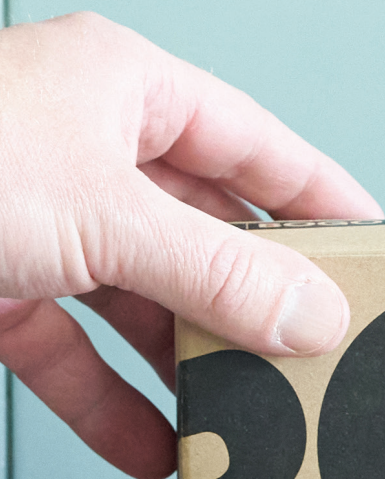


dōTERRA® BOGO



Ö
PROMO

June 2022

Table of Contents

Introduction

Copaiba Touch

Purify

Citronella

Cilantro

Island Mint®

Neroli Touch

Spearmint

Lime

DigestZen®

Peppermint

Introduction

Summer is here. The weather is warm and welcoming—perfect for all your exciting activities. Whether you're planning a barbecue, flying to an island getaway, or going on a hike, pure dōTERRA essential oils and blends are waiting to support you.

Support your skin wherever you go with Copaiba Touch and Neroli Touch. Create delicious dishes and drinks with Cilantro, Spearmint, Lime, and Peppermint essential oils. Enjoy the outdoors pest-free by applying Citronella. Capture the scent of summer with our exclusive Island Mint® Summertime Blend. Keep your home fresh and ready for company with Purify Cleansing Blend. And travel with confidence, knowing you have DigestZen® in your suitcase.

Whatever your plans this summer, take the power of nature with you. In this eBook, you'll discover usage tips and DIYs to help you access the incredible benefits of these products, so you'll have the best summer yet.





Copaiba Touch



What's Copaiba Touch?

Towering copaiba trees grow in the tropical rainforests of South America. For hundreds of years, traditional practitioners in northern Brazil have used copaiba trees for their health benefits. Copaiba essential oil is steam-distilled from the oleoresin of the trees.

How Do I Use Copaiba Touch?

Aromatically

Copaiba has a spicy, woody scent that promotes a soothing and peaceful environment. Carry this beautiful aroma with you wherever you go by applying it to your wrists.

Topically

The soothing properties of Copaiba Touch make it ideal for topical use. Massage it into your neck, shoulders, joints, or other targeted areas.

Copaiba Touch is also a fantastic addition to your skincare routine, as it promotes a clear, smooth complexion. Use Copaiba Touch to help nourish your skin and reduce the appearance of blemishes.

Copaiba Touch can also increase the absorption and efficacy of other essential oils. Whether you're rubbing Lavender on your feet before bed or Deep Blue® into your muscles after a workout, incorporating Copaiba Touch will enhance the overall experience.

When Should I Use Copaiba Touch?

You might apply it with your facial moisturizer or cleanser as part of your morning skincare routine.

Throughout the day, you can foster an environment of balance, centeredness, and calmness with Copaiba Touch. Turn to its pleasant aroma on stressful or overwhelming days.

In the evening, you can use Copaiba Touch to create an atmosphere of rest and relaxation as you prepare for sleep. Massage it into your muscles or the bottoms of your feet.

You'll never want to run out of Copaiba Touch. It's effective anytime of the day, week, or year. It's an incredibly versatile essential oil product. So whenever you feel like your body needs support, turn to Copaiba Touch.



Where Does Copaiba Touch Come From?



Why Copaiba Touch?

Topically applied Copaiba Touch, when applied topically, may help keep the skin clean and clear, while also helping reduce the appearance of blemishes. The essential oil is also known for its incredible aroma. Apply it before bed to promote a calm, peaceful atmosphere. With so many incredible benefits to offer, Copaiba Touch makes a wonderful and powerful addition to anyone's essential oil routine.



Tip:

Carry Copaiba Touch with You

Having Copaiba as a Touch® product makes it easy to carry all its incredible benefits wherever you go. Slip it into your suitcase, purse, or backpack so you always have it within reach.



Purify

What's Purify?

Purify is a blend of Tea Tree, Lime, Lemon, Siberian Fir, Citronella, and Cilantro essential oils. The Cleansing Blend eliminates lingering odors 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 through diffusion. Pull out your favorite diffuser, add several drops, and press go. Purify is powerful, effective, refreshing, and airy. The enticing aroma of pine and citrus is a fan favorite!

