

10% OFF



September



On The Go Relief

Place an order of 200PV and receive the Deep Blue Rub, the Deep Blue+ Copalba Stick & Deep Blue 5ml FREE! And Free Standard Shipping!



doTERRA | SOUTH AFRICA



CITRUS BLOOM

with Natacha de Bruin

FREE

PRODUCT OF THE MONTH



TIPS & TRICKS

- ✓ Add to diffuser jewelry for a constant spring-like aroma
- ✓ **Add to lotions for an uplifting massage**
- ✓ It's Matric Exam season, so it is something pretty and floral for the young ladies but will also calm the nerves and help with focus!
- ✓ Apply as a Mid-day boost

BENEFITS

- ☐ Supports an Energized & Healthy Frame of mind
- ☐ Promotes a positive outlook while creating feelings of tranquillity.
- ☐ Helps reduce feelings of anxiousness & tension.
- ☐ Improves work environment by promoting feelings of calm & focus

2 WAYS TO USE

- 1 Apply to wrist pulse points and decolletage as a perfume
- 2 Rub on hands, neck, or bottom of feet to support a calm & optimistic start to your day

INGREDIENTS

Fractionated Coconut oil, Wild orange, Grapefruit, Lavender, Roman Chamomile & Magnolia

Beautifully crafted to welcome spring into your life

CITRUS BLOOM DEODORANT

with Natacha de Bruin

3 WAYS TO USE

- 1 Apply to underarms in the morning and during the day of needed
- 2 Apply on your bra line before dressing to ensure freshness during Spring and Summer days
- 3 Apply on & under your feet before putting on secret socks for closed shoes – fresh and pretty Spring time feet

FACTS

FREE from:

- Triclosan
- Talc
- Aluminium
- Phthalate
- Parabens

BENEFITS

- Baking soda fights bad odours
- Tapioca to absorb moisture for long lasting freshness
- Wild orange & Pink Grapefruit essential oils lend a bright citrus note
- Lavender, Roman Chamomile & Magnolia essential oils provide uplifting, assuring aroma of Freshly cut florals to keep you fresh throughout the day
- The dōTERRA deodorants lasts several months

10% off



FACTS

- ☐ **Known as the Oil to 'Conquer Procrastination & take inspired action'.**
- ☐ **Found in:** Deep blue & Balance, Anti Aging face cream
- ☐ **Origin:** Morocco
- ☐ **Blends well with:** Clary sage, Coriander, Geranium, Juniper Berry, Lavender, Petitgrain, Rose Spearmint & Ylang-Ylang
- ☐ **May stain** surfaces, fabrics & skin due to the **Chamazulene (chemical constituent)**
- ☐ Used as a **natural dye** for soaps along for the pleasant fragrance
- ☐ Add a few drops with FCO for a soothing massage
- ☐ Add 1-2 drops to your skin cleaner to help promote **clean & clear-looking skin** (test on a small patch of skin first)

NEW

RECIPE

Blue Vanilla Body Scrub

10 drops of blue tansy
1 cup Raw sugar
1 cup Argan Oil
1 tsp Vanilla extract or 5-7 drops
Madagascar Vanilla essential oils

Mix everything together in a large bowl and store in a glass sealable jar. Gently massage over skin during a shower or bath at least once a week.



discover
BLUE TANSY
with Natacha de Bruin

WARNING

Blue Tansy should not be taken internally.

OTHER USES

- ☐ Supports bacterial infections
- ☐ Eases feelings of constipation
- ☐ Muscle support
- ☐ Supports skin conditions
- ☐ Fights fungus
- ☐ Supports swollen and painful joints
- ☐ Insect Repellent
- ☐ Supports respiratory challenges associated with seasonal change.

