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NOVEMBER

Promotions

dōTERRA
SOUTH AFRICA

dōTERRA
SOUTH AFRICA

5 Day Sale!

Wholesale R2,995 | PV 105

(Valid from 31st October - 5 November 2022)



dōTERRA®
SOUTH AFRICA

After 5 November:
Wholesale R3,250 | PV 105

Beginners Essentials Enrollment Kit



SKU: 60215201

Retail: R 2 160.00

Wholesale: R 1 620.00

PV: 80

A great way to begin your journey to health. Enjoy the benefits of a few of doTERRA's favorite essential oils and personal care products. Packaged in a compact, reusable zippered carrying case. Whether you've used essential oils, or are just learning this is a perfect introductory starter kit.

The kit contains:

- On Guard 5ml
- Lavender 5ml
- Copaiba 5ml
- Wild Orange 5ml
- Balance 5ml
- Deep Blue Rub 120ml

Also includes:

- 12 month doTERRA wholesale account - allowing you to purchase all your products at 25% below the retail cost.
- Access to doTERRA's loyalty rewards programme where you can get free products and extra savings
- Free access to continued oil education
- Free access to our customer group

For anyone wanting to start their own doTERRA business (optional)

- Access to FREE mentorship
- Access to all of our team's resources
- Access to team training

Lavender

[Discover Solutions: Lavender |](#)
[dōTERRA Essential Oils](#)
[\(doterra.com\)](#)



This oil comes in 15ml and 5ml size. The 5ml is specifically registered for internal use.



Description

Lavender oil has been used and cherished for centuries for its unmistakable aroma and myriad of benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities, when taken internally, continue to be Lavender's most notable attributes. Applied topically, Lavender oil is frequently used to reduce the appearance of skin imperfections. Due to Lavender's versatile properties, it is considered the must-have oil to have on hand at all times.

Primary Benefits

- Soothes occasional skin irritations
- Taken internally, Lavender oil reduces anxious feelings and promotes peaceful sleep*
- Helps ease feelings of tension when used internally*

Aromatic Description

Powdery, floral, light

Collection Method

Steam distillation

Plant Part

Flower/Leaf

Main Constituents:

Linalool, Linalyl acetate, Ocimene

Uses

- Add a few drops of Lavender to pillows, bedding, or bottoms of feet at bedtime.
- Keep a bottle of Lavender on hand to soothe occasional skin irritations.
- Freshen your linen closet, mattress, car, or the air by combining Lavender with water in a spray bottle.
- Take internally to help soothe and relax the mind.*
- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 120ml of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Balance™

Grounding Blend



[Discover Solutions: doTERRA Balance® | dōTERRA Essential Oils](#)



Primary Benefits

- Promotes a whole-body sense of relaxation.
- Provides a calming aroma.
- Evokes a tranquil atmosphere.

Ingredients

Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower

Aromatic Description

Airy, fresh, sweet, woody

Description

The warm, woody aroma of dōTERRA Balance Grounding Blend creates a sense of calm and well-being. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in dōTERRA Balance, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile can ease anxious feelings, while Frankincense provides a grounding, balancing effect on emotions.

Uses

- Begin your day by putting Balance™ on the bottom of your feet to evoke a peaceful setting throughout the day.
- Balance is a great oil blend to use during an AromaTouch™ Hand Massage.
- Apply to your wrists or neck to provide a calming aroma.
- Diffuse in your car during road trips to create a calming, soothing environment.

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.
Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Wild Orange

[Discover Solutions: Wild Orange |
dōTERRA Essential Oils
\(doterra.com\)](#)



Description

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its energizing aroma. High in limonene, Wild Orange possesses stimulating and purifying qualities, making it ideal to support healthy immune system function when used internally.*

Uses

- Use in an all-purpose spray to cleanse and purify surfaces.
- Add a drop to your water every day for a burst of flavor and to promote overall health.*
- Diffuse for an uplifting aroma and to freshen the air.
- During cold weather months, consider adding one or two drops to a capsule to help support a healthy immune system.*
- Add a few drops of Wild Orange to your favorite tea when you want to support your immune system.*

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Food additive use: Add 1 or 2 drops to food.

Topical Use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for at least 12 hours after applying product.



