

THE HOME ESSENTIALS KIT

YOUR FOUNDATION TO A
HAPPY, HEALTHY HOME



CONTENTS

- Intro to Essential Oils
- Oil Safety Methods
- Oils and Their Uses
- Oils and Emotions
- Diffuser Blends
- Recipes and Blends
- LRP



AN INTRODUCTION TO ESSENTIAL OILS

WHAT IS AN ESSENTIAL OIL?

If you have ever enjoyed the scent of a rose, you've experienced the aromatic qualities of essential oils. These naturally occurring, volatile aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. Essential oils give plants their distinctive smells, essential oils protect plants and play a role in plant pollination. In addition to their intrinsic benefits to plants and their beautiful fragrance, essential oils have long been used for food preparation, beauty treatment, and health-care practices.

In short, these compounds are small organic molecules that tend to change quickly from their solid or liquid state to a gas at room temperature. When you first open a bottle of essential oil, you instantly notice that the aroma is potent and you can smell it typically even from some distance. The physical and chemical properties of the volatile aromatic compounds that compose essential oils allow them to quickly move through the air and directly interact with the olfactory sensors in the nose. Such unique properties make essential oils ideal for applications inclusion in aromatherapy – using these compounds from plants to help maintain a healthy mind and body – as well as other applications. The type of volatile aromatic compounds present in an essential oil determines both the oil's aroma and the benefits it offers.

The nature of an essential oil varies from plant to plant, within botanical families, and from species to species. The delicate ratio of aromatic constituents found in any given essential oil are what make it unique and give it specific benefits, making every step of the production process a critical determinant of the overall quality of the essential oil product.

OIL SAFETY METHODS

All application methods are safe when used appropriately, including aromatic, topical, and internal. One or multiple application methods can be used for a wide range of emotional and physical wellness applications. They can be used in one of three methods:

Aromatic

The sense of smell is a tool that can elicit powerful physiologic, mental, and emotional responses through the limbic system. The limbic system is part of the brain that supports a variety of functions including smell, emotions, behaviour, and memory.

Some essential oils induce uplifting or invigorating effects, while others are more calming. Diffusion is one of the simplest methods for using essential oils aromatically. You can also achieve the same health benefits by simply placing a few drops of essential oil in the palm of your hand that is then cupped around the nose as you breathe deeply

Topical

Topical application is a very effective method for applying essential oils. Because essential oils have low molecular weights and are lipid soluble, they easily penetrate the skin.

To decrease the likelihood of developing a skin sensitivity, especially on young or sensitive skin, it is advisable to use a carrier oil (such as Fractionated Coconut Oil) to dilute more potent oils and when trying an oil for the first time. The recommend dilution ratio is typically one drop of essential oil to three drops of carrier oil. Avoid broken or damaged skin, and skin around the eyes.

Internal

Certain essential oils can be used as dietary supplements supporting a variety of healthy conditions. Essential oil contributes many health benefits as well as flavouring and aroma properties to foods. When in their concentrated form, essential oils can be used as dietary supplements for more targeted and potent health benefits.

Essential oils are lipid soluble so they are readily transported to all organs of the body, including the brain. Then, like all things we consume, essential oils are metabolised by the liver and other organs and are then excreted. Proper dosing according to labeling recommendations and other professional guidelines should be strictly followed to avoid toxicity.

Remember that essential oils are much more potent than dried or fresh herbs and spices, so start with a very small amount. For more potent oils, it may be better to administer them by toothpicks rather than drops.

PEPPERMINT



Frequently used in toothpaste and chewing gum for oral hygiene, Peppermint also helps alleviate occasional stomach upset and promotes healthy respiratory function. Peppermint continues to be one of the best-selling favourites among doTERRA essential oils.

- Dilute with Fractionated Coconut Oil and rub on temples after you wake up, for a morning energy boost
- Diffuse when feeling fatigued or low on energy ([3pm Coffee Alternative!](#))
- Take one drop under tongue and take two deep breaths before workout to enhance performance
- Take one to two drops in a doTERRA Veggie Capsule to alleviate occasional stomach upset
- Place one drop in your mouth to help freshen breath
- Add two / three drops to your favourite smoothie recipe for a refreshing twist
- Add one drop of Peppermint, and one drop of coconut oil, to a cup of warm water and drink as a tea to aid digestion, reduce bloating, gas, and indigestion
- Promotes healthy respiratory function and clear breathing
- Blend with Lavender and Fractionated Coconut Oil for a soothing massage blend
- Add to cold water compress or foot bath to cool off when you have a high temperature.
- Repels bugs naturally ([See Bug Repellent Recipe](#))
- Diffuse during study-time to stay alert and refreshed
- Dilute with Fractionated Coconut Oil and apply topically to temples, ear lobes and neck to relieve headache and feelings of tension ([See Stress](#))
- Add to Surface Cleaner and Fabric Sprays ([See Surface Cleaner and Fabric Freshener Recipe](#))

