



BOGO
ebook

US/Canada

July





Benefits

- Supports healthy Glucose & Lipid metabolism.
- Enhances Cellular Antioxidant enzymes.
- Supports Healthy Nervous & Cellular function.
- Supports Clean and Healthy-looking skin.

Uses

- Take 1-2 drops daily in a veggie capsule for optimal Cellular & Inflammatory responses.
- Use to help get Metabolic system on track.
- Use as spot treatment or incorporate in masks for clear skin.
- Diffuse for calming atmosphere

Emotional Benefits

Oil of Restoration

Addresses Negative Emotions: Damaged, Unsteady, Abused, Oppressed, Afraid, Betrayed, Hopeless & Paralysed.

Promotes Positive Emotions: Faithful, Resilient, Confident, Grounded, Stable, Restored, Believing & Trusting.

Blends well with: Cinnamon, Ginger, Cardamom, Wild Orange & Ylang Ylang

Companion Oils: Ginger, Litsea, Fennel, Cassia, Blue Tansy & Hope



Recipes

Turmeric Tea

1 cup Coconut Milk
1 cup Water
1 tbsp Honey
1 tbsp Butter (or Ghee)
1-2 drops Turmeric oil
Turmeric spice for garnish

Immune Capsule

2 drop Turmeric
2 Copaiba
2 Frankincense

Add drops to a capsule and take daily.

