

dōTERRA | SOUTH AFRICA

BLACK FRIDAY

BOGO



Introduction



Thank You for Your Purchase!

Congratulations on your doTERRA BOGO Box! Inside you'll find a thoughtfully curated selection of essential oils and blends to support your daily wellness routine. This guide will help you make the most of your collection with tips and ideas to incorporate these incredible products into your life.

This year's BOGO Box includes a fantastic line-up featuring the calming benefits of Balance, the uplifting aroma of Wild Orange and the versatile properties of Ravintsara. You'll also enjoy essentials such as Madagascar Vanilla, Tea Tree, Peppermint, Serenity, On Guard, Mighty Mint and TerraShield—all designed to support your health and self-care rituals.

We hope you were able to grab this year's bonus BOGO oils: Helichrysum Touch and Melissa Touch. These powerhouse blends were a wonderful addition to the BOGO line-up perfect for addressing skin concerns and boosting self-care routines. If you managed to get them congratulations—you're in for a real treat!

Thank you for being part of the doTERRA community. Whether you're focusing on your own wellness or sharing these gifts with others we hope your BOGO Box inspires and supports you as you continue your wellness journey. Let's dive in and explore the possibilities!





Madagascar Vanilla

A Luxurious Essence of the Tropics

Exotic Richness: Madagascar Vanilla captures the warmth and depth of the world's finest vanilla beans.

Source: Sourced from the lush rainforests of Madagascar.

Aroma: Boasts a creamy, sweet fragrance that instantly soothes and uplifts.

Luxury and Comfort: Its comforting scent adds a touch of luxury, ideal for relaxation or enhancing your space with a soft, inviting atmosphere.

Peppermint

- Crisp, cooling aroma that refreshes the senses and promotes clarity.
- When paired with vanilla, creates a blend that's both invigorating and calming, ideal for recharging.

Wild Orange

- Bright and citrusy, bringing a burst of energy and positivity.
- Blends beautifully with vanilla for a warm, joyful scent—like sunshine in a bottle.

Why It Pairs with Peppermint & Wild Orange

Creamy and Sweet Contrast: Madagascar Vanilla's rich, creamy sweetness perfectly balances the bright, zesty citrus notes of Wild Orange, creating a harmonious blend of warmth and freshness.

Energizing Complement: Wild Orange adds a vibrant, energizing burst to vanilla's soothing nature, evoking feelings of joy and positivity while enhancing the calming properties of the vanilla.

Cooling Refreshment: Peppermint's cool, crisp aroma contrasts the smooth warmth of vanilla, adding a refreshing layer that enlivens the senses without overpowering the softness of vanilla.

Madagascar
Vanilla

Peppermint
& Wild
Orange



DIY Ideas Using Madagascar Vanilla, Peppermint and Wild Orange



Cooling Vanilla Mint Foot Cream

Ingredients:

- ¼ cup unscented lotion (acts as a moisturizing base)
- 5 drops Madagascar Vanilla (for a soothing, comforting scent)
- 4 drops Peppermint (for a cooling, revitalizing effect)
- 1 drop Wild Orange (for a bright, energizing note)

Directions:

1. In a small bowl, combine the unscented lotion with the essential oils, mixing thoroughly to ensure even distribution.
2. Transfer the mixture into a small jar or container with a lid for easy storage.

How to Use:

- After a long day, apply a generous amount of the foot cream to your feet, focusing on areas prone to dryness like the heels.
- The Peppermint oil provides an immediate cooling sensation, perfect for soothing tired, achy feet, while the Madagascar Vanilla gives a sense of relaxation. Wild Orange adds a light, uplifting citrus note, making this cream not just functional but enjoyable.
- For extra relaxation, put on a pair of socks after applying the cream to allow the oils to fully absorb overnight.

Why It Works:

- **Peppermint** has natural cooling and refreshing properties that are ideal for foot care, especially after a long day of standing or walking.
- **Madagascar Vanilla's** soothing, warm scent helps you unwind, while the **Wild Orange** brings a fresh and energizing touch that leaves you feeling rejuvenated.



