



Green-Up Your Self-Care Routine With Essential Oils

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The Case for Toxin-Free Routines

Why should you care what's going on your skin? Simple. Our skin is our largest organ and absorbs 70% of what we put on it into our bloodstream. Further, [putting chemicals](#) on our skin may actually *be worse than eating them*, because they enter the bloodstream without any filtering. For that reason, it is critical to arm yourself with the right tools to treat your skin well. This [article](#) delves deeper into the lack of skin-care toxin regulation and the natural products you can use to replace your chemical ones to keep your skin, hair, and nails glowing! There are also great apps and resources to screen your products for toxicity. Our favourite is the ["THINK DIRTY" app](#). Ultimately, there are lots of ways to make it easy to make a wise decision about the products you bring into your home and put on your body and we are excited to show you!

Harmful Ingredients to Avoid



YOUR SKIN + THE SUN

Very few sunscreens provide adequate sun protection and are free of harmful ingredients.

AVOID

- SPF above 50
- Retinyl palmitate
- Aerosol sprays
- Oxybenzone
- Insect repellent



YES

- Hats and shade in mid-day sun
- Zinc is the best active ingredient, otherwise 3% Avobenzone
- SPF 30 for intense sun
- Broad spectrum protection
- Use a lot and reapply frequently

COMMON INGREDIENTS WITH SAFETY CONCERNS

These ingredients can have harmful contaminants:

AVOID

- DMDM hydantoin
- Diazolidinyl urea
- Imidazolidinyl urea
- Ceteareth
- PEG and polyethylene

Products with "fragrance" on the label can contain hundreds of chemicals and may trigger allergic reactions.

YOUR KIDS

Kids are sensitive. Use few products and pick them carefully.

DIAPER CREAM

AVOID

Boric acid

BABY WIPES

AVOID

2-bromo-2-nitropropane-1,3-diol (bronopol)

TOOTHPASTE

LIMIT

Fluoride toothpaste for kids who might swallow it (none for kids under 2)



Cosmetics are poorly regulated and commonly made from untested chemicals-makers can use almost any ingredient they choose.



About the Skin Deep® ratings

EWG provides information on personal care product ingredients from the published scientific literature, to supplement incomplete data available from companies and the government. The ratings below indicate the relative level of concern posed by exposure to the ingredients in this product - not the product itself - compared to other product formulations. The ratings reflect potential health hazards but do not account for the level of exposure or individual susceptibility, factors which determine actual health risks, if any. Learn more | Legal Disclaimer

“Fragrance”

3163 ingredients lie within this single word on an ingredient list.

Question [to the EWG]: Is it true that the cosmetics industry can put any chemical into a product's "fragrance" without showing it on the ingredients list? What do they put in there?

Answer [from the EWG]: It's true. When you see "fragrance" on a personal care product's label, read it as "hidden chemicals." A major loophole in FDA's federal law lets manufacturers of products like shampoo, lotion, and body wash include nearly any ingredient in their products under the name "fragrance" without actually listing the chemical. Companies that manufacture personal care products are required by law to list the ingredients they use, but proprietary fragrances and trade-secret formulas are exempt. An analysis of the chemical contents of products reveals that the innocuous-looking fragrance often contains chemicals linked to negative health effects. Phthalates, used to make fragrances last longer, are associated damage to the male reproductive system, and artificial musks accumulate in our bodies and can be found in breast milk. Some artificial musks are even linked to cancer. And if you've got asthma, watch out-- fragrance formulas are considered to be among the top 5 known allergens, and can trigger asthma attacks. The same kinds of chemicals are often used for fragrances in cleaning products, scented candles, and air fresheners.



Lack of Regulation in the Personal Care Industry

Here's the skinny on the "beauty" care industry. We already know it is wrought with greed and injustice, but beyond what they do to growers and perfumers in the developing world...it's also toxic for our body!

- The personal care products industry is a 6 billion dollar industry
- The average woman is exposed to 168 unique ingredients each day
- Most of these ingredients have never been tested for safety.
- The EU has banned over 1100 chemicals - many of which we use in North American products
- 34% of products contain chemicals associated with cancer
- 60% of products have estrogenic chemicals that mess up your hormones
- Industrial chemical pollution begins in womb Phthalates + parabens are the worst {The EWG tested 18,000 and found both}
- 1 in 8 women will experience breast cancer
- In 1860 girls started their period at age 16. Today, the average is age 10
- There is no authority overseeing this industry
- The last time Congress updated policies was in 1938 when a woman went blind because of rat poisoning in her mascara

How many personal care products do you use in a day? According to our survey of 2300 people, on average, respondents use nine products daily. These contain 126 unique ingredients. One man in 100 and fully 25 percent of women surveyed apply 15 or more products each day.



