

ō

JULY

Promotions



dōTERRA[®]
SOUTH AFRICA

“

“Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted.”

Denis Waitley

”

CLOVE

with Melonie Gobel

125 PV ORDER BEFORE 15 JULY 2022

FREE

PRODUCT OF THE MONTH

TIPS & TRICKS

- ❑ One Clove essential oil drop can clean the teeth and gums while promoting fresh breath.
- ❑ Because of its warm, spicy characteristics, Clove oil makes the perfect addition to your favorite winter or holiday recipes.
- ❑ Not only is the spicy, autumn flavor of Clove oil great for cooking, you can also enjoy the scent of Clove oil in your own homemade sugar scrub.

3 WAYS TO USE

- 1 Add 1 Clove oil drop to toothpaste to clean teeth and gums.
- 2 Place 1 drop in 60 ml of water and gargle for a soothing effect.
- 3 Take in veggie capsules to support cardiovascular health.

BENEFITS

- Internal use has powerful antioxidant benefits.
- Soothing, warm aroma.
- Helps clean teeth and gums.
- As a cooking spice, Clove oil adds a spicy flavor to any dish or dessert while providing internal health benefits.

ALL SPICE MARINADE

2/3 cup Beef Broth
1/3 cup Apple Cider Vinegar
2 cloves Garlic, crushed
1 small Onion, diced
1 drop Clove
1 drop Marjoram
1 drop Thyme
1 drop Wild Orange
2 Tbsp Olive oil
Salt & Pepper to taste



Mix & Marinate 6 hours or overnight



ORAL COLLECTION

with Melonie Gobel

TIPS & TRICKS

- ❑ Helps to preserve the teeth enamel's original composition to maintain healthy teeth.
- ❑ Use dōTERRA On Guard Mouthwash to promote healthy-looking teeth and gums.
- ❑ Leaves mouth feeling fresh and clean.
- ❑ Natural abrasive that helps remove tooth stains.

BENEFITS

- Cleans and freshens breath.
- Helps prevent gingivitis as part of a complete dental plan.
- Beneficial for oral hygiene.
- Leaves your breath cinnamon-mint fresh.
- Great overall flavor while helping to keep the teeth and gums clean.

3 WAYS TO USE

1

Use dōTERRA On Guard Mouthwash after meals to freshen breath and brighten smile.

2

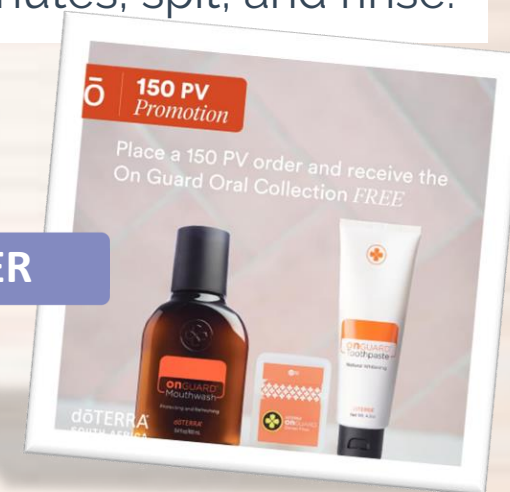
Helps remove plaque and food particles from teeth and gums.

3

Apply a small amount of toothpaste to a moistened toothbrush. Brush gently and thoroughly for 2 minutes, spit, and rinse.

FREE**150 PV ORDER**

30 JULY 2022



NEW

TIPS & TRICKS

- ❑ The warm, earthy nature of Ginger oil makes it useful for massage. When you want a stimulating or warming massage, dilute Ginger oil with doTERRA Fractionated Coconut oil and apply topically.
- ❑ To help support healthy joint function and for antioxidant benefits, add one drop of Ginger essential oil to your morning smoothies.

BENEFITS

- Ginger may help reduce occasional nausea when taken internally.
- Ginger essential oil may help reduce bloating and gas when taken internally.
- Have you tried adding Ginger essential oil to your diffuser blends? You can diffuse it in the essential oil diffuser of your choice to help create a balanced, grounded feeling.