Digestzen

DigestZen is a wonderful companion to aid in the digestion of food, soothe occasional upset stomachs, and reduce uncomfortable gas and bloating. This blend contains Ginger, Fennel, Coriander, Peppermint, Tarragon, Anise, and Caraway

- When you've had a large meal or too much dairy, add 2 drops of Digestzen and 1 drop of coconut oil to warm water and drink.
- Did you have a late-night snack? DigestZen before bed can help your tummy stay calm throughout the night.
- Add 2 drops to a Veggie Capsule and take internally before consuming a greasy, fatty meal.
- Add a drop to water, tea or non-dairy milk daily to maintain a healthy gastrointestinal tract.
- Use DigestZen for occasional bloating, gas and indigestion - add 1-2 drops in warm water with 1 drop coconut oil and drink. Alternatively -Add 1 drop Digestzen to 1 TSP of Fractionated Coconut Oil and rub on your belly in clockwise motion.
- For pregnant mamas, add a drop under the tongue or diffuse to help keep the morning queasiness at bay.
- For upper digestive discomfort, combine 2 drops of DigestZen with a glass of water and drink up.
- If your little one is complaining of a sore tummy, dilute 1 drop of Digestzen with 1 TBSP of Fractionated Coconut Oil and rub on their belly in a clockwise motion.
- To combat sea sickness or motion sickness place 1-2 drops of Digestzen in the palm of your hand, rubs your hands together and inhale deeply.
- When travelling we can eat alot of foods that are unfamiliar to our digestive system. Be kind to your body and travel with Digestzen for in the case of a stomach upset while you are away.
- The oils in this digestive blend can help to relieve sinus pressure. Diffuse and apply a small amount along your sinuses.

Lavender



Lavender is often considered a must-have oil to keep on hand at all times due to its versatile uses, including calming and relaxing properties that promote peaceful sleep and ease feelings of tension.

Rub 2 drops of lavender oil in your cupped palms and inhale to calm the mind when feelings stressed or overwhelmed.

Rub on the feet, temples, wrists (or anywhere) for an immediate calming effect on the body. (Great just before bed!)

Use in crowded areas like planes to carve out your own personal oasis.

Rub a drop of Lavender oil on your palms and smooth on your pillow to help you sleep.

Put a drop of Lavender oil on a bee sting or insect bite to stop itching and reduce swelling.

Put 2-3 drops of diluted Lavender oil on a minor burn to decrease pain and swelling.

Put 1 drop Lavender oil on cut to stop bleeding, clean wound, and kill bacteria. Add 1 drop of Lavender to Fractionated Coconut Oil and use topically on eczema and dermatitis.

To alleviate the symptoms of motion sickness, place a drop of Lavender oil on end of tongue, behind the ears or on the tummy.

Dilute with Fractionated Coconut Oils and use on chapped or sunburned lips.

Rub a drop of lavender oil between your palms and inhale deeply to help alleviate hayfever.

Rub 3-4 drops of lavender oil into the scalp to help eliminate dandruff.

Put a drop of lavender oil on a cold sore to clean and support healing process

Dilute with Fractionated Coconut Oil and rub on soles of the feet to calm an upset infant or child. (1 drop Lavender to 10 drops Coconut Oil)

Lemon



Lemon is a powerful cleanser and aids in supporting our lymphatic system to detoxify our bodies. As within, so without - Lemon is also great to use in cleanint the air and surfaces around the home for a toxic and chemical free environment

