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PROMO

**BOGO**  
*July 2021*



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# Introduction



Summertime can be a season of nonstop fun—sometimes to the point of exhaustion. Use the power of essential oils to support you through all the activities and crazy things that make summer such a great time of the year.

After the long days of running and hiking, Deep Blue®, Lemongrass, Cypress, and AromaTouch® are here for you and your muscles. After hours of summer sunshine, Immortelle, dōTERRA® Frankincense Touch, and Tea Tree will give your skin the thoughtful, soothing care it craves. Bright citrus oils like Clementine and Kumquat will be the signature scents floating through your home. Adaptiv® Touch is ready to remind you to take time to slow down and feel calm.

In this book, you'll learn what, when, where, why, and how for all these essential oils, plus a few more. Happy summer!

# Adaptiv® Touch



## What's Adaptiv® Touch?

Adaptiv Touch is a proprietary blend of essential oils known for their calming, uplifting, and balancing aromas, prediluted in roller bottle for easy application. The oil blend includes Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Sweetgum, Rosemary, and Copaiba in a base of Fractionated Coconut Oil.

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® Touch?

### *Aromatically*

While Adaptiv Touch is specifically designed for topical use, you can still enjoy the aromatic benefits of the oil blend. One easy way to do this is by rubbing Adaptiv Touch on your wrists or palms, and then bringing them close to your face, breathing deeply. You can apply any leftover product on the back of your neck or even in your hair to keep the scent with you.

### *Topically*

Use Adaptiv Touch as a tranquil, relaxing perfume or personal scent. Applying it to the pulse points, such as on your neck and wrists, is especially effective when it comes to topical use. In the evening, massage Adaptiv Touch into your feet or shoulders as you wind down for bed.

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

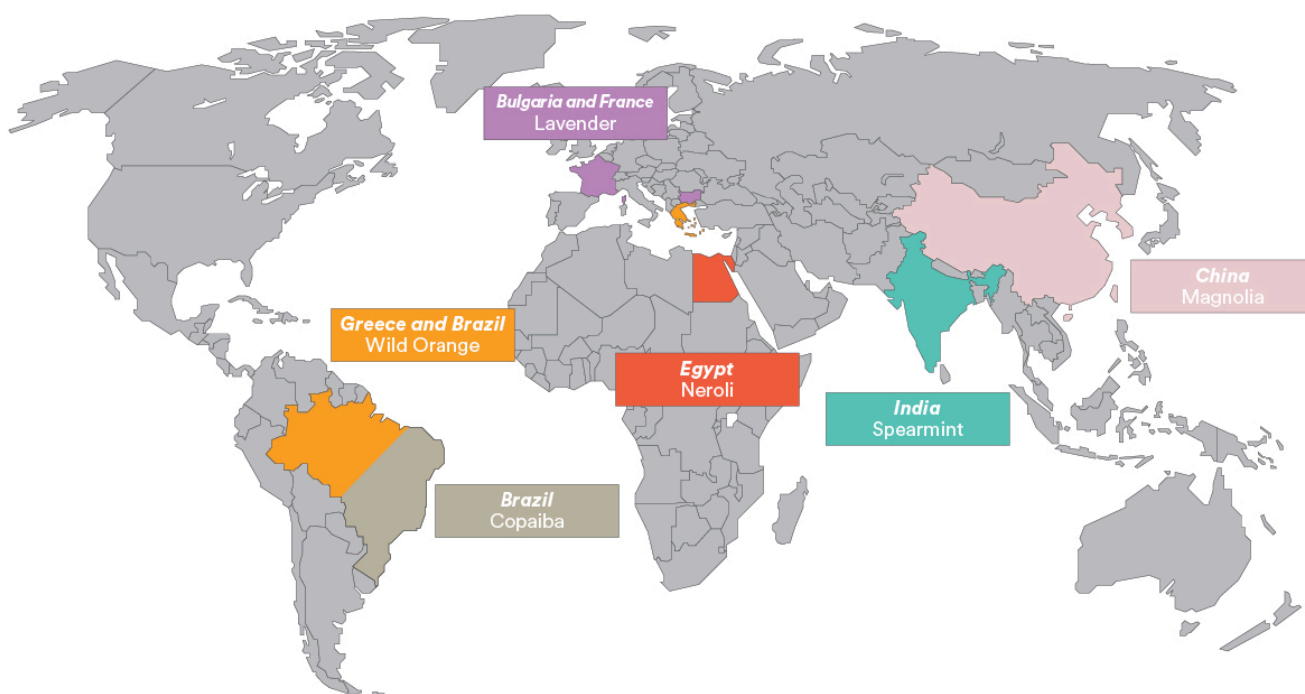
## When Should I Use Adaptiv® Touch?

When the daily twists and turns of life leave you feeling overwhelmed, you need to adapt to your environment to find balance and comfort again. But adapting is easier said than done. Adaptiv Calming Blend can 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 state to one that's calm and in control.

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

## Where Does Adaptiv® Touch Come From?



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

Lavender, one of the primary essential oils in Adaptiv, is sourced from Bulgaria and France. France is famous for producing exceptionally high-quality lavender. Some historians estimate

that lavender production in France dates back as far as 600 BC. Bulgaria is an agricultural haven for growing aromatic plants, and the people are rich in expertise. Near the Black Sea, Bulgaria's sunny and dry climate—coupled with the well-drained, sandy soil—make growing conditions ideal.

While Bulgaria has historically boasted some of the world's premier essential oil research, development, and production, in the post-communist era, the industry faltered because of the government's financial support for wheat, sunflower, and corn. Many Bulgarian farmers replaced aromatic plants with such crops.

This led to a lack of innovation in the aromatic agricultural space, which inspired us to establish the Esseterre distillery in Dobrich, Bulgaria. Though Esseterre is owned by dōTERRA, it's really a Bulgarian firm, built and managed by Bulgarians. Expert managers, distillers, farmers, and engineers combine their impeccable skills and shared commitment to positively impact their communities.

Esseterre works with over 75 lavender farms, with farmers bringing their lavender to the facility from a small radius around Dobrich, as lavender should be distilled within one day of harvesting. The entire annual production of our Lavender essential oil takes place in just three to four weeks every year. During these weeks, Esseterre employees work around the clock to ensure the highest quality of Lavender possible.

Though its color is most brilliant in the early summer, we harvest lavender plants in July. Once its bright purple color has started to fade from exposure to the summer heat, the plant produces both higher quantity and quality of essential oil.

The establishment of Esseterre has created significant economic revitalization to the Dobrich, Bulgaria, region. It's brought a multimillion investment and many jobs to a country where nearly a quarter of its population lives at or below the global poverty line. More and more farmers are coming to Esseterre with their crops. This can be attributed to several elements, including the sophistication and quality of the equipment and technology, as well as Esseterre's reputation as a consistently reliable buyer that pays fairly and promptly.

Learn more about how Lavender essential oil makes a difference in the lives of farmers and their communities [here](#).

## Why Adaptiv® Touch?

Adaptiv Touch contains Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Sweetgum, Rosemary, and Copaiba with Fractionated Coconut Oil, together creating a synergistic experience that results in the ultimate calming aromatic blend.

- [Lavender](#) is queen among essential oil aromas when it comes to being 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 blossoms 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.
- [Fractionated Coconut Oil](#) is a light carrier oil that helps increase essential oil distribution, while also leaving skin feeling smooth and soft.



### Tip

#### *Three Is Better than One*

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

# AromaTouch®



## What's AromaTouch®?

AromaTouch Massage Blend says no to occasional stress and tension and yes to relaxing aromas from six powerful essential oils: Cypress, Marjoram, Peppermint, Basil, Grapefruit, and Lavender.

## How Do I Use AromaTouch®?

### *Topically*

While AromaTouch can certainly be diffused and used for aromatic benefits, it really shines topically. This popular oil blend is a vital part of the AromaTouch Technique®, which is a special method of applying essential oils to produce a profound whole-body wellness experience. Regardless of whether you know how to perform the AromaTouch Technique, the AromaTouch Massage Blend is a valuable addition to any massage experience, even if it's just massaging your feet at the end of a long day.

You can apply a drop or two of directly to the area of your choice and massage it gently into the skin. You can also dilute the blend in a carrier oil like Fractionated Coconut Oil before applying if you have sensitive skin or would like to experience increased absorption.

## When Should I Use AromaTouch®?

When you need a midday break, have had a long day, or are trying to relax and unwind, AromaTouch can be extremely helpful. AromaTouch is like a comforting massage in a bottle and can be applied to the neck and shoulders during a quick break in the day or used as part of a more traditional massage to enhance the rejuvenation benefits.

***Do It Yourself with AromaTouch®: Body Wash***

Body wash that's infused with essential oils is a fun way to wake up your senses in the morning or calm them down at night. Body wash can also provide valuable nourishment to your skin, if it contains the right ingredients. Try making this easy DIY body wash with AromaTouch.