3 WAYS TO USE

1

Add a drop of Ginger to your tea.

2

Apply over lower abdomen to ease occasional indigestion or nausea.

3

Dilute and rub on chest to promote clear breathing.

Soothing Honey



4 oz honey
5 drops each.

On Guard[®]

Ginger

Tea Tree

Peppermint

Lemon

Stir oils in to the honey
and store in a small jar.

Take 1 small spoonful every
hour or two, as needed, to
soothe an irritated throat.



TIPS & TRICKS

❑ **Diffusion Jewelry:**

Add a drop of Air-X oil to your favorite lava bead necklace or bracelet for a bright and invigorating fragrance to carry with you all day long.

❑ **Room Spray:** Add several drops of Air-X oil blend to a 60 mL spray bottle with water for a simple room freshening spray that carries an energizing, bright aroma.

BENEFITS

- **Shower Steamer:** Add two drops of Air-X essential oil to the shower floor to infuse the steam with an invigorating, clear aroma.
- **Home Cleaner:** Add several drop of Air-X oil to a spray bottle with water and vinegar for an easy do-it-yourself, naturally sourced surface cleaning spray.

NEW



3 WAYS TO USE

1

Diffuse to refresh the air in your home or office.

2

Use Air-X to promote a clear environment in your space.

3

Add a drop to your favorite diffuser necklace or bracelet.

discover

MAGNOLIA

with Melonie Gobel

NEW

TIPS & TRICKS

- ❑ When anxious feelings arise throughout the day, apply Magnolia Touch to wrists or pulse points. Magnolia has a calming and relaxing aroma that soothes anxious feelings.
- ❑ Promote feelings of relaxation while you're getting ready for bed by rolling the oil into your palms and inhaling the scent by cupping your hands over your nose.

BENEFITS

- Calming and relaxing.
- May help keep skin clean and healthy-looking.
- Soothing to the skin.
- May help ease anxious feelings.
- When your skin is in need of comfort, roll on Magnolia Touch. It offers cleansing and moisturizing benefits to the skin.

3 WAYS TO USE

- 1 Roll onto the bottoms of your feet to create feelings of calm and relaxation.
- 2 Combine topically with Bergamot or Ylang Ylang to promote healthy-looking skin and to customize your daily fragrance.
- 3 Use Magnolia Touch daily as your new signature personal fragrance.

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YARROW/POM

with Melonie Gobel

15% off



3 WAYS TO USE

- 1 Skin: Use topically to revitalize aging skin & reduce appearance of blemishes.
- 2 Immune: Take 1-2 drops daily to support a healthy immune system.
- 3 Support: Take internally to calm body & mind – it provides a powerful antioxidant support.

TIPS & TRICKS

- ❑ Mix Yarrow/Pom with lavender, helichrysum, frankincense, and fractionated coconut oil to help minimize the appearance of scars.
- ❑ Add a few drops of Yarrow/Pom to fractionated coconut oil for a relaxing massage to help soothe tension.

BENEFITS

- Research suggests pomegranate seed oil may support healthy metabolic function when consumed.
- As part of your skin care routine, apply Yarrow|Pom to help soothe the skin, or to help reduce the appearance of blemishes.
- Create a soothing massage experience with a few drops of Yarrow|Pom.

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DEEP BLUE STICK

with Melonie Gobel

BACK



3 WAYS TO USE

- 1 Apply before, during & after exercise as needed.
- 2 Use for targeted temporary relief against simple backache, arthritis, strains & bruises.
- 3 Massage into your muscles & joints at the end of a long, straining day on your feet.

Deep BlueTM

stick + copaiba

Benefits



- PROVIDES MAXIMUM OTC STRENGTH PLANT-BASED MENTHOL
- DELIVERS TEMPORARY RELIEF OF MINOR ACHES AND PAINS
- INCLUDES MOISTURIZING EMOLLIENTS THAT LEAVES YOUR SKIN SOFT AND NON-GREASY
- CREATES A COOLING AND SOOTHING SENSATION

BACK IN
STOCK





*“I believe that the greatest gift you can give
your family and the world is a healthy you.”*

Joyce Meyer