You can also use it to conquer any nasty smells in your house: garbage cans, sink disposal, bathroom drains—you name it! Adding a few drops of Purify to a cotton ball and placing it in an air vent or drawer is another great way to enjoy the essential oil blend's benefits.

Topically

You can use Purify for its surface-cleansing abilities.

When Should I Use Purify?

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

Use the essential 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 get out your bottle of Purify is when you're doing laundry. Soak sweaty workout clothes and sports gear in a sink with several drops before adding a few more drops to the rinse cycle and washing.

Do It Yourself with Purify: Carpet Cleaner

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

Ingredients:

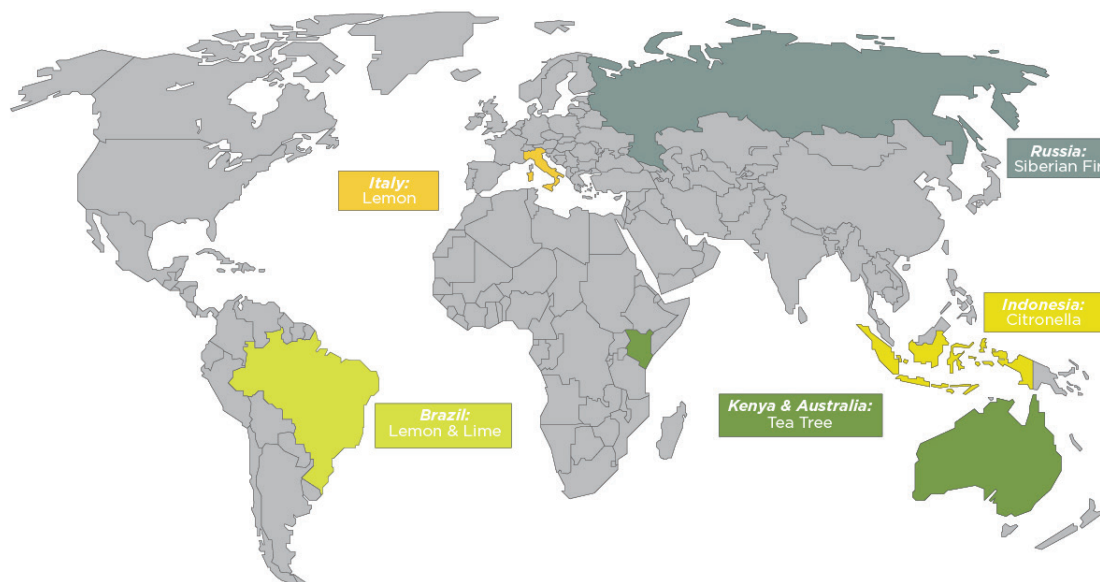
- 2 cups baking soda
- Purify Cleansing Blend

Instructions:

1. Add Purify to the 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 Siberian fir tree is a conifer, with soft, flat green needles. It can grow up to 115 feet tall and live up to 200 years, thriving in cold climates and moist mountain and river basin soil.

The essential oil is steam-distilled from the needles, which offer a strong aroma. Collectors gather the needles of logged trees and distill them using either their own distillation units or communal units in the forests. Our Siberian Fir essential oil sourcing initiative supports these collectors and small-scale distillers—who can use the additional 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. Citronella, Tea Tree, and Cilantro also contribute to the enticing aroma of this essential oil blend.



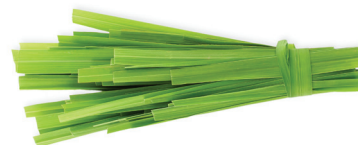
Tip:

Say Goodbye to Stinky Shoes

Place a few drops of Purify into your kids' (and maybe your own) stinky shoes. You can also add the drops to cotton balls and place them in the shoes.



Citronella



What's Citronella?

Citronella essential oil comes from the citronella plant—a tall grass native to Asia. While Citronella isn't a citrus oil, it does have a bright, lemony tone to its scent. Citronella's powerful, distinct aroma can help repel bugs naturally.

How Do I Use Citronella?

Aromatically

Diffusing Citronella is a great way to naturally repel insects at an outdoor BBQ or late-night summer party. You can also spray diluted Citronella on your doorways, doormats, window wells, or anywhere else you'd like to ward off pests.

In addition to telling bugs to "bug off," Citronella's aroma brightens any room and keeps the air feeling clean and fresh.