- Add Lemon oil to your water for a refreshing taste or as an alternative to sodas and sugary drinks.
- When taken internally, Lemon oil can also naturally cleanse the body and aid in digestion- add 1-2 drops to your water bottle and drink daily.
- Add one drop Lemon Oil to warm water and drink each morning to support detoxifying the body
- Lemon can help exfoliate your skin. ([See Exfoliant Scrub Recipe](#))
- Use as a wood polish to prevent fine wood finishes from drying out
- Use a Lemon oil soaked cloth and wipe down leather furniture to prevent leather from splitting.
- Put a couple drops of Lemon oil on a cotton ball, an use to polish your silver
- Lemon oil often adds a sweet, sugary taste to desserts without the added sugar (See Recipes)
- Remove sticky labels with lemon essential oil! Simply add a few drops of the oil to the label, wait a minute or so and it will peel right off.
- Add Lemon oil to a spray bottle of water and use it as a homemade cleaning solution. The beauty of a homemade cleaning solution made with Lemon essential oil is that it doesn't include all the chemicals that store-bought cleaners have. ([See Surface Cleaner Recipe](#))
- Diffuse to provide an uplifting environment and promote positive mood. Due to the chemical makeup of this oil, it has been shown to help improve mood with an energising and invigorating aroma. Diffusing Lemon oil will also help cleanse and purify the air and surfaces in your home.

Tea Tree



Tea tree's natural antiseptic and anti-inflammatory actions make it an essential oil that should truly be part of everyone's natural medicine cabinet. It's becoming an increasingly popular active ingredient in a variety of household and cosmetic products, including face wash, shampoos, massage oils, skin and nail creams and laundry detergents.

- Dilute and apply to face using a cotton bud to combat acne.
- Use in your Face Wash to promote clear skin ([See Acne Face Wash Recipe](#))
- Tea tree oil has the ability to soothe dry flaking skin, remove dandruff and even can be used for the treatment of lice - add a drop to your shampoo.
- Use tea tree oil as a household cleaner. ([See Surface Cleaner Recipe](#))
- Applied topically, Tea Tree oil can help relieve any type of skin inflammation including eczema and psoriasis. ([See Eczema Lotion Recipe](#))
- Because of its ability to kill parasites and fungal infections, tea tree oil is a great choice to use on toenail fungus, athlete's foot and ringworm. Put tea tree oil undiluted on the affected area using a clean cotton swab.
- Kill off mold and other bad bacteria in the home by diffusing tea tree oil in the air around your house. Also, you can spray tea tree oil cleaner onto shower curtains, your laundry machine, dishwasher or toilet to kill off mold.
- Use tea Tree Oil to eliminate body odor. Tea tree oil has antimicrobial properties that destroy the bacteria on your skin that causes body odor. ([See Deoderant Recipe](#))
- Treat and cut or infection - Make sure to clean a cut first with water and hydrogen peroxide if necessary, then put on tea tree oil and cover with a bandage to help fight off infections.
- Because of tea tree oil's ability to kill off bad bacteria and at the same time soothe inflamed skin, it's a perfect ingredient in homemade toothpaste and mouthwash. ([See Toothpaste Recipe](#))
- Both tea tree oil and frankincense oil have been proven to have anti-cancer benefits. For abnormal skin lesions, you can mix frankincense oil, raspberry seed oil and tea tree oil, then place on the area three times daily.

Oregano



Oregano is one of the most potent and powerful essential oils and has been used since ancient times in traditional health practices for its cleansing and immune-boosting properties.

- Use Oregano to support the immune system when you are feeling under the weather. Place 2-4 drops in a doTEERA Vegetable Capsule and take 2-3 times a day before meals. ([Also See Flu Bomb Recipe](#))
- Oregano promotes a Balanced Mood. Studies have found that some compounds in oregano oil, including carvacrol, thymol, and terpinene positively influence the nervous system and mind. Diffuse oregano oil to promote a healthy mood, reduce stress, and inhibit emotional abnormalities.
- Health begins in the gut! Oregano oil is known to stimulate the flow of bile into the digestive organs, enhancing the digestive process. Take internally by adding 1 drop of Oregano Oil to 1 TBSP of Coconut Oil.
- Oregano is a powerful natural antibiotic so if using internally for more than 2 days it is recommended to supplement with beneficial probiotics and prebiotics such as sauerkraut and fermented coconut yoghurt.
- One of the best natural remedies for PMS is oregano oil. It acts as an anti-inflammatory and inhibits pre-menstrual symptoms. Dilute with Fractionated Coconut Oil and apply to lower belly.
- Oregano Oil is a strong antioxidant. It's important to understand that aging is largely affected by oxidation and free radicals, which is why antioxidants are so effective. Taking Oregano Oil internally and applying diluted to skin can promote anti-ageing.
- Oregano it is a great alternative to harsh medication in relieving symptoms of allergies. Simply hold the bottle close to your nose (without touching) and take 6-8 deep breaths.
- Oregano provides great anti-inflammatory relief for arthritis, painful joints and muscles. Mix Oregano Oil with Fractionated Coconut Oil (Ratio 50:50) and apply topically to the affected area for relief.