Personal care products are manufactured with 10,500 unique chemical ingredients, some of which are known or suspected carcinogens, toxic to the reproductive system or known to disrupt the endocrine system. Though some companies make products that are safe to eat, others choose to use dangerous ingredients like coal tar and formaldehyde, both human carcinogens, and lead acetate, a developmental toxin.

No premarket safety testing is required for the industrial chemicals that go into personal care products or the chemical industry as a whole. According to the Office of Cosmetics and Colors at the federal Food and Drug Administration, *"...a cosmetic manufacturer may use almost any raw material as a cosmetic ingredient and market the product without an approval from FDA."* (FDA 2012) The FDA does no systematic reviews of safety, instead authorizing the cosmetics industry to self-police ingredient safety through its Cosmetics Ingredient Review panel. Over its 36 years, this industry panel has rejected only 11 ingredients as unsafe in cosmetics (CIR 2012). By contrast, the European Union has banned hundreds of chemicals in cosmetics (European Commission 2012).

When risky chemicals are used in cosmetics, the stakes are high. These are not trace contaminants that may be measured in parts-per-million or even parts-per-billion in food or water. They are substantial components of the product, just as flour is a primary ingredient in bread.

Cosmetic ingredients do not remain on the surface of the skin. They are designed to penetrate, and they do. Scientists have found many common cosmetic ingredients in human tissues, including phthalates in urine, preservatives called parabens in breast tumor tissue and persistent fragrance components in human fat. Do the concentrations at which they are typically found pose risks? For the most part, those studies have not been done. But a small but growing number of studies serve as scientific red flags (Swan 2005, Sathyanarayana 2008, Swan 2010).

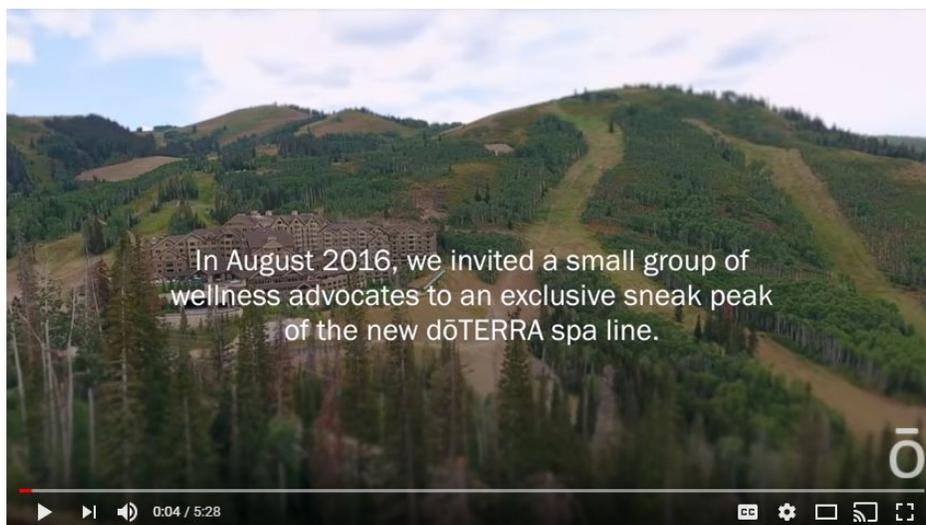
Must-Have doTERRA Products To Reduce Toxic Load

It can feel overwhelming to overhaul your entire routine once you recognize all of the sneaky ingredients hiding in your bathroom cabinet, but lucky for us, doTERRA has all of our bases covered. In fact, I don't use a single product in my day that is not toxin-free, essential-oil infused, and healing on a cellular level. Whether it's a doTERRA brand product or a DIY I made with all natural ingredients and essential oils. Below, we outline the top doTERRA products to work into your daily routine as well as some of our favourite DIY skin-care recipes to try at home!

Spa Line



[Total Spa Kit](#) - doTERRA recently released a game-changing spa line, which includes a decadent mud mask, scrubs and body butters, lotions, lip balms, body wash, and bath bars. All non-toxic, natural, chemical + cruelty-free, you won't feel an ounce of guilt using these products in your self-care, spa routine.