Topically

You can spray Citronella on your skin for an effective natural mosquito repellent. Fractionated Coconut Oil helps essential oils linger longer on your skin, so dilute Citronella with it when you're using it topically for the best results.

When Should I Use Citronella?

Summer is the perfect time to pull out Citronella. You can make your own roller bottle with Citronella and Fractionated Coconut Oil for quick and easy use. Just roll a little on the wrists, ankles, and neck before a hike or evening walk. Send the roller bottle with your kids when they head to summer camp or out to play with friends.

When you go camping, bring Citronella oil along. Spray it on the tarp, the opening to your tent, and your skin.

The citronellal and geraniol in Citronella also work well for cleaning. In fact, Citronella is included in Purify Cleansing Blend. If you're looking for a new addition to your cleaning routine or a fresh, crisp scent, try Citronella!

Do It Yourself with Citronella: Citronella Essential Oil Candle

For a candle without synthetics that's both beautiful and useful, look no further than a Citronella essential oil candle. It creates a cozy, inviting ambiance for any gathering, while also keeping pesky mosquitos out of your way.



Ingredients:

• Soy wax • Wick • Safe candle container • Citronella essential oil

Instructions:

1. Measure the wick so it's slightly longer than your chosen container. Secure the wick to the bottom of the container (a drop or two of hot glue works well).
2. Melt the wax (a wax melting pot works best, but you can set up a double boiler on your stove). Melt the soy wax until no solids remain.
3. Let the wax cool slightly (no more than three to five minutes) and then add the Citronella essential oil. Stir to combine.
4. Keeping the wick centered, pour the Citronella wax mixture into the candle container.
5. Let the candle cool at room temperature for at least two to three days before use. Enjoy!

Where Does Citronella Come From?



Why Citronella?

Experimental research suggests the concentration of citronellol (Citronella's main chemical constituent) makes the essential oil effective at keeping insects at bay.



Tip:

Pamper, Rinse, Repeat

Add a few drops of Citronella when you shampoo and condition your hair to add extra shine and to soothe the scalp.



Cilantro



What's Cilantro?

Cilantro is a fresh, pungent herb commonly used in cooking because of its distinct taste and smell. It's a common ingredient in marinades, dressings, dips, and more.

How Do I Use Cilantro?

Aromatically

When diffused, Cilantro clears the air and eliminates unpleasant smells, leaving behind a light, herbal scent.

Topically

When applied topically, Cilantro is soothing and cooling to the skin.

Internally

Cilantro essential oil offers health benefits when taken internally.* You can access these benefits by taking one to two drops in a Veggie Cap; adding it to your water, tea, or another healthy drink; or including it in your recipes and cooking.

When Should I Use Cilantro?

Cilantro can be the perfect essential oil to reach for if you overindulged at dinner. Simply take a few drops with water or in a Veggie Cap.*

When you have a recipe that needs a sweet, herbal twist, Cilantro essential oil might be the perfect solution. It'll contribute a fresh flavor and give you access to internal benefits.*

If you need a natural method of cleansing surfaces in your home, add Cilantro essential oil to your DIY surface cleaner. Cilantro makes for a wonderful year-round addition to your collection.

Do It Yourself with Cilantro: Detox Juice

Looking for a natural way to detox? This simple juice recipe can be whipped up in minutes!

Ingredients:

- 3 kale leaves • 2 celery stalks • 1 lime • 1 apple
- 1 cucumber • 1 drop Cilantro essential oil

Instructions:

1. Combine all the ingredients, except the essential oil, in a juicer.
2. Juice and then add the essential oil to taste.



Where Does Cilantro Come From?



Why Cilantro?

Cilantro essential oil has several important characteristics that set it apart. First, it has cleansing properties, which is why it's included in Purify Cleansing Blend.

Also, preclinical studies suggest internal use of Cilantro may support cognitive function. More confirming clinical research is needed.*

And of course, its fresh flavor and scent make it the perfect addition to many recipes and diffuser blends.



Tip:

A Diffuser Delight

Make any room in your home smell clean and fresh by diffusing Cilantro. It pairs especially well with citrus oils like Lemon and Wild Orange.



Island Mint®

What's Island Mint®?

Simultaneously tropical and woody, Island Mint is a product everyone needs this summer. Refreshing and invigorating, the Summertime Blend includes Lime, Lemon, Peppermint, and Spruce essential oils.

How Do I Use Island Mint®?