TIPS & TRICKS

- ❑ **Tough on stains**
- ❑ Leaving every load **fresh**, clean and **bright**
- ❑ Formulated to provide a **naturally fresh**, citrus aroma using dōTERRA abōde Refreshing Blend
- ❑ Packaged in a pouch made with **PCR (Post-Consumer Recycled) materials**
- ❑ **FREE from phosphates, phthalates, dyes, and chlorine.**
- ❑ Not only do the enzymes and surfactants help maintain the integrity of your fabrics, but they are also **friendlier for the environment** than more traditional chemical detergents.
- ❑ Laundry Pods are available in a **10-count bag**



abōde Laundry Pods

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with Natacha de Bruin

CREATED TO BE

- ✓ **Concentrated**
- ✓ **Powerful**
- ✓ **Effective**
- ✓ **Sustainable**



Tulsi (Holy Basil)

with Natacha de Bruin

FACTS

- ❑ **Origin:** **India**
- ❑ **Found in:** Deep Blue, Immortelle and Correct X
- ❑ **Blends well with:** Citrus and floral oils including Bergamot, Clary Sage, Geranium, Lime, Lemon, and Neroli
- ❑ Researchers continue to learn how holy basil acts as a natural medicine of organs and tissues, defending against things like:
 - chemical stress caused by factors like: Industrial pollutants, heavy metals,
 - physical stress and overtraining symptoms from prolonged physical exertion, ischemia (poor blood circulation), exposure to cold and heat



NEW

Known as the
'Mother
Medicine of
Nature'

1

Use a drop with your moisturizer to support the appearance of healthy-looking skin

2

Add a drop to a glass of water & swish in your mouth to promote a fresh breath.

FACTS

- ❑ **Homeostasis** (Maintain Balance within the body).
- ❑ Balance body temperature & **relieve fever**
- ❑ Balance **Salt** concentration
- ❑ Supports **Head Tension**
- ❑ Balance **pH levels**
- ❑ Fights Skin infections & acne
- ❑ Supports **Blood Sugar Levels**
- ❑ May help **combat cellular abnormalities** (Prevent chemical induced lung, liver, oral & skin-issues.)
- ❑ Balances stress **hormones**
- ❑ Helps improve **Respiratory disorders**
- ❑ Good source of **Vitamin K**
- ❑ Supports **Dental** care & oral health

FACTS

- ❑ Each lip balm contains a select blend of essential oils that provides a unique sensory experience
- ❑ Moringa oil is an emollient that helps improve how the lips look and feel
- ❑ Avocado oil provides hydration, essential fatty acids, and softening to keep lips looking healthy

INGREDIENTS

- ❑ Coconut
- ❑ Moringa seed
- ❑ Avocado oils
- ❑ Beeswax

1

Peppermint Essential oil

2

Wild orange essential oil

dōTERRA SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils.

discover
spa Lip Balm
with Natacha de Bruin



3 WAYS TO USE

1

Add 2-3 drops into a warm bath with Epsom salts

2

Diffuse or apply topical during long road trips for an energizing, focusing scent

3

Use Bergamot mint with lotion, soap or other personal care products



Mint Duet
SAVE over
R200

Bergamot Mint & Island Mint

discover

with Natacha de Bruin

BENEFITS

Bergamot Mint

- **Balancing & Calming**
- **Uplifting**
- Effective surface **cleaner & deodorizer**
- **Diffuse** after a long day or before bedtime.

Island Mint

- Promotes feelings of delight & renewal
- Promotes feelings of clear airways & easy breathing

DIFFUSER RECIPES

Happy Hour

3 drops Ginger
3 drops Island Mint
1 drop Grapefruit

Poolside

3 drops Island Mint
2 drops Grapefruit
1 drops Lemongrass

Sea Breeze

3 drops Island Mint
1 drop Wild Orange
1 drop Sandalwood

Happy Lungs

3 drops Eucalyptus
3 drops Island Mint
1 drop Marjoram

Reset & Restore

3 drops Bergamot mint
2 drops Balance
2 drops Copaiba

Morning Bliss

3 drops Bergamot mint
2 drops Citrus Bliss
1 drop Wild Orange

Odour Eliminator

3 drops Bergamot mint
1 drop Lemongrass
1 drop Tea Tree

Elevate

4 drops Cedarwood
2 drops Bergamot mint
1 drop Ylang Ylang

On The Go Relief

Deep Blue Rub
FREE
Value: R961.00

Deep Blue & Copaiba Stick
FREE
Value: R640.00

Place an order of 200PV
and receive the Deep Blue
Rub, the Deep Blue +
Copaiba Stick & Deep Blue
5ml FREE! And Free
Standard Shipping!



