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CANADA



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Introduction

Another month, another week of unbeatable BOGO deals! From all-star single oils and blends to exciting limited-time exclusives, join us as we take a deep dive into some of the most essential dōTERRA oils you can have in your home: **Balance®**, **Cassia**, **Easy Air®**, **Japanese Peppermint**, **Lavender**, **On Guard®**, **Oregano**, **Siberian Fir**, **Sunny Citrus**, and **Tea Tree**. Plus, get acquainted with a very special bonus oil, **dōTERRA Touch® Osmanthus**!

In this eBook, you'll learn the What, When, Where, Why, and How of these 11 dōTERRA products, plus get DIY ideas and tips for each one! Let's learn together and discover how these beautiful gifts of the earth can deliver their amazing benefits to your home.





Balance[®]

What is Balance?

Balance is a signature, grounding dōTERRA blend that helps create a harmonious, grounding atmosphere in the home. Many of the essential oils in this blend have been used in holistic wellness throughout all of human history! Balance contains Frankincense, Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil.

How Do I Use Balance?

Aromatically

One of the most powerful ways to use Balance is aromatically. The fresh, woody aroma is ideal for creating a spa-like atmosphere in the home, which makes it the perfect go-to essential oil blend during times of overwhelm. This grounding scent creates a tranquil, supportive environment whenever and wherever you need.

Enjoy the warm, woody aroma of Balance by diffusing it throughout your home. You can also create a moment of personal centering by putting a few drops in your palm, rub your hands together, cupping them over the nose, and taking a few deep breaths. Rub the leftover product over your heart or on the back of your neck for topical benefits and carry the scent around with you thereafter.

Topically

Balance also has many benefits when used topically. The bottoms of the feet and pulse points are ideal places to apply Balance, especially in the morning or during moments of personal meditation. Balance also makes an excellent massage or bath oil. This blend of rare and precious essential oils is prediluted in Fractionated Coconut Oil for ease of use—it comes ready to apply straight to the skin!

When Should I Use Balance?

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



Do It Yourself with Balance: Balance Shower Melts

Bath bombs are a self-care staple, but if you prefer showers to baths, then this DIY is for you. These grounding melts will turn your next shower into a luxurious, grounding experience, and they are simple to make.

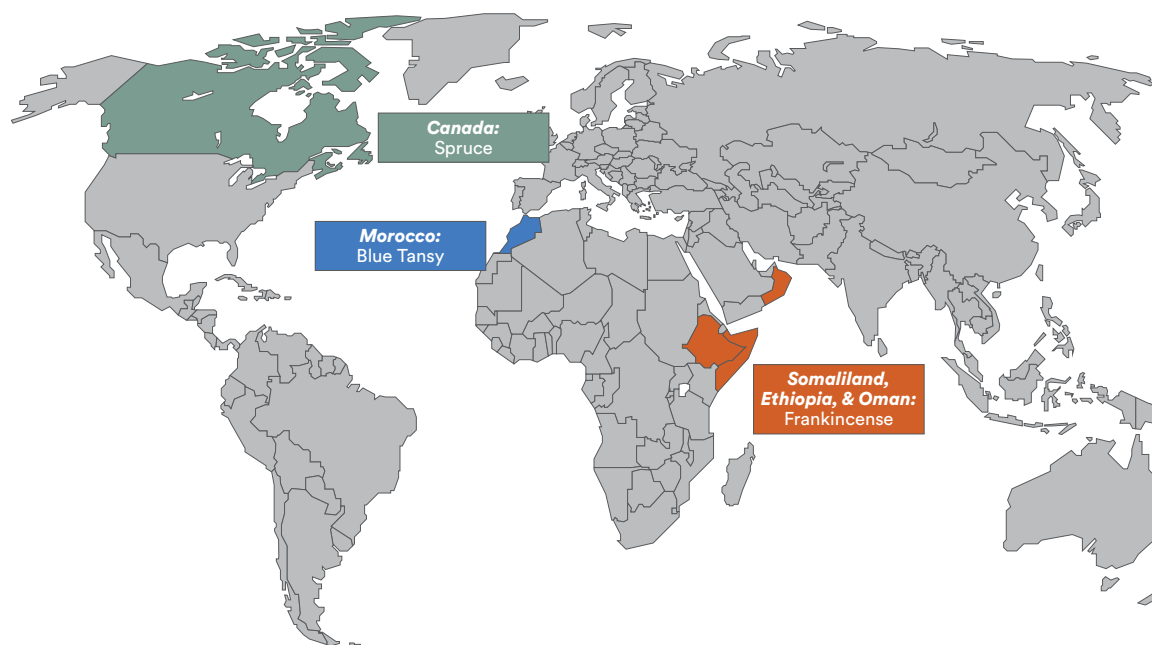
Ingredients:

- 1½ cups baking soda
- ½ cup water
- 15–20 drops Balance essential oil blend

Instructions:

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

Where Balance Comes From





Why Balance?

Balance was expertly and intentionally formulated with essential oils known for their grounding properties. Frankincense lays the blend's foundation as one of the most prized and beloved essential oils on the planet, while Spruce and Ho wood invite harmonious forest notes to the aroma. Blue Tansy and Blue Chamomile contribute their soft, calming scents, and precious Osmanthus round out the blend with a gentle, floral sweetness. When these essential oils come together, they create the ultimate meditation blend.



Tip:

Road Trip Done Right

During your next road trip, diffuse Balance in your car to create a grounding, balancing, and pleasant environment while you're traveling.



Cassia

What Is Cassia?

