

A collection of natural and wellness items including a large glass jar, a waffle, a paper bag, and essential oil bottles.

Toxin free care

WITH DOTERRA ESSENTIAL OILS



Disclaimer:

WE ARE NOT DOCTORS AND NONE OF THE
RECOMMENDATIONS IN THIS BOOK ARE MEANT TO REPLACE
ANY RECOMMENDATIONS FROM YOUR DOCTOR.

WE ARE JUST ESSENTIAL OIL ADDICTS SHARING OUR LOVE
WITH THE WORLD!



healthy teeth

RECIPES

MOUTHWASH

FIVE DROPS ON GUARD
FIVE DROPS PEPPERMINT
FILL REMAINDER WITH WATER + A PINCH OF
SEA SALT

TOOTHBRUSH BATH

ONE TBSP ON GUARD CLEANER
FIVE DROPS ON GUARD
FILL WITH WATER + SOAK

HOMEMADE TEETH WHITENER

ONE TSP CHARCOAL
ONE TSP COCONUT OIL
BRUSH TEETH FOR ONE MINUTE + RINSE
WELL

OIL PULLING

ONE TBSP COCONUT OIL
TWO DROPS ON GUARD OR PEPPERMINT
SWISH FOR 5-20 MINUTES + SPIT INTO
GARBAGE CAN

HOMEMADE TOOTHPASTE

HALF CUP COCONUT OIL
HALF CUP BAKING SODA
FIVE DROPS ON GUARD
FIVE DROPS PEPPERMINT



BATHTIME

favorites

BEDTIME

FIVE DROPS LAVENDER
THREE DROPS VETIVER

SORE MUSCLES

FIVE DROPS AROMATOUCH
THREE DROPS COPAIBA

DETOX

THREE DROPS JUNIPER BERRY
THREE DROPS ZENDOCRINE
TWO DROPS BALANCE

CALM THE KIDDOS

THREE DROPS SERENITY
THREE DROPS BALANCE

AT EASE

FIVE DROPS BALANCE
THREE DROPS ANCHOR
ONE DROP VETIVER

GIRL TIME

FOUR DROPS CLARY SAGE
FOUR DROPS YLANG YLANG
FOUR DROPS PASSION



Diffuser blends

FOR EVERYDAY

MAGIC

THREE DROPS FRANKINCENSE
THREE DROPS SANDALWOOD
THREE DROPS CINNAMON BARK
THREE DROPS PATCHOULI
THREE DROPS GRAPEFRUIT

DINNER PARTY

TWO DROPS LEMON
TWO DROPS LAVENDER
TWO DROPS ROSEMARY

ELEVATE

TWO DROPS LEMON
TWO DROPS WILD ORANGE
TWO DROPS PEPPERMINT

KARMA

THREE DROPS LAVENDER
THREE DROPS BERGAMOT
ONE DROP FRANKINCENSE

SPRITE

TWO DROPS ROSEMARY
TWO DROPS WILD ORANGE

HARMONY

THREE DROPS LAVENDER
THREE DROPS BERGAMOT
ONE DROP FRANKINCENSE

CALIFORNIA

FOUR DROPS CITRUS BLISS
TWO DROPS WHISPER

LOVE

TWO DROPS YLANG YLANG
TWO DROPS LEMON
TWO DROPS WHISPER
TWO DROPS GERANIUM





all natural

PUREFUME

ELEVATION

PATCHOULI + LIME

NEROLI

YLANG YLANG

WHISPER

VETIVER + LIME

IN TUNE

JASMINE

ROSE

ESSENTIAL *haircare*

SEA SALT SPRAY

THREE OZ WARM WATER
ONE TSP SEA SALT
HALF TEASPOON OLIVE OIL
FIFTEEN DROPS OF ESSENTIAL OIL (YLANG
YLANG, LAVENDER, GERANIUM + ROSEMARY
ARE FAVES)

