak in a warm bath with a few drops of dōTERRA Balance, diffuse it during your nightly routine, or apply it to your pulse points before bed.

## **Do It Yourself with dōTERRA Balance®:**

### dōTERRA Balance Shower Melts

Bath bombs have been all the rage for a while, but if you prefer showers to baths, this DIY is for you. These grounding melts add a luxurious aromatic experience to your shower and are easy to make. Keep a stash in your bathroom for easy access the next time you need a balancing aroma.

#### **Ingredients:**

1½ cups baking soda

½ cup water

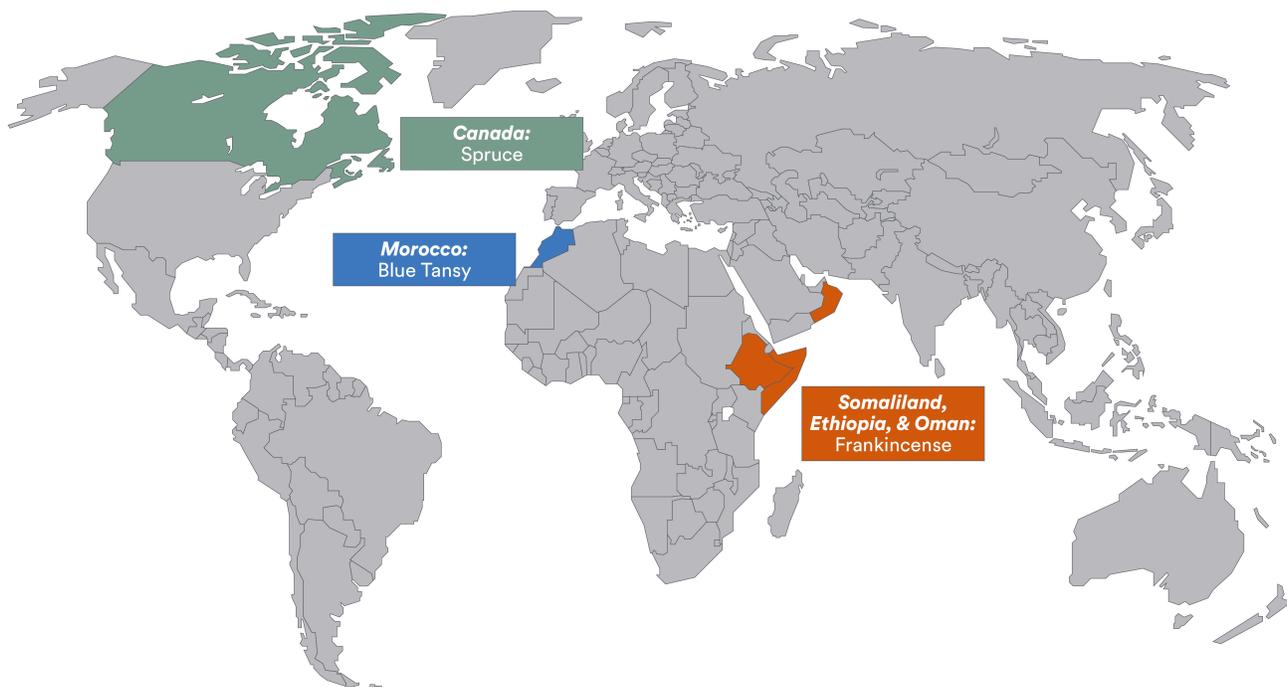
15–20 drops dōTERRA Balance

#### **Instructions:**

1. Combine the baking soda and water in a bowl and mix well.
2. Add the drops of dōTERRA Balance, depending on your preferred potency, and mix again.
3. Using a spoon, tightly pack the mixture into small silicone molds and let dry overnight.
4. To use, place one or two melts in the back of the shower. (For best results, choose a spot away from the water's direct flow.)
5. Allow the melt (or melts) to dissolve gradually and release the peaceful aroma of dōTERRA Balance.

*Tip: Replenish the hand warmers with Adaptiv as desired.*

## Where dōTERRA Balance® comes from



## Why dōTERRA Balance®

**Frankincense** promotes an atmosphere of peace and contentment. This is one of the most prized and beloved essential oils on the planet and has been used for its various benefits for thousands of years.

**Spruce** is renowned for its grounding aroma. It has a fresh, woody scent.

The gentle aroma of Asian-grown **Ho Wood** supports a harmonious environment.

**Blue Tansy** is distilled from the Moroccan tansy, a fragrant flowering plant in the daisy family. It has a soft, sweet, and fruity aroma, as well as a blue color tint.

**Blue Chamomile** (also known as German Chamomile) has a calm scent and complements Blue Tansy well.

**Osmanthus** is commonly used in aromatherapy and rounds out this oil blend.



Tip

*Road Trip Done Right:*

During your next road trip, diffuse dōTERRA Balance in your car to create a grounding, balancing, pleasant environment while you drive.

# Beautiful Touch

## What Is Beautiful Touch?

Beautiful Captivating Blend brings together Osmanthus, Lime, Bergamot, and Frankincense. This natural personal aroma is light yet grounded, bright and elegant.

## How Do I Use Beautiful Touch?

### *Aromatically*

Beautiful Touch contains the Beautiful oil blend in a base of Fractionated Coconut Oil, packaged in a convenient roller bottle. While Beautiful Touch is designed for topical application, you can still enjoy aromatic benefits and move through your day with confidence as you enjoy the captivating aroma of Beautiful on your skin.

For a more focused aromatic experience, roll Beautiful Touch on your palms and inhale deeply from your hands.

### *Topically*

Using Beautiful Touch is incredibly simple. It's prediluted, which not only minimizes any potential skin sensitivity, but it also increases absorption of the essential oils, making them more effective and helping the aroma last longer on your skin.

For a natural personal fragrance, roll Beautiful Touch on your wrists and neck. You might also consider applying it over your heart or to other pulse points.

## When Should I Use Beautiful Touch?

Beautiful Touch is sumptuous enough for special occasions yet understated enough to wear as an everyday fragrance. Simultaneously delicate and rich, the exquisite aroma of Beautiful Captivating Blend is perfect, anytime and anywhere.

## Where Beautiful Touch comes from



## Why Beautiful Touch

**Bergamot** is a unique citrus oil. Its rich concentration of linalyl acetate and linalool contribute to Bergamot's many benefits.

**Lime** has a fresh and energetic scent. Its tart aroma is balanced by the fruity and floral scent of **Osmanthus**.

**Frankincense** rounds out the aromatic profile of Beautiful Touch with its rich, grounded scent.

Each of these essential oils is a favorite on its own. When combined, they provide incredible benefits.



Tip

### *A Beautiful Bouquet:*

Make your own fashionable passive diffuser with felt flowers. Felt flowers can be worn on clothing, made into earrings, or used as lovely decorations. Fancy up your felt flower bouquet by rolling Beautiful Touch on the petals so you can enjoy the aroma throughout your day.

# Blue Tansy

## What Is Blue Tansy?

Also known as Moroccan tansy, Blue Tansy essential oil is distilled from the flowers, leaves, and stems of the blue tansy plant, an aromatic Mediterranean plant in the daisy family. Its tiny flowers grow in tight clusters. Surprisingly, the flowers aren't blue, but rather yellow. The essential oil's rich blue color is due to its chamazulene content, which forms during the steam-distillation process. Chamazulene is soothing to the skin.

## How do I use Blue Tansy?

### *Aromatically*

Blue Tansy essential oil has a refreshing, sweet, and herbaceous scent. Blue Tansy is a key ingredient in dōTERRA Balance®, thanks to its soft, gentle, and calm aroma. One of the easiest ways to use any essential oil aromatically is by opening the bottle and inhaling. Almost as simple as that is putting a few drops in your diffuser, turning it on, and letting the scent fill the room.