Distilled from the sweet, fragrant bark of the *Cinnamomum cassia* plant, dōTERRA Cassia is a warm and spicy essential oil known for its pleasant, cinnamon-like aroma. Although its scent profile and chemical makeup are similar to Cinnamon Bark oil, Cassia essential oil stands out on its own with a more gentle aroma and a variety of internal, topical, and aromatic uses.

How Do I Use Cassia?

Aromatically

Similar yet distinct from its close relative, Cinnamon Bark, Cassia essential oil is slightly sweeter and produces a warm, comforting aroma that invites a cozy atmosphere into your space. Whether through diffusion or a fragrant room spray, add a warming presence throughout your home during all seasons of the year.

Topically

Rich in cinnamaldehyde, Cassia essential oil possesses potent surface cleansing properties, making it an ideal choice to include in your home cleaning routine. When combined with a carrier oil, Cassia also produces a warming topical sensation that can be best enjoyed during a comforting leg or shoulder massage.

Internally

With its spicy, sweet flavour, Cassia essential oil makes the perfect substitute for cinnamon in your favourite recipes. Aside from baked goods and desserts, add a drop of Cassia to your daily water bottle or add to a mug of warm water and lemon for a delightful, soothing herbal tea.

When Should I Use Cassia?

Although this warm aroma can be admired all year round, Cassia is an essential oil you'll especially want by your side as the year gets colder.

On chilly nights while you're snuggled up in a blanket, diffuse Cassia to create a warm and cozy atmosphere as you read a book or watch a show. Further enjoy the warmth of this spicy oil by combining it with Fractionated Coconut Oil and gently to create a warming massage oil or include a drop in seasonal potpourri decorations to enjoy all day long. Add an extra kick of sweet, spicy flavour to your favourite seasonal treats by using Cassia oil in recipes that call for cinnamon.

For a twist in your regular cleaning routine, combine Cassia with your favourite citrus oil in a spray bottle of water and use as a surface cleansing spray or add a few drops of Cassia to your mop water for a seasonal, spicy aroma that ties in perfectly with the colder season.



Where Cassia Comes From



Why Cassia?

Spicy, sweet, and remarkably comforting, Cassia is sure to be a favourite among the oils in your collection because of its delightful flavour, warming topical properties, surface cleansing benefits, and warm, comforting aroma.

Do It Yourself with Cassia: Cozy House Spray

Set the scene for a warm and comfy night at home with this room spray made with Cassia essential oil. Just a few spritzes can create a comforting and cozy environment all throughout your home.

Ingredients:

120 mL spray bottle
Distilled water
10-20 drops Cassia essential oil

Instructions:

1. Add 10-20 drops of Cassia essential oil to the 120 mL spray bottle.
2. Add enough water to fill the bottle.
3. Shake and spritz in the air as desired.



Tip: *Dilute Me First*

Because of its potency and chemical makeup, be sure to dilute Cassia with a carrier oil before using topically to help prevent skin irritations and limit skin sensitivities.



Easy Air®

What Is Easy Air®?

Easy Air combines Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara into this popular essential oil blend. Easy Air delivers an incomparable aromatic experience with its airy, breathable aroma, which can be particularly effective during the shifting of the seasons but can be readily enjoyed all year round. There are so many reasons why we consider Easy Air to be one of the most important dōTERRA blends that truly belongs in every single household.

How Do I Use Easy Air®?

Aromatically

Clean, airy, and refreshing, Easy Air is the perfect oil blend for bringing a clear, airy aroma into your home and routines. Inhale from the bottle, rub a drop between your palms and breathe in the scent, or diffuse.

Topically

Easy Air is also excellent for topical application because it provides a cooling, invigorating sensation to skin. Apply it on the chest and back—diluting first, if desired. These are two of the best areas to apply Easy Air oil blend. You can also apply it to the bottoms of your feet.

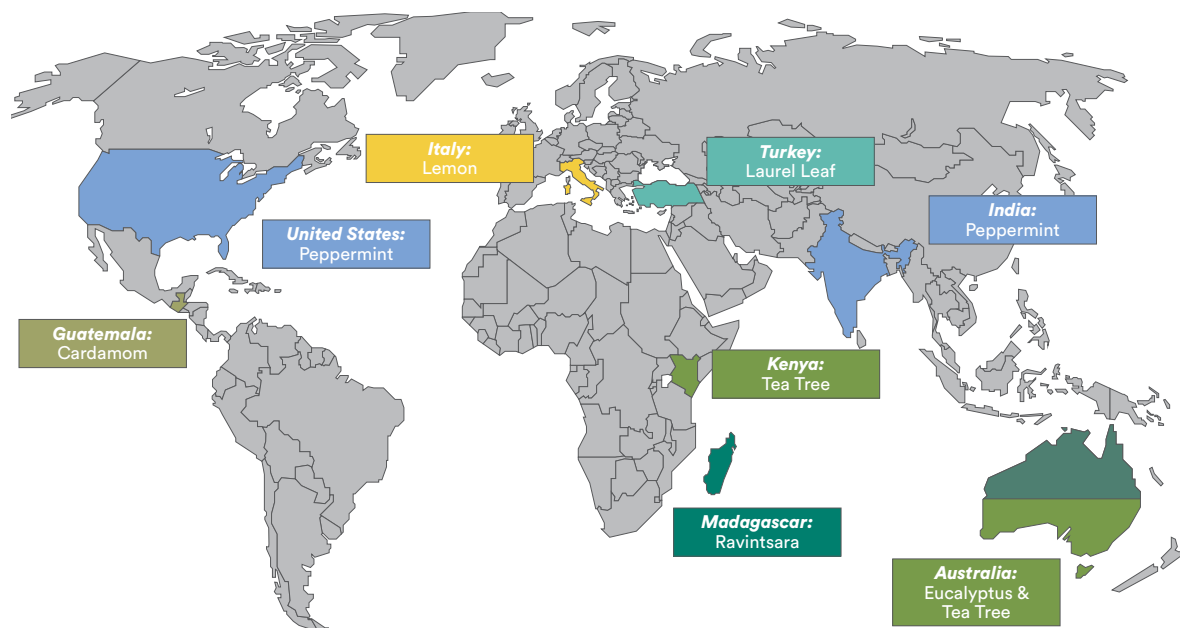
When Should I Use Easy Air®?