Uplift & Unwind Diffuser

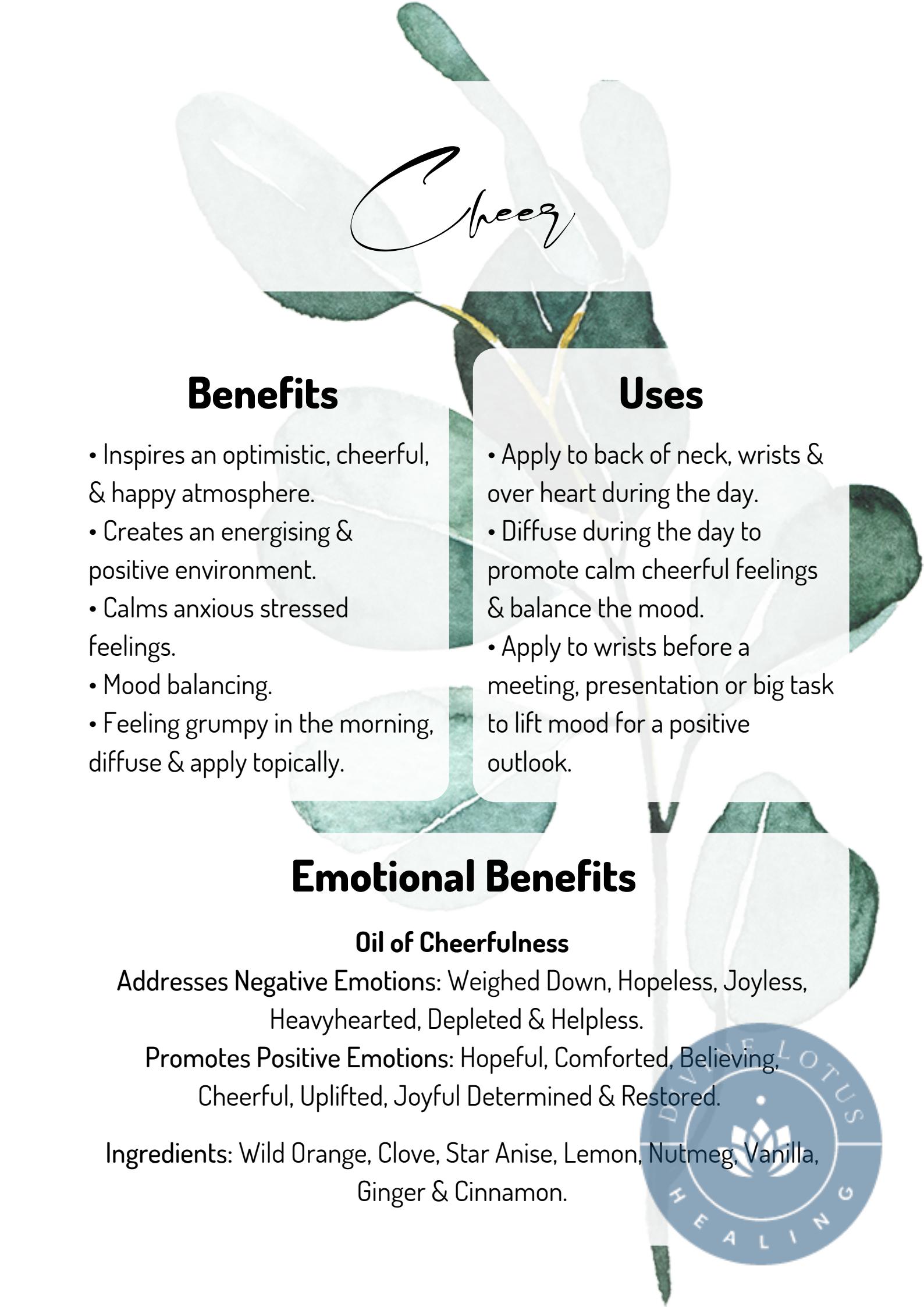
3 Turmeric
4 Purify
3 Lime

Uplift & Unwind Diffuser

2 tbsp Plain/ Rice/ Oat Flour
3-5 drops Turmeric oil
3 tbsp Plain Yogurt
1/2 tsp Honey
Mix ingredients.

Apply to clean skin, let dry for 20 minutes & wash off





Cheer

Benefits

- Inspires an optimistic, cheerful, & happy atmosphere.
- Creates an energising & positive environment.
- Calms anxious stressed feelings.
- Mood balancing.
- Feeling grumpy in the morning, diffuse & apply topically.

Uses

- Apply to back of neck, wrists & over heart during the day.
- Diffuse during the day to promote calm cheerful feelings & balance the mood.
- Apply to wrists before a meeting, presentation or big task to lift mood for a positive outlook.

Emotional Benefits

Oil of Cheerfulness

Addresses Negative Emotions: Weighed Down, Hopeless, Joyless, Heavyhearted, Depleted & Helpless.

Promotes Positive Emotions: Hopeful, Comforted, Believing, Cheerful, Uplifted, Joyful Determined & Restored.

Ingredients: Wild Orange, Clove, Star Anise, Lemon, Nutmeg, Vanilla, Ginger & Cinnamon.



Recipes

Happy to be Home

4 Cheer
4 Frankincense

Happy Smiles

5 Cheer
3 Peppermint

Lifted Immune

3 Cheer
4 Citrus Bliss
1 Cinnamon

Bye Bye Negative

3 Cheer
3 Lemon
2 Citrus Bliss

Walking on Sunshine

3 Cheer
3 Grapefruit
2 Peppermint

Ultimate Roller

10 Cheer
10 Motivate
Fill 10ml Roller with FCO

Apply on wrists, back of neck for ultimate happy motivation.

*Avoid applying to areas exposed to direct sunlight





Benefits

- Cleansing, rejuvenating & purifying properties.
- Purifies & freshens the air.
- Cleansing and Rejuvenating effect on the skin.
- Antimicrobial & Antibacterial properties.
- Soothe occasional skin irritations.

Uses

- Diffuse during the day with favorite oils to purify the air.
- Apply to nails after shower to keep them healthy & clean.
- Add few drops to surface cleanser spray.
- Incorporate in skincare routine for clear toned skin.
- Add few drops to shampoo.

Emotional Benefits

Oil of Energetic Boundaries

Addresses negative emotions: Parasitic & Codependent relationships, Poor Boundaries, Week-Willed, Drained, Emotional Toxicity & Powerless.

Promotes Positive Emotions: Energetic Boundaries, Healthy & Respectful Connections, Empowered, Resilient & Safe.

Blends well with: Peppermint, Eucalyptus & Lemon.

Companion Oils: Clove, Terrashield, On Guard, Lemongrass & YarrowPom



Recipes

DIY Makeup Remover Wipes

2 tbsp Witch-Hazel

2 tbsp FCO

2 tbsp distilled Water

1-2 drops Tea Tree oil

Roll of Paper Towels

Cut paper towel in half & remove inner tube.
put 1 half in a container & pour solution over.

Use wipes as needed

Clean Home Diffuse

3 Tea Tree

4 Lemon

5 Wild Orange

Rainy Day Diffuser

4 Tea Tree

4 Eucalyptus

2 Rosemary

Yoga Mat Spray

¾ cup Distilled Water

¼ cup Alcohol-free Witch Hazel/ White Vinegar

5 drops Lavender oil

3 drops Melaleuca oil

Glass spray bottle

Mix ingredients & Shake well.

