



Family Essentials Kit & Brevi Diffuser



How to Purchase from dōTERRA

When it comes to purchasing dōTERRA essential oils and products, there are three basic options.

Option 1 - Retail Customer

- You purchase directly through the person who shared this guide with you.
- You will pay the retail cost of the products plus delivery.
- There are no additional savings or offers.

Option 2 - Wholesale Customer

- You set up a wholesale account for R445 - or FREE if you purchase an Enrollment Kit.
- You will pay the wholesale cost of any products you purchase (25% less than retail cost).
- Option to participate in the Loyalty Rewards Programme, which gives you back an additional 10%-30% of your purchases in points to redeem against future orders, plus the chance to get a free oil each month.
- Free access to 'Continued Oil Education' sessions and recordings and publications.
- Free access to our customer support groups.
- **Free shipment for all orders more than 125pv before the 15th.**

Option 3 - Starter Kit (also known as an Enrollment Kit)

- We have a choice of starter kits to suit your needs and budget.
- Kits include the cost of a wholesale account, so you still get ALL the benefits of a wholesale customer.
- Kits include some of our most popular oil and blends.
- Works out the best value for money.
- You can add any products onto your starter kit at the checkout if you wish.
- **This is our most popular option for getting started.**
- Free access to our customer support groups.
- **Free shipment for all orders more than 125pv before the 15th.**

Family Essentials Enrollment Kit

The dōTERRA Family Essentials Kit contains 10 essential oils and blends—the "feel better" essentials that parents need on a daily basis to care for their families. Experience the infinite ways that dōTERRA CPTG Certified Pure Tested Grade™ essential oils can help you help your family. This kit contains 5 mL bottles of dōTERRA's 10 core oils, along with a quick usage guide for each essential oil and blend included.

Retail: R 3 993.00

Wholesale: R 2 995.00

PV: 121.50

Summary

<http://doteam.co.za/10coreoils>

The kit contains:

- Lemon 5ml
- Lavender 5ml
- Peppermint 5ml
- Oregano 5ml
- Tea Tree 5ml
- Frankincense 5ml
- Breathe 5ml
- Zengest 5ml
- OnGuard 5ml
- Deep Blue 5ml



Also includes:

- 12 month dōTERRA wholesale account - allowing you to purchase all your products at 25% below the retail cost.
- Access to dōTERRA'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 dōTERRA business (optional)

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



Changing the world one drop, one person, one community at a time

dōTERRA® Meaning “Gift of the Earth”

In 2008, a group of healthcare and business professionals came together with a common vision of sharing the power of pure essential oils with the world. Each understood that essential oils—when properly sourced from optimal regions and thoroughly tested for the highest levels of purity and potency—are the Earth’s gift to humanity. With this gift comes great responsibility to respect the power of each element, the expertise of each grower, and the potential of each contributing community.

dōTERRA focuses on maintaining the highest levels of purity and sustainability as it partners with local growers around the world through Cō-Impact Sourcing®. This unique model implements long-term, mutually beneficial supplier partnerships where skilled rural farmers oversee plants and growing environments. In return, dōTERRA provides jobs with fair payments, leading to stronger local economies and healthier, stable supply chains.

Each dōTERRA essential oil passes through rigorous CPTG Certified Pure Tested Grade™ testing guided by cutting-edge advancements in essential oil research and testing implementation. dōTERRA benefits from the ever-increasing knowledge and expertise of a Medical Advisory Board made up of global consultants in chemistry, microbiology, botany, research science, physiology, and nutritional science, as well as medical doctors, and other individuals who are qualified in the following fields; chiropractic, osteopathic medicine and dentistry.

Since the beginning, independent Wellness Advocates have shared the life-enhancing benefits of dōTERRA CPTG® essential oils with millions of customers throughout the world.

dōTERRA has emerged as a global integrative health and wellness company and the world’s largest essential oil company.* By partnering with respected medical professionals and worldrenowned research partners, dōTERRA is revolutionizing healthcare by integrating conventional medical professionals with alternative approaches to address individualized health and wellness.