On Guard



As one of doTERRA's most popular oils, doTERRA On Guard is a powerful proprietary blend that supports healthy immune function and contains cleansing properties. This blend contains Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary.

- Mix 1 drop of On Guard, with a tbsp of water and a little coconut oil, gargle for 1 minute then swallow at the on-set of a sore throat
- Put 3 drops Oregano and 3 drops OnGuard in a capsule and take 3 times daily at the on set of cold or flu symptoms.
- Dilute and rub on the soles of feet at night during cold & flu season to support immune system ([Ratio 1 drop of On Guard to 1 tsp Coconut Oil](#))
- Use as a surface cleaner and sanitiser ([See Surface Cleaner Recipe](#))
- Add 1 drop to your dishwasher cycle to sanitise dishes
- Add 1 drop to your laundry cycle when washing tea towels and cleaning cloths to sanitise
- Add to your mop bucket to sanitise when cleaning floors
- Dilute with Fractionated Coconut Oil and apply to bee and insect stings to neutralise the toxin and relieve the pain.
- Mix 1 drop of On Guard, with a tbsp of water and a little coconut oil and gargle daily to prevent and treat gum disease
- Diffuse in the home to kill air borne pathogens, inhibit mold and build immune systems. Add 4 drops to your petal diffuser with water and diffuse.
- Add to vegetable capsule and take internally as a natural antibiotic. ([See Antibiotic Recipe](#))
- Use as a carpet santiser ([See Carpet Sanitiser Recipe](#))
- Add 1 2-3 drops of On Guard with 2 drops of Lemon to 1 tsp of honey for cold or cough relief.
- Add 10 drops to a 15oz spray bottle of water and spray on couches, beds and sheets to kill pathogens

Easy Air



doTERRA Easy Air is a blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara. doTERRA Easy Air maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats.

- For best results, apply diluted to your chest and inhale deeply to experience a cooling and invigorating vapor and help you maintain feelings of clear airways.
- Minimize the effects of seasonal effects on the sinus system by diffusing in the home or office.
- If you are having trouble sleeping, diffuse in your room for a calming effect that promotes a restful sleep.
- Blend Easy Air with your favourite essential oil to promote a calming and minty fresh atmosphere in your home.
- Dilute with Fractionated Coconut Oil and apply to neck and chest to help clear lungs and sinuses.
- If you are on the go, place 1 drop of Easy Air on the palm of your hand, rub together and inhale to clear your airways and relieve allergy symptoms.
- Wake up in the morning! - Drop 1 drop of Easy Air on the the floor of your hot shower and inhale.
- Dilute and apply to chest before yoga or running to promote a deeper breathing connection
- If you have a snorer in your family, dilute and rub on their chest before bed to clear the airways and promote a restful sleep
- Is also available in a ready to use, roll on "Vapor Stick" for travel and ease of use.

Ice Blue



Ice Blue Blend Contains Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus. These oils work together to soothe and cool. Ice Blue is also available in a very popular rub.

- Dilute with Fractionated Coconut Oil and rub onto sore muscles to relieve pain and discomfort
- After a long day on the computer, dilute and rub on back of neck and shoulder to relieve feelings of tension
- Dilute and massage into kids leg muscles before bed time to alleviate discomfort associated with growing spurts
- Dilute and apply to lower back after a day of heaving lifting or moving
- Dilute and combine with Oregano oil to provide relief to painful joints associated with arthritis
- Rub into muscles before a work out to help prevent muscle soreness after exercise
- Dilute and apply to bruises to support healing
- Ice Blue is a strong antioxidant
- Ice Blue relieves congestion - If you are feeling congested simply hold the bottle under your nose and inhale deeply to clear the airways
- Supports the circulatory system. If you have feelings of stiffness or tightness, apply to the area to relieve discomfort
- The oils within Ice Blue clean the blood naturally. By absorbing the oil through your skin into your bloodstream you are supporting your body to cleanse the blood.
- Ice Blue is also available in a Cool Rub, Diluted Roller, and Capsules to support muscle and joint health.