DRY SHAMPOO

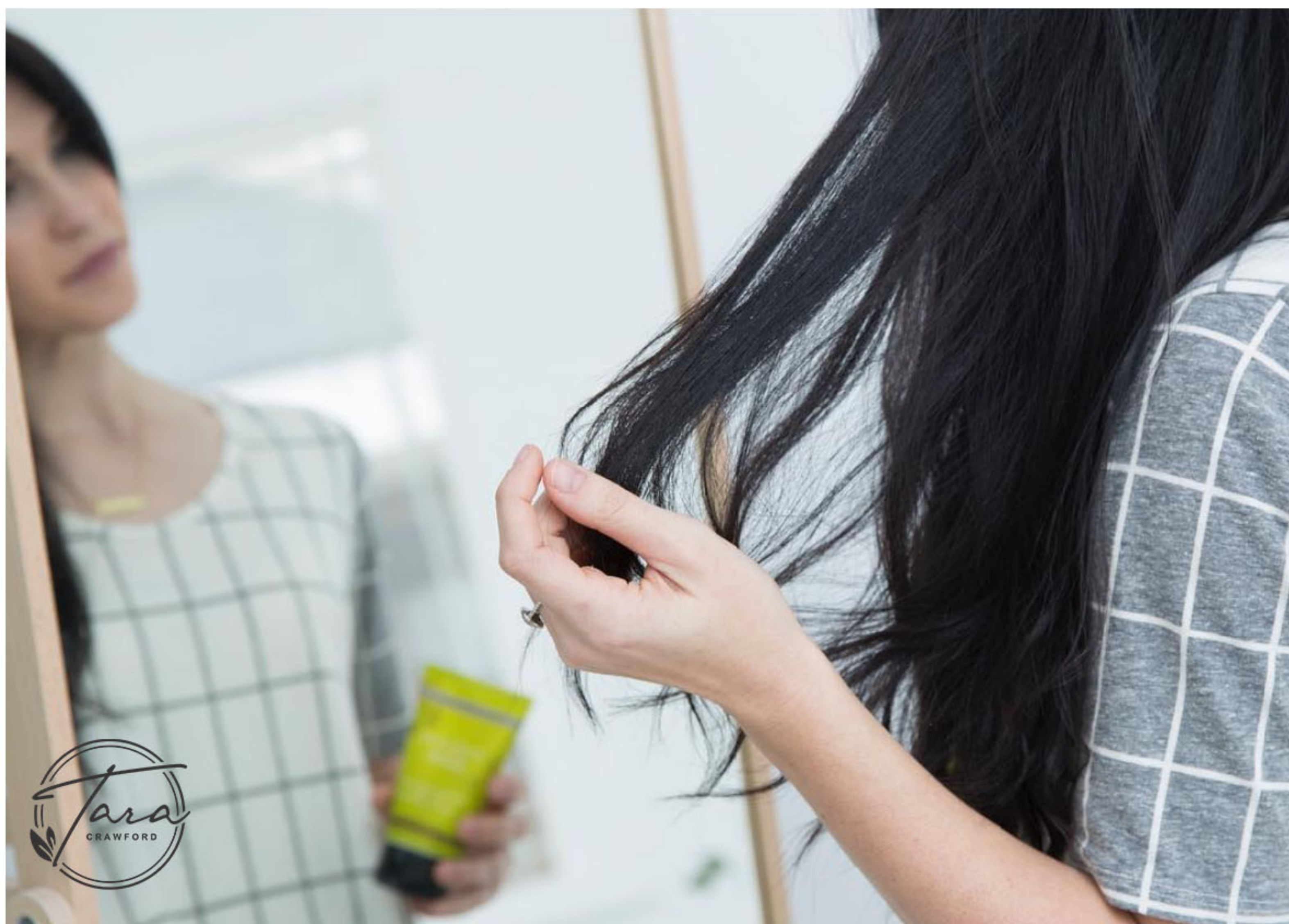
QUARTER CUP ARROWROOT POWDER
FIVE DROPS ESSENTIAL OIL OF CHOICE

DRY HAIR MASQUE

TWO TBSP COCONUT OIL
HALF AN AVOCADO MASHED
FOUR DROPS GERANIUM
TWO DROPS SANDALWOOD

HAIR GROWTH SERUM

THREE OZ FRACTIONATED COCONUT OIL
TEN DROPS ROSEMARY
TEN DROPS GERANIUM
FIVE DROPS PEPPERMINT
SPRAY ON ROOTS BETWEEN WASHES AND
RUB IN



roller bottle blends

ALL ROLLER BLENDS BELOW USE A
10ML ROLLER BOTTLE. DROP OILS
INTO BOTTLE AND TOP WITH
FRACTIONATED COCONUT OIL OR
OIL OF YOUR CHOICE.

GET MY ZEN ON

FIVE DROPS SANDALWOOD
FIVE DROPS BALANCE
FIVE DROPS SERENITY
FIVE DROPS PEACE BLEND

MAGIC

TEN DROPS CLARY SAGE
TEN DROPS FRANKINCENSE
TEN DROPS LAVENDER
TEN DROPS WILD ORANGE

BEYOUTIFUL

TEN DROPS LIME
TEN DROPS BERGAMOT
TEN DROPS FRANKINCENSE
FIVE DROPS ELEVATION

IMMUNITY BOOST

TEN DROPS ON GUARD
TEN DROPS TEA TREE
FIVE DROPS WILD ORANGE
FIVE DROPS ARBORVITAE
TWO DROPS MELISSA (OPTIONAL)

SLEEP

TEN DROPS CEDARWOOD
TEN DROPS VETIVER
TEN DROPS LAVENDER

LIQUID CALM

TWENTY DROPS BALANCE
TWENTY DROPS SERENITY
TEN DROPS COPAIBA

MUSCLE BLEND

TEN DROPS DEEP BLUE
TEN DROPS LEMONGRASS
TEN DROPS COPAIBA
FIVE DROPS FRANKINCENSE



ESSENTIAL

BODY WASH

EIGHT OZ GLASS PUMP BOTTLE
1/2 CUP CASTILE SOAP
THREE TBSP FRACTIONATED COCONUT OIL
10 DROPS OF YOUR FAVE EO (PEPPERMINT +
LIME MAKE IT MOJITO LIKE!)