Aromatically

Island Mint is distinctly fresh and crisp. Bring Island Mint on road trips or make a DIY air freshener to keep your car smelling fresh. Add a few drops to the base of your shower in the morning to promote feelings of clear airways and easy breathing.

Never underestimate the power of diffusion. As simple as it may seem, diffusion is one of the best ways to use essential oils, and it never fails to deliver powerful benefits. At your next party or gathering, diffuse Island Mint to transform the space into a sunny paradise.

Topically

For a delicious, luxurious personal scent, add a few drops of Island Mint to your dōTERRA Spa Lotion or Body Butter. You can also apply Island Mint to your wrists or neck.

When Should I Use Island Mint®?

When the kitchen smells funny, when your dog leaves a weird stench in the breezeway, or when your car seems stuffy, turn to Island Mint! Start the diffuser and let the Lemon, Lime, Peppermint, and Spruce work their magic.

Lemon and Lime—two classic citrus oils—are great for refreshing the air. And everyone loves the smell of citrus. Spruce is equally fresh, and it brings out a grounding depth to the Summertime Blend.

Do It Yourself with Island Mint®: Island Mint Coconut Salt Scrub

If Island Mint isn't delicious enough, make this coconut salt scrub and be transported to a breezy, sunny paradise.

Ingredients:

- 1 cup organic virgin coconut oil
- 1 cup Himalayan (or Epsom) salts
- ¼ cup Fractionated Coconut Oil
- 15 drops Island Mint Summertime Blend

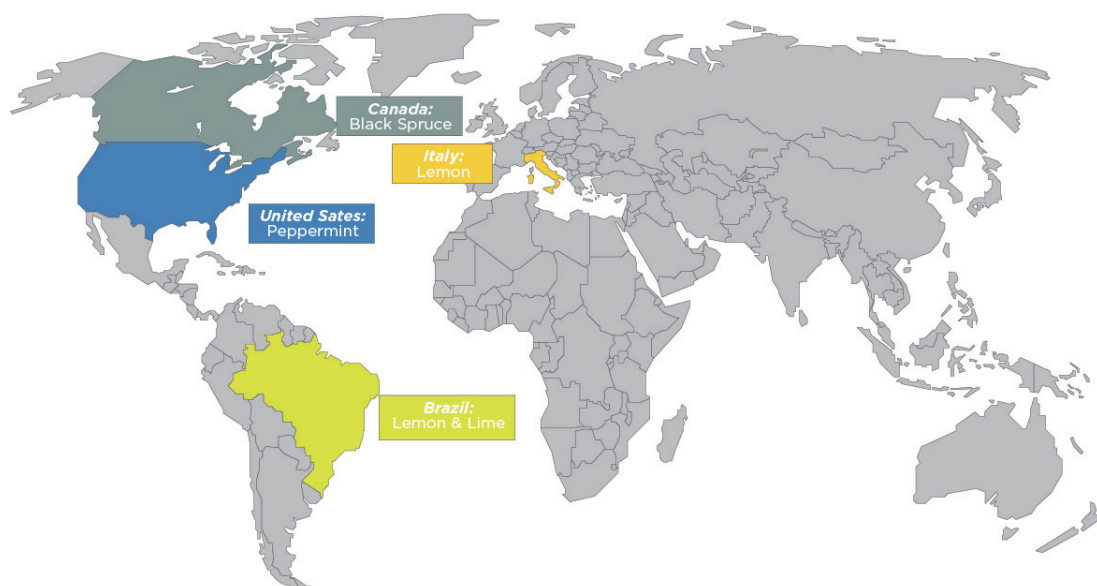


Instructions:

1. Melt the coconut oil in a microwave or over a double boiler. Once melted, remove from heat.
2. Add the Fractionated Coconut Oil and Himalayan (or Epsom) salts to the melted coconut oil. Stir until combined.
3. Add approximately 15 drops of Island Mint.
4. Let sit until the coconut oil solidifies, stirring every 10 minutes.
Tip: Place in the refrigerator to speed up the cooling process.
5. Stir until completely combined and store in an airtight container.

To use, rub the coconut scrub on your skin and rinse with warm water. It'll leave your skin exfoliated and feeling silky smooth.

Where Does Island Mint® Come From?



Why Island Mint®?

Lemon, Lime, Peppermint, and Spruce essential oils provide ample concentrations of limonene and menthol. These chemical constituents are what give Island Mint its fabulous properties and benefits.