To ensure that dōTERRA never forgets the sacredness of this gift, the dōTERRA Healing Hands Foundation® offers resources and tools to global sourcing communities and charitable organizations for self-reliance, healthcare, education, and sanitation, and for the fight against human trafficking. We respectfully offer this “gift of the Earth” to you and your family.

* Verified global market leader in the Global Aromatherapy and Essential Oils market.

<https://sourcetoyou.com/en/doterra-difference>

What Are Essential Oils?



Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. Essential oils elicit powerful responses, yet the use of essential oils goes well beyond their fragrant appeal.

Essential oils have been used throughout history in many cultures for their health-promoting properties. Modern trends toward more holistic approaches to self care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many have powerful cleansing properties. Their unique chemical structure allows them to deliver targeted benefits through topical application. Certain oils may be used as dietary aids to promote vitality and well-being.

Extraction Methods

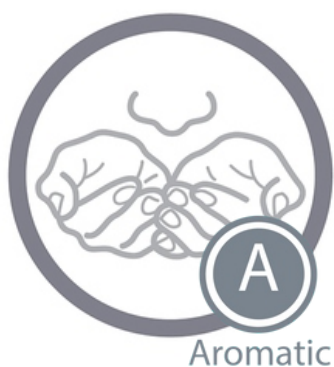
Essential oils are most often extracted via a steam distillation process in which steam is circulated under pressure through plant material, liberating the essential oils into the steam. As the steam mixture cools, the water and oils are separated and the oil is collected in its pure form. To ensure the highest quality oil extract of correct chemical composition, temperature and pressure must be monitored very closely. Too little heat and pressure will not release the valuable oil; too much can fracture the oil's delicate chemical composition and alter its potency. In addition to using proper distillation methods, creating a quality CPTG® essential oil requires the meticulous selection of the correct plant species and plant parts, harvested at the perfect moment when their aromatic compounds are most concentrated. This complex process is as much an art form as it is a science and requires experienced growers and distillers working together to ensure a superior product.

<https://www.doterra.com/US/en/what-is-an-essential->



How to Use Essential Oils?

When it comes to using dōTERRA essential oils, there are three basic application methods—aromatic use, topical use, and internal use.



Through smell. We call this “aromatic” use of essential oils. This includes any application method that helps you experience the aroma of the oil.

You can use essential oils aromatically by:

- Diffusing in an essential oil diffuser
- Applying a drop to your hands and inhaling
- Wearing as a personal fragrance



On your skin. “Topical” application of essential oils allows the oil to absorb into the skin. Some ways to use essential oils on your skin are:

- Massage
- Apply to targeted areas and rub in
- Add to lotions or moisturizers



Ingesting, or “internal” use of essential oils allows the oil to be transported throughout your body. Make sure the essential oil is safe for internal use first, and then try one of these methods:

- Add to a glass of water
- Take in a veggie capsule
- Put a drop under your tongue

KEY OF SYMBOLS



Safe for aromatic use



Safe for topical use



Safe for internal use

Further Guidance on Diluting for Topical Use



Sensitive: These essential oils should always be diluted before using on young or sensitive skin.



Dilute: This category refers to essential oils that should always be diluted with a carrier oil before topical application

If you need to dilute an essential oil or blend, you can use any carrier oil. Our carrier oil of choice is Fractionated Coconut Oil which you can also purchase from dōTERRA.



CPTG Certified Pure Tested Grade™

dōTERRA® CPTG Certified Pure Tested Grade™ essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants or other chemical residues.

As important as it is to keep contaminants out of our oils, assuring the presence of the oils' active compounds at the right levels is necessary to guarantee safety and effectiveness. Many oils claim to be natural and some may be pure - but few are subjected to rigorous testing standards for chemical composition. dōTERRA CPTG Certified Pure Tested Grade essential oils are cross tested using Mass Spectrometry and Gas Chromatography to ensure both the purity and compositional potency of each batch.

dōTERRA works closely with a global network of leading essential oil chemists and growers to select botanicals of the correct species, grown in ideal environments, and carefully harvested at the right time. The aromatic compounds of the plants are skillfully extracted by experienced distillers and subjected to chemical analysis to ensure purity and composition. dōTERRA CPTG Certified Pure Tested Grade essential oils represent the safest and most beneficial oils available in the world today.