[Spa Luxury Staples](#) - A relaxing, aromatic experience, the following products (mud mask, exfoliating scrub, and body butter) are sold at a discount as a kit (you'll save \$9.50!) Below you'll see the basic doTERRA spa self-care regimen.

Step One

dōTERRA® SPA Detoxifying Mud Mask

After washing your face, apply a thin, even layer of the mud mask to your face, neck, and décolletage. Leave the mask on for 3-5 minutes and enjoy a few moments to relax! After letting it sit, rinse the mask off with warm water.

Infused with Myrrh, Juniper Berry, and Grapefruit, this mask will promote purifying benefits while reducing the appearance of pores, fine lines, and wrinkles.



Step Two

dōTERRA® SPA Exfoliating Body Scrub

Now that your face is detoxed and feeling clean, it's time for the rest of your body to feel refreshed! Take a warm, relaxing shower and apply the body scrub generously, massaging on feet, elbows, and any other area in need of exfoliation. Then rinse! This scrub exfoliates and polishes skin with natural sugar cane, and will leave you with a healthy, natural glow!

Step Three

dōTERRA® SPA
Replenishing Body Butter
Now pamper your skin with the rich hydration and luxurious feel of the dōTERRA SPA Replenishing Body Butter. Infused with Frankincense, Douglas Fir, and Wild Orange, the body butter is incredibly rejuvenating and soothing. Now you're ready to relax to your favorite movie or read your favorite book and bliss out.
You deserve it!



Deodorant



[Deodorant](#) - you know how I just told you about the 70% absorption rate of our skin...well it's 100% in certain sensitive areas like our underarms. Read my [blog post](#) to learn more about why your body will THANK YOU for switching to a natural approach, without the triclosan, parabens, endocrine disruptors, cancer-causing aluminum, and more. Bless doterra for saving me from having to make my own natural deodorant because goodness knows we don't have time for that every month! I usually use it with a drop of my favourite oil on top to boost the scent and have me feeling fresh all day long. I usually opt for patchouli, lavender, or cedarwood.

Top 5 toxic ingredients hiding in your deodorant

- 1. Aluminum** - linked to breast cancer in women, prostate cancer and an increased risk of Alzheimer's disease.
- 2. Parabens** - disrupt our delicate hormonal balance, which can lead to things like early puberty in children and an increased risk of hormonal cancers. Linked to birth defects and organ toxicity.
- 3. Propylene glycol** - can cause damage to the central nervous system, liver and heart.
- 4. Phthalates** - linked to a higher risk of birth defects. May disrupt hormone receptors, increase the likelihood of cell mutation.
- 5. Triclosan** - classified as a pesticide by the FDA. Classified as a probable carcinogen by the EPA.

DEODORANT

IN A STUDY PUBLISHED IN THE EUROPEAN JOURNAL OF CANCER

WOMEN WITH BREAST CANCER WHO SHAVED THEIR ARMPITS AND APPLIED DEODORANT REGULARLY WERE DIAGNOSED 19 YEARS EARLIER THAN WOMEN WHO DID NEITHER.

ALUMINUM

WHAT IT DOES:
Prevents your skin from sweating

WHY IT'S BAD FOR YOU:
A known neurotoxin linked to Alzheimer's disease

PROPYLENE GLYCOL:

WHAT IT DOES:
Prevents deodorant from drying out

WHY IT'S BAD FOR YOU:
It's the same thing as anti-freeze

Skin Care Line {you have options!}



[doTERRA Personal Care](#) - Here's an [article from the Huffington post](#) outlining the Top 10 most-common and must-avoid chemicals in typical beauty products. Suffice it to say that you would be appalled to know how toxic and dangerous the products we come into contact with daily are. Skin and beauty products are the worst offenders, littered with parabens, endocrine disrupting hormones, and even carcinogens. doTERRA offers a whole suite of [anti-aging skin care products](#), a specific [acne-targeted system](#), and their widely popular [essential skin-care line](#).

[Reveal Facial System](#) - a two step process involving a rich blend of essential oils that will have your face feeling clean, rejuvenated, and youthful by the time you've finished. Step 1: Refining Polish and Step 2: Peptide Activator included.