### *Topically*

Blue Tansy really shines in its topical benefits. Add a drop or two to your favorite moisturizer or cleanser, applying to help reduce the appearance of blemishes or soothe skin irritations.

This essential oil is also fabulous for massages. Include one or two drops in lotion or combine with Fractionated Coconut Oil for a restoring massage after a stressful day or workout. Apply to the shoulders, neck, feet, and other targeted areas.

While Blue Tansy's dark blue color soaks into the skin wonderfully, be careful around fabrics or other surfaces to avoid stains.

## When should I use Blue Tansy?

At the end of a long and strenuous day or a big event, massage Blue Tansy into targeted areas. Blue Tansy provides a soothing sensation to the skin and is perfect for massages whenever your muscles could use a little pampering.

For its skin-enhancing benefits, use Blue Tansy in your morning or evening skincare routine. It's great when added to a homemade facial mask or included in a warm bath with Epsom salts.

## **Do It Yourself with Blue Tansy:**

### Blue Tansy Sugar Scrub

This exfoliating Blue Tansy sugar scrub will leave your skin feeling soft and refreshed. Use it on your hands, feet, elbows, knees, and more. And the best part? You probably already have all the ingredients you need to make it.

#### **Ingredients:**

$\frac{3}{4}$  cup white sugar

$\frac{1}{2}$  cup Fractionated Coconut Oil

12 drops Blue Tansy oil

*Tip: In place of white sugar, you can use brown sugar or sea salt. In place of Fractionated Coconut Oil, you can use almond oil, grapeseed oil, olive oil, or your carrier oil of choice.*

#### **Instructions:**

1. Combine the sugar and Fractionated Coconut Oil in a bowl.
2. Add Blue Tansy and mix well.
3. If needed, add more sugar or Fractionated Coconut Oil for desired consistency.

## Where Blue Tansy comes from



## Why Blue Tansy

The essential oil from the blue tansy plant belongs to the same family as chamomile, which includes Roman Chamomile and German Chamomile. Blue Tansy and German Chamomile have a compound called chamazulene. Chamazulene's intense blue color is what gives both their hue. Chamazulene is actually formed during the steam distillation process, which explains why the oils are blue but the plants they come from aren't.

Aside from its chamazulene content, Blue Tansy is also unique because of its sabinene and myrcene content. Sabinene is a cyclic monoterpene known for its woody and spicy aroma. Sabinene helps diminish the appearance of blemishes on the skin.

Blue Tansy also contains camphor, which is renowned for providing soothing effects on the skin, making the essential oil a relaxing addition to a massage lotion.



Tip

*It's Not Easy Being Blue:*

To avoid accidental stains and even help Blue Tansy absorb more efficiently into your skin, make your own prediluted roller bottle for convenient topical use. Add Blue Tansy and Fractionated Coconut Oil to a roller bottle, diluting to your preferences.

# dōTERRA Breathe®

## What Is dōTERRA Breathe®?

dōTERRA Breathe combines Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara into the Respiratory Blend.

## How Do I Use dōTERRA Breathe®?

### *Aromatically*

Clean, airy, and refreshing, dōTERRA Breathe is the perfect oil blend for supporting feelings of clear breathing. Inhale from the bottle, rub a drop between your palms and breathe in the scent, or diffuse.

### *Topically*

dōTERRA Breathe is excellent for topical application as well. Apply it on the chest and back—diluting first, if desired. These are two of the most effective areas to apply dōTERRA Breathe oil blend. You can also apply it to the bottoms of your feet.

## When Should I Use dōTERRA Breathe®?

dōTERRA Breathe can be used to support feelings of clear airways, which is especially useful when seasonal threats are high. Cooler winter months—or during any seasonal changes—are particularly helpful times to have dōTERRA Breathe on hand.

Its minty, airy aroma also offers a cooling and soothing vapor, providing comfort during the evening as you prepare for a restful night's sleep. Diffuse the oil blend throughout the night or apply it topically before bed. Consider keeping a bottle of dōTERRA Breathe on your bedside table for easy access during the night when you or your family might need it.

## **Do It Yourself with dōTERRA Breathe®:**

### Essential Neck Wrap

Using a warming neck wrap can soothe sore muscles and enhance relaxation. When used with essential oils, a neck wrap can provide additional relief and wonderful aromas. Here are three

tutorials (divided up by skill level) that will teach you how to make your own neck wrap. Even if you don't consider yourself a crafty person, you'll be surprised at how easy it is to make your own. Have fun!

## Advanced Level

### Materials Needed:

½ yard flannel or cotton, cut into two 8x20-inch pieces

6 cups flaxseed or rice

Sewing machine

dōTERRA Breathe® oil blend

### Instructions:

1. Cut the fabric into two 8x20-inch pieces.
2. Place the pattern sides (pretty sides) together and pin along the edges.
3. With the pattern sides together, sew a quarter-inch seam all the way around the fabric, leaving a three-inch opening on the short end, and turn right-side out.
4. Divide the length of the fabric into four equal sections and mark with a fabric marker.
5. Loosely fill the first quarter with two cups of rice or flax seeds.
6. Sew on the marked line. Repeat until all four sections are filled.
7. Sew the opening closed.
8. To use, microwave for one to three minutes and add two drops of dōTERRA Breathe on the outer fabric.

*Tip: Use the leftover fabric to make hand warmers.*

## Intermediate Level

### Materials Needed:

Kitchen towel

6 cups flaxseed or rice

Sewing machine

dōTERRA Breathe® oil blend

### **Instructions:**

1. Fold the towel in half longways (hotdog style).
2. Sew around the edges, leaving a three-inch opening. Turn right-side out.
3. Divide the length into four equal sections and mark with a fabric marker.
4. Loosely fill the first quarter with two cups of flax seeds or rice.
5. Sew on the marked line. Repeat until all four sections are filled.
6. Sew the opening closed.
7. To use, microwave for one to three minutes and add two drops of dōTERRA Breathe on the outer fabric.