<https://www.doterra.com/US/en/cptg-testing-process>



Essential Oil Safety Guidelines

When it comes to using essential oils, there are a few safety guidelines you'll want to abide by. Here are some of the best practices for safe essential oil usage:

1. **Always read the labels.** Pay attention to any specific warnings on your essential oil packaging and adhere to any recommendations provided by the manufacturer.
2. **Avoid certain areas.** Avoid putting oils into your nose, inner ears, eyes, broken skin, or other sensitive areas.
3. **Dilute oils.** To minimize skin sensitivity, dilute essential oils using a carrier oil like fractionated coconut oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil. Always dilute an oil when using it for the first time, applying it to sensitive skin, or when using essential oils with children. When using oils with a particularly strong chemistry, you will want to dilute one drop of essential oil to ten drops of carrier oil.
4. **Know your strong oils.** Some essential oils should always be diluted with fractionated coconut oil before putting them on your skin. Some of these oils include Cassia, Cinnamon Bark, Clove, Oregano, and Thyme. Keep in mind, this is not an exhaustive list, so always pay attention to labels with warnings about strong oils.
5. **Be careful of sun sensitivity.** Some essential oils can pose a risk for sun sensitivity, particularly citrus oils. Some of these oils include Bergamot, Grapefruit, Lemon, Lime, Tangerine, Wild Orange, and any essential oil blends that contain these oils. Again, this is not an exhaustive list. Before applying an essential oil topically, check the label for any sun sensitivity warnings. Avoid direct sunlight or UV rays for at least 12 hours following the use of these oils on the skin (this includes tanning beds).
6. **Practice safe storage.** Make sure to store essential oils out of reach of children. This measure will help prevent accidental ingestion. You'll also want to keep your oils away from excessive light or heat, as this can alter the chemical properties of an essential oil significantly.
7. **Supervise young children.** Always supervise essential oil application with your children. Because children have more delicate skin, it's a good idea to dilute oils before applying them topically. Try applying the oil to the bottom of a child's feet before you try other areas. In addition to safe storage practices, you can also use Child Resistant Caps to ensure that your children don't accidentally ingest oils on their own.
8. **Talk to a healthcare professional.** If you have specific health concerns, consult with your doctor before using essential oils.

Single Oils



Frankincense

<http://doteam.co.za/frankincense>

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



Description

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary benefits. In addition to its notoriety in the New Testament, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians used Frankincense resin for everything from perfume to salves for soothing skin. Its soothing and beautifying properties are used to rejuvenate skin and help reduce the appearance of imperfections when applied topically. When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall wellness.

Primary Benefits

- Soothes Skin.
- Reduces the appearance of skin imperfections when applied topically.
- Creates a peaceful environment.

Aromatic Description

Warm, spicy, clean

Collection Method

Steam distillation

Plant Part

Resin from *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana*

Main Constituents:

α -pinene, Limonene, α -thujene

Uses

- Add two drops to moisturiser to reduce the appearance of blemishes and rejuvenate skin.
- Massage Frankincense into hands and feet for a warm, soothing effect after strenuous activity.
- Combine Frankincense with a carrier oil in a small spray bottle and use it as a daily perfume.
- Apply to pulse points to unwind and relax.

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 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.

Lavender

<http://doteam.co.za/lavender>

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



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.

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Peppermint



<http://doteam.co.za/peppermint>

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



Description

The peppermint plant is a hybrid of water mint and spearmint and was first described by Carl Linnaeus in 1753. A high menthol content—like that found in the dōTERRA Peppermint essential oil—distinguishes the best quality Peppermint oil from other products. Frequently used in toothpaste and chewing gum for oral hygiene, Peppermint oil also helps alleviate occasional stomach upset and promotes healthy respiratory function when taken internally.* Peppermint oil continues to be one of the best-selling favorites among dōTERRA essential oils.