### Ingredients:

- 8-ounce glass pump bottle
- ½ cup unscented Castile soap
- 4 tablespoons vegetable glycerin
- 3 tablespoons [Fractionated Coconut Oil](#)
- 10 drops [AromaTouch](#) oil blend

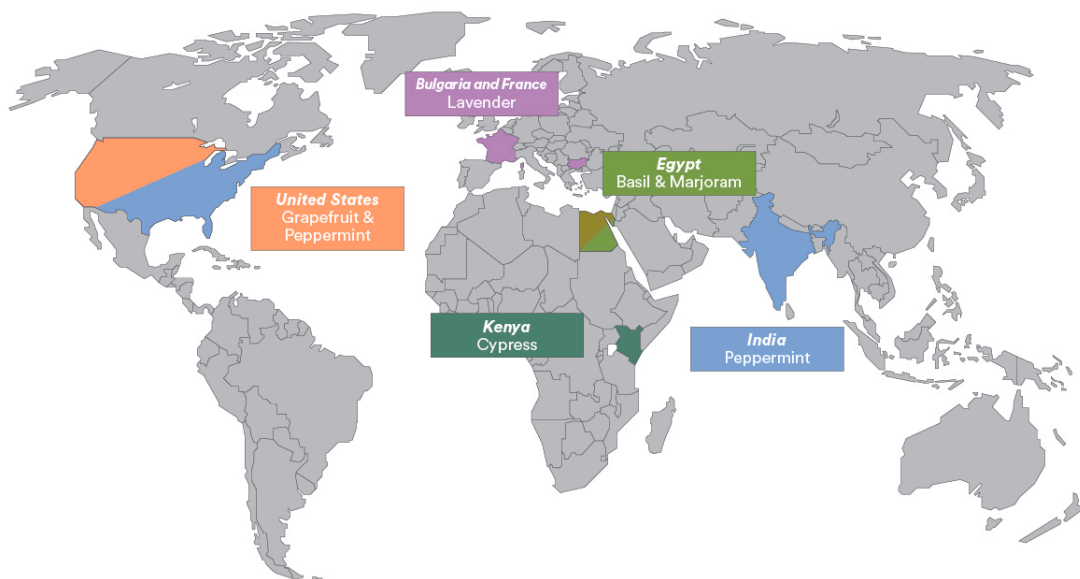
*Note: Vegetable glycerin will help the body wash to be thicker and creamier, as well as lather better.*

### Instructions:

- Combine all the ingredients in a glass pump bottle.
- Shake to combine.

*Note: Make sure to shake before each use, as the ingredients will separate.*

## Where Does AromaTouch® Come From?



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

Peppermint, one of the most important essential oils in AromaTouch, is sourced from both the United States and India.

Different climates and soils impact the chemical profile of the peppermint plant. The Pacific Northwest is an ideal climate for growing peppermint because of the consistent amounts of rainfall each year. This contributes to a high menthol content, which gives peppermint a minty aroma and flavor. In the US, we work with a family-owned and operated peppermint farm that's been in the business of growing pure peppermint for decades.

Some of the northern states in India have climates that are similarly suited for optimal mint cultivation. By sourcing some of our Peppermint essential oil from India, we support smallholder farmers. Two of the three main Indian growing seasons are usually used to produce food crops, but the middle growing season is perfect for cultivating peppermint as an annual crop (unlike in the US, where it's a perennial). Peppermint is an important cash crop for millions of Indian farmers and their families—the vast majority of whom are small producers with land holdings under two hectares. Distillation is done locally near the fields, and the spent biomass—plant material that's already been distilled—is be used to fuel the distillation boilers.

[Watch a video](#) about one of our sourcing partners, the Venell family, and their farm.

## Why AromaTouch®?

- [Cypress](#) has a refreshing aroma that creates a grounded, calm environment.
- [Marjoram](#) was used by ancient Egyptians primarily for its muscle-soothing properties.
- [Peppermint](#) has a high concentration of menthol, which contributes to the cooling and tingling sensation of AromaTouch.
- [Basil](#) is often used in massages because of the cooling sensation it provides to the skin.
- [Grapefruit](#) is known for its energizing and uplifting aroma.
- Sweet and ever popular, [Lavender](#) has a powdery fresh aroma that creates a relaxing, calming atmosphere.

💡 Tip:

### *Bath Time Just Got Better*

Enjoy the aromatic and topical benefits of AromaTouch® all at once in a warm, rejuvenating bath. Add a few drops to a handful of Epsom salts and enjoy your soothing soak!



# Clementine



## What's Clementine?

Pungent, refreshing, and sweet, Clementine essential oil offers a variety of internal, aromatic, and topical benefits. Clementines are a natural hybrid of mandarin and sweet oranges, and the essential oil is cold-pressed from the peel of the fruit. Like other citrus oils, Clementine is rich in the cleansing chemical component limonene; however, it's sweeter and zestier than most citrus oils.

## How Do I Use Clementine?

### *Aromatically*

Diffuse Clementine to encourage a light, pleasant atmosphere. You can also inhale the aroma of this bright, cheerful essential oil straight from the bottle for a quick afternoon refresh.

### *Topically*

For a natural cleansing boost (and a fresh, zesty scent), add a few drops to your facial cleanser at night or shampoo. Clementine is a cold-pressed citrus oil, which means it can potentially increase your skin's sensitivity to the sun if applied topically before extended UV exposure. You can still apply Clementine topically to enjoy gentle cleansing benefits and the sweet scent on your skin, but be careful to only use it this way when you know you won't be spending time in sunlight or UV rays for at least 12 hours or just apply it to areas that won't be exposed to sunlight or UV rays.

### *Internally*

Taking Clementine internally can offer many benefits, especially to your digestive system.\* Clementine may also support the immune system and metabolic function.\* Clementine is a versatile essential oil, as it may aid healthy respiratory function as well.\*

\*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.

To help support gastrointestinal health, add one to two drops to juice, tea, or water.\* You may also try this for a nice twist in flavor and to reinforce digestive health.\* Try including Clementine in one of your favorite smoothie recipes for a new taste and to support the digestive and immune systems, as well as healthy metabolic function.\*

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## When Should I Use Clementine?

One of the best times to use Clementine aromatically is in the morning. It can help set the atmosphere for your day with its cheerful, uplifting aroma. Its scent is also helpful in the afternoon. Diffuse or inhale Clementine when you need a pick-me-up during an afternoon lull.

Another great time to enjoy Clementine is when you're in the kitchen. You can take advantage of its many internal benefits by adding a drop or two to yogurt, a favorite drink, or a dish. The refreshing flavor can be included in a variety of dishes, from desserts and baked goods to salad dressings and meat marinades. Get creative with Clementine in your cooking!

### ***Do It Yourself with Clementine: Clementine Cranberry Scones***

Whether they're for breakfast, brunch, tea, or dessert, these delightful indulgences are just the ticket.

#### **Ingredients:**

##### *Scones:*

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ cup granulated sugar
- 1 teaspoon kosher salt
- 4 tablespoons salted butter, cubed
- 1 tablespoon clementine zest, grated
- 1 cup dried cranberries, chopped
- ¾ cup (plus 1–2 extra tablespoons) heavy cream

##### *Glaze:*

- 1 cup powdered sugar
- 1 teaspoon clementine zest, grated
- 1 tablespoon clementine juice
- 3 drops [Clementine essential oil](#)

### Instructions:

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. In a large glass bowl, whisk together the flour, baking powder, granulated sugar, and salt. Cut the butter into the mixture using a pastry cutter or your fingers until the mixture resembles coarse sand. Add the tangerine zest and dried cranberries.
3. Make a well in the center of the dry mixture and add  $\frac{3}{4}$  cup of heavy cream. Mix the dough together. (It should have a slightly dry texture, but not crumbly.) Add an additional one to two tablespoons of heavy cream if the dough seems too dry.
4. Transfer the dough to a lightly floured surface and knead for one minute. Form the dough into a round one inch thick and use a knife or a pizza cutter to cut the round into eight equal wedges. Arrange the wedges in a round, but about one inch apart on the baking sheet.
5. Brush the wedges with four tablespoons of heavy cream and bake for 15 to 20 minutes or until the scones are golden and the edges are lightly toasted.
6. For the glaze, whisk together the powdered sugar, clementine zest, clementine juice, and Clementine essential oil in a glass bowl. Drizzle on top of the warm scones.

## Where Does Clementine Come From?



Southern Brazil has the perfect climate for growing high-quality citrus fruits and, consequently, producing some of the finest citrus oils. Clementines are a natural hybrid of mandarin and sweet oranges. In Brazil, clementines are mainly produced for the fresh fruit industry. Fruit that can't be sold to the fresh fruit industry (usually because of blemishes or bruises) is instead used to produce juice and essential oil. This provides farmers with an income for pieces of fruit that would've otherwise been waste.

## Why Clementine?

Limonene is the main chemical constituent in many citrus oils, including Clementine. Limonene plays a role in the cleansing benefits of citrus oils, which is why they're excellent for homemade cleaning products—they both cleanse and help minimize exposure to potentially harmful toxins found in many store-bought products.

But the benefits of limonene don't end there. According to experimental and clinical research, limonene may help support the function of a long list of bodily systems when taken internally.\* These include healthy cellular function, the immune system, the lung and respiratory systems, the gastrointestinal system, a healthy metabolism, and a healthy colon and liver.\* If you look at a diagram of each of these systems, you'll quickly realize just how much of an impact that citrus oils can have over a large portion of your body.\*

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Tip:

### *Clementine Clean*

How would you like your countertops to smell like Clementine instead of harsh cleaning products? Make your own natural surface spray by adding several drops of Clementine to a small spray bottle with water.



# Cypress



## What's Cypress?

The cypress tree is a stately, cone-bearing evergreen with remarkably fragrant branches. Cypress essential oil is a blend of two species of cypress: *Cupressus sempervirens* and *Cupressus lusitanica*. Including multiple species of the plant family not only solidifies a sustainable source, but it also improves and amplifies the qualities and benefits of the essential oil.

## How Do I Use Cypress?

### *Aromatically*

Cypress essential oil can be diffused, applied topically, or inhaled directly, but it shouldn't be swallowed or taken internally. To use Cypress aromatically, simply diffuse it, inhale its aroma from the bottle, or put a drop in your hands and cup them over your nose, breathing in.