Primary Benefits

- Powerful cleanser and purifying agent
- Internal use supports healthy immune function*
- Creates an uplifting environment

Aromatic Description

Sweet, fresh, citrus

Collection Method

Cold Pressed/expressed

Plant Part

Orange rinds (peel)

Main Constituents:

Limonene

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Copaiba

[Discover Solutions: Copaiba](#)
[Education Page | dōTERRA](#)
[Essential Oils \(doterra.com\)](#)



Description

Copaiba essential oil is derived from the resin of the Copaiba tree which can grow upwards of more than 30 metres and can be found in tropical South America. Copaiba oil is widely used in cosmetic products including soaps, creams, lotions, and perfumes. Since the 16th century, Copaiba essential oil has been utilized in traditional health practices by the natives of north and northeastern Brazil. Similar to Black Pepper essential oil, Copaiba can be applied to the skin to promote a clear, smooth complexion.

Uses

- Swish two drops of Copaiba essential oil and one drop of Peppermint essential oil to freshen the breath and promote oral cleanliness.
- Di?use two drops each of Copaiba, Vetiver, Lavender, and Wild Orange to promote restful sleep at night.
- Place one to two drops of Copaiba under the tongue to encourage a general sense of well-being.
- Add to your moisturizer to enhance the appearance of healthy-looking skin.
- After strenuous activity, apply Copaiba with dōTERRA® Fractionated Coconut oil to the legs for a soothing massage.

Directions for Use

Di?usion: Use three to four drops in the di?user of choice.

Internal use: Dilute one drop in 120ml of liquid.

Topical use: Dilute one to two drops with a carrier oil, then apply to desired area.

Cautions:

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Primary Bene?ts

- Promotes restful sleep.
- Promotes sense of well being.
- Promotes clear, smooth skin.
- Reduces the appearance of blemishes.

Aromatic Description

Spicy, woody

Collection Method

Steam distillation

Plant Part

Resin from *Copaifera reticulata*,
o? cinalis, *coriacea*, and *langsdo? i*

Main Constituents:

β -caryophyllene

OnGuardTM

Protective Blend



[Discover Solutions: doTERRA On Guard® | dōTERRA Essential Oils](#)



Description

As one of dōTERRA's best-selling blends, dōTERRA On Guard protects against environmental and seasonal threats. It can also be used on surfaces throughout the home as a non-toxic cleaner. When diffused, dōTERRA On Guard helps purify the air and can be very energizing and uplifting.

Uses

- Add two to three drops in a veggie capsule for an immune boost.*
- Add to water for an effective all-purpose surface cleaner.
- Soak sliced apples in water and a few drops for a healthy, immune-boosting snack.*
- Combine a few drops of doTERRA On Guard with Fractionated Coconut Oil for a natural hand cleanser.

Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Food additive use: Dilute one drop in 120 mL or 1/2 cup of liquid.

Topical use: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions:

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Primary Benefits

- Supports healthy immune and respiratory function when used internally*
- Ingest to support the body's natural antioxidant defenses*
- Powerful surface cleaner
- Energizing and uplifting aroma

Ingredients

Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf/Flower essential oils

Aromatic Description

Warm, spicy, camphoraceous, woody

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Deep Blue Rub™

[Discover Solutions: Deep Blue® Rub | dōTERRA Essential Oils \(doterra.com\)](#)

PV: 35.25



Description

dōTERRA Deep Blue Rub is a rich, topical cream infused with the Deep Blue Soothing Blend of CPTG Certified Pure Tested Grade™ essential oils. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. Made with dōTERRA's top-selling Deep Blue essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Matricaria (German Chamomile), Helichrysum, Ylang Ylang, and Osmanthus, Deep Blue Rub is an essential addition to your bathroom cabinet and gym bag. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft and not greasy. It is the choice of massage therapists and sports practitioners who currently use dōTERRA Deep Blue essential oil blend in their practice.

Directions for Use

Massage cream into affected areas. For a more intensive treatment, apply Deep Blue essential oil blend on the skin prior to cream application.

Cautions

For external use only Possible skin sensitivity. Avoid contact with eyes. Do not use on wounds or damaged skin. Do not bandage tightly after application or use with a heating pad. Keep out of reach of children to avoid accidental ingestion. If swallowed, get medical help or contact a Poison Control Center immediately.