Primary Benefits

- When ingested, Peppermint essential oil promotes healthy respiratory function and clear breathing*
- Peppermint oil promotes digestive health when taken internally*
- Repels bugs naturally

Aromatic Description

Balsamic, green, fruity, woody

Collection Method

Steam distillation

Plant Part

Branch/Leaf

Main Constituents:

Menthol, Menthone, Eucalyptol

Uses

- Use a drop of Peppermint oil with Lemon oil in water for a healthy, refreshing mouth rinse.
- Take one to two drops of Peppermint essential oil in a Veggie Capsule to alleviate occasional stomach upset.*
- Add a drop of peppermint essential oil to your favorite smoothie recipe for a refreshing twist.
- Place one drop of Peppermint essential oil in the palm of hand with one drop Wild Orange oil and one drop Frankincense oil and inhale for a mid-day pick-me-up.

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.

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Oregano

<http://doteam.co.za/oregano>

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



Description

Oregano oil is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. The primary chemical components of Oregano is carvacrol, a phenol that possesses antioxidant properties when ingested. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano essential oil; only one to two drops is needed. Additionally, Oregano oil should be diluted with a carrier oil when applied to the skin. One drop taken internally each day can help maintain healthy immune function; Oregano oil can be taken more frequently as needed to further support the immune system.* In addition to being a popular cooking spice, Oregano oil also supports healthy digestion and respiratory function when taken internally.* Oregano oil's aroma acts as an enhancer and equalizer in essential oil blends.

Uses

- Take one drop of Oregano oil in a veggie cap or 120 ml of liquid daily to maintain healthy immune function.*
- Add one to two Oregano oil drops to a veggie capsule to support healthy respiratory function.*
- Put one toothpick amount of Oregano essential oil in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.
- Diffuses well with Lemon, Rosemary, Peppermint and Cypress essential oils.
- Put 10 Oregano oil drops in a 500ml spray bottle with water for a surface cleaner.

Directions for Use

Diffusion: Use one to two drops in the diffuser of choice.

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

Topical use: Dilute 1 drop essential oil to 10 drops carrier oil.

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, face, and sensitive areas.

Primary Benefits

- Use on surface as a powerful cleansing and purifying agent
- Supports a healthy immune system, healthy digestion, and respiratory function when used internally*
- Offers powerful antioxidants when ingested*

Aromatic Description

Herbaceous, sharp, green, camphoraceous

Collection Method

Steam distillation

Plant Part

Leaf

Main Constituents:

Carvacrol, Thymol

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Tea Tree



<http://doteam.co.za/teatree>

<https://www.doterra.com/US/en/doterra-tea-tree>



Description

Tea Tree essential oil has over 92 different compounds and limitless applications. The leaves of the Tea Tree have been used by the Aboriginal peoples of Australia for centuries. They would apply crushed leaves directly to the skin for a cooling effect. The aroma of Tea Tree is fresh, green, and uplifting, while the oil itself can be used daily for its freshening rejuvenating properties on the skin.

Primary Benefits

- Provides reinforcing and rejuvenating benefits for the hair, skin, and fingernails
- Supports a healthy complexion

Aromatic Description

Herbaceous, green, leathery

Collection Method

Steam distillation

Plant Part

Leaf

Main Constituents:

Terpinen-4-ol, γ -terpinene, α -terpinene

Uses

- After exercising, apply Tea Tree to achy muscles for soothing relief.
- Add five drops of Tea Tree to a spray bottle with water and use on household surfaces.
- Combine Tea Tree and Cedarwood and apply to your face after shaving for an invigorating aftershave.
- For occasional skin irritations, apply one to two drops of Tea Tree oil onto the affected area.

Directions for Use

Diffusion: Use two 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.

Internal use: Add 1–2 drops to 120ml water, citrus drinks, or veggie caps to support healthy immune system function.*

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.

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**Proprietary
Blends**

Breathe™ Clear Blend

<http://doeam.co.za/breathe>

<https://www.doterra.com/US/en/breathe-respiratory-blend-oil>



Primary Benefits

- Promotes a restful night's sleep
- Helps minimize the effects of seasonal threats.