### *Topically*

Applying Cypress topically can help improve the appearance of oily skin. Add one to two drops to a facial toner or use a drop with a moisturizer.

While Cypress can often be applied neat—meaning without dilution—if you have sensitive skin, be sure to dilute it with a carrier oil for topical application. Try mixing Cypress and Grapefruit essential oils with Fractionated Coconut Oil for an invigorating massage blend.

## When Should I Use Cypress?

One of the best times to use Cypress is before or after exercise. Apply two to three drops to your chest before a run for an invigorating aroma or rub it into your feet and legs after a

workout. You can also use a few drops with warm or cold compresses to enhance the experience.

The pleasant, woody aroma of Cypress also creates a balancing and comforting atmosphere when you need it most. Diffuse Cypress during times of change and transition to create a grounded, supportive environment. Cypress blends well with Bergamot, Cedarwood, Clary Sage, Coriander, Frankincense, Juniper Berry, Lavender, Lemon, Lime, Marjoram, Wild Orange, Rosemary, and Sandalwood essential oils.

### ***Do It Yourself with Cypress: Soothing Salve***

This essential oil salve is about as soothing as they come! To use, apply it to the chest, back, or another area of the skin.

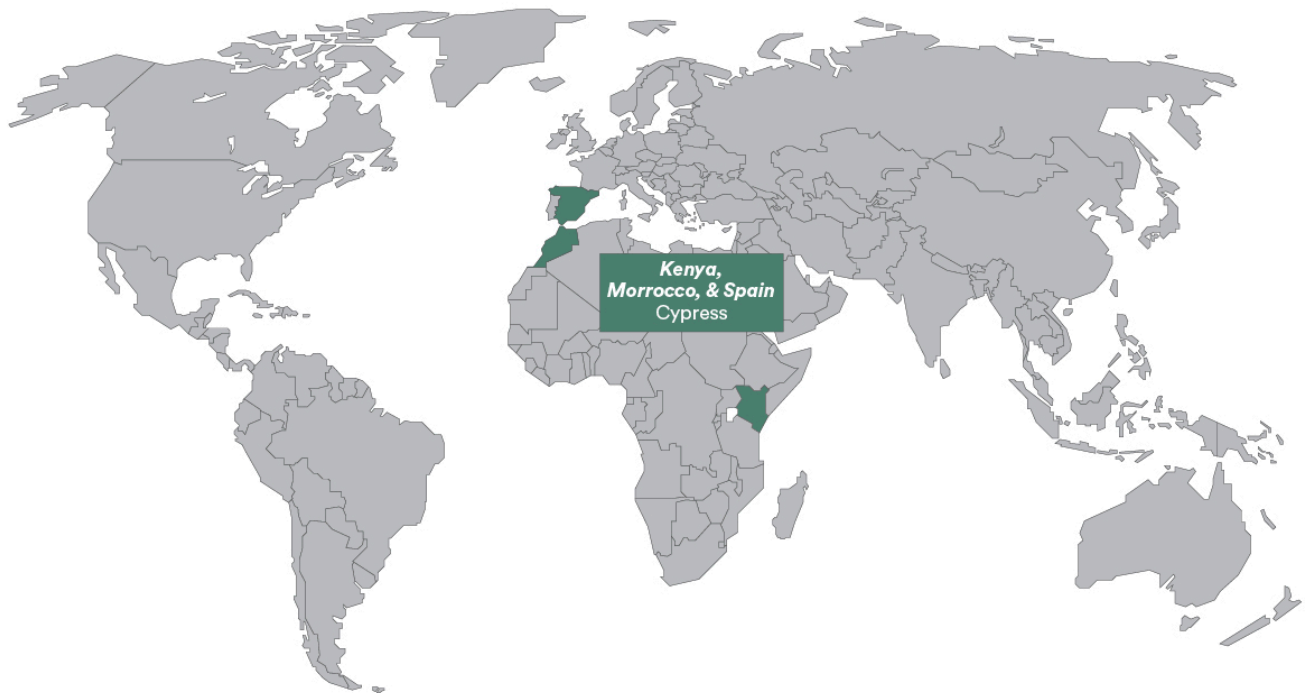
#### **Ingredients:**

- ½ cup grapeseed oil
- ½ cup almond oil
- 2 tablespoons beeswax
- ½ tablespoon vitamin E oil
- 5 drops [Lavender essential oil](#)
- 5 drops [Cypress essential oil](#)
- 5 drops [Frankincense essential oil](#)
- 5 drops [Eucalyptus essential oil](#)

#### **Instructions:**

1. Melt the beeswax in a double boiler.
2. Once melted, add the grapeseed, almond, and vitamin E oils, stirring until melted.
3. Once combined, set aside for two to three minutes.
4. Add the essential oils and stir.
5. Pour in a container and allow to set for two hours.
6. To use, apply to the skin, such as on the chest.

## Where Does Cypress Come From?



Cypress trees thrive in many places worldwide. By choosing to source from Kenya, we support many smallholder farmers in rural areas of the country, while also getting high-quality essential oil. In Kenya, cypress trees are grown in the Mount Kenya region because the climate conditions are favorable. Cypress was introduced in Kenya hundreds of years ago as a forestry crop, meant to aid in reforestation efforts. Because cypress grows well in the climate, the government encourages planting it. In fact, the government “rents” land to farmers in the Mount Kenya area for free while cypress trees are growing. The farmers benefit from free use of the land and the shade from cypress trees.

Many farmers plant cypress as a fence, as a wind breaker, or for shade, with the eventual purpose of selling for timber, but it can take from 20 to 30 years before a tree is mature enough to sell. In the meantime, the lower branches must be cut off to ensure that the tree grows straight enough for timber. The essential oil comes from distilling these lower branches. Interestingly, Cypress essential oil isn't in the wood, but rather in the leaves.

While a farmer would normally have to wait at least 20 years before he or she saw any revenue from cypress trees, by sourcing Cypress essential oil from smallholder farmers in

Kenya, we provide an additional revenue stream to farmers for this beautiful crop that they're already growing.

Along with many projects that the dōTERRA Healing Hands Foundation® has funded and overseen in Kenya, we established the Community Development Fund for our Kenyan farmers and harvesters. For every kilogram of essential oil produced by their farmer cooperatives, a portion of revenue is set aside in a fund overseen by the cooperatives themselves to finance larger development projects at their discretion.

Learn about one Kenyan couple's experience growing Cypress [here](#).

## Why Cypress?

Cypress is unique among wood oils, as it includes a diverse combination of chemical constituents. Like other conifers, Cypress is rich in pinene (which has a distinctive pine-like aroma), but it also has  $\alpha$ -terpinene and carene. This makes the aroma of Cypress both invigorating and grounding. Because of its uplifting and balancing fragrance, Cypress is a great essential oil to diffuse on its own or when blended with herb and citrus oils.  $\alpha$ -pinene and  $\delta$ -3-carene are both great surface-cleansing agents and may help protect against certain environmental threats.



### Tip:

#### *Spa Vibes*

Fresh and woody, Cypress essential oil is often used in spas for its refreshing aroma and many benefits to the skin. Whether you're actually going to the spa or just taking a hot shower at home, Cypress can take your experience to the next level. Add Cypress to your massage oil or put a drop on your shower floor.

# Deep Blue®



## What's Deep Blue®?

Deep Blue is a blend of eight essential oils that offer comforting cooling to desired areas. Eight essential oils combine synergistically to create this powerful product: Blue (German) Chamomile, Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, and Osmanthus.

## How Do I Use Deep Blue®?

### *Topically*

Deep Blue is a powerful, potent oil blend. To use Deep Blue topically, dilute it in a carrier oil like Fractionated Coconut Oil and rub into targeted areas, like the neck, back, legs, feet, or shoulders. You'll experience an intense warming and cooling sensation that both comforts and soothes. After applying Deep Blue, wash your hands so you don't accidentally get any leftover product on or in sensitive areas of the body.

Diluting Deep Blue not only helps avoid skin sensitivity, but it actually makes the oil blend more effective. When you dilute essential oils in a carrier oil and apply topically, they don't evaporate off the skin as quickly, which means you absorb more.

The first time you use Deep Blue, try it in a small area of skin to see how it feels. If it's too powerful for your liking, add a little more carrier oil the next time you apply it. If it isn't powerful enough, use less carrier oil next time for a little more punch.