Primary Benefits

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Perfect for the athlete in your life, Deep Blue Rub is blended in a base of moisturizing emollients that leaves your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

Ingredients

Water (Aqua), Gaultheria procumbens (Wintergreen) Leaf Oil, Cinnamomum camphora (Camphor) Oil, Menthol, Cetearyl Alcohol, Prunus amygdalus dulcis (Sweet Almond) Oil, Stearic Acid, Glyceryl Stearate, PEG-100 Stearate, Mentha piperita (Peppermint) Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Caprylic/Capric Triglyceride, Butylene Glycol, Cananga odorata (Ylang Ylang) Flower Oil, Capsicum frutescens Fruit Extract, Chamomilla recutita (Matricaria) Oil, Tanacetum annuum (Blue Tansy) Flower/Leaf/Stem Oil, Helichrysum italicum (Helichrysum) Flower/Leaf/Stem Oil, Allantoin, Gardenia florida Fruit Extract, Osmanthus fragrans (Osmanthus) Flower Extract, Aloe barbadensis Leaf Juice Powder, Chlorella vulgaris Extract, Retinyl Palmitate, Squalane, Ceteareth-20, Hydroxyethyl Acrylate/ Sodium Acryloyldimethyl Taurate Copolymer, Dimethicone, Phenoxyethanol, Caprylyl Glycol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Xanthan Gum, Ethylhexylglycerin, Hexylene Glycol, Polysorbate 60, Maltodextrin, Sodium PCA, Tetrasodium Glutamate Diacetate, Sorbitan Isostearate, Sodium Hydroxide

LAVENDER LEMONADE RECIPE WITH ESSENTIAL OILS

5 ingredients

1 cup Honey, raw

1 cup Lemon juice, freshly squeezed

2 drops Lavender essential oil

2 drops Lemon essential oil (Replace with Yellow Mandarine)

6 cups Water



dōTERRA®
Lifelong Vitality Pack®:
Live Younger, Longer
*Maximize Your Energy,
Focus, and Well-Being*

[lifelong-vitality.pdf \(doterra.com\)](https://www.doterra.com/lifelong-vitality.pdf)



Botanical Extracts

- Polyphenols
- Mental Clarity
- Optimal Energy Levels
- Oxidative Stress Reduction



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Omega Fatty Acids

- Circulatory Support
- Nervous Support
- Joint Support
- Skin Support



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Essential Vitamins and Minerals

- Immune Support
- Metabolic Support
- Bone Support
- Digestive Enzymes

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

10% off



<https://www.doterra.com/US/en/doterra-pink-pepper>



dōTERRA | SOUTH AFRICA



USAGE TIPS

- 1 Combine two drops with doTERRA Fractionated Coconut Oil for a soothing massage
- 2 Add a few drops to a veggie capsule and take internally to help calm and soothe the nervous system or
Add two drops to a glass of water to help support immune function
- 3 Inhale or diffuse to promote feelings of alertness



Breast Detox

Ingredients:

10 Drops Pink Pepper

10 Drops Frankincense

10 Drops Grapefruit Fractionated Coconut Oil

Directions:

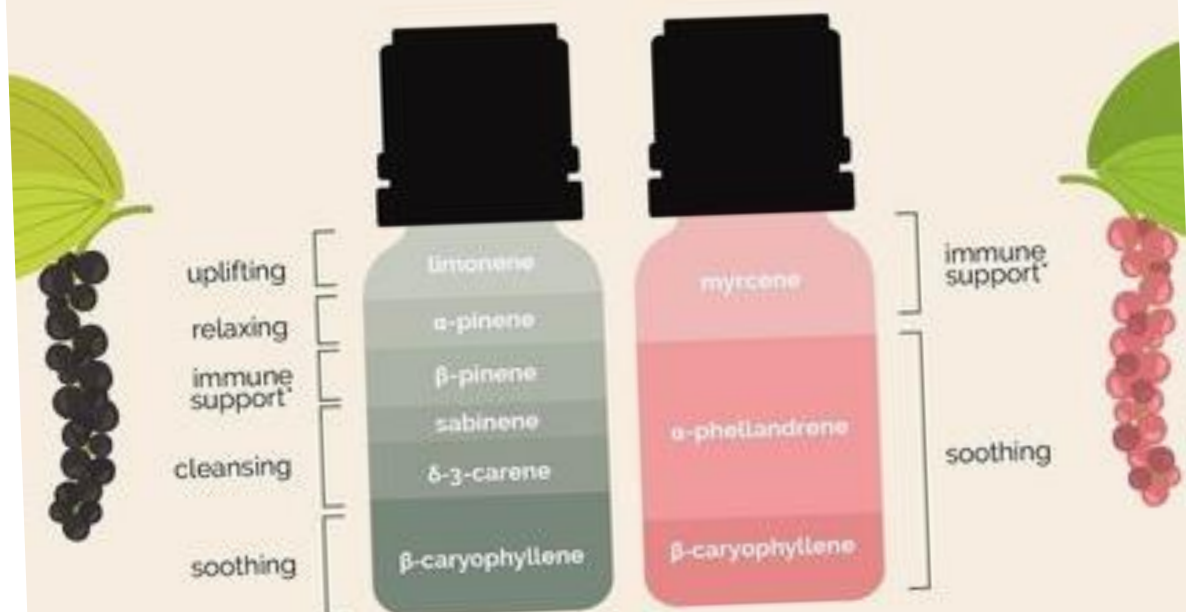
Add the essential oils to a 10mL roller bottle and top with fractionated coconut oil.