## Beginner Level

### **Materials Needed:**

Tube sock or dress sock

3 cups flaxseed or rice

dōTERRA Breathe® oil blend

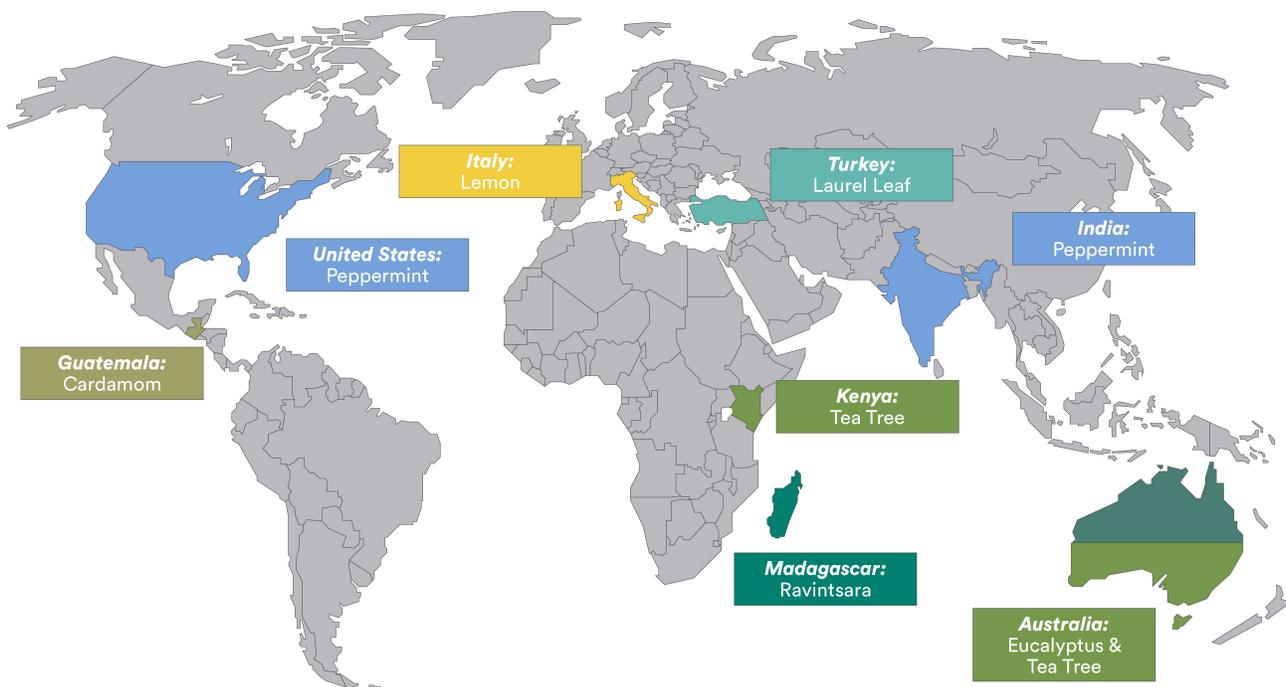
### **Instructions:**

1. Pour the flaxseed or rice into the sock.
2. Tie a knot in the top of the sock.
3. To use, microwave for one to two minutes and add two drops of dōTERRA Breathe on the neck wrap.

*Note: The heating pad will be incredibly warm and can burn if you heat it for too long. Start by putting your heating pad in the microwave for one minute, and then increase by 30-second intervals until you've achieved desired temperature. If you smell burning while microwaving*

your heating pad, you're microwaving it too long. Try cutting down the heating time or lowering the power setting to 50%. If you accidentally heat it for too long, let it rest until it becomes cooler. You might also consider placing a washcloth or towel against your skin to act as a barrier and ensure you don't get burned in case you heat it more than intended.

## Where dōTERRA Breathe® Comes From



## Why dōTERRA Breathe®

The essential oils 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 Leaf, Eucalyptus, Ravensara, Ravintsara, Peppermint, Cardamom, and Tea Tree.

Eucalyptus and Peppermint have a high menthol concentration. These essential oils work together to help your breathing feel clear. The cooling and soothing sensation of dōTERRA Breathe can be incredibly comforting, especially as you get ready for a restful night of sleep.



Tip

*Soothing Steam Technique:*

In a kettle or small pot, heat a few cups of water until hot. When the water begins creating steam, remove from the heat, pour into a bowl, and add several drops of dōTERRA Breathe. Then lean over the bowl and breathe deeply to promote feelings of open airways and easy breathing. If desired, drape a towel over your head to help trap the steam longer. Steam can burn you if it's too hot, so be cautious of the temperature and adjust your position over the bowl as needed.

# Citrus Bloom®

## What Is Citrus Bloom®?

Citrus Bloom welcomes spring into your home with its combination of bright citrus and fragrant florals. This oil blend includes Wild Orange, Grapefruit, Lavender, Roman Chamomile, and Magnolia essential oils.

## How Do I Use Citrus Bloom®?

### *Aromatically*

Citrus Bloom Springtime Blend carries the fresh scent of both citrus and floral oils, carefully chosen to bring the familiar feeling and fragrance of spring. Diffuse it around your home or stop and take a few deep breaths of it from your palms—or the bottle—to enjoy the sweet aroma.

### *Topically*

Citrus Bloom serves as a gorgeous fragrance when worn topically. You can apply it to your neck and wrists as a personal perfume or add it to lotion for an evening massage that smells as sweet as it is soothing.

## When Should I Use Citrus Bloom®?

Start your morning with an optimistic beginning. Diffuse Citrus Bloom during your personal morning routine or take a few deep breaths of the aroma. You might also consider diffusing it in the kitchen as children get ready for school or to greet them with a welcoming environment when they return home.

After an evening bath, combine Citrus Bloom with lotion and apply it for a luxuriously sweet and settling aroma. You can also use it as part of a relaxing hand or foot massage before bed.

## **Do it yourself with Citrus Bloom®:**

Foaming Hand Soap

Making your own hand soap is surprisingly easy. You probably already have most of the ingredients! Use any empty foaming hand soap bottle you have around the house and enjoy the floral fragrance of the Springtime Blend in this gentle soap.

### **Ingredients:**

2 tablespoons unscented liquid Castile soap

1 tablespoon Fractionated Coconut Oil

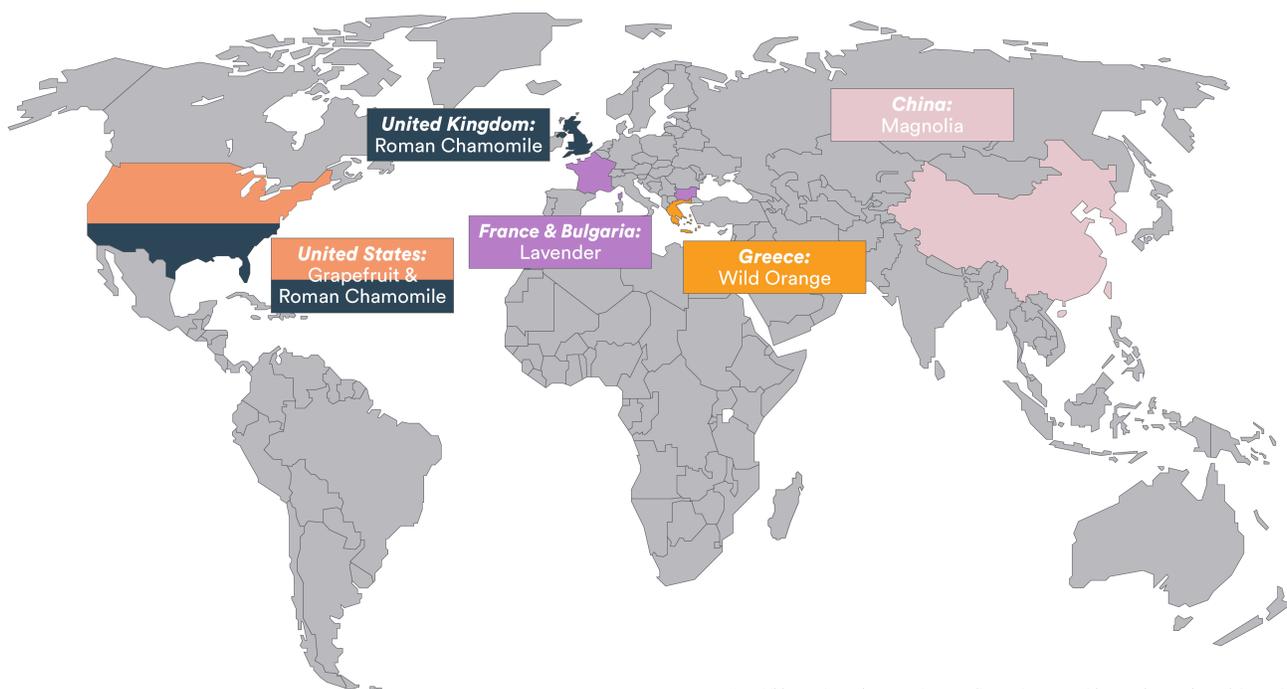
10 drops Citrus Bloom® oil blend

Water

### **Instructions:**

1. Pour the Castile soap and Fractionated Coconut Oil into a foaming hand soap bottle.
2. Add the drops of Citrus Bloom.
3. Slowly add water into the bottle, making sure to leave room for the foaming pump.
4. Add the lid and shake.
5. When ready to use, pump one to two times into your hands and wash with warm water.