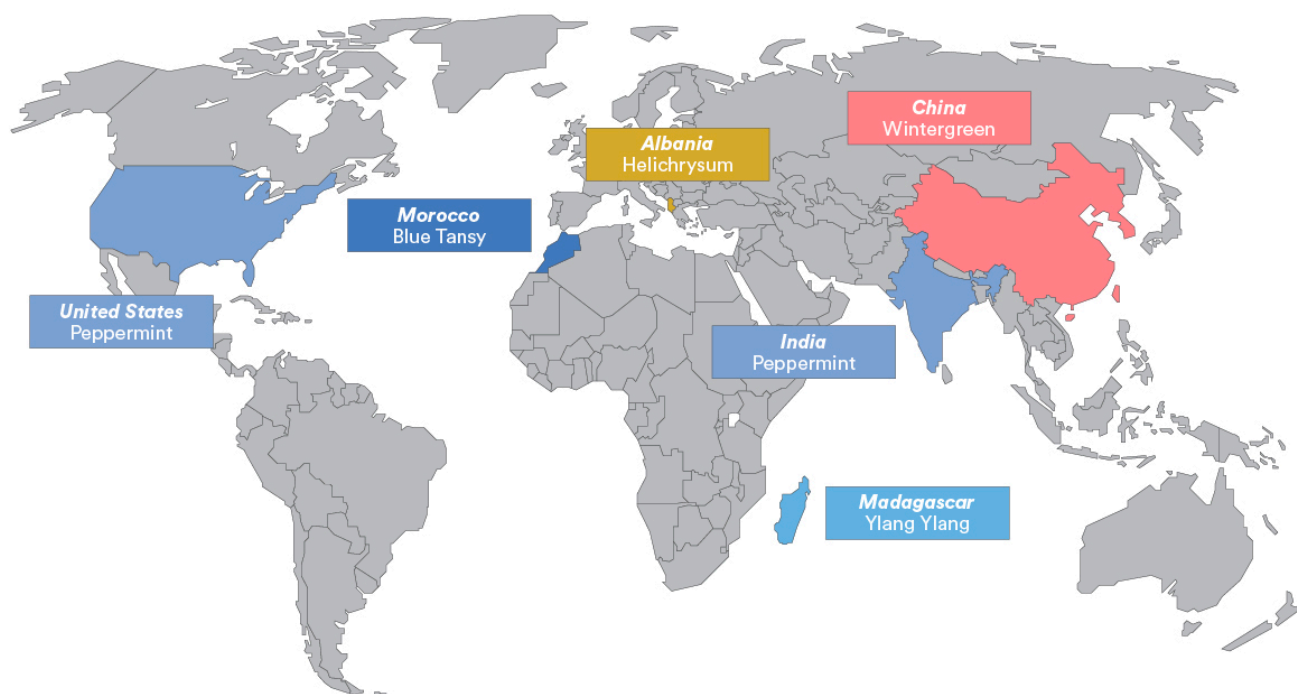
## When Should I Use Deep Blue®?

Whenever your muscles and joints need comfort, Deep Blue is there for you. Use it after a day of heaving lifting, yard work, or moving. You can also massage it—diluted with Fractionated Coconut Oil—onto kids' growing legs before bedtime.

Before or after working out, apply Deep Blue to your back, knees, and shoulders. You could also rub it into your feet after a long hike or run.

Another great time to use Deep Blue is before or after special events. Whether it's standing all day for a wedding, presenting at a work conference, or competing in the big game, this oil blend helps bring soothing comfort to your feet and muscles.

## Where Does Deep Blue® Come From?



Ylang Ylang, one of the essential oils in Deep Blue, comes from the island of Nosy Be off the northwest coast of Madagascar. Ylang ylang trees thrive in the hot, wet climate of Madagascar. These trees are fast-growing. They can reach up to 40 feet high, but for ease of harvesting and increased productivity, the trees are regularly pruned and kept around 10 feet tall. The essential oil comes from distilling the small flowers of the tree. Ylang ylang trees must grow for three to four years before harvesting, but it'll then produce flowers for potentially 30

years or more. When a tree is well taken care of, it can produce up to 22 pounds of fresh flowers per year.

The flowers turn yellow when they're mature and ready to harvest. Though the flowers grow year-round, the principal harvest is from April to June—just after the rainy season. The harvesters, typically women, pick the flowers by hand early in the morning when the blossoms are open, releasing their sweet fragrance. The flowers need to be distilled within 24 hours of collection; otherwise, they lose their aroma, and the essential oil yield from distillation is reduced. Distillation takes place for 18 to 24 hours. Because of the large volume of flowers needed, the whole process requires a massive collective effort.

Growers and harvesters have historically been taken advantage of by brokers and middlemen, so we go directly to the source and ensure our Ylang Ylang harvesters and distillers in Madagascar receive regular, fair compensation for their efforts. Because we're a guaranteed buyer, growers are less likely to lose out on income from price speculation and bidding. On top of ongoing, fair compensation, growers who produce high quality essential oil can also earn annual bonuses for the quality of their work. This provides them with added resources to help expand their production capacity. Using their bonuses to purchase new distillation machinery or add more growers to their cooperative allows for even higher production volumes and better organization.

In Nosy Be, reliable healthcare can be difficult to come by. For this reason, dōTERRA Healing Hands® has helped establish a mobile health clinic. This mobile health clinic travels to the various villages on the island.

dōTERRA Healing Hands is specifically working with the 10 communities where most of the people involved with the Ylang Ylang harvesting cooperative (750–900 people) live. One person from each village is chosen as a health officer, who's trained and provided with first-aid kits and essential oils. Each health officer is taught the appropriate uses for these resources. Additionally, a doctor is employed to work for this clinic and visit each village twice a week to see patients in their homes.

Eventually, a permanent structure will be built on a Ylang Ylang distillation compound, with a regular staff to handle more serious issues. This medical dispensary will also serve as a maternity clinic. Though even after the establishment of this dispensary, the mobile clinic will continue.

## Why Deep Blue®?

Methyl salicylate—the primary chemical constituent in Wintergreen essential oil—can be soothing to fatigued or strained muscles and joints. In fact, many over-the-counter ointments and soothing salves contain methyl salicylate as an active ingredient.



Tip:

### *Where's My Deep Blue®?*

Don't get stuck in the deep end with no Deep Blue. Keep a bottle wherever you might need it. Here are some suggestions:

- Gym bag
- Bathroom cabinet
- Bedside table
- Office or desk
- Car glovebox



# Fennel



## What's Fennel?

Native to the Mediterranean, fennel has been used since antiquity. Roman warriors were said to have used fennel to strengthen their readiness for battle, and several Eastern and Middle Eastern cultures have used it in their cuisines. The plant is a perennial herb and can grow to nearly eight feet high. It has small yellow flowers and delicate, feathery, and fragrant leaves, but the essential oil—potent and distinct—is extracted from the seeds.

## How Do I Use Fennel?

### *Aromatically*

The aroma of Fennel essential oil is peculiarly sweet. The scent and taste are commonly compared to licorice. Try putting a drop in your palm, rubbing your hands together, and taking a few deep breaths.

### *Topically*

Fennel is included in two dōTERRA proprietary blends: ClaryCalm® and DigestZen®. You can apply Fennel to the abdomen for a soothing, comforting massage.

### *Internally*

Fennel is known for its digestive benefits and has been used for centuries to promote healthy digestion.\* This sweet-smelling essential oil offers other benefits as well, including respiratory support and encouragement of a healthy inflammatory response when taken internally.\* If you enjoy the taste of black licorice, you might want to add a drop of Fennel to water or tea, but this essential oil can also be taken internally by adding a couple drops to a Veggie Cap.

\*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.

## When Should I Use Fennel?

After overindulging at dinner, take a couple drops in a Veggie Cap, with water, or under the tongue for digestive support.\* It helps ease occasional bloating, stomach upset, or feelings of sluggishness.\*

Another time Fennel essential oil can come in handy is while you're cooking. Consider adding a toothpick's amount—remember, essential oils are potent, so you only need a little—to your next stew or savory sauce for a twist in flavor, while simultaneously taking advantage of various internal wellness benefits.\*

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### ***Do It Yourself with Fennel: Raw Vegan Veggie Dip***

Great as a light snack or refreshing appetizer, this flavorful essential oil dip will stimulate your taste buds and leave you wanting more.

#### **Ingredients:**

- 1–5 cloves garlic
- 1 can (15-ounce) garbanzo beans, rinsed
- 2 lemons, juiced
- 2½ cups spinach
- 1 can variety mix black, green, and Kalamata olives
- 2 stems fresh basil
- 1 small bundle Italian parsley
- 2 sprigs rosemary
- 4 Roma tomatoes
- 1 teaspoon salt
- 2 tablespoons apple cider vinegar
- ¼ cup virgin olive oil
- 1 yellow squash

- 1 zucchini
- 1 small eggplant
- ½ cup almonds or pine nuts
- 1 drop [Oregano essential oil](#)
- 2 drops [Rosemary essential oil](#)
- 3 drops [Clary Sage essential oil](#)
- 4 drops [Fennel essential oil](#)
- 7 drops [Basil essential oil](#)

*Optional:*

- 1 small red onion
- 2 red and orange bell peppers

**Instructions:**

1. Put all the ingredients except the essential oils into a blender and pulse until smooth.
2. Add the essential oils one drop at a time to taste. (You don't have to use all the recommended drops if you prefer a lighter flavor.)
3. Serve with vegetables, pita bread, or chips.

## Where Does Fennel Come From?

Fennel essential oil is sourced in Europe. The exact location is proprietary.

## Why Fennel?

Fennel is known for its ability to aid in digestion because of its chemical constituent anethole, which offers digestive support.\* When taken internally, Fennel assists the overall health of the digestive tract.\*

\*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.



Tip:

### *Curb Those Cravings*

If you've got a sweet tooth that keeps getting the best of you, check out Fennel. Put a drop in water or tea, take a sip or two, and then continue with your day!



# dōTERRA® Frankincense Touch



## What's dōTERRA® Frankincense Touch?

Frankincense is one of the most treasured and esteemed essential oils in the world, renowned for its powerful benefits. Frankincense comes from the *Boswellia* tree. The tree produces a resin that hardens and can be collected, cleaned, and distilled for Frankincense essential oil. dōTERRA CPTG® Frankincense is actually a blend of frankincense oils from four species of *Boswellia* trees: *Boswellia carterii*, *frereana*, *sacra*, and *papyrifera*. This blend of resins not only enhances the benefits of Frankincense, but it also makes our sourcing of it sustainable.

dōTERRA Frankincense Touch combines Frankincense essential oil and Fractionated Coconut Oil in a roller bottle for easy application.

## How Do I Use dōTERRA® Frankincense Touch?

### *Aromatically*

The relaxing aroma of Frankincense is known for cultivating an atmosphere of harmony, peace, and calm. While dōTERRA Frankincense Touch is specifically designed for topical application, you can still reap the aromatic benefits of this incredible essential oil. Roll it on your wrists or neck and take a deep breath of the aroma. From there, continue to enjoy its spicy, warm scent as you go about your day.