Deep Blue
FREE
Value: R836.00



FREE with any
purchase of
200pv & more

3 WAYS TO USE

Deep Blue + Copaiba stick

with Natacha de Bruin

1

Apply before, during, and after exercise as needed

2

Massage into your muscles and joints at the end of a long, straining day on your feet

3

Use for targeted temporary relief against simple backache, arthritis, sprains, strains, and bruises

BENEFITS

Delivers relief of minor aches and pains of:

- Muscles
- Joints associated with simple backache
- Joints
- Bones
- Strains
- Bruises

FACTS

Includes Deep Blue Soothing Blend, Copaiba, and other natural ingredients

Provides maximum OTC strength plant-based menthol

FREE with any purchase of 200pv & more

Includes moisturizing emollients that leaves your skin soft and non-greasy

Creates a cooling and soothing sensation



Deep Blue Rub

with Natacha de Bruin

Various **Performance athletes** who advocate the use of Deep blue rub:

- Tim Hightower (American Football)
- Sloane Stephens (Tennis)
- Donovan Mitchell (Basketball)

FREE with any purchase of 200pv & more

3 WAYS TO USE

1

Massage into legs, shoulders, back, and joints before and after exercise. Rub on lower back after a day of heavy lifting

2

Massage into hands and feet after a long day of work

3

Massage onto growing kids' legs before bedtime



- ☐ Blended in a base of moisturizing emollients, Deep Blue Rub leaves your skin feeling soft and not greasy

PROVIDES SUPPORT FOR:

- ☐ Bone & Muscles
- ☐ Inflammatory responses
- ☐ Joint support
- ☐ Bruises
- ☐ Numbness of feet
- ☐ Promotes better blood circulation
- ☐ Supports Airways
- ☐ Growing pain in children

Infused with CPTG Certified Pure Tested Grade essential oils:

Wintergreen, Camphor,
Peppermint, Blue Tansy
Matricaria/German Chamomile
Helichrysum, Ylang Ylang,
Osmanthus

Deep Blue Oil Blend

with Natacha de Bruin

3 WAYS TO USE

1 Apply on feet and knees before and after exercise.

2 Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime.

3 Rub Deep Blue on lower back muscles after a day of heavy lifting at work or during a move.

ROLLER BOTTLE RECIPE

BONE SUPPORT HEALER:

- 7 drops Siberian Fir
- 7 drops Peppermint
- 7 drops Deep blue
- 7 drops Lemongrass
- 10mm roller filled with FCO

BENEFITS

- ☐ Perfect for a soothing **massage** after a long day of house work or a workout.
- ☐ Apply to hands and feet after **gardening**.
- ☐ **Connect with Grandma** by giving her a hand massage with Deep Blue.
- ☐ Rub Deep Blue on **lower back** after a day of heavy lifting at work or during a move.
- ☐ After long hours on the **computer**, try rubbing Deep Blue essential oil blend on your fingers, wrists, shoulders, and neck.

FREE with any
purchase of
200pv & more



On The Go Relief

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Rub, the Deep Blue+
Copaiba Stick & Deep Blue
5ml FREE! And Free
Standard Shipping!