Easy Air can be used to invite a stimulating and relaxing scent into your environment. Cooler winter months—or during any seasonal changes—are particularly helpful times to have Easy Air on hand because of its invigorating aroma, which can enhance the atmosphere during gloomy weather.

Its minty, airy aroma can also offer a soothing and comforting scent during the evening as you prepare for bedtime. Diffuse the oil blend throughout the night or apply it topically before bed. Consider keeping a bottle of Easy Air on your bedside table for easy access during the night when you or your family might want it.



Where Easy Air® Comes From



Why Easy Air®?

The essential oils in Easy Air are favourites for their clear, invigorating aromas. It's made of eight oils that have historically been used to for their refreshing scents: Lemon, Laurel Leaf, Eucalyptus, Ravensara, Ravintsara, Peppermint, Cardamom, and Tea Tree.

Eucalyptus and Peppermint have high menthol concentrations. These essential oils work together with eucalyptol-rich Laurel Leaf and Ravintsara the to help create the ultimately stimulating and breathable environment in your home. The cooling and soothing sensation of Easy Air can be incredibly comforting thanks to the qualities of Cardamom, Laurel Leaf, and Tea Tree essential oils in the blend.



Do It Yourself with Easy Air®: Chest Rub

Make your own invigorating chest rub with a few simple ingredients, including the beloved Easy Air® essential oil blend.

Ingredients:

- 45g Fractionated Coconut Oil
- 20g coconut oil
- 15g shea butter
- 8g beeswax
- 30 drops of Easy Air essential oil blend
- Small jar, tin, or pot

Instructions:

1. Add Fractionated Coconut Oil, coconut oil, shea butter, and beeswax to a glass bowl and heat in the microwave until completely melted. Heat in short bursts on low, stopping and stirring frequently. Remove from heat and allow to cool.
2. Add essential oil and mix until combined.
3. Transfer to small jar, tin, or pot. Place into the freezer to set – this will reduce the chance of graininess developing over time.
4. Apply to chest or neck area as needed.



Tip: *Mini Sauna Steamer*

If you want to freshen up your day, enjoy this mini sauna experience. In a kettle or small pot, heat a few cups of water until hot. When the water begins creating steam, remove from the heat, pour into a bowl, and add several drops of Easy Air. Then lean over the bowl and breathe deeply to enjoy the stimulating aroma of Easy Air. If desired, drape a towel over your head to help trap the steam longer. Steam can burn you if it's too hot, so be cautious of the temperature and adjust your position over the bowl as needed.



Japanese Peppermint

What Is Japanese Peppermint?

Sourced locally in North America from the Japanese Peppermint plant, Japanese Peppermint essential oil has a unique coolness and crispness that is beyond refreshing. Although chemically similar to regular Peppermint, Japanese Peppermint oil has a much more concentrated minty scent with a subtle sweetness that helps to create a truly stimulating effect whether it's used topically or aromatically.

How Do I Use Japanese Peppermint?

Aromatically

Minty, cool, and invigorating, the aroma of Japanese Peppermint invites an enlivening atmosphere into your space. Although diffusion is easily the best way to enjoy its refreshing scent, you can also place a drop between your palms, rub them together, and cup them over your nose to deeply inhale the renewing aroma. Adding a drop to your shower can also create a stimulating steam experience.

Topically

Because of its high menthol content, Japanese Peppermint is especially cooling when applied topically, which creates a strongly comforting and soothing sensation on the skin. After exercising or a spending long day on your feet, indulge in this sensation by massaging Japanese Peppermint oil into your legs or the bottoms of the feet. Consider diluting with a carrier oil for those with sensitive skin.

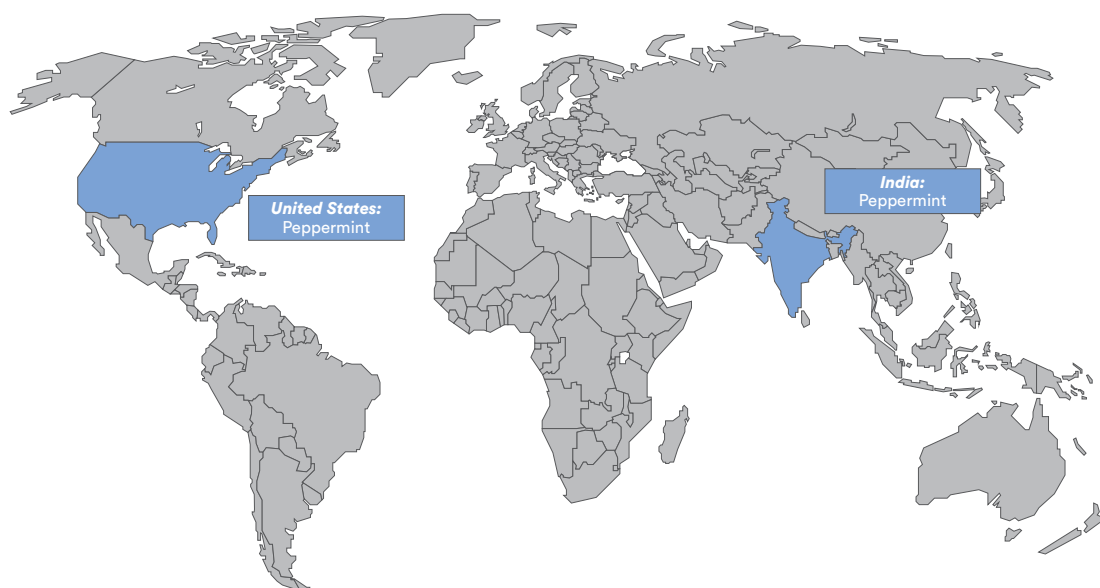
When Should I Use Japanese Peppermint?