CASTILE FACIAL CLEANSER

TWO OZ VEGETABLE BASED GLYCERIN
TWO OZ UNSCENTED CASTILE SOAP
HALF OZ WITCH HAZEL
2 DROPS EACH ROSEMARY, PEPPERMINT, TEA
TREE + LEMON

OIL CLEANSER

ONE CUP JOJOBA OIL
TWO TBSP CASTOR OIL
10 DROPS LAVENDER
10 DROPS FRANKINCENSE

WHIPPED BODY BUTTER

HALF CUP COCONUT OIL
ONE CUP UNREFINED SHEA BUTTER
10 DROPS WILD ORANGE
8 DROPS LAVENDER
WHIP WITH A HAND MIXER



OUR FAVE

doterra products

VERAGE SKINCARE LINE

THIS STUFF IS THE BOMB-DIGGITY AND IS THE ONLY SKINCARE LINE ON THE MARKET THAT INCLUDES PURE, THERAPEUTIC GRADE ESSENTIAL OILS. THE CLEANSER INCLUDES TEA TREE, BASIL + WILD ORANGE AND THE POWERHOUSE SERUM INCLUDES ROSE, SANDALWOOD + FRANKINCENSE.

LIFELONG VITALITY

WE KNOW ITS NOT A BODYCARE PRODUCT BUT IT CONTRIBUTES TO HEALTHY HAIR, IMPROVED SKIN APPEARANCE + HELPS NAIL GROWTH. THREE THINGS WE WOULD NEVER COMPLAIN ABOUT, RIGHT? IF YOU AREN'T ON THESE, YOU'VE GOTTA GET ON IT!

SPA BODY BUTTER

OH BOY, DO WE EVER HAVE A LOVE AFFAIR WITH THIS CONTAINER. ITS BLEND OF ESSENTIAL OILS PAIRED WITH ITS THICK, RICH TEXTURE MAKES IT FOR SURE A CUSTOMER FAVE. APPLY ON YOUR SKIN POST BATH WHILE YOUR SKIN IS STILL WET. IT'LL SOAK IT RIGHT UP!

SPA MUD MASQUE

A POWERHOUSE IN A LITTLE BOTTLE! THIS IS A BLEND OF DETOXIFYING OILS AND BENTONITE CLAY TO HELP PULL THE IMPURITIES FROM YOUR SKIN. BONUS: APPLY TO ARM PITS OR THE SOLES OF YOUR FEET TO SPEED UP DETOXIFICATION!

SPA SHAMPOO + CONDITIONER

ITS USUALLY SCARY WHEN YOU POP OPEN THE INGREDIENT LIST ON THE BACK OF YOUR CURRENT PRODUCTS, BUT NOT WITH THESE. THEY CLEANSE LIKE NO OTHER AND SUDS UP NICELY WITHOUT THE USE OF SODIUM LAURYL SULFATE. THE MIX OF LIME, WILD ORANGE + PEPPERMINT IS OUT OF THIS WORLD!

ROSE, JASMINE + NEROLI TOUCH

WE KNOW ITS NOT A PRODUCT, BUT THESE THREE DESERVED THEIR OWN FEATURE IN THIS EBOOK. USE THEM FOR HAIR OR FACE SERUM, APPLIED TO THE SOLES OF THE FEET TO BOOST IMMUNITY + ON THE WRISTS AS PUREFUME. MMM!



DOTERRA PRODUCT

hacks

ROLLERS

- APPLY IMMORTELE OR HD CLEAR AS DEODORANT
- APPLY IMMORTELE AT THE BASE OF SKULL FOR BRAIN TRAUMA
- USE DIGESTZEN ROLLER FOR SINUS TENSION

OILS

- ADD ONE DROP LAVENDER TO MASCARA FOR LASH GROWTH
- ADD ONE DROP OF PEPPERMINT TO LIP GLOSS FOR PLUMPING BENEFITS
- SANDALWOOD AS ALL NATURAL HAIR SERUM
- ROSE + JASMINE AS FACIAL SERUM
- PURIFY AS A PIMPLE SPOT TREATMENT

OTHERS

- CORRECT X AS UNDER EYE SERUM
- HAIR SERUM AS CUTICLE OIL
- CONDITIONER AS SHAVING CREAM
- SHAMPOO AS BODY WASH (IT HAS THE BEST FOAM!)
- USE THE MUD MASQUE AS A PIMPLE TREATMENT
- APPLY THE MUD MASQUE TO YOUR ARM PITS OR SOLES OF YOUR FEET TO SPEED UP DETOXIFICATION



my four month wishlist



TOTAL PV:
(OVER 125 BEFORE THE 15TH + I'LL RECEIVE A FREE OIL!)

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I HONOUR MY BODY BY SLOWLY REMOVING ALL TOXIC
CHEMICALS + REPLACING WITH PRODUCTS THAT ENERGIZE
ME AND MAKE ME FEEL GOOD.