## Where Citrus Bloom® comes from



## Why Citrus Bloom®

**Wild Orange** is renowned for its sweet, bright, and lively aroma. And like the other citrus oils, it's also cleansing.

**Grapefruit** is known for its sparkling scent. It's frequently used in skincare because of its purifying properties.

The aroma of **Lavender** is unmistakable and beloved. It's soothing to the skin.

**Roman Chamomile** and **Magnolia** are both commonly found in perfumes. Both Roman Chamomile and Magnolia essential oils have aromas that produce calming environments.

The citrus oils in Citrus Bloom add a fresh, energetic nature to the oil blend, while the "bloom" (floral) oils are softer, gentler, and calmer. Together, the effect is magical. The oil blend creates an atmosphere that's simultaneously tranquil and cheerful.



*Springtime Sunshine:*

Because Citrus Bloom contains citrus oils, only apply it topically when you know you won't be in direct sunlight for a while. It'd be best to avoid sunlight or UV rays for 12 hours after applying citrus oils to avoid any skin photosensitivity.

# Eucalyptus

## What Is Eucalyptus?

Eucalyptus essential oil has a clean, fresh aroma that supports feelings of easy breathing, dispels odors, and generally creates a refreshing atmosphere.

## How Do I Use Eucalyptus?

### *Aromatically*

To use Eucalyptus aromatically, diffuse it, breathe it in from your hands, or inhale straight from the bottle. Or while showering, place a few drops of Eucalyptus in your hands, place them over your nose, and inhale deeply. Add a few drops to a potpourri or passive diffuser. You can even use it with an essential oil inhaler.

### *Topically*

Eucalyptus is an excellent essential oil to use topically for its soothing benefits and gentle cleansing properties. Mix a drop of Eucalyptus with your facial cleanser, toner, or moisturizer for skin-revitalizing benefits.

The cooling properties of Eucalyptus also make it ideal for a soothing massage. To ease muscles, add a few drops of Eucalyptus essential oil to your favorite carrier oil, such as Fractionated Coconut Oil, and massage gently. Eucalyptus offers soothing support when massaged onto the lower abdomen.

## When Should I Use Eucalyptus?

When you want to experience feelings of clear airways, use Eucalyptus essential oil aromatically. You can also rub a couple drops on your chest and back with Fractionated Coconut Oil for a soothing, cooling vapor.

Another great opportunity to use Eucalyptus is in your cleaning routine. Its natural cleansing properties and crisp, minty scent make it perfect for green cleaning. Combine Eucalyptus with Lemon and Peppermint essential oils in a spray bottle and use it to wipe down surfaces in your kitchen or bathroom.

It's also useful for getting rid of odors and freshening the air naturally. For a DIY deodorizing spray, add a few drops of Eucalyptus to a spray bottle with distilled water. You can also mix and match with other essential oils to create a custom room spray scent. Try Eucalyptus with Lavender and your choice of citrus oil.

## **Do it yourself with Eucalyptus:**

### Lavender Eucalyptus Bath Salts

A warm, soothing bath with Lavender and Eucalyptus essential oils is the perfect ending to any day. This simple bath salts recipe also makes a fantastic gift! Double the batch and share it with a friend who could use a relaxing experience.

#### **Ingredients:**

1 cup Epsom salts

5 drops Lavender oil

6 drops Eucalyptus oil

¼ cup coconut oil (optional)

#### **Instructions:**

1. Combine all the ingredients in a bowl and mix well. (Optionally, add dried lavender and eucalyptus botanicals.)
2. Store in your container of choice and enjoy!

## Where Eucalyptus comes from



## Why Eucalyptus

Eucalyptus essential oil is rich in the chemical constituent eucalyptol—you can guess where it gets its name! Eucalyptol produces a cooling, soothing vapor when inhaled or applied topically.



Tip

### *Eucalyptus to the Rescue:*

See a scuff in your leather? Combine equal parts Fractionated Coconut Oil and vinegar with several drops of Eucalyptus essential oil. Use the mixture to polish it up, and then wipe it clean with a microfiber cloth. That should do the trick!

# Lavender

## What is Lavender?

Sourced in its native Europe, Lavender essential oil is distilled from the freshly harvested flowering tops of the true lavender plant (also known as English lavender) from farms in Bulgaria, France, and other areas of the world. Though often used at bedtime, Lavender creates an equally calming atmosphere during the day.

## How do I use Lavender?

### *Aromatically*

You can use Lavender aromatically the same way as any other essential oil aromatically. You can diffuse it, breathe it in, or enjoy it some other way. Put a drop on your pillow at night or use it to keep your linen closet smelling calm and fresh.

### *Topically*

If used topically, Lavender can help keep the skin and scalp looking clean and healthy. You can apply it directly to your scalp, use a drop with your shampoo or conditioner, or run a drop through your hair, which also creates a lovely diffusion effect.

Lavender can soothe minor skin irritations. Great for just about all things related to skin, Lavender can help reduce the appearance of skin blemishes. You can apply it directly to targeted areas of the skin or dilute it if you'd like to increase absorption and reduce any potential skin sensitivity.

### *Internally*

When taken internally, Lavender essential oil supports the nervous system and can help ease anxious feelings.\* It also promotes a restful night's sleep when consumed.\* You can take a couple of drops of Lavender in a Veggie Cap or simply add it to a drink like water, juice, or tea.

## When should I use Lavender?

Lavender is one of those essential oils that's useful just about anytime, anywhere. Keep it on hand for occasional skin irritations or whenever someone's skin might need a little soothing.

Lavender is helpful in many daily routines. Use it topically as part of your morning or evening skincare. Use it internally and aromatically at bedtime. Make a cup of Lavender tea, add a drop to a warm evening bath, or diffuse throughout the night. Lavender makes an excellent addition to children's nightly routines too. Give your child a relaxing foot massage with Lavender and Fractionated Coconut Oil before bed and put a drop on his or her pillow to smell before drifting off to sleep.

Another great time to use Lavender essential oil is in the kitchen. Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

## **Do it yourself with Lavender:**

### After-Sun Soothing Spray

Sun exposure is good, but we all know it's nice to have a little soothing after. The next time you've had a little too much fun in the sun, try this after-sun soothing spray. While this recipe includes Lavender, Tea Tree, and Peppermint essential oils for extra cooling and soothing power, you can make it with just Lavender, and it'll still provide all the skin-soothing benefits you need.