Japanese Peppermint fits perfectly into your shower routine. Prior to turning on the water, add a drop to your shower floor to create a stimulating steam effect as you wash. Mid-shower, add a drop of Japanese Peppermint to your shampoo for a gentle cooling sensation on the scalp.

Japanese Peppermint is also great to use throughout the afternoon as an aromatic pick-me-up. Diffuse Japanese Peppermint in your home or office, or simply inhale directly from the bottle for a little midday boost. Upon completing an afternoon workout, combine Japanese Peppermint with a carrier oil and gently massage into your shoulders and other desired areas for an invigorating, cooling effect on the skin.



Where Japanese Peppermint Comes From



Why Japanese Peppermint?

Both Peppermint and Japanese Peppermint essential oils have similar chemistry. Menthol and menthone are the primary chemical constituents in both essential oils, however, Japanese Peppermint contains a higher concentration of menthol, giving it a much more potent, minty aroma than regular Peppermint. Its stronger aromatic profile allows you to enjoy a more acute aromatic experience when diffusing Japanese Peppermint or using it topically on the skin.



Do It Yourself with Japanese Peppermint: Foot Bath

After a long day on your feet, your tired toes deserve a little special treatment. How does a warm, relaxing foot bath sound? With three simple ingredients—including Japanese Peppermint essential oil—you can create the ultimate foot soak experience.

Ingredients:

- 1 cup Epsom salts
- 2 tablespoons of pink Himalayan salt
- 5 drops Japanese Peppermint oil
- 5 drops of Wild Orange essential oil (optional)

Instructions:

1. In a large mixing bowl, add Epsom salts and pink Himalayan salt and mix until combined.
2. Add Japanese Peppermint oil and Wild Orange oil (if desired) to the bowl of salt and mix until combined.
3. Fill a small foot tub with water to your desired temperature.
4. Add in $\frac{1}{4}$ cup of bath salts and stir them into the water (it might not all dissolve).
5. Soak your feet for 10-20 minutes.
6. Rinse your feet with water and pat dry.



Tip: *Keep Your Cool*

Rich in menthol, Japanese Peppermint is particularly cooling to the skin. To help you cool down on a hot day, simply combine water, witch hazel, and Japanese Peppermint in a spray bottle and spray on desired areas of the skin to enjoy its refreshing, skin-cooling effects.



Lavender

What Is Lavender?

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

How Do I Use Lavender?

Aromatically

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

Topically

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

Lavender can soothe dry skin. Great for just about all things related to skin, Lavender can help maintain healthy-looking skin. You can apply it directly to targeted areas of the skin or dilute it if you'd like to increase absorption and reduce potential skin sensitivity.

Internally

When used in cooking, Lavender essential oil can add a unique and floral depth of flavour to dishes, especially to meats and fish, citrus beverages, and desserts. Start by adding one drop to spice up a recipe, and experiment with adding more drops for flavour to taste.

When Should I Use Lavender?

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

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

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



Do It Yourself with Lavender: After-Sun Soothing Spray

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

Ingredients:

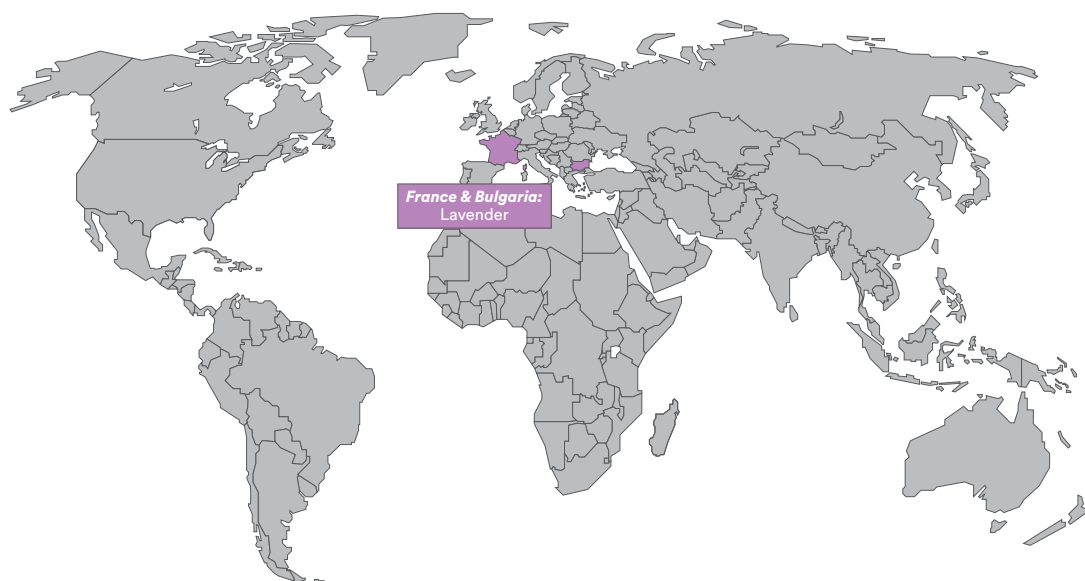
- 1 cup aloe vera juice
- ¼ cup Fractionated Coconut Oil
- 1 teaspoon vitamin E
- 8 drops Lavender oil
- 8 drops Tea Tree oil
- 8 drops Peppermint oil

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

Instructions:

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

Where Lavender Comes From



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



Why Lavender?