Frankincense



Often called the “king of oils,” Frankincense promotes feelings of peace and overall wellness when used aromatically, while topical and internal uses provide extensive modern health benefits

- Frankincense has powerful antiseptic properties that help speed up wound, healing including burns, scrapes and cuts. Place 2 drops of lavender oil diluted in a carrier oil on the wound followed by a 2 drops of diluted frankincense for rapid healing.
- Frankincense inhibits the formation of inflammation and helps prevent the breakdown of cartilage tissue that can cause arthritis and rheumatoid arthritis. Mix a few drops in a Fractionated Coconut Oil and rub into affected area for relief.
- After a wound has healed, frankincense can help fade scars. Dilute and apply twice a day to scar.
- Frankincense acts as a an antidepressant and supports natural production of serotonin to promote feelings of ease and comfort.
- To reduce congestion place six drops into a bowl with some very hot water and lean over the bowl with a towel over your head to keep the steam contained. Breathe deeply for about five minutes.
- To relieve stress just add a drop or two of oil diluted in melted coconut oil on your temples and back of neck.
- Rub a little oil between the palms of your hand and take a deep breath to promote calmness.
- Add a few drops along with a few drops of lavender to your bath for a relaxing soak.
- Massage a few drops diluted in a carrier oil into the balls of your feet daily to boost your immune system.
- Diffuse it throughout your home or in your bedroom at night to support immune system and ward off pathogens. This is especially good to do during cold and flu season.

Frankincense Cont'd

- If you suffer from panic attacks or anxiety, support your nervous system by taking Frankincense internally. Place one drop under your tongue daily.
- Need a mood booster? Improve your mental outlook by placing a few diluted drops on the back of your neck by your brain stem a few times a day.
- To reduce swelling of insect bites, place a few drops diluted in Fractionated Coconut oil on the bite several times a day until the discomfort is gone.
- If you have trouble sleeping or just want to relax before bed, rub diluted Frankincense on the soles of your feet and diffuse frankincense in your bedroom.
- If you have an itch, place a few drops of diluted oil on your skin for immediate relief.
- If you suffer from restless leg syndrome, simply apply a couple of drops of frankincense oil in a carrier oil to the bottom of your feet before going to sleep.
- Frankincense is a powerful antioxidant and anti ageing Oil. Dab frankincense diluted in coconut oil on fine lines and wrinkles to help reduce their appearance. You can also mix a 50/50 blend using sweet almond oil in a glass roller ball. Also, add a drop or two of frankincense to your daily moisturiser to boost its performance.
- Dilute 2 drops of Frankie, 2 drops of Lavender, 2 drops of Wild Orange in Fractionated Coconut Oil - Rub all over your body after a shower everyday. This is a beautiful act of self care, you will smell amazing and you get your daily dose of Frankie!
- Frankincense works at a cellular level to support cellular function and all bodily systems. Get your daily dose of Frankie by placing 1 drop of oil undiluted under your tongue everyday.
- Diffuse during meditation or yoga to aid you in your practice and focusing on your intention for the day
- There have been extensive research studies that show the connection between Frankincense extract and slowed cancer tumor growth. For more research go to www.pubmed.com

EMOTIONS AND ESSENTIAL OILS

THE EMOTIONS CONNECTION

Science has for a long time proven that it is our emotions and stored emotions that are the cause of most illnesses.

Emotions by very definition, are energy in motion. This energy is very powerful and can at times feel all consuming. If we do not have the tools and resources to release this energy from the body and energy field surrounding the body, the energy can become lodged in tissue and organs, causing chaos and disease.

Our experience of emotions is often the result of a life experience, followed by an automatic thought based on your belief system. The emotional energy in response to these events, is then stored within the cellular memory throughout the body and when triggered, creates an automatic response.

For most people this can feel like being at the whim of your emotions and not being able to control yourself. This triggered cellular memory, with the right tools, can release these stored emotions for good.

In our personal experience changing belief systems, automatic thoughts and habits requires huge amounts of attention and time. In a society where time appears to be scarce, it can be difficult for most people to invest time and energy into cognitive reprogramming to change thoughts and feelings.

As a result of this, my focus and passion has shifted from the physical and cognitive intervention to moving stored energy and emotions for accelerated results. And nothing has the power to shift these trapped emotions like essential oils.

STRESS AND ANXIETY

SUPPORT YOURSELF WITH ESSENTIAL OILS

LAVENDER

Considered the most common essential oil, lavender oil benefits include having a calming, relaxing effect. It's considered a nervous system restorative and helps with inner peace, sleep, restlessness, irritability, panic attacks, nervous stomach and general nervous tension.

FRANKINCENSE

Frankincense is great for supporting the treatment of depression and anxiety because it provides a calming and tranquil energy as well as spiritual grounding. In aromatherapy, it helps deepen meditation and quiet the mind.