For an extra treat, give yourself a quick foot massage when applying the cream to stimulate circulation and help the oils penetrate more deeply into the skin.



MightyMint

Power in Every Drop

Refreshing Strength: Mighty Mint is an invigorating blend that combines the cool freshness of mint with a hint of herbal zest. It brings a revitalizing, clean sensation, perfect for an instant energy boost.

Clarity and Focus: This oil sharpens the senses, promoting mental clarity and alertness, making it ideal for those moments when you need to stay sharp and focused.

Balanced Power: The cooling nature of Mighty Mint soothes while also empowering, giving you both a refreshing lift and a calming effect simultaneously.

Ravintsara

- Clean and clarifying eucalyptus-like aroma that refreshes and clears the air.
- Purifying properties that support respiratory health and cleanse the environment.
- Uplifting effect that promotes rejuvenation and mental clarity.
- Soothing for the body, known for easing tension and supporting well-being..

Why It Pairs with Ravintsara?

Purifying and Rejuvenating: Ravintsara's purifying and rejuvenating properties enhance Mighty Mint's fresh and invigorating aroma.

Clarifying Synergy: The deep, clarifying scents of both oils work together to clear the mind and air.

Harmonious Blend: Ravintsara's eucalyptus-like aroma blends seamlessly with the minty freshness of Mighty Mint.

Supports Well-being: This combination supports respiratory health, promotes mental focus, and provides overall revitalization.



MightyMint

Ravintsara

DIY Ideas for Mighty Mint and Ravintsara



Energizing Room Spray

Ingredients:

- 10 drops of Mighty Mint
- 6 drops of Ravintsara
- 1 cup of distilled water
- Spray bottle

Directions:

1. In a clean spray bottle, combine 10 drops of Mighty Mint, and 6 drops of Ravintsara.
2. Add 1 cup of distilled water to the bottle.
3. Secure the lid and shake well to mix the oils with the water.
4. Spray around your living space as desired, avoiding direct contact with furniture or delicate surfaces.

How to Use:

- Use this room spray in your home office, living room, or any space where you need an energy boost or a refreshing atmosphere.
- Reapply as needed throughout the day to maintain an uplifting environment.

Why It Works:

- **MightyMint** has a minty aroma that stimulates the senses, promotes alertness, and enhances focus, making it great for combating fatigue and boosting energy levels.
- **Ravintsara**'s fresh, camphoraceous scent helps clear the mind and promote a sense of well-being, supporting mental clarity and concentration.



Store the spray in the refrigerator before use for a cool, refreshing mist that is particularly invigorating, especially during warm weather or after a workout!

Serenity

Your Oil for Tranquility



Relaxation and Calm: Serenity is a calming blend designed to create a peaceful and soothing atmosphere. Perfect for helping you unwind after a long day or preparing for a restful night's sleep.

Promotes Restful Sleep: With a blend of Lavender, Cedarwood, Ylang Ylang, and other calming oils, Serenity promotes deep relaxation and helps ease tension. Ideal for those looking to support better sleep patterns and reduce feelings of stress before bed.

Emotional Relief: Serenity helps calm racing thoughts, making it easier to relax in both body and mind. It encourages emotional balance by soothing feelings of anxiety and stress.

Balance

- A blend of Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile that helps foster a sense of inner calm.
- Helps balance emotions and creates a sense of tranquility during stressful moments.
- Perfect for grounding, especially in moments of emotional overwhelm.
- Provides a natural, grounding aroma that calms both mind and body.

Why It Pairs with Balance?

Grounding and Calming Combo: Serenity's soothing and calming properties complement Balance's grounding, earthy scent, creating a harmonious blend that helps ease stress while providing emotional balance.

Emotional Support: While Serenity helps calm the mind, Balance supports emotional stability, making them perfect for managing daily stress and anxiety.

Perfect for Evening Use: Both oils are ideal for use before bedtime to help you wind down, relax, and find emotional equilibrium.