Hair Care



[Salon Essentials](#) - Another one of the usual suspects for toxic load is the products we use on our hair. Below, you'll see a list of typical, toxic ingredients hiding in your shampoo and conditioner

12 Toxic Ingredients To Avoid in Shampoo and Conditioner

www.livelovefruit.com

Sodium Lauryl Sulfate (SLS) Cancer, liver damage, skin rashes, depression	Fragrance Clogs the lymphatic system, major organ system toxicity	Cocamidopropyl Betaine Eye & skin irritation, allergic contact dermatitis	Triclosan Skin, eye and lung irritation, endocrine & organ disruption	Polysorbates Skin, eye and lung irritation, endocrine & organ disruption	Polyethylene Glycol (PEG) Direct link to CANCER, organ system toxicity
Potassium Sorbate Causes skin and organ system toxicity	Phenoxyethanol Irritant of skin, eyes & lungs, vomiting, contact dermatitis	Retinyl Palmitate Carcinogen, causes reproductive & organ system toxicity	Dimethicone Irritation of the skin, scalp & eyes, traps impurities in skin	Behentrimonium Chloride Damages the eyes, inflammatory agent, irritates skin	Quaternium-15 Contains carcinogenic formaldehyde, major toxin to body

OnGuard Toothpaste {& cleaning products}



[Toothpaste](#) - While many whitening toothpastes and products contain questionable ingredients that can be damaging to enamel, the fluoride-free dōTERRA On Guard Natural Whitening Toothpaste formula utilizes the powerful cleansing properties of essential oils and other gentle ingredients, so you won't have to worry about compromising the safety of your oral health for the sake of whiter teeth. It is also free of Sodium Laurel Sulfate, Saccharin, and other chemicals that are common-place in conventional toothpaste and are linked to canker sores, kidney damage, and more. All dōTERRA products use safe, natural ingredients, so you can rest easy knowing that you won't endanger your body or your family.

[Laundry Detergent](#) - It sounds extreme, but the truth is your **laundry detergent** most likely contains carcinogens. You are using **toxic laundry detergent** to clean your families **clothes!** (Further, when you sweat, the moisture soaks into your clothing and causes the laundry detergent chemicals sitting on your clothes to absorb into your skin easier. Your armpits and groin sweat the most and these are also the areas that absorb up to 100% of what is applied to them topically. This means that wearing clothes with chemical based ingredients and a little bit of sweat cause you to not only inhale but absorb these chemicals in your skin throughout the day.) According to studies, a full 1/3 of all scented detergents contain at least 1 chemical flagged by the EPA as potentially causing cancer. In particular, tide detergent contained 63 PPM (parts per million) of the petrochemical 1,4-dioxane (which is also found in paints and varnishes). The EPA (environment protection agency) considers this solvent a human carcinogen. This is taken directly from their website:

“1,4-Dioxane is used as a solvent. Acute (short-term) inhalation exposure to high levels of 1,4-dioxane has caused vertigo, drowsiness, headache, anorexia and irritation of the eyes, nose, throat, and lungs in humans. It may also irritate the skin. Damage to the liver and kidneys has been observed in rats chronically (long-term) exposed in their drinking water. In three epidemiologic studies on workers exposed to 1,4-dioxane, the observed number of cancer cases did not differ from the expected cancer deaths. Tumors have been observed in orally exposed animals. EPA has classified 1,4-dioxane as a Group B2, probable human carcinogen.”

Think about it, do you want to be using a product with an ingredient list this long and foreign (pulled from the label of TIDE brand detergent)? And with a label that urges you to call POISON CONTROL if ingested, inhaled, or irritated in any way? A formula free of dyes, synthetic fragrances, and toxins, the doTERRA On Guard Laundry Detergent makes laundry day safer and more enjoyable.

- water
- alcoholethoxy sulfate
- linear alkylbenzene sulfonate
- propylene glycol
- citric acid
- sodium hydroxide
- borax
- ethanolamine
- ethanol
- alcohol sulfate
- polyethyleneimine ethoxylate
- sodium fatty acids
- diquaternium ethoxysulfate
- protease
- diethylene glycol
- laureth 9
- alkyldimethylamine oxide
- fragrance
- amylase
- disodium diaminostilbene disulfonate
- DTPA
- sodium formate
- calcium formate
- polyethylene glycol 4000
- mannanase
- Liquitint™ Blue (a dye)
- dimethicone