- Diffuse Lavender and Frankincense when feeling stressed or anxious
- If out and about and feeling stressed or anxious, place a drop of Lavender or Frankincense into palms of hands and take 3 deep breaths
- Dilute 5 drops of Lavender and 5 drops of Frankincense in Fractionated Coconut Oil and add to a hot bath for a deeply relaxing experience
- Dilute Lavender and Frankincense in Fractionated Coconut Oil and rub on soles of feet to support feelings of calm, and promote restful sleep
- Journal. Journal your thoughts and goals daily and while you do, diffuse some beautiful oils to support you. Lavender is the oil of free flowing communication and Frankincense is the Oil of Truth. Try this blend to calm, soothe and inspire. 2 drops of each Lavender, Frankincense and Lemon.
- Get grounded. There's nothing more calming that brings yourself back to your heart center. Get out in nature, go for a walk, or if you are working and can't get outside place 1 drop lavender and 1 drop eucalyptus in your palms, rub together and take some long deep breaths.

SLEEP

SUPPORT YOURSELF WITH ESSENTIAL OILS

LAVENDER

Considered the most common essential oil, lavender oil benefits include having a calming, relaxing effect. It's considered a nervous system restorative and helps with inner peace, sleep, restlessness, irritability, panic attacks, nervous stomach and general nervous tension.

EASY AIR

doTERRA Breathe is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara. doTERRA Breathe maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats. doTERRA Breathe can be applied topically to the chest, back, or bottom of feet, or diffused at nighttime to calm the senses and promote a restful sleep.

- Diffuse Lavender and Frankincense when feeling stressed or anxious
- If out and about and feeling stressed or anxious, place a drop of Lavender or Frankincense into palms of hands and take 3 deep breaths
- Dilute 5 drops of Lavender and 5 drops of Frankincense in Fractionated Coconut Oil and add to a hot bath for a deeply relaxing experience
- Dilute Lavender and Frankincense in Fractionated Coconut Oil and rub on soles of feet to support feelings of calm, and promote restful sleep

Diffuser Blends

Immune Support

2 Drops Lemon
3 Drops On Guard
1 Drop Oregano
3 Drops Frankincense
2 Drops Tea Tree

Relaxation and Balancing

4 Drops Lavender
4 Drops Frankincense
3 Drops Lemon (or Wild Orange)

Respiratory Support

5 Drops Easy Air
3 Drops Frankincense
3 Drops Lemon

Uplifting and Energizing

5 Drops Peppermint
4 Drops Lemon
3 Drops Frankincense

Refresh your Home

5 Drops Easy Air
3 Drops Tea Tress
3 Drops Lemon
3 Drops Peppermint

Sleep Support

5 Drops Lavender
3 Drops Frankincense
3 Drops Easy Air

RECIPES

Choc-Peppermint Bliss Balls

8-10 Dates

1 Tbsp of Coconut Oil (or a little less)

4-6 Drops of doTERRA Peppermint Oil

1/2 Cup of Shredded Coconut

1 Cup of Cashews (Or other nuts or seeds)

1/4 Cup of Cacao

Blend all ingredients together in a blender or food processor. Roll mixture into small balls and refrigerate



On Guard Apples

Cut an apple into snack sizes

Place in a bowl and cover with filtered water

Add 1-2 drops of doTERRA On Guard Blend

Let Soak for 5-10 Minutes

Drain apples from water and enjoy as an immune boosting snack!

Apples can be chopped up further and stirred through porridge, or then cooked and added to Apple Pie for the filling!



Lavender Coconut Smoothie

1/2 banana

1/4 cup blueberries

1/2 teaspoon raw honey

2 cups full fat coconut milk

Sprinkle of cinnamon

4-6 drops Lavender or Lemon essential oil

Blend all ingredients in a blender and serve in a tall glass. For smoother consistency use frozen fruit



RECIPES

Lemon Curd

Ingredients

4 large eggs, room temperature
1/2 cup melted butter
8 drops doTERRA lemon essential oil
1/3 cup xylitol
1/8 tsp fine sea salt
1/2 C lemon juice, freshly squeezed (about 3-4 lemons depending on size)

Instructions

Add the eggs, coconut oil, xylitol, salt, and lemon juice to a saucepan . Using a whisk , whisk together until all ingredients are combined. Continue to heat the mixture over medium-low heat, whisking constantly until thickened. The lemon curd will thicken (to pudding consistency) after about 8-10 minutes. Make sure you don't stop whisking as your cur will go lumpy as the eggs 'scramble'.