### *Topically*

One of the many benefits of Frankincense is its effect on the skin. When applied topically, it reduces the appearance of fine lines, wrinkles, blemishes, and imperfections. It helps the skin appear healthy and rejuvenated.

With dōTERRA Frankincense Touch being offered in a roller bottle, applying Frankincense to the skin is simple and convenient. Simply roll it on your skin. No need to dilute it, because dōTERRA Frankincense Touch is already in a base of moisturizing Fractionated Coconut Oil.

## When Should I Use dōTERRA® Frankincense Touch?

dōTERRA Frankincense Touch is one of those amazing essential oils that offers support in many situations. Rub it over your heart, apply it to the spine or bottoms of the feet, keep a bottle in your purse or bag for whenever you might need it on the go, and so much more.

## Where Does dōTERRA® Frankincense Touch Come From?



Frankincense has been a valued trade commodity since ancient times by many peoples, such as the Egyptians, Assyrians, Persians, Macedonians, and Kushites. The precious resins comprise what's believed to be the world's oldest global supply chain. The essential oil comes

from the resin of the frankincense tree. Resin “tears” are carefully cleaned and organized by size and color before distillation, usually by women.

Frankincense essential oil is a proprietary blend of four *Boswellia* species of resin: *Boswellia carterii*, *papyrifera*, *frereana*, and *sacra*. Different frankincense trees thrive in different environments and soil types. For example, *Boswellia carterii* trees grow best in sandy soils, while *Boswellia frereana* trees grow best in dry, rocky terrain. *Boswellia frereana* trees also produce the largest resin tears of the *Boswellia* species. We source from multiple locations to ensure we’re harvesting resin from where each *Boswellia* species grows best.

In Somaliland, our Frankincense comes from the Sanaag region of the Cal Madow mountain range. Approximately a third of Somaliland’s population lives in this region, and frankincense harvesting is the main source of employment. The trees are passed down through generations, and individual harvesters have access to specific regions by tribal right.

Normally, the resin is harvested and sold to shopkeepers (who then sell it to middlemen and consolidators), eventually arriving at a port for export. Unfortunately, this system often takes advantage of harvesters, who end up being paid the lowest wage for some of the hardest work. Instead, we go directly to the people who harvest and sort the frankincense resins. We’ve even contributed significantly to the construction of warehouses built throughout the mountains, where these resins are collected, sorted, and stored—primarily by women, which provides important employment opportunities in these remote areas. These warehouses function like a cooperative, organizing harvesters and shopkeepers into a network. This provides improved transparency, fairness, employment opportunities, and security for those participating in the supply chain.

Our Cō-Impact Sourcing® initiative for frankincense resins provides harvesters with fair wages and on-time payments (including food and cash prepayments spread out during the year), working around the layers of middlemen and instead going directly with those who harvest and sort. This arrangement provides a much more stable and reliable income to frankincense harvesters.

Additionally, we’re proud to support research and sustainability initiatives to protect frankincense trees. Over years of harvesting frankincense resin, many of the trees have been overharvested. This means the trees have too many cuts or cuts that are too deep. The

research and initiatives we support aim to ensure the trees and ecologies thrive and continue supporting communities and livelihoods.

The dōTERRA Healing Hands Foundation® has assisted with multiple projects in the communities where we source our Frankincense essential oil, but most recently they donated millions of dollars for the development and construction of the Sanaag Speciality Hospital, which is the first functioning healthcare provider of its kind in the severely underdeveloped Sanaag region of Somaliland. Access to professional healthcare in the area has previously been virtually available, forcing many locals to travel far distances or forgo medical help altogether. This new hospital, the first phase of which was recently completed, provides access to lifesaving services for tens of thousands of people living and working in the heart of Somaliland's resin harvesting area, especially expecting mothers.

To learn more about Frankincense, click [here](#).

## Why dōTERRA® Frankincense Touch?

$\alpha$ -pinene is the monoterpene that provides pine trees with their distinct scent. But it isn't just found in the essence of coniferous plants. It's also the primary chemical constituent in a variety of other essential oils, including Frankincense. Recent research suggests  $\alpha$ -pinene may have skin-supporting benefits.

Many of the essential oils rich in  $\alpha$ -pinene are great for supporting skin health, and research backs this. Experimental studies suggest  $\alpha$ -pinene may help to keep the skin looking healthy and reduce the appearance of blemishes when applied topically.



Tip:

### *How to Use dōTERRA® Frankincense Touch in Your Daily Routine*

1. When you wake up in the morning, apply it to your wrists and temples and over the heart. Breathe deeply to take in the aroma and start your day.
2. After washing your face, use it before applying a light moisturizer.
3. If you practice yoga or meditation, consider using it to support your practice.
4. During a tense or frustrating moment, apply it to your wrists or pulse points as a reminder to stop and take a deep breath.

5. During your nightly routine, apply it to the face to promote a healthy-looking, rejuvenated complexion.
6. Apply it to the bottoms of your feet before bed to encourage a relaxed, comfortable environment before sleep.



# Immortelle



## What's Immortelle?

Who doesn't want skin that looks immortal, is smooth and nourished, and radiates youth? Immortelle is a blend of essential oils—Frankincense, Rose, Myrrh, Helichrysum, Lavender, and Sandalwood—that are known for their powerful skin-beautifying properties.

## How Do I Use Immortelle?

### *Topically*

The essential oils in Immortelle were specifically chosen for their powerful effects on the skin. This oil blend was specifically designed for topical use to reduce the appearances of fine lines, wrinkles, and blemishes. Known as the Antiaging Blend, Immortelle is comprised of wood and floral oils, including some of the most rare and precious essential oils on the earth.

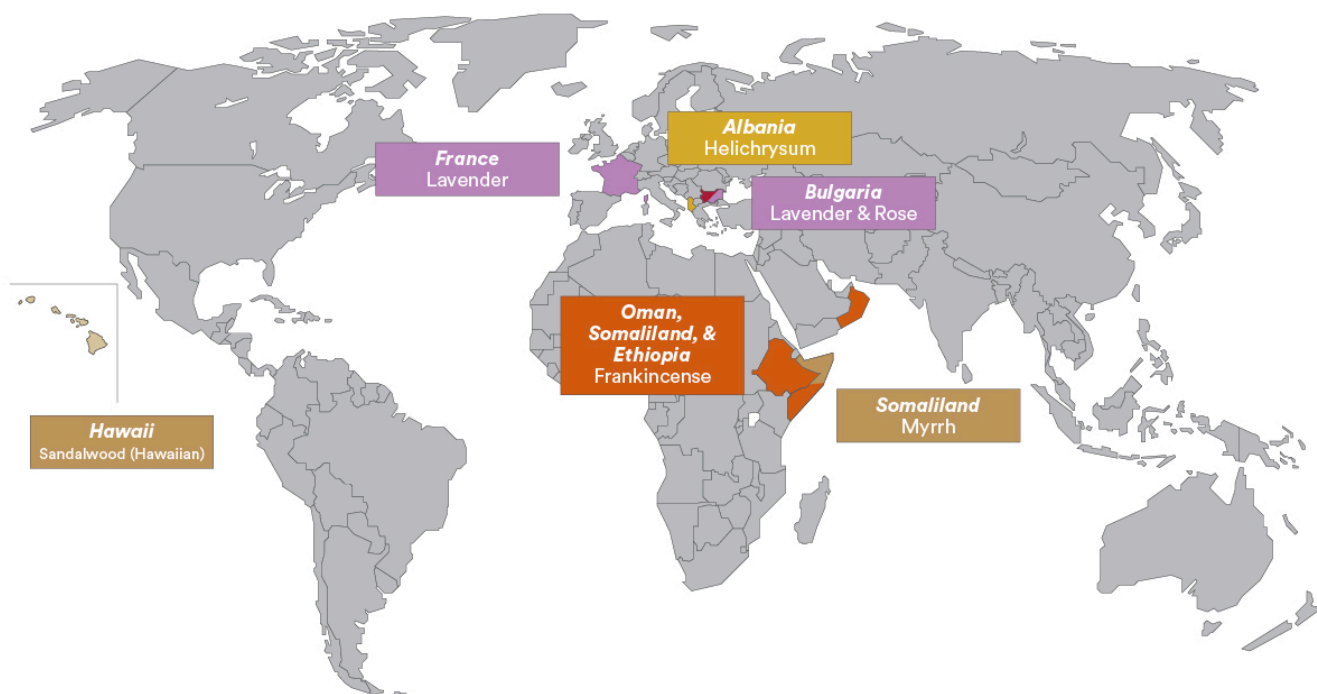
Provided to you in a convenient roller bottle, Immortelle is incredibly easy to use. In the evening after washing your face (but before applying your moisturizer), roll Immortelle on your face, neck, and décolletage to allow the essential oils to soak into your skin all night.

## When Should I Use Immortelle?

For best results, you should use Immortelle consistently. Apply it to your face, neck, and décolletage before bed regularly. For problem areas, apply to targeted areas of the skin twice daily.

But Immortelle can be used on more than just your face. You can apply it to your hands, arms, and more. You can even use it to soothe occasional skin irritations and other complexion challenges that come your way.

## Where Does Immortelle Come From?



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

Many species of Sandalwood essential oil exist, one of which is used in Immortelle. *Santalum paniculatum* is the sandalwood tree native to Hawaii, and *Iliahi* is the Hawaiian name for this tree. Unfortunately, sandalwood trade has a sensitive place in Hawaii's history. We're mindful of this history and fully committed to caring for and protecting the long-term survival of this tree.