#### **Ingredients:**

1 cup aloe vera juice

¼ cup Fractionated Coconut Oil

1 teaspoon vitamin E

8 drops Lavender oil

8 drops Tea Tree oil

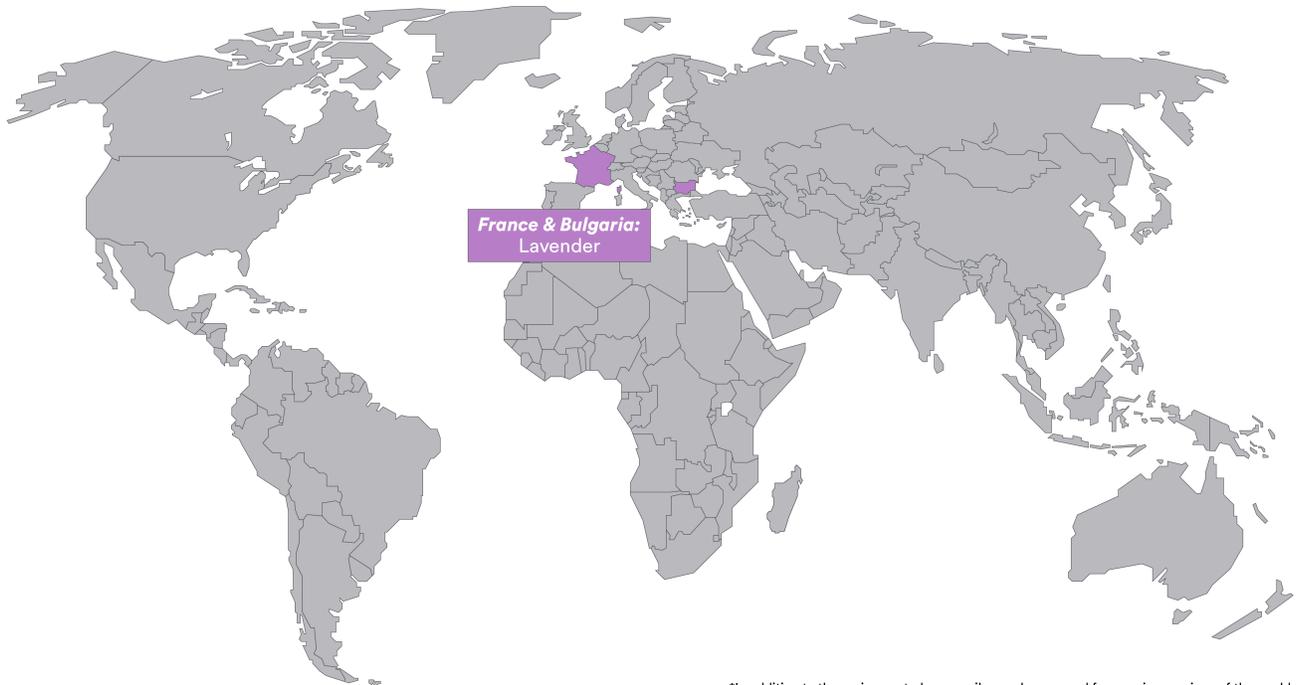
8 drops Peppermint oil

*Tip: You can find aloe vera juice at your local health food store.*

#### **Instructions:**

1. Combine all the ingredients in a glass spray bottle.
2. Shake to combine.
3. Before each use, shake again to reincorporate all the ingredients. Spray onto your skin as needed and enjoy!

## Where Lavender comes from



\*In addition to the regions noted, many oils are also sourced from various regions of the world.

## Why Lavender

Linalool—one of the main chemical constituents of Lavender—is what gives this essential oil its floral scent. In vivo research indicates that linalool-rich Lavender may be beneficial to the immune system.\* While more research is required, internal use of an essential oil containing linalool might lend support to this bodily system.\*

Like menthol, linalool is a monoterpene alcohol. A monoterpene is a molecule with a backbone made of 10 carbon atoms, and an alcohol is an oxygen atom bonded to both a hydrogen and a carbon atom in that backbone. Based on experimental research, linalool possesses cleansing properties, may help to promote feelings of calmness and relaxation, and may help promote a healthy circulatory system when used internally.\*

 Tip*Hair, Skin, and Nails:*

Give your hair, skin, and nails the floral treatment with Lavender. Add a drop to your scalp and work it through your hair after showering. Use a drop with your favorite moisturizer and lotion each evening. And gently massage a small amount of Lavender into your eyebrows and nail beds a few times each week.

\*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.

# Lemon

## What is Lemon?

Sweet, tart, and completely citrus, Lemon essential oil comes from cold-pressing the peels of lemons and is a favorite of many. Pure Lemon can be used aromatically, topically, and internally in all sorts of helpful ways, improving your daily life.

## How do I use Lemon?

### *Aromatically*

The bright and bold aroma of Lemon essential oil is perfect for creating a cheerful, energetic atmosphere. Diffuse it in the kitchen, bathroom, or entryway—really, anywhere the scent of Lemon could add a happy, refreshing note to the space.

### *Topically*

Lemon can be used topically—on yourself or in your environment for cleaning. It's important to only use Lemon topically if you know you won't be exposed to direct sunlight afterward. Avoid sunlight or UV rays for 12 hours after topical application of citrus oils to avoid any increase in skin photosensitivity.

### *Internally*

When taken internally, Lemon can assist with seasonal respiratory discomfort and provide cleansing and digestive benefits.\* Add one drop of Lemon essential oil to a glass of water for a refreshing drink that aids digestion and supports the body.\*

## When should I use Lemon?

One of the best times to use Lemon is when you're cleaning due to its primary constituent: limonene. You can make your own green cleaning products with this essential oil that are free of harmful chemicals and safe for your home and family. Add Lemon to a spray bottle with water to clean tables, countertops, and other surfaces. Wipe down stainless steel appliances with a soft cloth soaked in Lemon for streak-free clean. And for a gentle furniture polish, mix a few drops of Lemon with olive oil on a cloth to clean and shine wood finishes. Not only does

Lemon provide a natural and effective cleaning around the home, but it smells amazing as well!

Lemon essential oil is often used in cooking, being popular in both savory and sweet dishes. Add a few drops to marinades for fish and chicken and increase the zing in salad dressings. A favorite addition to cookies, cakes, puddings, and pastries, Lemon is equally tasty in green smoothies. It also makes a natural water flavoring or can be used in teas. When your throat could use a little soothing, try a mug of warm water with a drop or two of Lemon and a spoonful of honey.

## **Do it yourself with Lemon:**

### Rosemary Lemon Hummus

Enjoy this tasty dip with veggies, pita chips, or toast. It's perfect for your next party, snack, or delicious addition to dinner!

#### **Ingredients:**

- 1 can organic garbanzo beans (half the liquid drained)
- 2 garlic cloves, peeled
- 2 tablespoons organic cold-pressed olive oil
- 2 tablespoons tahini
- Juice from ½ lemon
- 2 drops Lemon oil
- 1 drop Rosemary oil
- 1 teaspoon sea salt

#### **Instructions:**

1. Blend all the ingredients in a food processor until smooth.
2. Chill in the refrigerator for 30 minutes and serve with sliced cucumbers, carrots, cherry tomatoes, and crackers.

*Tip: Add more olive oil or water to achieve desired consistency.*

## Where Lemon comes from



## Why Lemon

The chemical constituent limonene plays a big part in the chemistry of some of your favorite essential oils—Lemon included. From its cleansing properties to its ability to support various bodily systems when taken internally,\* limonene has a lot to offer. It's a cyclic monoterpene found in several essential oils, with especially high concentrations in citrus oils.

Limonene can be used as a surface cleaner. It may also help soothe the gastrointestinal system and support liver health.\* Toothpaste containing limonene may remove stains from tooth enamel, and experimental research has demonstrated that ingesting limonene may support the immune system.\*



Tip

*Help with a Sticky Situation:*

When stickers leave behind their signature stubborn residue, apply Lemon essential oil directly to the sticky area and use a clean cloth or cotton ball to scrub it away. You'll be amazed by the difference!

\*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.

# dōTERRA Peace®

## What is dōTERRA Peace®?

Known as the Reassuring Blend, dōTERRA Peace can help you create an atmosphere of calmness and contentment amid the stresses and turmoil of everyday life.

## How do I use dōTERRA Peace®?

### *Aromatically*

With Frankincense, Lavender, Vetiver, Ylang Ylang, Marjoram, Spearmint, and Clary Sage essential oils, the aroma of dōTERRA Peace is truly unique and harmonious. Diffuse or breathe it in from the palms, rubbing any remaining oil blend into your neck and shoulders to keep the scent with you longer.