Choose a month each quarter and perform a breast massage each day using this blend.

October would be a great time to remind yourself to do this.

dōTERRA science

Let's compare...



Black Pepper & Pink Pepper

Both essential oils are considered peppers, Pink Pepper is actually in the same plant family as the cashew tree. Despite this, Pink Pepper and Black Pepper both have spicy aromas that promote soothing atmospheres.

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A close-up photograph of a person's bare back. Two hands, belonging to a therapist or practitioner, are shown massaging the back. The hands are positioned on either side of the spine, with fingers spread, applying pressure to the muscles. The skin is a warm, light brown tone. The background is softly blurred, showing a light-colored surface.

Cell Support

5 drops Green Mandarin
6 drops Pink Pepper
2 drops Yarrow Pom
2 drops Frankincense
2 drops Turmeric

Add all oils to a 10ml roller
and top off with FCO.

Roll along the spine daily to
support cellular health.

Beard Oil

5 drops Pink Pepper
3 drops Douglas Fir
5 drops Cedarwood

Add all oils in a 10ml roller bottle and top off with FCO. Massage into the beard for moisture & shine.





WARMING

Massage Blend

INGREDIENTS

Fractionated Coconut Oil

Pink Pepper essential oil

Marjoram essential oil

Lavender essential oil

METHOD

You can put a few drops of oil into Fractionated Coconut Oil all at once, or layer them on the body one at a time, along with a few drops of Fractionated Coconut Oil for the best effect.

Natural Deodorant

10 drops Pink Pepper
5 drops Frankincense
10 drops Neroli
5 drops Tea Tree

Mix together in a 10 ml roller bottle, top off with FCO and apply as deodorant. May double the recipe and add to a larger roller bottle for ease of use.



Product of the Month

<https://www.doterra.com/US/en/yellow-mandarin-oil>



doTERRA | SOUTH AFRICA

Holiday Guide

GIFT GIVING GUIDE 2022



doTERRA | SOUTH AFRICA

The perfect self-care gift

MIDNIGHT FOREST AFTER SHAVE

Midnight Forest Aftershave Lotion delivers the aroma of a long, leisurely walk in the woods with an earthy blend of CPTG® essential oils. It hydrates, soothes, and calms post-shave skin without being overpowering.

60216269 | Wholesale R349 | Retail R465 | PV 16.5

MIDNIGHT FOREST BODY WASH

Transform your shower into a forest bathing experience. Midnight Forest Body Wash is a natural shower gel, infused with CPTG® essential oils, that gently cleanses and conditions, leaving skin clean, soft, and smooth.

60216287 | Wholesale R289 | Retail R385 | PV 11

MIDNIGHT FORREST COLLECTION: 60224303 | Wholesale R590 | Retail R787 | PV 24

Available from 1st November 2022





Gua sha & Glow

GUA SHA BEAUTY COLLECTION

Gua sha is a beautifully simple practice you can do daily to support healthy skin and create a naturally radiant glow. Enhancing the gua sha massage with the undeniable power of Yarrow | Pom provides a clean beauty routine with potent results. Perfect for the face, the synergistic blend of CPTG® Yarrow essential oil and cold pressed Pomegranate Seed Oil, Yarrow | Pom Active Botanical Nutritive Duo nourishes and protects skin. Yarrow | Pom Body Renewal Serum, created expressly for the body, contains powerful bioactive compounds to promote smooth, firm, luminous-looking skin. The elegant rose quartz gua sha stone will transform your skin as fully, realize the benefits of Yarrow | Pom products leading to the full body glow you deserve.