Linalool—one of the main chemical constituents of Lavender—is what gives this essential oil its floral scent and topical cleansing benefits. Lavender is also rich in linalyl acetate, which is also a large contributing factor to Lavender's classic, relaxing aroma we all know and cherish.



Tip: *Hair, Skin, and Nails*

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



On Guard®

What Is On Guard®?

On Guard Essential Oil Blend has a fortifying taste and supports a strong home environment with its invigorating aroma and topical cleansing properties. Thanks to its welcoming, citrus-spice scent, On Guard is popular for diffusing. It includes Wild Orange, Clove Bud, Cinnamon Bark, Eucalyptus, and Rosemary essential oils.

How Do I Use On Guard®?

Aromatically

Thanks to its warm, invigorating aroma, On Guard is a great oil blend for diffusing at home, school, and work. It refreshes the air with a clean aroma and creates an upbeat, energized atmosphere.

Topically

When using On Guard topically, two of the best places to apply it include the spine and bottoms of the feet. Applying On Guard topically can produce a gentle warming effect on the skin that feels especially nice in a comforting massage during colder seasons. For children or those with sensitive skin, dilute On Guard with a carrier oil like Fractionated Coconut Oil before applying.

Internally

With its citrus, spice flavour, On Guard offers a fortifying taste to water, tea, and smoothies.

When Should I Use On Guard®?

During winter months or changing seasons, massage On Guard into your feet in the evenings and put on socks or slippers to increase the absorption. Or, after a warm bath or shower, gently apply On Guard to the spine (this can be part of a comforting massage for children before bed).

Whenever you aren't feeling your best, add On Guard to a warm cup of tea with honey and lemon for a delightful drink with a comforting aroma and fortifying flavour. Just a drop or two is all you need! Alternatively, take On Guard in a Veggie Cap—a good option if the strong, hot oils of Clove Bud and Cinnamon Bark are too much for you. You can also add On Guard to juice, water, or any other beverage.

Another excellent time to use On Guard is when you're cleaning. This essential oil blend has high amounts of topical cleansing properties, so it makes the perfect cleaning companion. Add several drops to a spray bottle with water for a simple naturally sourced and effective all-purpose spray.

Diffuse On Guard throughout your home for a welcoming, supportive, and inviting aroma. Try diffusing it in the foyer as your kids come home from school or in the living room and kitchen when you're entertaining guests. Other great places to diffuse it include bedrooms, bathrooms, and workspaces—it works everywhere!



Where On Guard® Comes From



Why On Guard®?

The On Guard oil blend contains Cinnamon Bark, Wild Orange, Eucalyptus, Rosemary, and Clove Bud essential oils. These essential oils were chosen for their topical cleansing benefits, warm aromas, and fortifying tastes.

Cinnamon Bark and Clove Bud essential oils are rich, warm spice oils renowned for their warming topical properties and their cleansing benefits in oral care. Wild Orange contains powerful cleansing properties and its aroma wakes up the warm and herbal notes within the On Guard Blend, while Eucalyptus and Rosemary lend the power of their stimulating scents and rejuvenating effects on the skin.



Do It Yourself with On Guard: On Guard Pumpkin Smoothie

Fall in love with autumn with our pumpkin spice smoothie and treat yourself to a healthy dose of yum! for breakfast every morning!

Ingredients:

- 1 cup almond or oat milk
- ½ cup canned pumpkin purée
- ½ cup coconut yogurt
- 2 frozen bananas
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie seasoning
- 2–3 drops On Guard oil
- 1 cup ice

Instructions:

1. Combine all the ingredients in a blender and blend until smooth.
2. Pour into a glass and, if desired, add some whipped cream and sprinkle with cinnamon.



Tip: *Super Support for School*

As your children leave for school in the morning, apply On Guard to the backs of their necks for a warm and supportive aroma at the start of the day!



Oregano

What Is Oregano?

Distilled from the famously fragrant leaves of the Mediterranean herb, Oregano essential oil is supportive a strong home environment with its powerful topical cleansing properties. Oregano was originally revered by the ancient Greeks for its taste, but also its profound wellness benefits. Oregano oil has warm, herbal flavour, making it a delicious substitute for the fresh or dried herb in cooking, while its fortifying aroma enhances massage. Because of its potency, use caution when inhaling or diffusing Oregano essential oil, using only one to two drops, and always dilute when applying to the skin.

How Do I Use Oregano?

Aromatically

Due to its high phenol content, Oregano is an incredibly potent, "hot" essential oil. Whether you're using it aromatically, topically, or internally, remember to start with very small amounts and always dilute.

Topically

Oregano is a "hot" oil and must be diluted with a carrier oil when used topically. Combine a drop of Oregano with Fractionated Coconut Oil and apply it to the spine and bottoms of the feet for a strong, fortifying aroma at the beginning or end of each day. You may also carefully dilute a single drop of Oregano and massage into your chest and shoulders, taking full, deep breaths for an invigorating experience.