Sandalwood is a hemiparasitic plant, meaning it connects to the roots of other plants for water and nutrients. The highest concentration of essential oil is in the heartwood—or center—of the tree. The ratio of heartwood to sapwood increases substantially as trees age, so older trees have the highest essential oil content. To ensure a sustainable harvesting program, it's critical to allow trees to age. It's also important to continue actively planting to ensure excess replenishment of these sandalwood forests.

Our Sandalwood (Hawaiian) essential oil comes from the western coast of the island of Hawaii (the Big Island), specifically the Kealakekua Mountain Reserve (KMR). Cattle ranching and

logging over the past 150 years hindered the regrowth of forests. Today, about 9,000 acres of the reserve's total acreage are under conservation to protect it from further overharvesting. A forest management plan has been approved and is overseen by the state of Hawaii. KMR is one of the largest reforestation efforts in all Hawaii.

Protecting the remaining trees is integral to regenerating the lush forests natively found in KMR. This process begins with proper management of the land. To reestablish an environment in which sandalwood and other native trees and plants can flourish, the conservation plan specifies that no living sandalwood trees should be harvested at the outset of these efforts. Only dead or fallen sandalwood trees may be gathered for distillation, which allows healthy existing trees to grow to maturity before they're harvested at the appropriate time and under sustainable tree management practices. We understand it'll take decades to see sustainable progress and are dedicated to this longevity plan.

## Why Immortelle?

Immortelle contains [Frankincense](#), [Rose](#), [Myrrh](#), [Sandalwood \(Hawaiian\)](#), [Lavender](#), and [Helichrysum](#).

Frankincense, Myrrh, Sandalwood (Hawaiian), and Rose essential oils have deep, ancient roots. Frankincense and Myrrh both help reduce the appearance of blemishes and wrinkles. Sandalwood—Hawaiian specifically—is amazing for smoothing the skin. Rose nourishes the skin and helps keep it healthy-looking and hydrated.

Lavender is one of the most popular and versatile essential oils in the world. It's been used for centuries and is a favorite for many. It maintains the appearance of healthy skin. And it's soothing and cleansing.

Sometimes known by the nickname Immortelle, Helichrysum is the skin essential oil. It's also known as the everlasting flower because of powerful antiaging skin properties. It promotes a glowing complexion.



Tip:

*Beauty at Your Fingertips*

You can use Immortelle on your nails. Roll the oil blend on your nail beds in the evening before going to sleep each night.



# Kumquat



## What's Kumquat?

Native to Asia, kumquat is a small orange-like citrus fruit. It's about the size of a large olive and often grows in clusters. The peel is sweet, the inside is sour, and the whole fruit is edible. Kumquat essential oil is cold-pressed from the rind (peel). It has an uplifting scent and cleansing properties.

## How Do I Use Kumquat?

### *Aromatically*

Diffuse Kumquat alone or with other citrus oils like Lime, Bergamot, or Wild Orange for a bright, cheerful aroma.

### *Topically*

Add one to two drops to your facial cleanser or shampoo for added purifying benefits and a soft, refreshing scent. Keep in mind that, like Clementine, since Kumquat is a citrus oil, you shouldn't apply it topically before extended UV exposure.

### *Internally*

You can add a few drops of Kumquat to your water to enjoy the refreshing flavor or even place a drop directly under your tongue.\*

\*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.

## When Should I Use Kumquat?

Try using Kumquat essential oil instead of your usual citrus oil for a day. For example, if you make your own surface cleaner and normally use Lemon, add Kumquat instead. If you usually place a drop in Tangerine to your water, try Kumquat. If you usually use Bergamot with your facial moisturizer in the evening, include Kumquat instead.

### ***Do It Yourself with Kumquat: Kumquat Chicken Tacos***

This marinade is great for street tacos. Feel free to experiment with Cilantro essential oil and cumin in the marinade as well for extra yummy flavor.

#### **Ingredients:**

##### *Marinade*

- ¼ cup lime juice
- ½ cup honey
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- ½ cup cilantro, finely chopped
- ½ teaspoon salt
- 4 drops [Kumquat essential oil](#)

##### *Tacos*

- 2 pounds boneless, skinless chicken breasts or tenderloins
- Pico de gallo
- 2 avocados, sliced
- 10–12 soft corn tortillas

#### **Instructions:**

1. Combine the marinade ingredients in a medium-sized bowl.

2. Pour the marinade in a large airtight bag or glass dish that can be covered, add the chicken, and then marinate in the refrigerator for at least three hours or up to overnight.
3. Remove the chicken from the marinade and grill over medium-high heat on each side for three to four minutes. Check to make sure the chicken is cooked through, and then remove from heat and cut into strips.
4. Serve with pico de gallo, avocados, and fresh cilantro!

*Tip: Enjoy these tacos with tomatillo ranch dressing and crumbled cotija cheese.*

## Where Does Kumquat Come From?



Though native to parts of Asia, kumquat trees enjoy the humidity and mild weather of southern Brazil, which has the perfect climate for them. It's ideal for growing the finest quality citrus fruits—and consequently the highest quality citrus oils. We form long-term partnerships with smallholder growers and farmers in Brazil, which is where many of our citrus products come from.

## Why Kumquat?

*Fortunella japonica* trees produce small fruits that resemble conventional oranges, but the size of large olives. The essential oil is mainly composed of cyclic monoterpene [limonene](#). Citrus oils often have high concentrations of limonene, yet Kumquat is distinct among its citrus counterparts.

Depending on harvesting conditions, Kumquat is anywhere from 70–95% limonene, but research suggests it has as many as 120 known constituents. So while Kumquat offers the same surface-cleansing benefits and uplifting aroma of its limonene-containing cousins, many of its properties are all its own. With low levels of monoterpene myrcene, Kumquat may have a calming aroma when inhaled.

With powerful cleansing properties, Kumquat may have applications in skin and hair healthcare, along with being great for use on kitchen counters. These added skin benefits may be due to low levels of  $\alpha$ -pinene, which is found in higher concentrations in essential oils known for supporting skin health, such as [Frankincense](#) and [Helichrysum](#).



Tip:

### *Kumquat Fresh*

There's always part in a house that tends to be smelly. Whether it's a bathroom, laundry room, kitchen, or musty closet, Kumquat essential oil can help freshen things up. Put several drops in a small spray bottle with water. Shake before each use, and then spritz the air as needed!



# Lemongrass



## What's Lemongrass?

Lemongrass essential oil comes from the fragrant leaves and fibrous stems of Cochin grass, which is also known as the lemongrass plant. Lemongrass is native to tropical parts of Asia, where it's been used in cooking and in Ayurvedic health solutions for over a thousand years.

## How Do I Use Lemongrass?

### *Aromatically*

Lemongrass has a refreshing, lemony, and herbaceous aroma that's popular in soaps, perfumes, and cosmetics. Its scent is strong and distinctive, making it a great statement in diffuser blends or room sprays. Diffuse Lemongrass to brighten and freshen the atmosphere in any room.

### *Topically*

When it comes to topical application, always dilute Lemongrass in a carrier oil like Fractionated Coconut Oil. Olive oil, avocado oil, and jojoba oil are a few other examples of carrier oils you might use. If you've never diluted essential oils before, here's an easy way to do it: put a small amount of carrier oil in your hand, add one drop of Lemongrass to that hand, and then apply to your area of choice! The carrier oil helps reduce any skin sensitivity you might have to an essential oil and also helps increase absorption. You can adjust the ratio of carrier oil to essential oil to your preference and situation. For example, you should always use more carrier oil when applying essential oils to children or the elderly.

### *Internally*

A popular digestive tonic, Lemongrass essential oil supports healthy digestion and eases occasional stomach discomfort.\* Take Lemongrass internally by adding a couple of drops to a Veggie Cap or mixing one drop with juice, water, or tea.

\*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.

## When Should I Use Lemongrass?

Use Lemongrass when you're spending time outdoors! Lemongrass naturally discourages bugs and pests and has many similar properties to its close relative: citronella grass. Diffuse it on the back porch during a summer barbecue or apply it topically before a hike. You can make your own handy spray bottle with water and several drops of Lemongrass for quick and easy application.

You can take advantage of the internal benefits of the essential oil by using it in soups, sauces, and other dishes. The thick, fibrous stems of the lemongrass plant are used as flavoring throughout Southeast Asia in soups, curries, teas, seafood, poultry, and beef dishes. A drop or two of Lemongrass essential oil can impart a subtle lemongrass flavor to Asian-inspired soups and curries.

Another great time to use Lemongrass is after a workout. Combine it with Fractionated Coconut Oil and massage it into muscles for a soothing, rejuvenating experience.

### ***Do It Yourself with Lemongrass: Coconut Lemongrass Red Lentil Soup***

Warm and satisfying, this coconut and red lentil soup with Lemongrass essential oil is great for any occasion.