60219901 | Wholesale R1700 | Retail R2267 | PV 75



A nourishing gift

CARROT SEED BODY BUTTER

Quench your skin with the nourishment it craves. This intense moisturizer is infused with rejuvenating Carrot Seed, invigorating Spearmint, and vibrant Rosemary CPTG® essential oils. It delivers a refreshing, grounding aroma, and supplies skin immediate and long-lasting hydration. This luxurious moisturizer contains the perfect blend of olive, sweet almond, and jojoba oils and cacao butter, leaving your body feeling soft and smooth.

60218760 | Wholesale R300 | Retail R400 | PV 12

Available from 1st November 2022



A cozy bottle

HYGGE 15ml

Known in Nordic countries as Hygge, pronounced hoo-gah, this is the practice of finding joy in everyday moments. dōTERRA captures this comfort and familiarity in a bottle with the Hygge Cozy Blend. Surround yourself with the aroma of fresh, fragrant oranges, warm and earthy woods, and sweet vanilla. Let the rich aroma of Hygge take you to a place of contentment. Delight in the little things. Simple pleasures are the best.

60218467 | Wholesale R580 | Retail R773 | PV 32.5



Wild Orange



Cedarwood



Amyris



Frankincense



Myrrh



Cistus



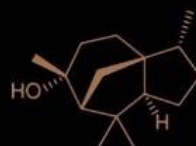
Vetiver



Tonka Bean



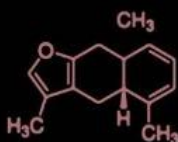
Vanilla



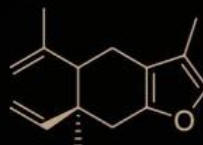
Cedrol



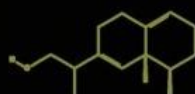
Alpha-pinene



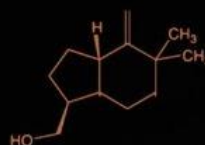
Furanoeudesma-1,3-diene



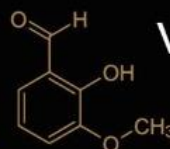
Curzerene



Isovalencenol



Khusimol



Vanillin



How do I use Hygge Blend?

1 Room Spray: Spread the delight of Hygge essential oil blend all around with a DIY room spray. Simply add 10 drops of Hygge oil in a glass spray bottle with distilled water and witch hazel and spritz for a comforting aroma.

2 Dryer Balls: Transform your next load of linens or laundry into an aromatic experience that wraps your senses in comforting scents. Simply add several drops of Hygge oil to a cotton dryer ball to infuse your warm laundry with its cozy aroma.

3 Diffusion: Create a warm and inviting environment by diffusing three to four drops of Hygge oil blend in the diffuser of choice and fill your space with a warm, woody, citrusy aroma. Perfect for a quiet night in.



The gift of comfort

BUBBLE DIFFUSER WITH HYGGE

This small diffuser is designed to hibernate until it detects movement with its infrared motion sensor, which has a 13-foot range and 120-degree field of view. The Bubble Diffuser can accommodate both 5 ml and 15 ml bottles and runs for up to 12 hours. When it's time to charge the diffuser, an indicator light will let you know. Add Hygge 15ml for a cozy & welcoming aroma. Surround yourself with the aroma of fresh, fragrant oranges, warm and earthy woods, and sweet vanilla. Let the rich aroma of Hygge take you to a place of contentment.

60224264 | Wholesale R700 | Retail R875 | PV 10

Available from 1st November 2022



<https://youtu.be/sbjYtKSPFGs>

MOTION - ACTIVATED



Softness in a tube

SOL NO 3 HAND LOTION

Keep your skin soft, hydrated, and healthy looking with Sol N° 3 Hand Lotion. Formulated with conditioning emollients and natural botanical extracts, this light, velvety-smooth lotion is infused with the delightful aroma of Sol N° 3. The lotion comes in a small, convenient tube, perfect for purse or travel. Add a spritz of Sol N° 3 Personal Aroma to layer for a longer lasting scent.

60217627 | Wholesale R280 | Retail R373 | PV 13

Available from 1st November 2022





Holiday mood

HOLIDAY PEACE™ ROOM SPRAY 30ml

Transform your home into a winter wonderland with Holiday Peace Room Spray. The combination of CPTG® Siberian Fir, Douglas Fir, Himalayan Fir, Grapefruit, Frankincense, and Vetiver essential oils creates a welcoming aromatic sanctuary for the holidays.