Internally

Oregano has a rich and recognizable herbal flavour, and can be added to any number of dishes or beverages. For a fortifying taste at the start of the day, add one drop of Oregano to a glass of water and drink. In place of or to enhance the flavour of dried oregano spice, use a toothpick to stir in small amounts of Oregano oil to marinades, sauces, and soups.

When Should I Use Oregano?

One of the best times to use Oregano essential oil is when you're cooking. Not only is it more potent than the dried herb, but it also has a much longer shelf life. When you use Oregano oil in your cooking, you're getting truly pure, potent oregano flavour!

No matter the season, Oregano oil is a reliable tool to have on hand. Once a week, add a drop of Oregano to a glass of water or make a mouth rinse using four ounces of water and one drop of Oregano oil. After gargling, you can spit it out or swallow.

At the end of each day, dilute one drop of Oregano oil with Fractionated Coconut Oil and rub it into the bottoms of your feet for a warming foot massage and fortifying aroma to close out your day.



Where Does Oregano Come From?



Why Oregano?

Though it's best known for its culinary applications, Oregano essential oil has benefits that extend far beyond the kitchen. Due to its richness in the chemical compound carvacrol, Oregano possesses powerfully potent skin-soothing properties. When used daily on the bottoms of the feet, Oregano oil stimulates a powerful warming sensation on the skin, which is only enhanced by its supportive aroma. Oregano oil is also a prime choice as a naturally sourced skin-cleansing agent and can promote healthy-looking cuticles and nailbeds. Always remember Oregano is a strong oil and should be diluted with a carrier oil before using on the skin to reduce skin sensitivities.



Do It Yourself with Oregano: Italian Bread Dip

Take your taste buds on a journey through Italy with this delicious Italian Bread Dip, featuring the star ingredient, Oregano essential oil.

Ingredients:

- ¼ cup olive oil
- 1–3 tablespoons balsamic vinegar to taste
- ½ teaspoon Italian seasoning
- 1 tablespoon Parmesan cheese (optional)
- 1–3 drops Oregano oil (start with a toothpick and progress toward drops for desired flavour)

Instructions:

1. Gently mix together all ingredients in a bowl large enough to dip into.
2. Dip favorite Italian style bread into bowl and enjoy.



Tip: *Toothpick Method*

When cooking, remember that Oregano is incredibly potent, so you don't need nearly as much of the essential oil as you'd use of the herb. If a recipe calls for a tablespoon or more of dried oregano, start by adding one drop of essential oil. If the amount called for is less, start by adding a toothpick's amount, meaning you dip a toothpick in your Oregano essential oil and stir it into whatever you're making. You can use the toothpick method to keep adding Oregano to taste.



Siberian Fir

What Is Siberian Fir?

Steam distilled from the fragrant evergreen trees of the remote forests of Siberia, Siberian Fir captivates its users with its fresh, pine-like aroma and soothing topical benefits. Siberian Fir is a true forest treasure. Just one drop of its grounding, woody scent is enough to welcome the crisp serenity of the forest into your home. Although chemically similar to some of the other fir oils, Siberian Fir offers a more intense piney aroma with subtle, crisp notes of sharpness.

How Do I Use Siberian Fir?

Aromatically

Like taking a stroll through a real mountain forest, the warm, woody aroma of Siberian Fir helps create a relaxing and grounding experience when you use it in your own home. Inhale deeply, either directly from the bottle or from a drop between your palms, to immerse your senses in its refreshing forest scent. When diffused, Siberian Fir invites an energizing and invigorating ambiance into your space.

Topically

In addition to its fresh aroma, Siberian Fir also provides a richly soothing sensation on the skin, making it an ideal oil to use in massage. Enhance your post-workout routine by combining Siberian Fir with a carrier oil and gently massage into your legs and back to comfort and soothe those areas. When added to your nightly skincare routine, Siberian Fir has a cleansing effect and helps promote a healthy-looking complexion.

When Should I Use Siberian Fir?

Siberian Fir is most commonly praised for its crisp, woody aroma. Anytime you have a busy day ahead of you, diffusing Siberian Fir can help create a peaceful, grounding environment. It's also wonderful to diffuse when a room needs refreshing, as Siberian Fir can help create a clear, breathable atmosphere. The harmonious scent of Siberian Fir can easily transform any space with its essence of stillness and serenity.



Where Does Siberian Fir Come From?



Why Siberian Fir?

Because most fir oils share similar chemical diversity, they all have comparable benefits. However, differences in chemical dominance mean that each oil, like Siberian Fir, delivers more specialized benefits for more targeted applications. Siberian Fir is predominately composed of bornyl acetate, the main benefactor of its calming aroma. Bornyl acetate is also what gives Siberian Fir its skincare benefits, specifically its soothing effects on the skin and supporting the skin's healthy appearance.



Do-It-Yourself with Siberian Fir: Scented Holiday Cards

Herald the aromas of the holiday season with every note you send when you make these scented cards, featuring the grounding, piney aroma of Siberian Fir essential oil.

Ingredients:

Cotton balls
Medium paper bag
Holiday cards or cardstock paper
Siberian Fir essential oil

Instructions:

1. Add 2-4 drops of essential oil on each cotton ball, depending on the desired strength. Only apply one essential oil per cotton ball.
2. Place cotton ball inside the paper bag with your cards or cardstock paper.
3. Seal the paper bag and let sit overnight.
4. The next day, write kind greetings of gratitude on each card, then seal them in an envelope and send your cards to friends and family!



Tip: *Reed Diffuser*

Add the desired amount of Siberian Fir oil to a vase or jar with Fractionated Coconut Oil and insert a cluster of bamboo reed sticks. Place this tasteful passive diffuser in prominent locations in your home so you can enjoy the refreshing scent of woodland trees every time you walk in the room.