Lip Balm

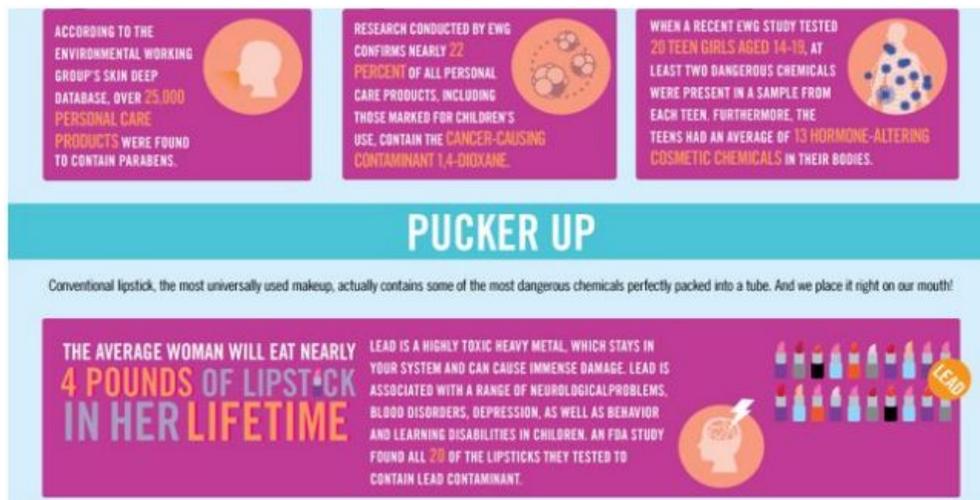


Lip balm is a common must-have, but unfortunately it can contain chemicals, artificial fragrances, and salicylic acid which can actually irritate lips and cause dryness. Go natural with doTERRA’s chapstick line or the DIY lip balm recipes below, that are full of health benefits and great flavor! “What goes on, goes in” is my motto with anything I apply on my body and it is extra true for lip balm and lipstick. The skin on your lips is extremely thin. Your bloodstream absorbs ingredients much more easily than anywhere else because of this. There is also the inevitability of consuming some lip balm and lipstick when you eat and drink throughout the day.

Here are just a few of the toxic ingredients in your run-of-the-mill lip balm:

1. **Petrolatum (AKA petroleum jelly, mineral oil)** - Petrolatum is made from petroleum – yes, what you put in your car – that has been refined. Some refining methods use toxic compounds. If the petroleum jelly becomes contaminated during the manufacturing process, possible Polycyclic Aromatic Hydrocarbons, which have links to breast cancer, and other carcinogenic agents may get into the jelly. Another concern with petrolatum is that it creates an airtight barrier on the skin which can act as a penetration enhancer. This means absorption of any of the toxic ingredients below will be increased.
2. **Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT)** - Butylated compounds are mainly used as a preservative in lip balms. Health concerns linked to these chemicals include endocrine disruption, organ-system toxicity, developmental and reproductive toxicity, cancer and respiratory irritation.

3. **Parabens (Propylparaben Butylparaben, Isobutylparaben, Isopropylparaben, and other ingredients ending in –paraben)** - Parabens are potential endocrine disruptors due to their ability to mimic estrogen. This effect is linked to an increased risk of breast cancer and their use may also influence the development of malignant melanoma – a form of skin cancer. In men, propyl and butyl parabens appear to reduce sperm production and lead to reduced testosterone levels.
4. **Fragrance and/or Flavour** - These terms should read “hidden chemicals”. Cosmetic manufacturers can withhold the actual ingredients used in their fragrances and flavours in order to ‘protect their trade secrets’. These fragrances often contain high levels of phthalates. Phthalates are strong hormone disruptors linked to decreased sperm count in men and reduced female fertility. Phthalates can also cause a worsening of allergy and asthma symptoms.
5. **Chemical sunscreen (Oxybenzone, Octinoxate, Homosalate)** - The EWG has rated Oxybenzone – the most common chemical sunscreen – an 8 on their toxicity rating scale. It has been shown to act like estrogen in the body, alter sperm production in animals and is associated with endometriosis in women. Octinoxate and Homosalate also disrupt hormone function.



Supplements

Don't forget that beauty comes from the inside out! We can spend hours on skin-care cleansing rituals, but if we neglect our diet and supplements, we won't see any of the results we want! Here's a [great article from Forbes](#) about how to eat for beautiful, glowing skin and what to avoid if you're dealing with breakouts, dry skin, or general discomfort.

[LLV](#) - Here's the full scoop on supplements. Explore [this document](#) to learn about the incredible supplements available through doTERRA. In particular, the Lifelong Vitality vitamins are a crucial part of any healthy routine! They include all the necessary vitamins and minerals for not only your skin, but your overall health and vitality. This complex covers all the bases, beyond health skin, hair, and nails, it supports antioxidant and DNA protection, energy and metabolism, bone health, immune function, stress management, cardiovascular health, eye, brain, nervous system, liver function and digestive health, lung and respiratory health, and more!