Serenity

Balance

DIY Relaxing Diffuser Blend



Energizing Room Spray

Ingredients:

- 4 drops of Serenity
- 3 drops of Balance
- Diffuser
- Water (for the diffuser)

Directions:

1. Fill your diffuser with the recommended amount of water.
2. Add 4 drops of Serenity and 3 drops of Balance.
3. Turn on your diffuser and let the calming, grounding aroma fill your space.

How to Use:

- Use this blend in your bedroom at night to create a peaceful environment for sleep.
- Diffuse in your living room or workspace to help reduce stress and promote emotional balance throughout the day.

Why It Works:

- **Serenity** promotes a tranquil atmosphere and helps ease feelings of stress, preparing you for rest.
- **Balance** provides emotional grounding and stability, helping you find a sense of calm during chaotic moments.
- Together, these oils create a harmonious blend that soothes the mind and grounds the body, making it ideal for relaxation and



For a deeper sense of relaxation, add a drop of each oil to the bottoms of your feet before bed to enhance the grounding and calming effects as you sleep.



Tea Tree

Cleansing and Protective

Powerful Skin Support: Tea Tree is renowned for its ability to cleanse and purify the skin, making it ideal for treating blemishes, irritations, and promoting a clear complexion.

Natural Surface Cleanser: Its purifying properties extend beyond the skin, making Tea Tree a versatile choice for cleaning surfaces, disinfecting areas, and promoting a fresh, clean environment in the home.

Protective Properties: Tea Tree supports overall wellness by acting as a natural defense, helping to protect both your body and environment from external irritants and pollutants.

Terrashield

- Combines essential oils like Citronella, Cedarwood, Eucalyptus, Lemongrass, and Geranium to naturally repel insects.
- A plant-based solution that's gentle enough for the whole family, including children and pets.
- Perfect for outdoor adventures, camping, or any activity where protection is needed.

Why It Pairs with Terrashield?

Natural Defense: Tea Tree's purifying and cleansing properties align perfectly with TerraShield's role as a natural outdoor defense oil, protecting you from environmental threats.

Environmental Protection: TerraShield's ability to repel outdoor annoyances works in harmony with Tea Tree's purifying benefits, making this duo a powerhouse for both indoor and outdoor environments.



Tea Tree

Terrashield



DIY Relaxing Diffuser Blend

Energizing Room Spray

Ingredients:

- 10-15 drops Tea Tree
- 10-15 drops TerraShield
- ¼ cup white vinegar
- 1 cup distilled water:
- Spray bottle

Directions:

1. Prepare your spray bottle
2. In a bowl or directly in the spray bottle, combine 1 cup distilled water and ¼ cup white vinegar..
3. Add 10-15 drops of Tea Tree and 10-15 drops of TerraShield essential oils.
4. Secure the lid and shake gently to combine all the ingredients.

How to Use:

- Spray on your skin, clothing, or outdoor gear to protect against environmental threats.
- Use around doors and windows as a natural barrier.

Why It Works:

- **Tea Tree** is known for its powerful cleansing properties, making it effective in keeping skin and surfaces clean.
- **TerraShield** is a natural outdoor protective blend that helps shield against environmental factors, including insects, when outdoors.



For added freshness, include a few drops of Lemon essential oil to boost the spray's purifying effect and give it a refreshing scent!



On Guard

Guard Your Wellness

Immune Support: On Guard is a blend of essential oils specifically designed to support your immune system. It helps defend against environmental and seasonal threats, keeping your body strong and protected.

Cleansing Properties: This oil blend, featuring Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary, offers powerful cleansing properties. It's great for purifying surfaces and the air around you, making it a perfect addition to your cleaning routine.