Spray on mat and wipe dry.



Citronella

Benefits

- Natural pest repellent.
- Potent surface cleanser.
- Emotionally uplifting and stress reducing.
- Skin and scalp soother, conditioner & booster.
- Powerful skin cleansing benefits.
- Anti-oxidant properties.

Uses

- Diffuse to ward off insects, especially mosquitoes.
- Apply diluted as topical insect repellent.
- Add 3-4 drops in water to clean surfaces.
- Diffuse for a cheery, optimistic environment.
- Use haircare products.

Emotional Benefits

Oil of Averting

Addresses Negative Emotions: Irritated, Judgmental, Invaded, Overrun, Undiscerning & Stagnant.

Promotes Positive Emotions: Averting, Discerning, Forgiving, Releasing & Repelling.

Blends well with: Lemon, Tea Tree, Eucalyptus, Lemongrass
Companion Oils: Lemongrass, Lemon Eucalyptus, Forgive, Thyme & Cardamom



Recipes

Bug Spray

4 oz Spray Bottle
2 oz Distilled Water
2 oz Witch-Hazel
10 drops Lavender
10 drops Citronella
10 Peppermint

Mix all the ingredients, shake very well & use when needed.

Footloose & Fancy Diffuser

3 Citronella
3 Cypress
3 Eucalyptus

Bye Bye Bugs

3 Citronella
3 Tea Tree
4 Lavender

Outdoor Roll On

8 Citronella
6 Lavender
6 Tea Tree
5 Peppermint

Add drops in 10ml Roller Bottle, fill with FCO & use as
needed



Island Mint

Benefits

- Promotes a sense of Focus & Concentration.
- High in Limonene & Menthol Constituents.
- Promote feelings of clear breathing & open airways.
- Uplifting to mood when feeling down or blue.

Uses

- Diffuse during the day to promote calm uplifted feelings.
- Take 1 drop in palm of hands, rub together and take deep breaths for focus & concentration.
- Diffuse on drive home after work to promote calm emotions & invigorated body senses.

Emotional Benefits

Oil of Summer

Addresses Negative Emotions: Down, Unfocused, Blocked, Unmotivated, Trapped, Overworked.

Promotes Positive Emotions: Calm, Invigorated, Focused, Goal Orientated, Energised, Lifted, Summer Holiday Feel.

Ingredients: Lemon, Lime, Peppermint & Spruce



Recipes

Tropical Getaway

3 Island Mint
2 Grapefruit
2 Ylang Ylang

Sunshine

3 Island Mint
2 Tangerine
2 Green Mandarin

Citrus Mint

3 Island Mint
3 Citrus Bliss
1 Peppermint

Minty Focus

3 Island Mint
2 Peppermint
2 Lavender
2 Wild Orange

Summer Breeze

3 Island Mind
2 Lime
2 Peppermint

Car Diffuser

Cotton Pads

1-2 Drops Island Mint on each pad
Put them in the car for fresh minty aroma



Purify

Benefits

- Refreshes any environment when diffused.
- Protects against environmental threats.
- Powerful cleansing properties.
- Natural deodoriser for fridge, rooms or dustbins.
- Freshen up laundry, rooms & furniture.

Uses

- Diffuse during the day to freshen & purify the air.
- Add to water in spray bottle & use to wipe countertops.
- Add a few drops on cotton pad and keep in dustbin, car or smelly rooms.
- Apply topically to bug bites to soothe any irritations.

Emotional Benefits

Oil of Purification

Addresses Negative Emotions: Trapped, Negative, Toxic, Hate, Rage & Controlling.

Promotes Positive Emotions: Feeling Unencumbered, Cleansing, Purifying & Releasing.

Ingredients: Lemon, Siberian Fir, Citronella, Lime, Tea Tree & Cilantro.



Recipes

Toilet cleaning Pods

1 cup Baking Soda

1/4 cup Citric acid

1½ tbsp Unscented Castile Soap

15 drops Purify

Mix Baking Soda & Citric Acid

Slowly stir in Castile Soap & Purify until resembles wet sand

Tightly pack the mixture into moulds & let dry for 4 hours.