Add the doTERRA lemon oil
Remove from heat, transfer to glass containers and cool to room temperature before refrigerating.

Flu Bomb

doTERRA Essential Oils

Frankincense, Lemon, On Guard, Oregano, Tea Tree

Mix 1 drop of each with 1 tbsp of carrier oil. Apply mixture to soles of feet, chest, upper back, throat, and diffuse in diffuser. Can also be added to a doTERRA vege capsule and taken internally.



Natures Antibiotic

Make a natural anti-biotic blend using OnGuard (5 drops), Oregano (4 drops), Frankincense (3 drops), Peppermint (2 drops), and Lemon (1 drop) in a vege cap.

Be sure to also be consuming quality pre and probiotics daily to maintain gut health balance

Lemon and ACV Water

This little number is the perfect way to start each day.

As a natural cleansing agent, lemon supports our detox system. If you are already drinking warm lemon water every morning - Awesome! Try swapping out the Lemon juice for lemon oil. Lemon oil does not contain the acid that lemon juice does and will not erode the enamel on your teeth!

Add 10ml of Apple Cider Vinegar to 3/4 full glass of cool filtered water. Fill the glass the rest of the way with boiling filtered water. Add 1/2 teaspoon of coconut oil and 1-2 drops of lemon oil and stir.



RECIPES

Bug Repellent Spray

In a small spray bottle, combine:
5 drops Peppermint oil
5 drops Lavender oil
5 drops Meleuca oil (Tea Tree oil)
30ml water

Spray on skin, hair and clothes before heading to the outdoors. If ticks are bad, be sure to heavily coat your ankles, waist line and any openings to your skin. Reapply every two hours.

Household Surface Cleaner

In a small to medium spray bottle, combine:
5 drops Peppermint oil
5 drops On Guard oil
5 drops Meleuca oil (Tea Tree oil)
5 drops Lemon Oil
400ml water

Use to clean kitchen bench top, fridge, dining table, coffee table, bathrooms, showers, windows, glass, any surface in the house that you want clean and free of toxins!

Fabric Freshner

In a small spray bottle, combine:
5 drops Easy Air oil
5 drops Lavender oil
5 drops On Guard (Tea Tree oil)
30ml water

Spray on beds, sheets, pillows, couches and other cloth furniture to disinfect and freshen up

Carpet Sanitiser

Add 15 of drops of doTERRA On Guard to 1 cup of Cornstarch or Arrowroot powder and mix together.

Sprinkle on carpet and leave for 1 hour before vacuuming up for micro clean carpet

Exfoliant Scrub

Combine 4–5 drops of doTERRA Lemon essential oil to a small amount of oatmeal and water.

As you apply the Lemon oatmeal scrub to your skin, you will feel the cleansing and refreshing properties of Lemon oil working to exfoliate and clean your skin.

Wash off and follow with toner and moisturiser

Acne Face Wash

Combine 2 drops of doTERRA tea Tree Oil and 2 drops doTERRA Lemon Oil to a small amount of pure castile soap (we use and recommend Dr Bronner's) and water.

Work into a foam and apply to face using circular motion. Be sure to avoid the eye area.

Wash off and follow with toner and moisturiser

RECIPES

Home Made Eczema Cream

1/2 cup extra-virgin coconut oil
1/4 cup avocado oil
1/4 cup extra-virgin olive oil
3 tbsp. beeswax pastilles
3/4 tsp. vitamin E Oil
1/2 tsp arrowroot powder or cornstarch
15 drops lavender essential oil
15 drops melaleuca essential oil
10 drops frankincense essential oil

Combine first 4 ingredients in a pint jar and place in a pot half-filled with water. Bring water to a boil and stir frequently until ingredients are completely melted. Remove jar from pan and place on a dish-towel covered counter. Slowly add arrowroot powder, stirring constantly to avoid lumps. Allow mixture to cool enough that you can touch the jar comfortably for at least ten seconds. Add vitamin E and the essential oils and stir. Immediately pour into desired containers and cover with a piece of paper towel so bacteria or dust can get in. Do not disturb for several hours and preferably overnight. Once completely cooled, put lids on and store at room temperature.