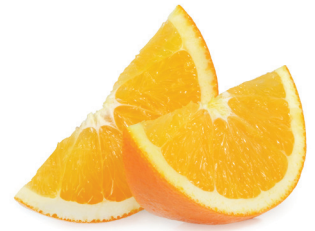
Tip:

Personal Office Oasis

Turn your office into an oasis with Island Mint®. Keep a diffuser on your desk if you don't already. Island Mint will create a fresh, crisp, minty, and tropical atmosphere while you work. The Peppermint and citrus essential oils in it are sure to provide you with an aroma of inspiration and delight.



Neroli Touch



What's Neroli Touch?

Neroli essential oil is steam-distilled from the blossoms of the bitter orange tree (*Citrus aurantium*), also known as the Seville orange.

Like Rose, Jasmine, and Melissa essential oils, Neroli is a highly precious floral oil because of high labor and low yield. Each tiny neroli blossom must be handpicked at the correct time in its flowering cycle and quickly steam-distilled to extract the essential oil. It takes 40 pounds of freshly picked blossoms to create one 15 mL bottle of pure Neroli essential oil!*

*Varies by season, region, year, and other variables.

How Do I Use Neroli Touch?

Aromatically

Apply to the pulse points throughout the day to take an uplifting scent with you wherever you go.

Topically

When used topically, Neroli Touch can soothe the skin and reduce the appearance of blemishes, making it a great addition to your skincare routine. You can also enjoy it as a personal fragrance by combining it with floral, wood, or citrus oils.

When Should I Use Neroli Touch?

The sweet, calming scent of Neroli Touch is perfect for when life doesn't go as planned. Apply it before your next test, presentation, or busy day for a supportive aroma. Life is full of twists and turns, but with Neroli Touch you don't have to face them alone.

If your skin needs a little TLC, Neroli Touch fits fantastically into a skincare routine. And because it's a Touch® product, it's easy to apply to blemishes, mess-free.





Where Does Neroli Touch Come From?



Why Neroli Touch?

Neroli Touch boasts many impressive benefits. It's specially formulated with Fractionated Coconut Oil to provide you with a positive, calming aroma when applied topically. Neroli Touch also has beautifying benefits for the skin and can reduce the appearance of blemishes.



Tip:

Elevate Your Massage

Combine Neroli Touch, Lavender, Ylang Ylang, and Marjoram essential oils for a relaxing and aromatic massage experience.



Spearmint



What's Spearmint?

One of the oldest and most popular varieties of mint is spearmint. 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, sweeter mint—a wonderful option for children or those with sensitive skin. The refreshing herb is used to flavor dishes 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, and much more.

Topically

Take Spearmint's 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 the carrier oil of your choice—to minimize any potential skin sensitivity and increase absorption. Diluting Spearmint will also help its scent linger longer on your skin.

Spearmint is commonly used in oral hygiene and dental products because of its mild cleansing properties and promotion of fresh breath. Add a drop of the essential oil to your toothbrush or toothpaste before brushing 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 essential oil soothes the digestive system.* To take Spearmint internally, you can place a drop directly under your tongue; in a beverage like water, tea, or juice; or simply add a couple drops to a Veggie Cap.

When Should I Use Spearmint?

Gentle Spearmint is perfect for diffusing anytime you want to create a fresh, courageous, and welcoming atmosphere. Spearmint's cool, delicious aroma is helpful in 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 increase its cleaning power, add Lemon too. The minty, citrusy scent will make your home smell 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 put a drop on your toothbrush each morning and evening when brushing.

When your stomach could use a little soothing after overindulging at dinner, reach for Spearmint essential oil. 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 garbage disposal refreshers clean and deodorize your disposal with one easy use. You'll wish you'd known heard about these sooner!