[Women's Health Supplements](#) - doTERRA Women is a line of products formulated to address the unique and changing health needs of women. Normal hormone levels influence a woman's good health and emotional well-being from her early teens to her transition through menopause. Keeping hormone levels healthy and balanced affect emotional wellbeing, healthy body function, and the appearance of wrinkles and signs of aging.

[Mito2Max](#) - ditch the caffeine for this healthy energy + stamina alternative. Like sodium and alcohol, caffeine dehydrates our bodies. They make the liver work in overtime, which causes toxic build up in the body. When our bodies are in toxic overload, the presence of low-level toxins that make their way to your skin disrupt healthy skin function. While we can sing coffee's praises as a laxative, it is a diuretic, which means it causes you to lose hydration, which has a direct effect on your skin. Dehydrated skin causes inflammation (redness) and premature aging (collagen loss). Additionally, without enough water flushing your system, toxic buildup in the skin can also cause acne.



Skin-Essential DIYs



Oil Cleanser

Ingredients:

- 1 oz jojoba oil
- 2 oz fractionated coconut oil
- 1 oz castor oil
- 10 drops each of [melaleuca](#), [lemon](#), [lavender](#), [geranium essential oils](#)

Directions:

Blend ingredients together

Use oil on your face and cover with a hot washcloth to augment cleansing by opening pores

Seasonal Mouthwash

While nothing can replace daily brushing and flossing, mouthwash can be a great addition to your oral hygiene routine. However, not all mouthwashes are created equal, and some use more questionable ingredients than others. One way to freshen your mouth without the worry is to create your own mouthwash using essential oils instead. Try out our most simple mouthwash recipe below:

Ingredients:

- 10 drops Peppermint oil (also recommended: Myrrh, Cinnamon, or dōTERRA On Guard®)

- 2 cups water

Directions:

Add water and essential oil to a 16 ounce dark glass bottle.
Shake well before each use. Take small sips and swish. Do not swallow.
Because this is simply water and essential oil, this

Lip Balm

Ingredients:

- ½ cup coconut oil
- 5 tsp beeswax
- 5 drops vitamin E oil
- 10 drops each of [peppermint](#), [rosemary essential oils](#)

Directions:

Melt wax and coconut oil
Add essential oils + vitamin E oil
Allow to cool and harden in the tube or container of your choice

Candy Cane Sugar Scrub



Missing the Christmas season already? Try this fun candy cane scrub made with Peppermint essential oil. This scrub takes only a few ingredients and can easily be customized with your favorite colors and essential oils.

Ingredients

- ¾ cup white sugar
- ½ cup [Fractionated Coconut Oil](#)
- 12 drops [Peppermint oil](#) or [Wintergreen Oil](#)
- Skin safe food coloring
- *Tip: In place of white sugar, you could use sea salt. In place of Fractionated Coconut Oil you could use almond oil, grapeseed oil, or olive oil.*

Directions:

Combine sugar and Fractionated Coconut Oil in bowl.
Divide mixture equally into two bowls.
In one bowl, add red skin safe food coloring.
Layer red and white scrub to create a 'candy cane' effect.

Multi-Purpose Life-Saver Salve

Ingredients:

- 1.5 tbsp shea butter
- 1.5 tbsp beeswax pestilles
- ¼ cup jojoba oil
- ¼ cup coconut oil
- 10 drops each of [lavender](#), [geranium](#), [cedarwood](#), & [melaleuca](#)

Directions:

Melt all ingredients except for the essential oils in a double broiler

Add essential oil drops before pouring into a container of your choice

Allow to harden and enjoy!

Orange Almond Scrub



One way to keep your skin looking and feeling healthy is to exfoliate regularly. Unfortunately, many body scrubs contain unnecessary ingredients and artificial fragrances. This natural 4-ingredient scrub will help eliminate dead skin cell buildup, and simultaneously boost your mood with the help of [Wild Orange oil](#).

High in monoterpenes, Wild Orange oil is also known for its purifying properties and invigorating aroma. Use this scrub in the shower, bath, or as an everyday hand cleanser and enjoy the benefits of smooth vibrant skin.

Ingredients

- 1 handful slivered almonds
- 1 orange peel
- 1 cup of doTERRA [fractionated coconut oil](#)
- 3–5 drops [Wild Orange essential oil](#)

Directions

Add almonds, orange peel, Fractionated Coconut Oil, and Wild Orange oil into a food processor and mix until ingredients are well combined. Store in an air-tight glass container and use 1–2 tablespoons as needed.