#### **Ingredients:**

- 2 tablespoons coconut oil
- 2 large onions, peeled and chopped
- 4 cloves garlic, finely chopped or pressed
- 1 tablespoon fresh ginger root, minced
- 1–2 drops [Lemongrass essential oil](#)

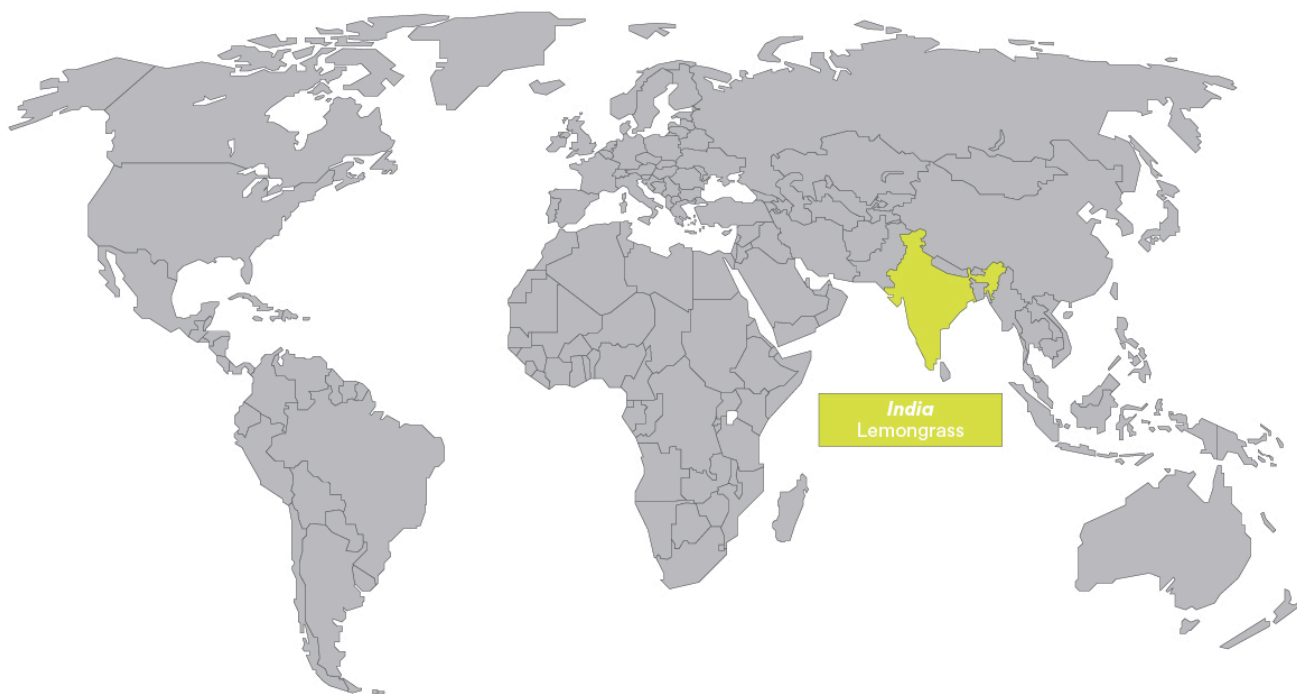
4 tablespoons tomato paste  
4 carrots, peeled and chopped  
4 tablespoons curry powder  
1 teaspoon red pepper flakes  
8 cups vegetable broth  
2 cans coconut milk  
4 cups fresh tomatoes, chopped  
3 cups dried red lentils  
4–6 handfuls baby spinach  
Salt and pepper to taste

### Instructions:

1. Heat the coconut oil over medium heat. Add the onion, garlic, and fresh ginger. Cook until the onion is translucent, and then add carrots and sauté for five to seven minutes.
2. Add the tomato paste, curry powder, and red pepper flakes. Cook for another one to two minutes, stirring constantly until all vegetables are coated and flavors combined.
3. Add the vegetable broth, coconut milk, diced tomatoes, and lentils. Cover and bring to a boil on medium-high heat. Reduce to simmer (low heat).
4. Add the Lemongrass essential oil and cook for approximately 30 minutes or until lentils are cooked through. Season with salt and pepper to taste.
5. Add the spinach and stir until wilted.
6. Garnish with one tablespoon of fresh chopped cilantro and one tablespoon of sour cream.

*Tip: Add brown sugar for a sweeter curry taste.*

## Where Does Lemongrass Come From?



Lemongrass requires little groundwater, so it grows well in many parts of India. And by sourcing Lemongrass essential oil from India, we support small-scale farmers. The average farmer has three acres, and while some of these farmers continue growing crops like wheat, potatoes, and rice, diversifying their crops with lemongrass is more profitable. Because of the high value of lemongrass, it offers farmers an opportunity to increase their incomes without increasing the amount of land they work.

In India, we work with Farms and Farmers—an NGO that helps smallholder farmers improve their livelihoods by increasing their income from agricultural activities. Among their numerous projects across India, they're working with smallholder farmers to introduce high-value crops (particularly lemongrass) to their land, supplying seedlings, setting up nurseries, facilitating trainings, and providing farmers with market opportunities, especially for the new crops they introduce.

In 2017, Farms and Farmers—in partnership with dōTERRA and our primary distillation partner in India—began offering training to lemongrass growers and distillers, easy access to markets, instant payments through mobile applications, and visits from field officers and experienced farmers. With this additional support, many growers began earning nearly four times per kilo of essential oil what they were making on other crops—and with instant payments. This support positively affects the quality of Lemongrass essential oil produced by farmers, so they

can earn even more per acre. In 2018, dōTERRA donated the means to establish a community distillation unit in Mayurbhanj, saving many farmers time and money.

Our partnership with Farms and Farmers helps smallholder farmers in India increase their incomes through expanded capacity, improved farming techniques, increased yields, improved efficiencies, and strengthened productivity. With the added revenue from working with a valued crop like lemongrass instead of—or in addition to—traditional crops, farmers can earn sufficient money to raise themselves out of extreme poverty.

Watch a video about Lemongrass essential oil [here](#).

## Why Lemongrass?

The two primary chemical constituents found in Lemongrass essential oil are geranial and neral. When naturally occurring together, they're commonly referred to as citral. These two monoterpene aldehydes are geometric isomers, which means they contain the exact same number of carbon, hydrogen, and oxygen atoms, as well as that their chemical structures are nearly identical. The only structural difference between geranial and neral is the arrangement of the aldehyde group around one of the double bonds.

Experimental trials have demonstrated the surface-cleansing properties of citral. Add a few drops of Lemongrass to your home cleaning products to enjoy aromatic benefits and protect against environmental threats.

In vitro studies have reported that citral has antioxidant activity and supports natural cellular antioxidants and related enzymes.\* As a result, citral may promote normal function of healthy cells.\* Specifically, citral may help support the health of liver cells and proper DNA replication.\*



Tip:

### *Natural Nail Polish Remover*

The next time you need to remove nail polish, use Lemongrass. Place a few drops on a cotton ball and scrub those nails clean!

\*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.

# Purify



## What's Purify?

Purify is a blend of [Tea Tree](#), [Lime](#), [Lemon](#), [Siberian Fir](#), [Citronella](#), and [Cilantro](#) essential oils. This oil blend eliminates lingering odors and protects against environmental threats, but without subjecting your family to potentially harmful, unnatural chemicals.

## How Do I Use Purify?

### *Aromatically*

Purify is a cleansing powerhouse—hence the name—which includes refreshing the air. The best way to employ its impressive abilities is by diffusing. Pull out your favorite diffuser, add several drops, and press go. It's powerful, effective, refreshing, and airy. The enticing aroma of pine and citrus is a fan favorite!

You can also put a few drops practically anywhere that smells in your house: garbage cans, sink disposal, and bathroom drains. You name it! Placing a few drops of Purify on a cotton ball and putting it in an air vent or drawer is another great way of enjoying the oil blend's benefits.

### *Topically*

You can apply Purify to minor skin irritation and bug bites.

## When Should I Use Purify?

When you get a whiff of foul odor, whip out your bottle. Whether you burned something in the kitchen or the car smells a little stuffy, diffuse Purify to eradicate the odor in a natural, safe way.

Use the oil blend when you're cleaning your home. It's great for countertops, floors, and other surfaces. For a simple cleaner, add several drops to a spray bottle with water or white vinegar.

Another fantastic time to use Purify is when you're doing laundry. Add a few drops to the rinse cycle. Soak sweaty workout and sports gear in a sink with several drops before washing.

### ***Do It Yourself with Purify: Carpet Cleaner***

Carpets can make rooms comfortable and cozy, but they can be difficult to keep clean. This simple DIY uses the power of Purify and baking soda to help keep your carpets fresh.

#### **Ingredients:**

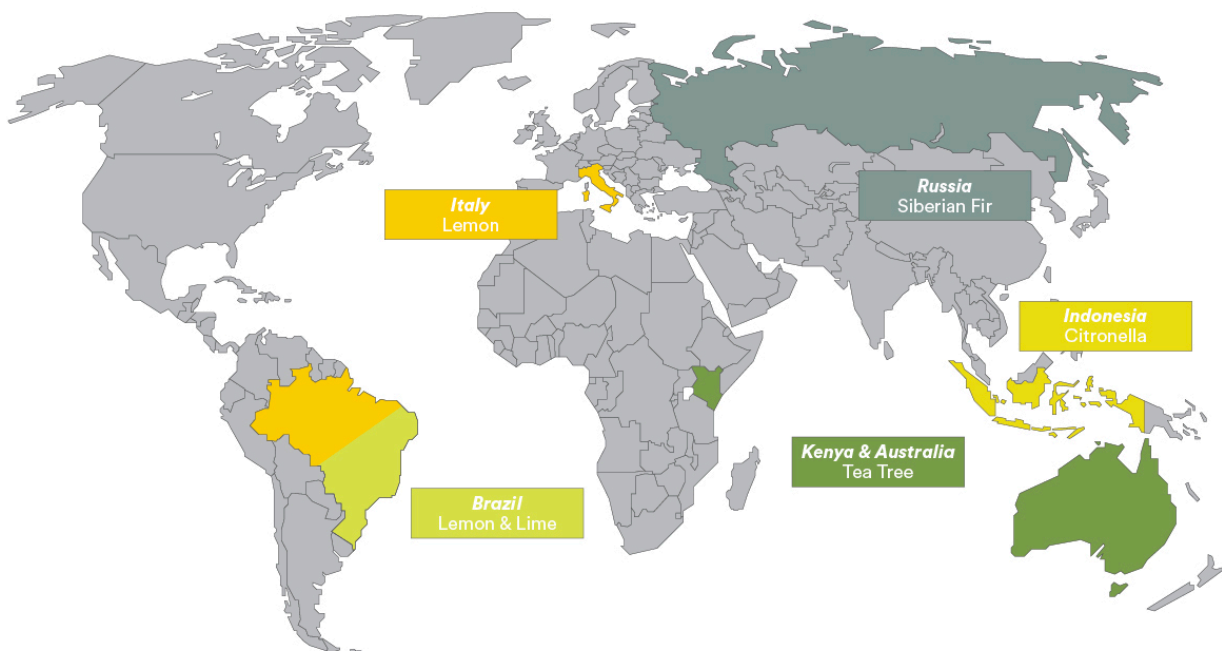
2 cups baking soda

[Purify oil blend](#)

#### **Instructions:**

1. Add the oil blend to baking soda, stirring until combined.
2. Sprinkle the mixture over a carpet.
3. Let rest for one to two hours, and then vacuum.
4. Store the remaining baking soda in an airtight container for future use.