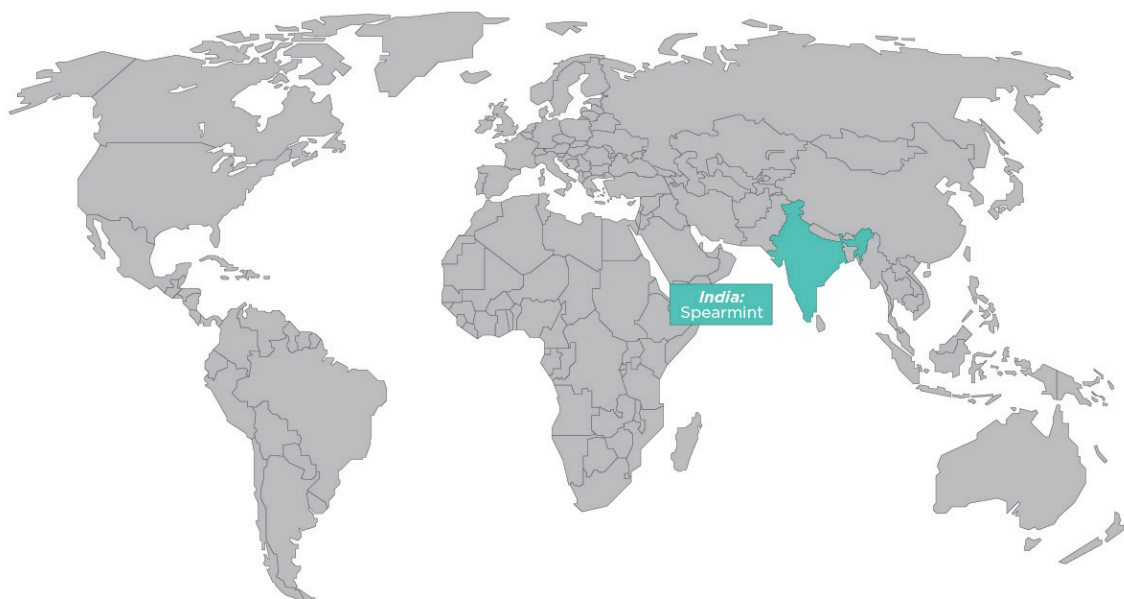
Ingredients:

- 2 cups baking soda
- 1 cup salt
- ½ cup water
- ¼ cup liquid Castile soap
- 15 drops Tangerine essential oil
- 15 drops Spearmint essential 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 the mixture 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. Store in a glass jar and use the next time you're doing dishes. Place one or two refreshers in the garbage disposal and turn it on.

Where Does Spearmint Come From?





Why Spearmint?

The chemistries of Spearmint and Peppermint essential oils are distinct, meaning their benefits are also distinct. Spearmint's primary chemical constituents include carvone and limonene (which are responsible for many of the powerful benefits of citrus oils), neither of which exist in high quantities in Peppermint.



Tip:

Spice Things Up with Spearmint

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





Lime



What's Lime?

Lime essential oil is cold-pressed from the rinds of Key limes sourced in Brazil. The Key lime is a hybrid citrus that can be successfully grown in most areas without winter frost. While all lime varieties share similar properties, Key limes are popular for their strong, robust flavor, and zesty fragrance—which stem from a comparatively higher acidity.

How Do I Use Lime?

Aromatically

Lime is a popular essential oil for diffusing. It pairs well with mint and wood oils when diffused, creating an energizing atmosphere.

Topically

Add one drop to your facial cleanser or shampoo for added cleansing properties. You can also combine a drop or two of Lime with equal parts Tea Tree for a soothing scalp massage.

Just remember, citrus oils like Lime can cause photosensitivity. If you apply Lime topically, make sure to avoid sunlight for up to 12 hours. To avoid photosensitivity, you may want to use Lime topically before going to bed or by putting it on the bottoms of your feet before you put on socks and shoes.

Internally

Add a drop of Lime to your drinking water for enhanced flavor. You can also take three to four drops in a Veggie Cap to support a healthy immune system.*

When Should I Use Lime?

Lime essential oil can be used for its flavor, aroma, and cleansing properties year-round. But taking Lime internally can be especially beneficial. To support your immune system, add a drop or two to water or a Veggie Cap.*

Do It Yourself with Lime: Raspberry Lime Smoothie Bowl

Smoothies are a delicious, convenient way to enjoy your fruits and vegetables for the day. Whether you want to start your day with a nutritious breakfast or blend up an afternoon snack, this raspberry smoothie bowl is a delicious treat any day of the week.

Ingredients:

- 2 cups raspberries, frozen • $\frac{2}{3}$ cup light coconut milk • 1 large banana, frozen
- 2–3 drops Lime essential oil • 1 tablespoon chia seeds
- Shredded coconut • Shaved dark chocolate



Instructions:

1. In a blender, combine the frozen fruit, coconut milk, chia seeds, and Lime essential oil.
2. Purée until the mixture is smooth.
Tip: For desired consistency, add more frozen fruit if it's too thin or more water or coconut milk if it's too thick.
3. Pour the mixture into a bowl and top with shredded coconut, shaved dark chocolate, and any other desired toppings.
Tip: For a nutritional boost, add a handful of spinach or other leafy greens before blending.