Sunny Citrus

What Is Sunny Citrus

Uniting the bright aromas of the most popular citrus oils, Grapefruit and Wild Orange with the zing of Peppermint, dōTERRA captures the essence of the perfect sunshine-filled vacation with the CPTG® essential oil blend, Sunny Citrus. This uplifting blend is often referred to as, "sunshine in a bottle" because of its bright, cheerful scent.

How Do I Use Sunny Citrus?

Aromatically

The bright profile of Sunny Citrus shines brightest when used aromatically. With sweet, citrusy notes, and soft, minty undertones, Sunny Citrus is ideal for diffusing or simply enjoying a deep breath straight from the bottle. Diffuse Sunny Citrus in the morning, at your desk, or in the afternoon when your home environment could use an uplifting boost.

Topically

Because it contains two of our most popular citrus oils, Wild Orange and Grapefruit, Sunny Citrus possesses effective surface cleansing properties. Simply add Sunny Citrus to a spray bottle of water and use to clean commonly used surfaces throughout your living space. Your home will not only be clean, but also filled with a refreshing, citrusy, minty aroma.

When Should I Use Sunny Citrus?

Sunny Citrus is a blend you can use all year round, no matter the weather:

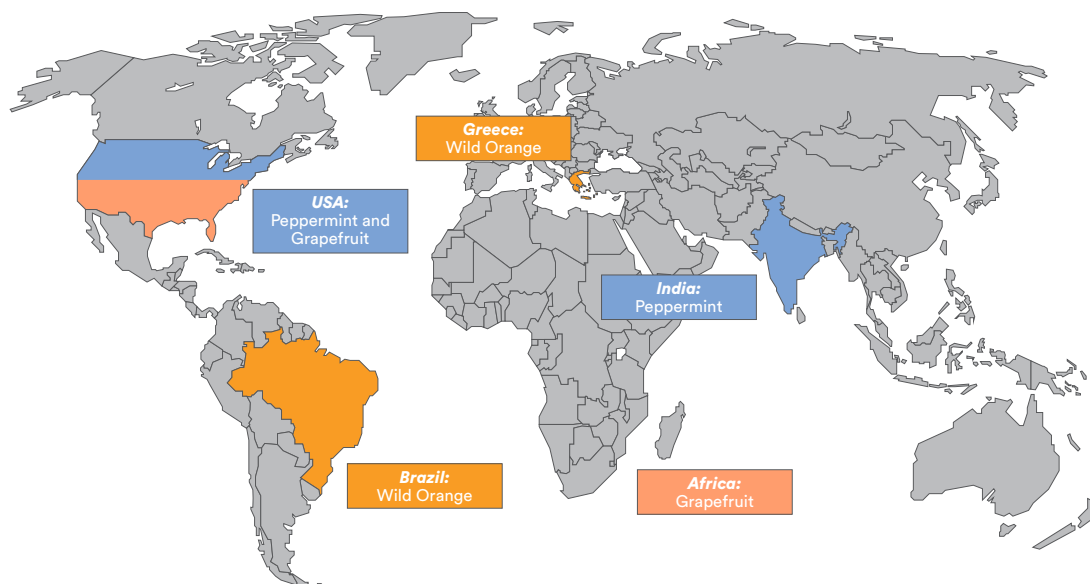
When tackling your spring cleaning, try adding Sunny Citrus to your naturally sourced cleaning products or to a homemade all-purpose cleaning spray for an added cleansing boost, enhanced by the blend's signature refreshing aroma.

In the heat of summer, diffusing Sunny Citrus can help recreate the essence of the summer sunshine indoors, inviting a positive and elevating ambiance into your home.

There's nothing better than a holiday spent lying on a beautiful, warm, sun-drenched beach in the tropics. Transport your senses to a warm island getaway by diffusing Sunny Citrus in the cold fall and winter months. As the temperature gets colder, you can fill your space with the energizing warmth of Sunny Citrus blend.



Where Sunny Citrus Comes From?



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

Why Sunny Citrus?

Sunny Citrus has all the minty freshness of Peppermint mixed with the sweet, citrusy scents of Grapefruit and Wild Orange—a combination that's stunningly unique yet simple. Its richness in limonene gives Sunny Citrus an edge to your cleaning routine, providing strong surface cleansing properties while its bright, uplifting aroma helps freshen the air and elevate your atmosphere.



Do It Yourself with Sunny Citrus: Household Cleaning Spray

Keep the surfaces in your home clean and the air smelling citrusy fresh with your own homemade household cleaning spray made with Sunny Citrus essential oil blend.

Ingredients:

- ¼ cup white vinegar
- 1 ¾ cups water
- 10 drops Sunny Citrus oil blend
- Glass spray bottle

Instructions:

1. Combine all ingredients in a glass spray bottle and mix well.
2. Spray on commonly used surfaces throughout your home and wipe off with a clean cloth.



Tip: *Before Enjoying the Sunshine*

Although it's in the name, due to photosensitivity, be sure to avoid direct sunlight and UV rays for at least 12 hours after applying Sunny Citrus essential oil blend on the skin.



Tea Tree (NHP)

NPN 80060950

What Is Tea Tree?

Native to Australia, the melaleuca tree, more commonly known as tea tree, yields a strong and versatile essential oil with a fresh, revitalizing aroma. Best known for its topically cleansing properties to the skin, Tea Tree is commonly used in skin care, hair care, and home care products, and is a popular scent used in spas and massages. When used in aromatherapy, Tea Tree essential oil also holds unique therapeutic benefits.

How Do I Use Tea Tree?