Store in a dry airtight container & use as needed

Harmony

3 Whisper

1 Purify

1 Juniper Berry

Renovate

3 Balance

3 Purify

DIY Laundry Detergent

2 cups Washing Soda

2 cups Borax

1 bar Grated Castile soap

15 drops Purify

10 drops Lemon

Mix ingredients together & use 1/4 cup per load.

dōTERRA®

Purify



Deep Blue

Benefits

- Soothing and cooling oil blend.
- Comforting part of a massage.
- Soothing to sore muscles after exercise or strenuous work.
- Potent anti-inflammatory properties.
- Relieves occasional muscular discomfort.

Uses

- Apply topically after exercise to soothe sore muscles.
- Apply diluted on growing kids legs to soothe the discomfort.
- Apply on joints of elderly to ease any discomfort.
- Apply over neck & shoulders after a long day at the office.
- Apply over lower back.

Emotional Benefits

Oil of Surrendering Pain

Addresses Negative Emotions: Resisting Pain, Avoiding Emotional Issues, Panicked, Fearful, Wounded & Unhealed.

Promotes Positive Emotions: Strengthened, Accepting, Soothed, Serene, Healing & Healed.

Ingredients: Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile & Osmanthus.



Recipes

Pain Bomb Roller

10 Deep Blue
10 Lemongrass
10 Marjoram

in a 10ml Roller Bottle add oils & Fill with FCO.

Use when needed

Joint Support Roller

20 Deep Blue
15 Frankincense
4 Lavender

in a 10ml Roller Bottle add oils & Fill with FCO.

Use when needed

Monthly Cramps Roller

10 Deep Blue
8 Siberian Fir
8 Copaiba

in a 10ml Roller Bottle add oils & Fill with FCO.

Use when needed

Improved Circulation Roller

15 Deep Blue
15 Aromatouch

in a 10ml Roller Bottle add oils & Fill with FCO.

Use when needed





Fast Tense

Benefits

- Helps provide grounding & balanced emotions.
- Helps ease stressful feelings.
- Packaged for convenient application in a roll-on bottle.
- Calms stressed & anxious feeling in mind & body.

Uses

- Massage onto neck, shoulder & back of neck to reduce tension.
- Apply on temples & back of neck to relieve head tension.
- Apply topically before a stressful presentation at work.
- Massage over shoulders after a long stressful day at work.
- Use during day to stay calm.

Emotional Benefits

Oil of Relief

Addresses Negative Emotions: Stressed, Overworked, Nervous, Burned Out, Overwhelmed, Fatigued, Imbalanced & Tense.

Promotes Positive Emotions: Equilibrium, Calm, Relaxed, Relieved & Grateful.

Ingredients: Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil & Rosemary.



Recipes

Intense Head Tension

Apply PastTense on temples, forehead & back of neck

1 drop Frankincense pressed to roof of mount

1 drop Copaiba under tongue

Repeat regularly until tension is relieved

Stressed out Tension

Apply PastTense on temples

Massage Aromatouch onto shoulders

1 drop Copaiba under tongue

Repeat regularly until tension is relieved

Hormonal Head Tension

Apply PastTense on temples

Apply Peppermint on back of neck

Apply ClaryCalm under feet & over abdomen

Repeat regularly until tension is relieved

Diluted Rollers

PastTense comes in an easy to apply 10ml Roller bottle but is undiluted.

Split the oil blend into 2 or 3 roller and top up with FCO for pre-diluted easy to use roller.

This also saves cost and makes your product last longer.



Melissa

Benefits

- Boost healthy immune system.
- Calm tense feelings & nerves.
- Encourages a relaxing atmosphere.
- Improves & rejuvenates skin and mind.
- Lessen feelings of stress & promotes emotional well-being.
- Naturally anti-bacterial.

Uses

- Diffuse afternoon or evening to create a relaxing environment.
- Add to moisturiser to rejuvenate skin.
- Take a drop daily with water for healthy immune function.
- Apply to forehead, shoulders, or chest to unwind after a long day.

Emotional Benefits

Oil of Light

Addresses Negative Emotions: Despairing, Hopeless, Darkness, Burdened, Loss of will to live & Overwhelmed.

Promotes Positive Emotions: Enlightened, Joyful, Energised, Integrity, Spiritually connected, Liberated & Optimistic

Blends well with: Geranium, Lavender, Rose, Basil & Frankincense
Companion Oils: Frankincense, Copaiba, Peppermint, Tangerine & Lime.



Recipes

Better than Weed Roller

8 Ylang Ylang
8 Melissa
8 Copaiba
8 Black Pepper

Fill 10ml Roller with FCO & apply for the highly stressed days.