Where Does Lime Come From?



Why Lime?

Like other citrus oils, Lime is rich in limonene. It also has a high concentration of beta-Pinene, which adds to its uplifting scent. When diffused, it offers a cheerful, energizing aroma. This refreshing essential oil can be diffused whenever your day needs a refresh.



Tip:

Say Goodbye to Sticker Residue

When you think about Lime essential oil, you probably imagine its refreshing aroma and tangy taste. But what you may not know is it's also a great natural option for natural cleaning. Just put some Lime on a cotton pad and use it to remove pesky grease spots and sticker residue.



DigestZen®

What's DigestZen®?

DigestZen combines Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Anise essential oils to create a powerful blend that can support your digestion naturally when ingested.*

How Do I Use DigestZen®?

Aromatically

Diffuse DigestZen for a sweet, minty, and calming aroma throughout your home.

Topically

DigestZen offers amazing support wherever you go. Rub a drop or two on your stomach before flying or taking a road trip.

Internally

Take DigestZen internally to soothe occasional stomach upset.* You can also add it to water or tea to maintain a healthy gastrointestinal tract.*

When Should I Use DigestZen®?

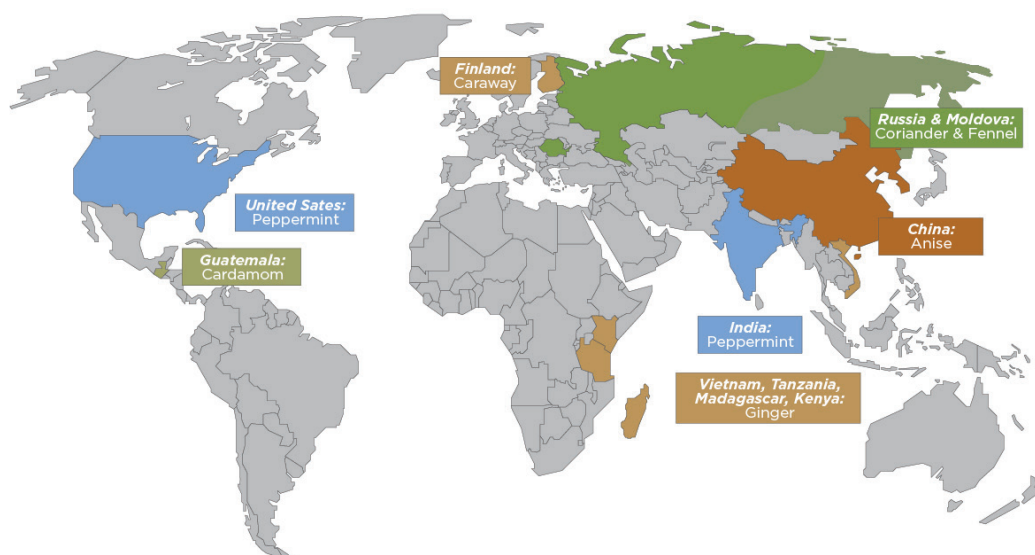
DigestZen Digestive Blend is incredibly handy in a variety of situations. For example, if you're hitting the road or flying, you should have DigestZen on hand.

It's also a great support when you're trying new foods or you've overindulged on a holiday meal. You never know when your digestive system could use some natural internal support, so DigestZen is one product you'll always want to have ready.*





Where does DigestZen® Come From?



Why DigestZen®?

DigestZen is a soothing essential oil blend that promotes healthy digestive function and relief from stomach upset when ingested.* It's also perfect for a nervous stomach and bloating, making it a reliable option to have on hand.*



Tip:

Try the Line

If you love DigestZen® Digestive Blend, there's a whole product line for you to experience! Check out DigestZen Touch, DigestZen Softgels, and DigestTab®.



Peppermint



What's Peppermint?

Peppermint is a cross between watermint and mild-flavored spearmint, first described by Swedish botanist Carl Linnaeus in the eighteenth century. Among the most popular essential oils, Peppermint promotes feelings of clear airways, supports oral health, and soothes the stomach when ingested.*

How Do I Use Peppermint?

Aromatically

The sharp, sweet scent of Peppermint is energizing and exhilarating. Its intensely minty aroma is distinct, familiar, and fresh—and always a welcome addition to diffuser blends. Place a drop or two on your palms and breathe deeply from your hands. Doing so creates an awake, alert atmosphere and promotes feelings of clear airways.