### *Topically*

The aroma of dōTERRA Peace provides lovely aromatherapy benefits to topical applications of all kinds. Use the oil blend in a massage or with lotion. You can even wear it as a natural perfume by applying it to the pulse points throughout the day.

## When should I use dōTERRA Peace®?

Reach for dōTERRA Peace whenever you need a tranquil, soothing environment. Diffuse or apply it topically as needed throughout your day or in the evening before bed. Massage it into tense shoulders or gently rub one drop into your temples.

dōTERRA Peace is a wonderful oil blend to use with children too. Diffuse it in the morning to promote a balanced, calm environment as they begin their day or while they work on projects or homework after school. You can also combine it with Fractionated Coconut Oil as part of a gentle, soothing hand or foot massage in the evening.

## **Do it yourself with dōTERRA Peace®:**

Water Bead Diffuser

A water bead diffuser is a fantastic way to spread the aroma of essential oils in a way that reflects your personal style. Water beads come in many colors and can be placed in any type of storage container. Just add a few drops of essential oil and enjoy the aroma of your new home decor.

## Ingredients:

Water beads

Water

3–5 drops dōTERRA Peace® oil blend

*Tip: You can purchase water beads online or at your local craft store.*

## Instructions:

1. Place dry water beads in a container.

*Note: Beads can vary in size, depending on the manufacturer. Follow the instructions given by the manufacturer on how many beads will be needed to fill up the container.*

2. Add water according to the directions from the manufacturer and watch the beads grow.

*Note: It'll take around a day of being fully submerged in water for the beads to fully expand.*

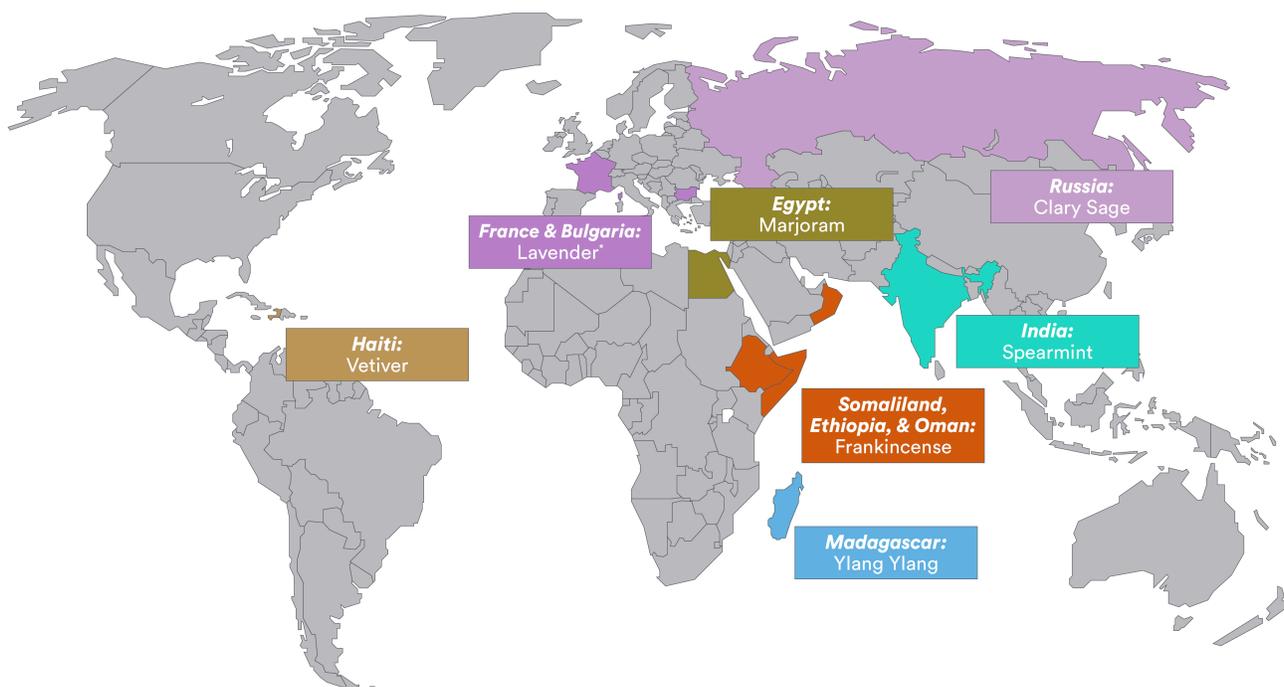
3. Once the beads are grown, pour out the additional water.

4. Add dōTERRA Peace to the beads and stir.

You'll need to add additional water every few days to keep the beads from shrinking. You'll also want to reapply dōTERRA Peace every two to three days to refresh the aroma. Water beads aren't edible and should be kept out of reach of children.

*Tip: For added decoration, add some ribbon or lace around your container.*

## Where dōTERRA Peace® comes from



## Why dōTERRA Peace®

**Frankincense** encourages an atmosphere of harmony and relaxation.

**Lavender** is a favorite worldwide for its calming aroma. Distilled from the flowering tops of the lavender plant, this essential oil has a light, powdery fragrance.

**Labdanum** is distilled from the resin of the rockrose plant.

**Vetiver**, which comes from the roots of a fragrant grass, is known in India as the “oil of tranquility.”

Sweet and heady, **Ylang Ylang** essential oil has a soft, gentle scent.

**Marjoram** is a fragrant flowering herb native to the Mediterranean with a smooth aroma.

Milder than its botanical cousin Peppermint, **Spearmint** essential oil is often used in aromatherapy because of its sweet, fresh, and minty scent.

**Clary Sage** has high concentrations of linalyl acetate, which is found in other relaxing floral oils like Lavender.



Tip

*Making Peace:*

Diffuse or inhale dōTERRA Peace® while writing in a gratitude journal to enjoy, appreciate, and enhance its aromatic benefits.

# Roman Chamomile

## What is Roman Chamomile?

Roman Chamomile essential oil is steam-distilled from the flower of the Roman chamomile plant. Its flowers are daisy-like and smell sweet—almost like apples. Roman Chamomile essential oil is calming to the body.\* Its scent is gentle yet potent. A common use of chamomile is in herbal teas, but its fragrance is included in many perfumes and personal care products.

## How do I use Roman Chamomile?

### *Aromatically*

Sweet, floral, and herbaceous, the aroma of Roman Chamomile essential oil is soothing. Diffuse or inhale it from the bottle (or your hands) to transform the atmosphere into one that's calmer and more comfortable.

### *Topically*

Add a few drops of Roman Chamomile to your palm when applying your favorite skin and hair care products to promote healthy-looking skin and hair—with a floral, sweet scent twist.

### *Internally*

Add a couple drops to an herbal tea to make your own chamomile tea, while simultaneously accessing the relaxing internal benefits of the essential oil.\* You can also add Roman Chamomile to juice or other beverages. Or you can put a few drops in a Veggie Cap and take it that way.

## When should I use Roman Chamomile?

Roman Chamomile essential oil provides a truly soothing experience for the body when ingested,\* as well as for the skin when applied topically. Anytime you need a serene environment is a good time to pull out your bottle of Roman Chamomile. You can diffuse it, apply it to your pulse points, or inhale it directly from your palms.

One of the best times to use Roman Chamomile is at bedtime. Diffuse it or a blend that includes it during your bedtime routine to help you unwind and prepare for rest. Right before you climb into bed, put a drop or two on your pillow or sheets. You can also rub it into the bottoms of the feet to help soothe a fussy child before naptime or bedtime.

## **Do it yourself with Roman Chamomile:**

### Pause and Refresh Room Spray

Ready to transform your kitchen, bedroom, office, family room—your space? When you want to change your environment, infusing it with a new aroma is one of the quickest ways to turn things around. Essential oils can customize your atmosphere by bringing energetic, tranquil, or bright aromas into any room.