Deep Blue
FREE
Value: R836.00



dōTERRA | SOUTH AFRICA



DIAMOND CLUB
September



15ml Citrus Bliss
FREE
100-199PV

Value: R471.00



15ml Citrus Bliss & 15ml Copaiba
FREE
200-399PV

Value R471.00 (Citrus Bliss)
R915.00 (Copaiba)
TOTAL SAVING: R1 386.00



15ml Copaiba & 15ml Adaptiv
FREE
400PV >

Value: R915.00 (Copaiba)
R980.00 (Adaptiv)
TOTAL SAVING: R1 895.00

Join in the FUN of a **DIAMOND CLUB EVENT**
and receive these wonderful welcoming gifts
when you become a member of dōTERRA

100PV: **TOTAL SAVING - R471. 00**

200PV: **TOTAL SAVING - R3 823. 00**

400PV> **TOTAL SAVING - R4 332.00**

CITRUS BLISS

with Natacha de Bruin

3 WAYS TO USE

- 1 Put one drop on your wrist and rub both wrists together for a great everyday personal aroma
- 2 Add one to two drops to dryer sheets to add a refreshing aroma to your laundry
- 3 Mix with a carrier oil for a cheerful hand massage



BENEFITS

- Diffuse for an **uplifting & positive** atmosphere
- Use a perfume
- **Cleanser** for kitchen & bathroom
- Cleanses and **purifies air**
- Helpful when you are trying to promote **focus & clarity**
- Helps to **remove grease** from messy dishes

DIFFUSER BLENDS

Relax Mumma

6 drops Citrus Bliss
2 Sandalwood
2 drops Patchouli
2 drops Ylang Ylang

Slushie

2 drops Citrus Bliss
3 drops Lime
3 drops Grapefruit

INGREDIENTS

Wild Orange, Lemon, Grapefruit, Bergamot, Red Mandarin, Green Mandarin, Lime, Litsea, Tonka Bean, Vanilla Absolute

**FREE Gift when
enrolling with
>100pv points**



3 WAYS TO USE

1

Add one to two drops to water, juice, or tea to support the health of the cardiovascular, immune, digestive, nervous, and respiratory system

2

Mix with carrier oil and rub onto stressed skin for restorative benefits

3

Place one to two drops of Copaiba under the tongue to encourage a general sense of wellbeing during periods of stress or nervousness



BENEFITS

- Supports the health of the cardiovascular, immune, and digestive systems when taken internally
- Provides powerful antioxidant properties when used internally
- Helps calm, soothe, and support the nervous system when taken internally
- Promotes clear, smooth skin and reduces the appearance of blemishes
- Diffuse to support healthy respiratory function
- Diffuse to promote restful sleep at night
- When Copaiba is consumed, the BCP binds to these receptors to aid healthy immune and inflammatory responses

FACTS

- ❑ Origin: **Brazil**
- ❑ Copaiba contains the highest levels of **β-caryophyllene** (BCP) among currently known essential oils.

**FREE Gift when
enrolling with
>200pv points**

3 WAYS TO USE

1

Apply one drop to hands, rub together and inhale deeply as needed throughout the day

2

Diffuse the oil in a room diffuser to promote a centering and calming aroma

3

Mix three drops with doTERRA® Fractionated Coconut oil for a soothing massage



BENEFITS

- ❑ Fill your **bathtub** with warm water, add the desired amount of Epsom salts, and perhaps light a candle to enhance the mood. Add three to four drops of Adaptiv to melt away worries
- ❑ Restore peace to yours by **diffusing** Adaptiv in your entryway or living room area, setting the mood for your day or next gathering
- ❑ Diffuse Adaptiv in your **bedroom** or massage a few drops—mixed with Fractionated Coconut Oil—into the soles of your feet to wind down and take full advantage of your rest
- ❑ In a busy world, it can be difficult to prepare for a big test or project. When sitting down at your **desk**, diffuse Adaptiv to calm you as you tackle your next big task.

**FREE Gift when
enrolling with
>400pv points**

Designed to help you face these stressors with a sense of peace and calm. Adaptiv includes essential oils that are revered for their soothing and uplifting aromas