Note: Avoid contact with UV rays for up to 12 hours after applying citrus oils to the skin.

Bronzing Lotion Stick



Looking for a way to get the springtime glow during winter? These bronzing lotion sticks are the answer. These lotion sticks provide extreme moisture for dry winter skin and add a beautiful sun-kissed glow without the rays of the sun. Similar to doTERRA's [Moisturizing Lotion Bars](#), these lotion sticks melt with the heat of your skin and are mess-free when stored in this convenient container.

Ingredients

- 1/3 cup beeswax
- 1/4 cup shea butter
- 2 tablespoons cocoa butter
- 2 tablespoons grapeseed oil
- 1 teaspoon vitamin E
- 20 drops favorite essential oil
- 1 teaspoon ground cinnamon, for bronzer (you could also use 1 teaspoon unsweetened cocoa powder)

Note: This recipe makes approximately 4 ounces of lotions.

Instructions

Add beeswax, shea butter, cocoa butter, grapeseed oil, and vitamin E to glass jar and place in saucepan with one to one and a half inches of boiling water.

Stir ingredients until combined (around 5–10 minutes).

Once melted, remove from heat and let rest three minutes.

Add essential oil and stir. Pour into container

For bronzing lotion stick, go to next steps:

For a bronzing effect, add 1 teaspoon of ground cinnamon and stir until combined.

Pour into container. Let cool one to two hours before use.

Note: Use a popsicle stick for easy cleanup.

Toxin-Free Shaving Cream



Fortified with natural lubricants and essential oils, this shaving cream improves razor glide for a close, comfortable shave. Great for men and women, this shaving cream will leave skin smooth, healthy, and moisturized.

Ingredients

- 1/3 cup shea butter
- 1/3 cup coconut oil
- 1/4 cup [Fractionated Coconut Oil](#)
- 5 drops [Sandalwood oil](#)
- 5 drops [Peppermint oil](#)
- 5 drops [Melaleuca oil](#)

Instructions

Place all ingredients except for essential oils in double boiler.

Once melted, remove from heat and let sit three minutes.

Add essential oils and stir until combined.

Let shaving cream rest until hard.

Tip: You can put it in the refrigerator to speed up the cooling process.

Using hand or stand mixer, whip shaving cream until light and fluffy.

Place in container of choice

Then go check out doTERRA's razor burn relief tips [HERE](#)

Go-Glow Mask



Ingredients:

- 1 tsp green or aztec (Bentonite) clay powder {I use [this one](#)}
- 1 drop each of [lavender essential oil](#) + [melaleuca \(tea tree\) essential oil](#) (optional: add a drop of [frankincense](#))
- Optional: 1 tsp [activated charcoal powder](#)
- Optional: 1/2 tsp [raw honey](#)
- Optional: any of the natural ingredients in the image above that your skin may be craving!

Directions:

Mix ingredients with 1 tsp warm water (1:1 ratio, so if you use charcoal, 2 tsp of water)

Apply the mixture with a brush to your face and neck

Let the mask sit on your skin for 10-20 minutes, until hardened, before rinsing

Tip: you may feel a tingling in your face, this is normal but listen to your body and remove the mask early if you feel discomfort!

Ultimate Beauty Serum

Ingredients:

- ½ oz jojoba or argan oil
- ½ oz [fractionated coconut oil](#)
- 1 drop vitamin E oil
- 4 drops each of [geranium](#), [cypress](#), [lavender](#), & [frankincense](#) essential oils

Directions:

Mix ingredients with 1 tsp warm water (1:1 ratio, so if you use charcoal, 2 tsp of water)

Apply the mixture with a brush to your face and neck

Let the mask sit on your skin for 10-20 minutes, until hardened, before rinsing

Tip: you may feel a tingling in your face, this is normal but listen to your body and remove the mask early if you feel discomfort!

Winter Cuticle Cream



Cold weather can be tough on skin and cuticles. Making a homemade cuticle cream is a great way to bring moisture and health back to nails. It can also be used on hands, lips, or anywhere with dry spots.

Ingredients

- 2 tablespoons shea butter
- 1 teaspoon beeswax
- 1 tablespoon [fractionated coconut oil](#)
- 7 drops [lavender essential oil](#) or [Myrrh oil](#)

Instructions

In small glass container, combine shea butter, beeswax, and Fractionated Coconut Oil

Place in saucepan with 1–1 ½ inches of boiling water

Stir ingredients for 5–10 minutes until combined

Tip: Use a popsicle stick for easy cleanup.