#### **Ingredients:**

1.5 ounces distilled water

1.5 ounces witch hazel

4-ounce spray bottle

15 drops Roman Chamomile oil

15 drops Rosemary oil

#### **Instructions:**

1. Combine all the ingredients in a spray bottle.
2. Shake well before spraying and enjoy!

## Where Roman Chamomile comes from



\*In addition to the regions noted, many oils are also sourced from various regions of the world.

## Why Roman Chamomile

Isoamyl tiglate—one of the main chemical components in Roman Chamomile essential oil—provides a relaxing aroma in times of need. Another key chemical constituent of Roman Chamomile is isobutyl angelate. Experimental research suggests it may help soothe the digestive and immune systems, as well as provide calming properties throughout the body when ingested.\*



Tip

### *Cuppa with Chamomile:*

For a quick, easy homemade tea before bed, add one to two drops of Roman Chamomile to hot water, along with a small spoonful of honey and any other desired ingredients.

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# Rosemary

## What is Rosemary?

Refreshing and herbaceous, the pine-like aroma of Rosemary essential oil has been used for thousands of years. Rosemary is a fragrant herb in the mint family, which includes many popular kitchen herbs such as basil, sage, oregano, and marjoram.

The Latin name for rosemary is “dew of the sea.” True to its name, rosemary grows wild on seashores throughout the Mediterranean. Most insects don’t like the smell of rosemary, which makes it a beneficial garden plant.

## How do I use Rosemary?

### *Aromatically*

The distinct, herbaceous aroma of Rosemary makes it a popular essential oil, particularly for promoting a renewing, rejuvenating atmosphere. Diffuse it or add it to a refreshing room spray while studying or working.

### *Topically*

Because facial skin is sensitive and delicate, some wonder if it’s safe to use Rosemary there. The answer is yes! One of the easiest ways to experience the topical benefits of Rosemary essential oil is to incorporate it into your normal skincare routine. Try adding a drop to your favorite moisturizer and applying gently to your face.

Rosemary also works wonders on the scalp and in your hair. Brush Rosemary through your hair and even use it during styling. In addition to the topical benefits, you’ll enjoy the soft scent of Rosemary all day.

### *Internally*

Because Rosemary essential oil can promote a healthy respiratory system and support healthy digestion, people commonly use it internally.\* Consider adding a few drops of Rosemary to a Veggie Cap or a glass of water when you want to support healthy internal organ function.\* High in anti-inflammatory, Rosemary supports healthy liver function when taken internally.\*

## When should I use Rosemary?

At the end of a long day, take advantage of Rosemary's renewing properties, adding it to a warm bath with other rejuvenating essential oils like Frankincense. Diffuse it to enjoy the aroma throughout your home or while you're working on a project.

Another fabulous time of using Rosemary is while you're cooking! As mentioned before, Rosemary essential oil offers amazing benefits when used internally,\* and the kitchen is one of the best places to incorporate those benefits. Add it to your favorite meat dish or marinade. It pairs well with chicken, lamb, pork, potatoes, bread, salad dressings, and more—and you only need a tiny drop to get a big burst of flavor.

## **Do it yourself with Rosemary:**

### Rosemary Lavender Hair Rinse

You'll feel like a floral nature queen after using this Rosemary Lavender hair rinse.

#### **Ingredients:**

4 cups water

3 tablespoons apple cider vinegar

5 drops Rosemary oil

5 drops Lavender oil

#### **Instructions:**

1. Bring the water to a boil in a large pot, and then remove from heat.
2. Cool and add the vinegar and Lavender and Rosemary essential oils.
3. Pour into a glass jar, seal, and shake. Let sit for at least two hours (possibly overnight), and then strain.
4. When ready to use, pour a little over your hair and massage it into your scalp. Rinse with cool water. Use a couple of times each week and enjoy your healthy, thriving hair!

## Where Rosemary comes from



\*Our Rosemary is sourced from northern Africa. The exact location is proprietary.

## Why Rosemary

The chemical constituent 1,8-cineole is a monoterpene ether that's sometimes referred to as eucalyptol. A component of Eucalyptus, Tea Tree, Basil, Rosemary, Sage, and even Peppermint essential oils, 1,8-cineole has a camphor-like aroma and a pleasantly spicy taste. It's often used as a flavoring agent in baked goods, confections, and beverages, but it's been found to be toxic at high levels of ingestion. Outside of its many uses in the food industry, recent research has found 1,8-cineole may have some intriguing benefits for your health. When used internally at low levels, 1,8-cineole have been shown to provide several health-promoting properties. It may help soothe and support healthy respiratory function,\* and experimental research suggests that 1,8-cineole may provide antioxidant support when consumed.\*

Experimental research suggests another unique use for Rosemary: an aromatic or topical insect repellent. Before going for a hike, take advantage of this property by applying a few drops of Rosemary (or Peppermint) to your arms and legs.



Tip

### *Mashed Potato Mash-Up:*

The next time you're making mashed potatoes, add Rosemary essential oil for a flavorful twist on this classic dish. Essential oils are potent, so start with just one drop—you can always add more, if desired.

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# Spearmint

## What is Spearmint?

Hundreds of varieties of mint exist, one of the oldest and most popular being spearmint. Though sometimes confused with Peppermint, Spearmint essential oil is chemically distinct and contains only a hint of the menthol that dominates Peppermint's flavor. Spearmint is a milder and sweeter mint—a great option for children or those with sensitive skin. This refreshing herb is used as a flavoring worldwide.

## How do I use Spearmint?

### *Aromatically*

The aroma of Spearmint essential oil is fresh and cool, yet also soft and sweet. Diffuse Spearmint, breathe its scent straight from the bottle, use it to refresh the air, and much more.

### *Topically*

Spearmint can also be used topically. Take its enthusiastic aroma with you by applying a small amount to your temples and the back of your neck. If desired, dilute with Fractionated Coconut Oil—or your carrier oil of choice—to minimize any potential skin sensitivity, as well as increase absorption. Diluting Spearmint will also help its scent linger longer on your skin.

One of the best topical uses of Spearmint is oral. Spearmint essential oil is commonly used in dental products because of its mild cleansing properties and promotion of fresh breath. Add a drop to your toothbrush or toothpaste before brushing your teeth for a minty boost. You can also add a couple drops to a small glass of water for a refreshing mouthwash.

### *Internally*

When taken internally, Spearmint soothes the digestive system, often taken with water for overall digestive support.\* To take Spearmint internally, you can place a drop directly under the tongue; in a beverage like water, tea, or juice; or simply put a couple drops in a Veggie Cap.

## When should I use Spearmint?

Gentle Spearmint is perfect for diffusing anytime you want to create an atmosphere that's fresh, courageous, and welcoming. Spearmint's cool, delicious aroma is helpful in places like the kitchen or bathroom and is lovely to clean with. You can add a few drops to a spray bottle with water to make your own effective surface cleanser. To up its cleaning power, add some Lemon as well. The minty citrus scent will leave your home smelling amazing.

Another good time to employ Spearmint is during your oral care routines. Swish a drop or two in your mouth with water for fresher breath and supportive benefits. Or just put a drop on your toothbrush each morning or evening when brushing.

When your stomach could use a little soothing after overindulged at dinner, try Spearmint. When taken internally, Spearmint can help with occasional stomach discomfort.\*

## **Do it yourself with Spearmint:**

### Tangerine and Spearmint Garbage Disposal Refreshers

No one likes a smelly garbage disposal. These Tangerine and Spearmint garbage disposal refreshers clean and deodorize your disposal in one easy use. You'll be wishing you'd known how to make them sooner!