Toothpaste

1/4 cup baking soda
1/4 cup organic coconut oil
3-5 drops doTerra On Guard Oil
5-10 drops doTerra Peppermint Oil
1/4 tsp 100% Natural Stevia
Add Himalayan Salt to taste

Mix baking soda, coconut oil, Stevia, and salt together until it becomes a paste. Drop essential oils in last. Stir and salt to taste. Store in sealed jar.



Deoderant

1/3 cup unrefined coconut oil
1/3 cup cornstarch or arrowroot powder
1 1/2 to 2 tablespoons of baking soda (adjust for sensitivity)
5 drops doTERRA Lavender Oil
5 drops doTERRA Tea Tree Oil

Warm the coconut oil in a double boiler just until it melts. Stir in cornstarch or arrowroot powder and the baking soda. Once cool, add Essential Oils. Pour the mixture into a lidded jar to apply by hand.



THE LOYALTY REWARDS PROGRAM

"Its like our frequent flyers. The smartest way to buy your oils. Understanding the value of the Loyalty Rewards Program (LRP) is really important, because you're going to want to be on it."

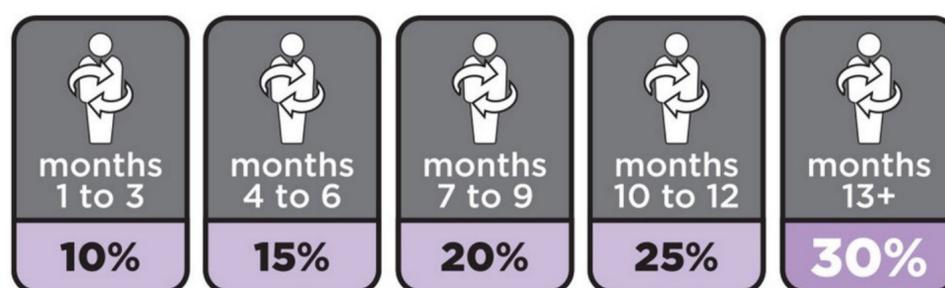
It's not about 'spending' money each month. It's about investing in the oils so that we have more options while spending less money.

For instance, if you purchase a few simple companion products and use some of the recipes we have provided for you you, you can cut down household living costs and help rid your home of toxic chemicals at the same time.

All doTERRA oils have a 'product value' or PV. When you create your first LRP order – and if it is over 50PV – then in months 1-3 you receive 10% of that product value (pv) BACK into your office, in points.

So for example, let's say you buy one bottle of one (skin-smoothing and healing) geranium oil. Geranium has a product value or 'PV' of 34pv. You receive 10% of that 34PV to collect in your 'back office'. So you receive 3.4 Points to save + collect in your back office.

The volume of points back increases, all the way to 30% points back if you purchase over 50PV each month for 13 months.



Ok - So your ready to set up your LRP and start earning points?

You can watch this video to learn how [HERE](#)

OR get in touch with your enroler to help you out directly!

LOYALTY REWARDS PROGRAM

Quick Q's:

Q: What if I can't make a 50pv order because I simply can't afford it?

A: You only need to process a 1pv order to 'hold' or 'maintain' your %points back level. When you increase that to over 50pv again, you continue your trajectory to 30% points back.

Q: Can I Cancel?

A: Of course. If you want to cancel your LRP at any time, simply call Head Office in your location and they can cancel it for you on the spot. Make sure you 'spend' any accrued points though!

Q. How can I use my points?

A. On oils of course! A bottle of the incredible Whisper Women's Blend is valued at \$55 retail or \$44 wholesale... BUT is only 27pv. So once you save up 27pv in your back office, you can spend that on a \$44 bottle of Whisper. See the value? Amazing right?

Q. What other oils could I possibly need?

A. Whisper as your perfume (or Passion, or Intune) The Mood Management Collection for just that.. Clary Sage or Clary Calm for our Moon Cycle (women it saves us wanting to murder people, I swear!). Ylang Ylang for your sexy oil, Vetvier our natural sedative, and SO MUCH MORE. (Over 70 oils available to us!)

Fun Facts:

★ If you spend over 125pv and your LRP Ships between the 2nd and 15th of the month, you receive a FREE product from doTERRA called the 'Product Of The Month', which will be automatically shipped with your order. These change each month and could be valued from \$20 all the way to \$50!

★ If you ever want to share doTERRA oils or create a business with them, then the ONLY overhead you have is to process a 100pv order monthly. If this is something you're interested in, chat to your Upline and they will help you out.

Go forth and set your very first LRP up please. And remember if you have any questions or concerns - get in touch with your enroller or sponser for support - its what they love to do!