Invigorating Aroma: On Guard's spicy and citrusy aroma uplifts and energizes the senses while offering protective benefits. It can be diffused in your home to create a clean, fresh

Breathe - Vapor Stick

- The Breathe Vapor Stick delivers quick, cooling respiratory support, helping to open up airways and relieve congestion.
- Its smooth, non-greasy formula allows for easy application to the chest and neck, providing soothing relief without the mess.
- The cooling, minty aroma promotes deep, easy breathing and can be used to refresh your senses throughout the day

Why It Pairs with Breathe Vapor Stick?

Complementary Benefits: On Guard supports the immune system, while the Breathe Vapor Stick opens up airways, making them a perfect pair for promoting respiratory health and overall well-being.

Seasonal Protection: On Guard helps protect against seasonal threats, while the Breathe Vapor Stick clears congestion and supports easy breathing.

Holistic Wellness: Together, these products create a wellness routine that helps purify your air, boost immunity, and support clear breathing during times of seasonal **discomfort**.

On Guard

Breathe Vapor
Stick





Helichrysum

Guard Your Wellness

Skin Rejuvenation: Helichrysum is prized for its remarkable ability to support skin renewal. Known as the "Immortal Flower," it soothes and revitalizes, making it perfect for promoting a healthy, radiant complexion.

Natural Healing Properties: This oil is renowned for its powerful healing abilities, especially for bruises, scars, and other skin imperfections. Helichrysum Touch supports natural recovery and repair, providing gentle yet effective care for the skin

Emotional Comfort: With its soft, earthy aroma, Helichrysum provides a sense of calm and resilience. It's great for emotional support, particularly in times of stress or to uplift and balance emotions.

Melissa

- Known as one of the most uplifting essential oils, Melissa helps reduce feelings of anxiety and promotes positivity.
- Melissa is ideal for enhancing skin's natural radiance and clarity, making it an excellent partner for Helichrysum's skin benefits.
- Melissa has a lemony, fresh scent that energizes and revitalizes, while gently soothing the mind and body.
- Melissa is also known for its immune-boosting properties, adding to its versatile wellness benefits.

Why It Pairs with Melissa?

Ultimate Skin Support: Melissa is also known for its beneficial effects on the skin, adding powerful antioxidant and rejuvenating qualities that complement Helichrysum.

Emotional Well-being: Both oils offer strong emotional support, with Melissa uplifting the spirit and Helichrysum grounding and soothing, creating a balanced, holistic experience.

Soothing Properties: Melissa brings added calm and relief to this blend, perfect for reducing tension and supporting overall mental clarity.

Helichrysum Touch

Melissa Touch



New Products



Ravintsara

Nature's Breath of Fresh Air!

Ravintsara is an essential oil derived from the leaves of the *Cinnamomum camphora* tree, a species native to Madagascar. Often referred to as "ravintsara" (which means "good leaf" in Malagasy), this oil is celebrated for its refreshing, camphoraceous scent and numerous health benefits.

Origins

- Ravintsara belongs to the Lauraceae family, which includes other well-known aromatic plants such as cinnamon and bay laurel
- Primarily sourced from Madagascar, Ravintsara has been used for centuries in traditional Malagasy medicine. The local population has long recognized its therapeutic properties, often utilizing it to support respiratory health and overall wellness.

Breathe - Vapor Stick

Instant Relief Anytime!

The Breathe Vapor Stick is a topical product designed to provide immediate respiratory support and enhance breathing comfort. It combines the power of essential oils known for their soothing and invigorating properties, making it an essential item for those seeking relief during seasonal discomfort or for respiratory support.

Formulation

Key Ingredients: The Breathe Vapor Stick is formulated with a blend of doTERRA's proprietary Breathe essential oil blend, which includes key oils such as **Eucalyptus, Peppermint, Melaleuca (Tea Tree), Lemon, Cardamom, Ravintsara, and Ravensara**. These oils are known for their ability to support clear airways and promote a feeling of relaxation.

Base Ingredients: The stick also contains a blend of natural waxes and oils, providing a smooth, easy application while nourishing the skin.

Convenient Format: The stick format allows for easy application, making it simple to apply directly to the chest, throat, and back of the neck without the need for hands-on application, making it ideal for on-the-go use.