Apply undiluted drops to personal inhaler for ultimate calm

Calming Balm

5 Geranium
3 Lavender
2 Melissa

Magic Air

3 Frankincense
2 Patchouli
1 Melissa

Super Immune Roller

12 Melissa
12 Frankincense
8 Clove
8 Arborvitae
5 Oregano

Fill 10ml Roller with FCO & use when needed to boost immune system.



Yellow Mandarin

BENEFITS

- Elevating & relaxing aroma.
- Powerful cleansing benefits.
- Skin clearing & rejuvenating benefits.
- Boosts healthy immune, digestive & nervous systems.
- Unique flavouring to smoothies and water.

USES

- Diffuse for an elevating yet relaxed environment.
- Add a drop or 2 in water or smoothies for flavour.
- Massage diluted over abdominal areas to soothe discomfort.
- Add a few drops to facial moisturiser at night.

EMOTIONAL BENEFITS

Oil of a Free Mind

Addresses Negative Emotions: Damaged, Unsteady, Abused, Oppressed, Afraid, Betrayed, Hopeless & Paralysed.

Promotes Positive Emotions: Faithful, Resilient, Confident, Grounded, Stable, Restored, Believing & Trusting.

Blends well with: Spearmint, Bergamot, Rosemary & Cypress

Companion Oils: Ginger, Litsea, Fennel, Cassia, Blue Tansy & Hope



Recipes

Summer Days

3 Yellow Mandarin

2 Spearmint

2 Lime

Hey Sunshine

3 Yellow Mandarin

2 Tangerine

2 Grapefruit

Calm Sunshine

3 Yellow Mandarin

2 Lavender

2 Sandalwood

Balanced Bliss

3 Yellow Mandarin

3 Balance

Sweet Focus

3 Yellow Mandarin

2 Peppermint

2 Rosemary

Coconut Yoghurt

2 cups full fat coconut milk (refrigerated 24 hours)

2-3 drops Yellow Mandarin oil

½ cup mixed berries

Add coconut milk into a medium bowl.

Add in essential oil drops and stir together.

Store in fridge for up to a week.

Add mixed berries into yogurt and enjoy!



Roman Chamomile

Benefits

- Calming to the body.
- Soothing to the skin.
- Supports healthy immune system function.
- Promotes calm restful sleep.
- Use as flavor in herbal teas.
- Soothes mind and feelings of anger & irritability.
- Skin & Hair rejuvenating.

Uses

- Diffuse to boost calm feelings & create a peaceful atmosphere.
- Add 1-2 drops to moisturiser for healthy skin.
- Add a drop in your herbal tea for comforting calm feelings.
- Diffuse to ease feelings of anger & irritability.
- Use before bedtime.

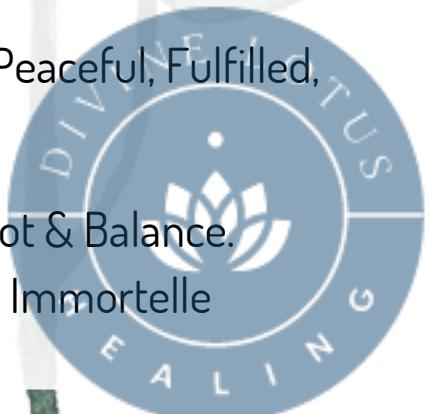
Emotional Benefits

Oil of Spiritual Purpose

Addresses Negative Emotions: Purposeless, Discouraged, Drudgery, Frustrated, Unsettled.

Promotes Positive Emotions: Purposeful, Guided, Peaceful, Fulfilled, Relaxed, Spiritually Connected.

Blends well with: Lavender, Patchouli, Bergamot & Balance.
Companion Oils: Blue Tansy, Frankincense & Immortelle



Recipes

Soothed Nerves

3 Roman Chamomile
3 Sandalwood
2 Vetiver

Sweet Slumber

3 Frankincense
3 Roman Chamomile
2 Breathe

Confidence

2 Roman Chamomile
4 Bergamot
3 Wild Orange

Serene Bedroom

3 Roman Chamomile
2 Ylang Ylang
2 Vetiver
2 Eucalyptus

Sweet Dream Spray

1.5 oz Distilled Water
1.5 oz Witch-Hazel
4-oz Spray Bottle
15 drops Roman Chamomile oil
15 drops Serenity oil

Combine ingredients, shake well & spray on pillows before
bedtime.