Aromatically

The aroma of Tea Tree essential oil is unique and distinct, widely recognized across the world. It has a fresh, herbal scent with a hint of pleasant musk. While some people enjoy the smell of Tea Tree immediately, others come to love it with time and experience using it. Diffusing Tea Tree is one of the best ways to enjoy its refreshing aromatic qualities. Through diffusion, Tea Tree can help freshen the air, dispel odours and stuffiness, and create a rejuvenating, clean atmosphere throughout your space.

You can also use Tea Tree in a spa-like facial steam treatment, warm bath, or in the shower for an extra refreshing and revitalizing aroma.

Topically

Tea Tree essential oil was made for your personal care routine. Combine one to two drops of Tea Tree with your facial cleanser or moisturizer to help promote a healthy-looking complexion and soothe dry skin. When added to your shampoo, it can lend a stimulating sensation to the scalp and help keep your hair looking clean and healthy. Massage a few drops of Tea Tree essential oil into your cuticles to help promote the appearance of healthy and clean looking nails.

Therapeutically

When diffused or used topically in aromatherapy, Tea Tree essential oil can help relieve colds and cough. Diffuse in the room when you are under the weather, or add a drop to a bowl of steaming water and inhale in deep breaths.

When Should I Use Tea Tree?

When you're getting ready for the day, incorporate Tea Tree essential oil into your morning routine. After washing your face, add a drop of Tea Tree with your facial moisturizer. You can also massage a couple drops directly into the skin as an invigorating aftershave. After brushing your teeth, add a drop of Tea Tree essential oil into an oral rinse to help make your breath extra fresh.

Cleaning your home is another great time to reach for Tea Tree. You can use it as a surface cleaner and freshener. Add a few drops of Tea Tree to a spray bottle filled with water and spritz on hard surfaces to freshen and clean. You might also try spraying the insides of smelly shoes or a gym bag to help dispel stuffy odours.



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.

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. Combine all the ingredients in a glass spray bottle.
2. Shake until combined.
3. To use, spray on your mat and wipe dry with a towel.

Note: Not all yoga mats are 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. enjoy!

Where Tea Tree Comes From?





Why Tea Tree?

Because of its impressive chemical makeup, Tea Tree essential oil holds notable topical cleansing properties that can make a difference in multiple areas of your lifestyle. When used for personal care, Tea Tree essential oil is an incredible tool that helps promote healthy-looking hair and skin. Tea Tree essential oil's cleansing benefits extend further as they can also help clean commonly used surfaces and freshen the air in your space. On top of these versatile benefits, Tea Tree also has therapeutic applications and can help relieve many of the uncomfortable symptoms of coughs and cold, making it an essential tool to keep in your home for when the need arises.



Tip: *Nail Care Hero*

Take your nail care to the next level with Tea Tree essential oil. After trimming your fingernails and toenails, apply Tea Tree essential oil to your cuticles to help promote the appearance of clean, healthy-looking nailbeds.



Bonus! dōTERRA Touch® Osmanthus

What Is dōTERRA Touch Osmanthus?

Osmanthus is a precious floral absolute extracted from the flower of the osmanthus plant, native to East Asia. The alluring, sweet fragrance of osmanthus is uniquely captivating with fruity hints of apricot and pear. dōTERRA Touch Osmanthus is diluted in a base of Fractionated Coconut Oil for better absorption into the skin, allowing its complex aroma to linger for longer. You may recognize the smell of osmanthus as it's often used in fine perfumes and fragrance products.

How Do I Use dōTERRA Touch Osmanthus?

Aromatically

dōTERRA Touch Osmanthus carries a delightfully comforting, sweet aroma that lends itself as the perfect backdrop for meditation and yoga. With the intention of creating a lasting aromatic experience, roll dōTERRA Touch Osmanthus on diffuser jewelry, natural dolomite, or lava diffusing rocks.

Topically

With its dōTERRA Touch® roller bottle delivery, dōTERRA Touch Osmanthus is perfectly suited for topical use. Little effort is needed. Simply apply to desired areas! Roll it on your wrists and neck for an enchanting personal fragrance or apply to targeted regions of your face and neck to help maintain the look of healthy skin.

When Should I Use dōTERRA Touch Osmanthus?

The best part about dōTERRA Touch Osmanthus is that you can enjoy its sweet, fruity fragrance all day long—anytime, anywhere.

Before heading out for the day, roll dōTERRA Touch Osmanthus onto your wrists or neck to wear as a captivating personal fragrance. Take it with you on-the-go so you can reapply its rich scent as needed throughout your day.

For you, winding down in the evening may look like personal meditation, yoga, or a massage. Enhance your evening relaxation routine by applying dōTERRA Touch Osmanthus onto pulse points or inhale directly to be surrounded by its comforting aroma as you meditate or complete your yoga practice or try gently massaging it into desired areas to create a calming, soothing atmosphere.



Where dōTERRA Touch Osmanthus Comes From



Why dōTERRA Touch Osmanthus?

A base component of some all-time favourite dōTERRA blends and fragrances, this is a rare occasion that dōTERRA is offering the treasured aroma of pure Osmanthus on its own. Osmanthus has a rich, timeless aroma that can be used as a meditation partner or a personal fragrance, while the Fractionated Coconut Oil in dōTERRA Touch Osmanthus helps hydrate the skin.



Tip: *The Perfect Undertone*

Osmanthus serves as a sweet aromatic note in several dōTERRA essential oil blends, including our signature personal aroma, dōTERRA Touch® Beautiful. When crafting your own essential oil pure-fume scent, first apply a gentle layer of Osmanthus to your skin to add a sweet yet complex floral depth.