#### **Ingredients:**

2 cups baking soda

1 cup salt

½ cup water

¼ cup liquid Castile soap

15 drops Tangerine oil

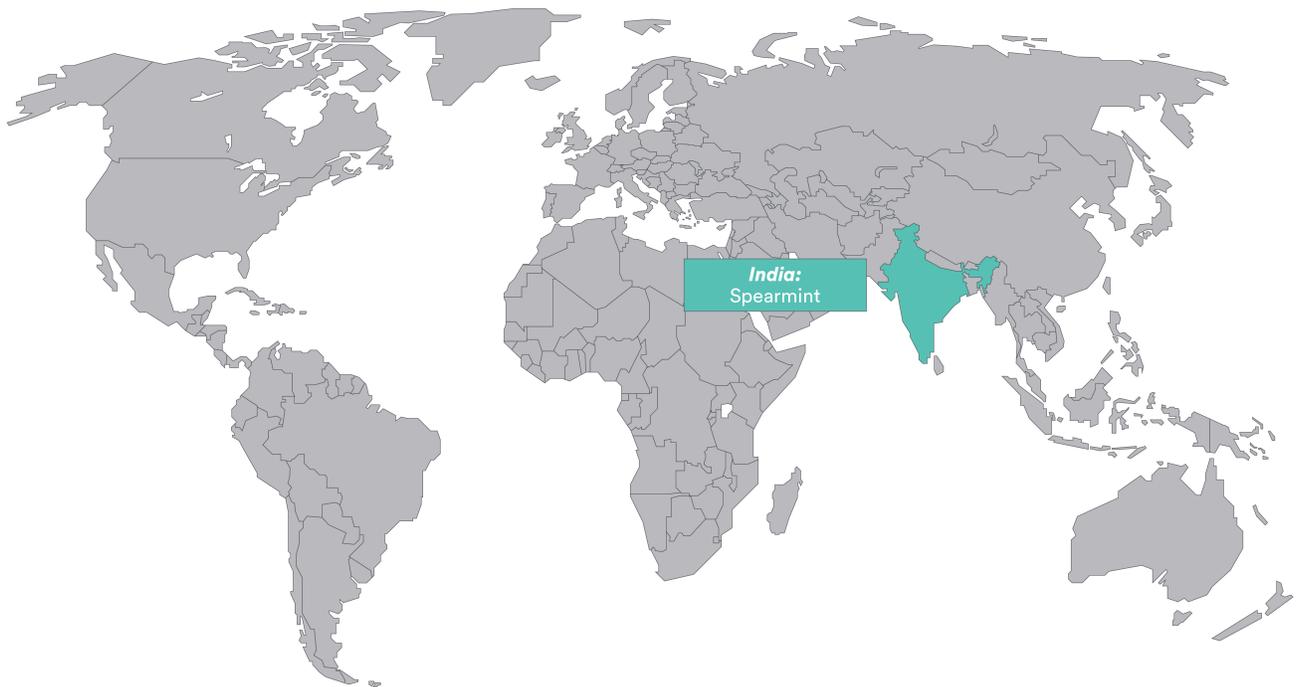
15 drops Spearmint oil

#### **Instructions:**

1. Combine the baking soda and salt in a bowl.

2. Add the Castile soap and essential oils to the mixture.
3. Add water, one tablespoon at a time, while stirring until it has the consistency of damp sand. (It should stay together when you press it. If you add too much water, include more baking soda and salt until the consistency is right.)
4. Pack the mixture tightly into a small silicone mold. If you don't have a silicone mold, grab a tablespoon measuring device and scoop packed spoonfuls onto parchment paper.
5. Let the mixture dry for 24 hours or until hard.
6. Put into a glass jar and use the next time you're doing dishes. Place one or two refreshers into the garbage disposal and turn it on.

## Where Spearmint comes from



## Why Spearmint

The chemistry of Spearmint and Peppermint essential oils is distinct in a number of ways, meaning their benefits are distinct as well. Some of Spearmint's primary constituents include carvone (which may support nervous system health\*) and limonene (which is responsible for many of the powerful benefits of citrus oils), neither of which exist in high quantities in Peppermint.



### *Spice Things Up with Spearmint:*

Spearmint is popular as a seasoning in marinades, desserts, candy, condiments, and summertime drinks like mint lemonades and mojitos. Try adding it to your own recipes for a refreshing change in flavor and boost to your internal health.\*

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# Tangerine

## What is Tangerine?

Tangerines are a widely cultivated citrus fruit worldwide (second in popularity only to the sweet orange). The sweetest of citrus fruits, tangerines are hybrids of mandarins, with a comparatively stronger, more concentrated flavor than the sweet orange. These small, juicy fruits have a thin peel, which is where the essential oil resides.

Tangerine oranges are believed to have been developed in Morocco and gets their name from the stylish seaport city of Tangier, where visiting Europeans and Americans first became enamored with them in the eighteenth and nineteenth centuries. These dainty fruits were then brought to Europe and the Americas and became known as tangerines, which literally means “from Tangier.”

## How do I use Tangerine?

### *Aromatically*

Fresh and tangy, the aroma of Tangerine essential oil becomes a quick favorite to many people. Diffuse Tangerine—or use it aromatically another way—to create an atmosphere that’s bright and cheerful.

### *Topically*

When applied topically, Tangerine is cleansing and purifying. Place a drop in your evening facial cleanser for a boost or use it with your nightly moisturizer, enjoying the sweet and subtle scent on your skin.

Because citrus oils can potentially cause skin photosensitivity if applied topically before exposure UV rays, you should only apply Tangerine this way when you know you won’t be spending time in direct sunlight. Or take care to apply it somewhere that will be covered from the sun. It’s best to avoid sunlight or UV rays for 12 hours after topical application of a citrus oil.

### *Internally*

Along with providing benefits for a healthy metabolism, Tangerine supports healthy immunity, respiration, and digestion when taken internally.\* Use a drop to flavor your water or add it to a smoothie and enjoy both the taste and benefits!

## When should I use Tangerine?

Bright, bold, and energetic, Tangerine is a great essential oil for mornings. Diffuse it as your family gets ready for the day to create positive environment. It's also aromatically lovely in the afternoons and throughout spring and summer, as Tangerine's aroma pairs perfectly with sunshine streaming through your windows.

Like other citrus oils, Tangerine is a fantastic addition to your green cleaning routine. Your kitchen or bathroom can smell like the fresh aroma of tangerines instead of chemicals and synthetic scents.

## **Do it yourself with Tangerine:**

### Tangerine Tropical Punch

For your next picnic or BBQ, serve Tangerine tropical punch. This delicious and refreshing drink is sure to be a hit.

#### **Ingredients:**

- 2 cups frozen fruit
- 1 quart lemonade
- 1 cup orange juice
- 3 drops Tangerine oil

#### **Instructions:**

1. Add the fruit and orange juice to a blender, along with Tangerine.
2. Combine with lemonade and mix again.
3. Serve cold and enjoy!

## Where Tangerine comes from



## Why Tangerine

Like many other citrus oils, Tangerine is rich in limonene and a powerful cleansing essential oil. Tangerine is also unique among citrus oils, because it has a diverse chemical makeup, including significant amounts of alpha-Pinene, myrcene, and even linalool. This diversity makes it so Tangerine can offer a greater variety of benefits.



Tip

### *Tangerine Treats:*

A drop or two of Tangerine turns almost any dish into a treat. Add a drop to yogurt, baked goods, desserts, drinks, and more. Not only will it provide a unique and delicious twist of flavor, but you'll also receive Tangerine's supportive benefits!\*

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