Once melted, remove from heat and let rest for 3 minutes

Add essential oils and stir

Pour into container and let harden 2–3 hours

To use, just apply a small amount to cuticles and rub until absorbed.

Texturizing Beach Wave Salt Spray

Although you may not live near the beach, your hair can easily look like you've been playing in the waves with this homemade salt spray. This easy spray will help give you those perfect beach waves—without all the sand and greasy sunscreen—to help recreate your best hair days at the beach with loose, carefree curls.

Ingredients:

- 8 ounce spray bottle
- 1 cup hot water
- 2 tablespoons Epsom salt
- ½ teaspoon sea salt
- 1 teaspoon doTERRA Salon Essentials® Healthy Hold Glaze
- ½ teaspoon [Fractionated Coconut Oil](#)
- 5 drops [Rosemary oil](#)
- 5 drops [Lemon oil](#)

Note: Lemon oil is photosensitive and may lighten your hair if exposed to sun. Feel free to omit if desired.

Directions:

In a spray bottle, add Healthy Hold Glaze and salts.
 Add Fractionated Coconut Oil and essential oils.
 Top with water and shake.
 To use, spray generously on hair while scrunching with hands. Let dry.

Liquid Sunshine Mood-Boosting Perfume

The perfume industry is littered with toxins and harsh chemical fragrances (just watch the documentary “STINK” and you’ll see what we are talking about). On our team, we make our own scents that are both delicious, healing, and mood boosting! This fun blend reminds us of sunshine in those colder months coming up! Below, you’ll also see our “perfume 101” guide to creating your own personal scent with non-toxic, healing essential oils!



Floral Perfume

One of the best ways to use essential oils is aromatically. Aromatic benefits help to uplift your mood, ease your mind, and provide a variety of solutions to everyday issues. One way to take advantage of these benefits is by wearing essential oils as a natural fragrance. Take a break from synthetic fragrances with a homemade perfume including all-natural ingredients. This perfume DIY combines the warm floral scents of Whisper® Blend for Women and Ylang Ylang essential oil with fresh citrus aromas to create a unique irresistible blend.

Ingredients

- 10 drops Whisper
- 10 drops [Citrus Bliss®](#)
- 10 drops [Lemon oil](#)
- 5 drops [Ylang Ylang oil](#)
- 1 tablespoon witch hazel
- ¼ cup water

Instructions

Combine witch hazel and water into a small glass spray bottle and shake.
 Add essential oils and mix thoroughly.
 Mist scent over body or clothes to create your desired aroma. Mix well before each use.
Tips: Avoid direct contact with UV rays for up to 12 hours after applying citrus oils to the skin.

Perfume 101



Diffuser Blends

One of the easiest ways to make your home feel cleansed and restored is to blast your living room with fresh scents through your diffuser! Did you know that just smelling the volatile compounds in essential oils aromatically can give you a huge health and mood boost within seconds? Some scientists have even compared it to an intravenous shot in terms of speed and efficacy! That's because our olfactory (smell) system is directly linked to our amygdala, which regulates our emotions and long-term memory!

Print the posters on the following pages and tape them to your fridge! These are some of our cleansing, self-care, and spa-vibe faves!

dōTERRA wellness advocate

DIFFUSER BLEND

Date Night

- 2 drops Cinnamon Bark
- 2 drops Patchouli
- 2 drops Rosemary
- 6 drops Sandalwood
- 2 drops Ylang Ylang

The poster also displays five small bottles of the essential oils: Cinnamon Bark, Patchouli, Rosemary, Sandalwood, and Ylang Ylang.

Spa Elevation

DIFFUSER BLEND



2 drops



1 drop



2 drops

dōTERRA

DIFFUSER BLENDS

WHITE FIR



refreshing

LIME

GRAPEFRUIT



fresh + lively

BERGAMOT

CINNAMON



GINGER

CARDAMOM

warm + spicy



CLOVE

LEMON

warm + citrus-y

LAVENDER



relaxing + spa-like

EUCALYPTUS

LIME



tart + sweet

LEMON

ORANGE



SAGE

CEDARWOOD

woody + herbacious



Rejuvenate

Diffuser Blend

👉👉 Lavender

👉👉 Bergamot

👉 Lemon

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Energizing Breath

DIFFUSER BLEND

1 drop Breathe

2 drops Bergamot

2 drops Wild Orange



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STAYCATION

Diffuser Blend

3 drops Balance
3 drops Bergamot



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Spa Dreams

Diffuser Blend



Lavender



Lime



Peppermint

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