### **Where Does Purify Come From?**



Siberian Fir, one of the essential oils in Purify, is sourced from its native landscape in Siberia, Russia. The tree thrives in cold climates and the moist soil of mountains or river basins. The Siberian fir tree is a conifer, with soft and flat green needles. It can grow to be 100 to 115 feet tall and live up to 200 years.

The essential oil is distilled from the needles, which have a strong aroma. Collectors gather the needles of Siberian fir trees that have been logged, and then distill those needles using either their own distillation units or communal distillation units in the forests. Our Siberian Fir essential oil sourcing initiative supports these collectors and small-scale distillers, who can use the added income to support their needs.

## Why Purify?

Purify contains Lemon and Lime—known for their powerful cleaning properties—along with Siberian Fir, which freshens the air and protects against environmental threats. The addition of Citronella, Tea Tree, and Cilantro also contributes to the enticing aroma of this oil blend.

### 💡 Tip:

#### *Say Goodbye to Stinky Shoes*

Place a few drops of Purify into your kids'—and maybe your own—stinky shoes. You can also put the drops on cotton balls, and then place the cotton balls in shoes.



# Tea Tree



## What's Tea Tree?

Native to Australia, the tea tree plant yields a powerfully cleansing essential oil with a fresh, slightly herbaceous aroma. Tea Tree essential oil is best known for its cleansing properties. It can be used to cleanse and purify the skin, encourage healthy-looking nails, nourish the scalp, beautify the complexion, and much more.

## How Do I Use Tea Tree?

### *Topically*

Combine one to two drops with your facial cleanser or moisturizer to maintain a healthy complexion. For blemishes or occasional skin irritation, apply a drop directly to the skin.

Tea Tree essential oil is highly nourishing to the scalp and hair. When added to shampoo, it helps keep hair looking thick, clean, and healthy. It also beautifies the nails. Massage a few drops into your fingernails and toenails to keep them looking healthy.

### *Aromatically*

The aroma of Tea Tree is unique. It's fresh and herbaceous, yet also musky. While some like the smell right away, others come to love it with time and experience. Once you experience the cleansing and refreshing benefits of Tea Tree, the scent becomes reassuring and soothing.

The best way to use Tea Tree aromatically is by diffusing it. Diffusing it freshens the air, dispels odors, and dissipates stuffiness. The air will feel clearer, light, and airy.

## When Should I Use Tea Tree?

When you're getting ready for the day, incorporate Tea Tree into your routine. After you wash your face in the morning, apply it to your skin with a moisturizer. Then when brushing your teeth, add a drop to your toothbrush or rinse your mouth with water and Tea Tree after finishing brushing.

Cleaning your home is another great way to use Tea Tree. You can also use it as a surface cleaner and purifier. Add a few drops to a spray bottle filled with water and use on hard surfaces to deodorize and clean. You might also try spraying the insides of stinky shoes or a gym bag.

Tea Tree essential is amazing for all things related to skin. To feel comfort from minor skin irritations, apply a small amount of Tea Tree to the affected area.

### ***Do It Yourself with Tea Tree: Yoga Mat Spray***

Yoga is a wonderful way to increase your physical and emotional well-being. Whether you're an expert yogi or just getting started, a good yoga mat spray is a must-have when practicing.

#### **Ingredients:**

¾ cup distilled water

¼ cup alcohol-free witch hazel or white vinegar

5 drops [Lavender essential oil](#)

3 drops [Tea Tree essential oil](#)

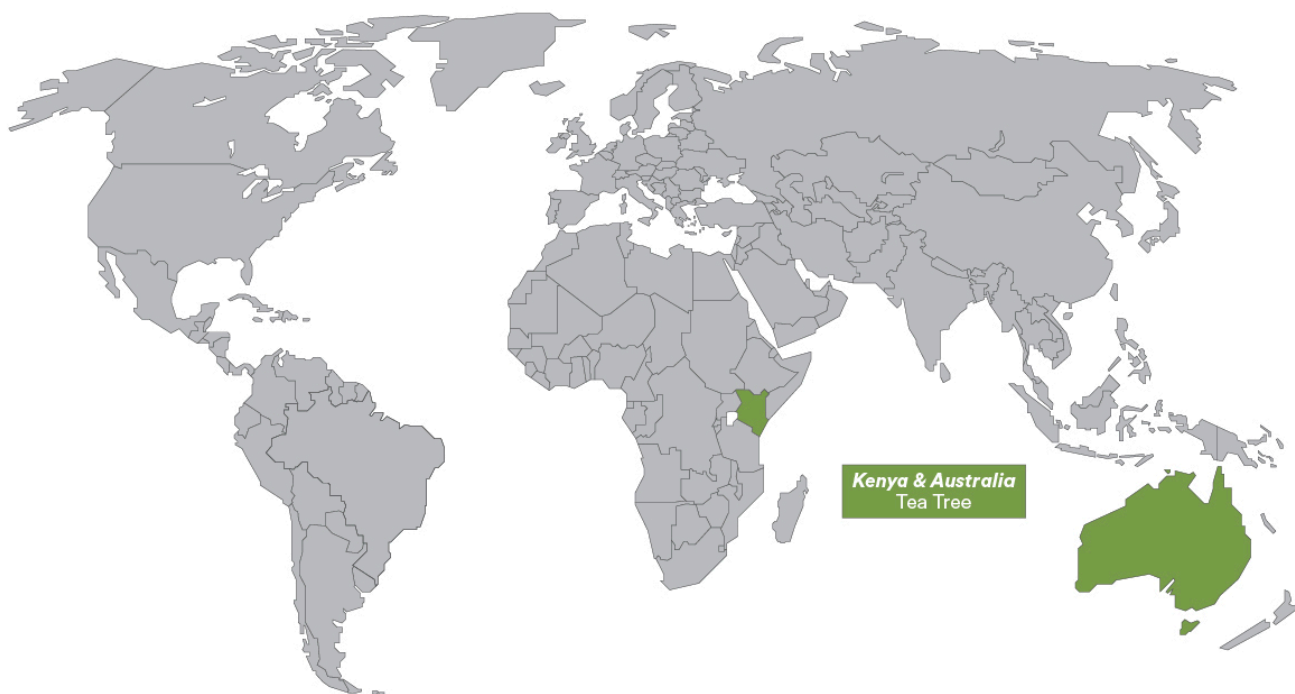
Glass spray bottle

#### **Instructions:**

1. Place all the ingredients in a glass spray bottle, shaking until combined.
2. To use, spray on your mat and wipe dry with a towel.

*Note: Not all yoga mats should be treated the same. Using essential oils may ruin some yoga mats. Test this by spraying on a small part of your mat first to make sure the cleanser doesn't adversely affect it.*

## Where Does Tea Tree Come From?



Tea Tree essential oil is sourced in both Australia and Kenya. The tea tree plant is native to Australia, where it thrives in sunny conditions and moist soil. In Australia, the plant grows all spring, summer, and autumn. Parts of Kenya provide similar growing conditions to those in Australia that allow the plant to flourish. By also sourcing some of our Tea Tree from Kenya, we support smallholder farmers in rural areas of the country, while also getting the highest quality essential oil.

Tea tree is evergreen and shrub-like. It's traditionally been used for health purposes by Aboriginal Australians. At the beginning of WWII, most members of the Australian army carried a small bottle of tea tree oil with them. The essential oil comes from steam-distilled leaves.

Kangaroos run wild in the Australian tea tree plantation. The trees grow from spring through autumn, with harvesting is only done during the winter months to prevent loss of growing time. The same trees can be harvested every year because they coppice—begin to grow again—three to six weeks after harvest. Because of sustainable harvesting process, after 18 years of operation, the Australia plantation continues to increase the health and productivity of the same fields of tea trees.

## Why Tea Tree?

Tea Tree has over 92 different chemical constituents, which accounts for its nearly limitless applications. When used topically, Tea Tree promotes a healthy complexion and reduces the appearance of skin blemishes. This is because of Tea Tree's high concentration of monoterpene alcohol terpinen-4-ol, which has been researched as a topical solution for several skin concerns.



Tip:

### *Sun-Kissed and Carefree*

After a long day of fun in the sun, apply a few drops of Tea Tree with Fractionated Coconut Oil to the skin for some soothing effects. For even more comfort and relief, include some Lavender and Frankincense.