60218762 | Wholesale R130 | Retail R173 | PV 5.5

Available from 1st November 2022

A passive impact

TERRASTONE PASSIVE DIFFUSEER

Enjoy dōTERRA CPTG® essential oils wherever you go with this pair of portable and sustainable Terrastone Passive Diffusers. Housed in recyclable aluminum, these stylish and functional diffusers are small, reusable, eco-friendly, and designed to add aroma, ambiance, and style to any space. They can be placed on any flat surface using the included sticky rubber pad or attached to a magnetic surface using the built-in magnet in the base. Add a few drops of essential oil to the Terrastone surface for a touch of freshness — on the shelf of a linen closet, corner of an office desk, or a hotel nightstand. To help preserve your favorite aroma, the diffusers come with a resealable lid. A thoughtful hostess gift for holiday parties.

60218306 | Wholesale R289 | Retail R385 | PV 0

Available from 1st November 2022





In-house freshness

DIFFUSING GARLAND

Spice up your home/car/office this summer with your own diffusing Garland.

You will need:

- Your favourite essential oil
- Distilled water
- Witch Hazel/Epsom salt if you do not have Witch Hazel
- Spray bottles

To make:

Add all ingredients to your spray bottle & shake well. Spray on Garland & enjoy your own customized scent.

60222269 | Wholesale R280 | Retail R373 | PV 0

Stylish storage saving

OIL STORAGE CASE

A beautiful padded storage case featuring navy blue tartan that provides you a stylish way to transport your oils securely and beautifully.

The case holds 15 dōTERRA 15ml/5ml bottles and six 10mls.

An essential oil carrying case is extremely useful for keeping oils safe and secure and in a cool, dark place. It is an ideal way to keep oils handy. Beautiful, stylish and very practical – you will love how this packs in your suitcase or hand luggage, ready to go wherever you do!

60222268 | Wholesale R590 | Retail R787 | PV 0

Available from 1st November 2022



Playdough Recipe

1 Cup all-purpose flour

½ Cup Salt

2 Teaspoons cream of tartar

1 Cup water 1.5 Tablespoons liquid

cooking oil (Olive oil) Food

colouring – if want to (Try natural

colouring) 6-8 drops of your

favourite EO

In saucepan stir flour, salt and cream of tartar together
Add water, cooking oil and food coloring and mix until
smooth, Turn on the heat to medium-low, and stir until
mixture forms a ball.

Once the mixture has reached playdough-consistency,
remove it from the heat and allow to cool for 3-4 minutes.
Knead in the EO of your choice.

Store in an air-tight container. (Storing in the fridge
will make it last even longer)

PS: Use some Calming oils for stress ball!

Oil Options

Lime: for uplifting and energizing Lemon / Mandarin: for
focus and clarity

Lavender: for calming and promoting restful sleep

Wild Orange: for uplifting and energizing

Grapefruit: uplifting and relieves tension

Peppermint: invigorating and provides
mental clarity

You can also create combinations:

Wild Orange and Peppermint is a popular combo
for increased concentration

Lemon, Wild Orange, and Lime combine for a
happy citrus scent

DIY TIPS



Homemade Hand Cream Recipe

Ingredients:

1/4 cup shea butter
1/8 cup sweet almond oil
1 tablespoon beeswax
10 to 20 drops of your favourite
Essential oil with ability to nourish and
sooth the skin.

Instructions:

Melt the shea butter, beeswax, and sweet almond oil together in a double boiler. (I just use a Pyrex measuring cup and place it in a pot of simmering water). Stir the mixture as it melts.

Once everything is melted, remove it from the heat and allow it to cool for 5-10 minutes. Stir in the essential oils, and pour the liquid hand cream into a small glass container. Allow it to harden completely (this usually takes several hours). Apply this homemade hand cream recipe to your dry hands as often as needed—especially after a long day working outside or playing in the dirt.

NOTES:

Why shea butter? Shea butter is known to provide powerful moisturizing and nourishing benefits for the skin. You could also substitute half of the shea butter for 1/8 cup cocoa butter or coconut oil.



Peppermint & Citrus Scrub

Ingredients:

1 Cup of white sugar
¼ to 1/3 cups of oil of your choice
(Almon oil, Apricot oil, Olive oil or
all three)

2-4 tablespoons of orange or
Grapefruit zest (Optional – add an
extra bit of exfoliation)

2 Tablespoons of Vegetable
Glycerin (Option – adds extra
moisturizing properties)

10 drops of Peppermint EO
10 to 15 drops of Citrus oil (Wild
Orange, Lemon, Grapefruit of
Mandarin)

Mix sugar, oil, zest and glycerin
together. Gradually add the EO to
desired scent. Store in glass
container

Will make great gift!