Ingredients

Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravensara Leaf, Ravensara Leaf essential oils

Aromatic Description

Minty, fresh, airy

Description

Breathe maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats. 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.

Uses

- Diffuse, inhale directly from palms, or rub on chest or feet when environmental threats are high.
- Use when outdoors to minimize the effects of seasonal threats.
- Diffuse at bedtime for a restful 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 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. Avoid sunlight or UV rays for at least 12 hours after applying product.

OnGuardTM Protective Blend

<http://doeam.co.za/onguard>

[http s://www.doterra.com/US/en/on-guard-oil](http://www.doterra.com/US/en/on-guard-oil)



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 dōTERRA 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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ZenGest™

Supportive Blend

<http://doeam.co.za/zengest>

<http://www.doterra.com/US/en/digestzen-oil>



Description

Whether it's a holiday, vacation, family event, a new recipe, or you had a bit too much to eat, make sure you have doTERRA ZenGest on hand for all your digestive support needs.* With Cardamom, a close relative to Ginger, Cardamom can help to maintain a healthy GI system when taken internally.* This proprietary blend of CPTG® essential oils includes Coriander, Ginger, and Fennel to help ease occasional stomach discomfort and indigestion.* Peppermint, Anise, and Caraway are well known for their ability to aid in digestion and to help maintain a healthy gastrointestinal tract when consumed.* Add to Fractionated Coconut Oil as a part of a gentle tummy massage. Add a few drops of ZenGest to water and take it internally to aid in digestion*, calm occasional gastric upsets*, keep stomach jitters at bay, and maintain a healthy digestive system.*

Uses

- Add a few drops to water to take internally.
- Rub on the stomach before flying or taking a road trip as part of a massage.
- Take ZenGest internally when traveling or trying new foods to soothe occasional stomach upset.*
- Add to water or tea to maintain a healthy gastrointestinal tract.*
- Diffuse for a sweet, minty calming aroma.

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.

Primary Benefits

- Supports healthy digestion when used internally*
- When consumed, soothes the occasional upset stomach*
- Taken orally, helps reduce gas and occasional indigestion*
- Compliments a comforting abdominal massage with a spicy, sweet, and minty aroma

Ingredients

Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Anise essential oils

Aromatic Description

Spicy, sweet, minty, licorice

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Deep BlueTM

Soothing Blend

<http://doteam.co.za/deepblue>

<https://www.doterra.com/US/en/deep-blue-oil>



Description

Deep Blue is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus work together to soothe and cool. After long hours on the computer, try rubbing Deep Blue essential oil blend on your fingers, wrists, shoulders, and neck. A few drops of Deep Blue Soothing Blend diluted in a carrier oil can be part of a cooling and comforting massage.

Primary Benefits

- Comforting part of a massage.
- Invigorating aroma.

Ingredients

Wintergreen Leaf, Camphor Bark, Peppermint Plant, Ylang Ylang Flower, Helichrysum Flower, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower

Aromatic Description

Minty, camphoraceous

Uses

- Apply on feet and knees before and after exercise.
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime.
- Rub Deep Blue on your lower back after a day of heavy lifting at work or during a move.

Directions for Use

Topical use: Apply 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.



Brevi Stone Diffuser

Retail: R 800.00

Wholesale: R 600.00

PV: 0



Description

Enhance and transform any room or personal workspace with the Brevi Diffuser. The contemporary circular design offers a sleek, modern look. Brevi can run 5 hours continuously or 10 hours intermittently and features ultrasonic technology, quiet mist output and multiple light settings. Whether you're using it in the home or office, you will love the Brevi Diffuser! .

Brevi Stone Product Features

- Modern design, runs 5 hours continuously/10 intermittently
- Automatic shut off when the water level is low
- Super quiet mist output
- LED lights with several colour options; can be set to cycle, a single colour or shut off
- Ultra-fine mist fills a room up to 25 sq. metres in size
- Includes diffuser, power adapter, user manual and 2 year warranty
- Dimensions: 128 mm X 77 mm



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LIVE

The dōTERRA Lifestyle
South Africa

**YOUR NEXT STEP
is a
FREE
WELLNESS CONSULTATION**