Topically

The cooling sensation of Peppermint on the skin is soothing and beneficial. Peppermint can be used on the head, neck, and shoulders. Apply it topically to targeted areas and dilute as desired.

Peppermint is also a natural bug repellent! Keep it handy for hikes, campouts, and even your next neighborhood BBQ.

Internally

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

When taken internally, Peppermint promotes healthy digestion and respiratory function.* To freshen your breath and ease occasional indigestion, add one to two drops to a glass of water and drink.*

When Should I Use Peppermint?

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

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



As you navigate daily life, you'll find Peppermint is one of the most effective natural solutions for many occasional issues you encounter, like tummy troubles.* You can apply Peppermint to your temples and the back of your neck for cooling comfort.

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

Do It Yourself with Peppermint: Peppermint Breath Spray

Worried about your breath? Pack this breath spray in your bag for naturally fresh breath.

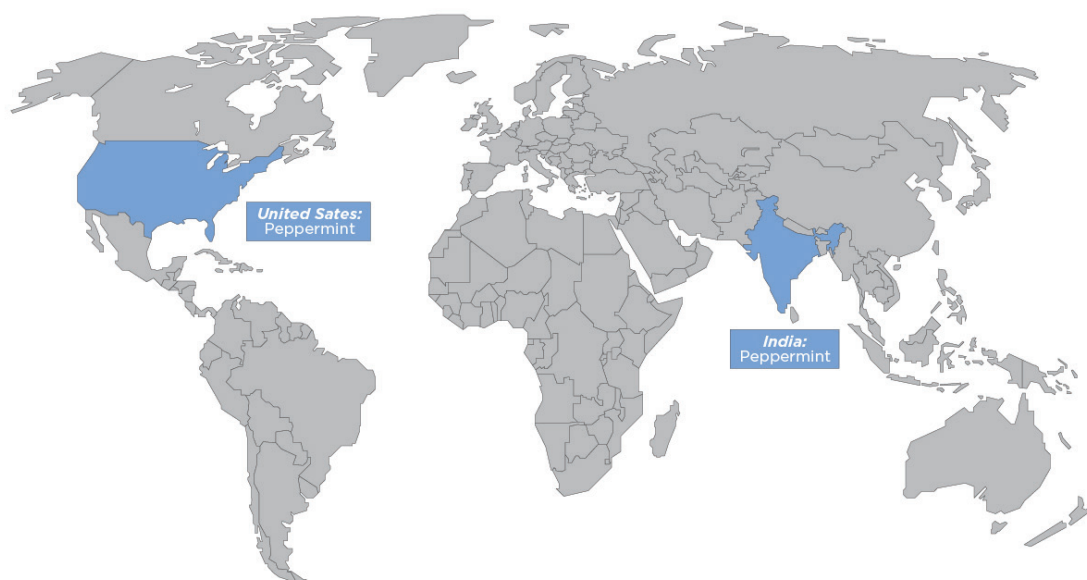
Ingredients:

- Small glass spray bottle
- 3–5 drops Peppermint essential oil
- Distilled or filtered water

Instructions:

1. Place the drops of Peppermint in the spray bottle.
2. Fill the remainder of the bottle with distilled or filtered water.
3. Shake well and spritz in your mouth for a refreshing burst of flavor.

Where Does Peppermint Come From?





Why Peppermint?

Menthol—a widely known terpene compound—is a monoterpene alcohol that's highly concentrated in Peppermint. Though menthol is primarily known for its skin-cooling and respiratory-supporting benefits,* its surface-cleansing, body system-supporting,* and pest-repellant properties have also been extensively investigated.

Peppermint oils are graded based on their menthol content. High-quality essential oils contain more menthol because it's the primarily responsible for positive effects on the body.* Factors like location, climate, and time of harvest all affect menthol content. dōTERRA gives special care and attention to ensure our peppermint plants yield essential oil with maximum menthol content.



Tip:

After-Dinner Mint

After indulging at dinner—perhaps on the Fourth of July or Thanksgiving—take a few drops of Peppermint essential oil internally to support digestion and comfort.* You could also use Peppermint proactively as you manage and encourage mindful and healthy eating. Before and during your meal, place a drop or two of Peppermint in your water. Enjoy the refreshing taste and health benefits!*

