



Medicine Cabinet Makeover

| | |
|--|-----------|
| Medicine Cabinet Makeover...Choose THIS, not THAT | 3 |
| Family Essentials First Aid Kit: Top 10 Oils | 5 |
| DIY Natural Healthcare Essentials | 6 |
| After-Sun Soothing Spray | 6 |
| Homemade Soothing Salve | 6 |
| Diaper Cream | 7 |
| Hair Detangling Spray | 7 |
| Essential Oil Foot Spray | 8 |
| Cough Buster | 8 |
| Postpartum Soothing Spray | 8 |
| Natural Cough Syrup | 9 |
| Razor Relief Serum | 9 |
| Makeup Removing Wipes | 10 |
| Health-Boost Roller-Bottle Blends | 11 |
| Cold + Flu Bomb | 12 |
| Motion Potion | 12 |
| Daily Thyroid Support | 12 |
| Bathroom/Cleaning Cabinet Essentials | 13 |
| Diffuser Blends | 15 |

dōTERRA®



MAKEOVER MY **MEDICINE CABINET**

LIVING



SPACE can be a precious commodity in a home,

and the medicine cabinet is no exception. Between beauty products and a vast array of over-the-counter drugs available, it can be a challenge deciding what stays and what goes. The solution is simpler than you might think: dōTERRA® offers a large selection of natural wellness products for a customizable health and beauty routine that's right for you. Our CPTG Certified Pure Therapeutic Grade® products contain only the purest ingredients (see pages 6-7) and our packaging is simple for a clean and clutter-free appeal.

So go ahead, give that medicine cabinet a much-needed makeover!

Making the Switch...



- 1 instead of...
Pain/Headache Medicine
try Past Tense®

- 2 instead of...
Nasal Decongestant/
Cold/Flu Medicine/
Allergy
try Breathe

- 3 instead of...
Cough Suppressant
try rosemary

- 4 instead of...
Anti-Itch Lotion/
Sleeping Aids/
Bum Cream/
Cuts/Scrapes Disinfectant
try lavender

- 5 instead of...
Mouthwash
try peppermint

- 6 instead of...
Immune System Boost/
Sore Throat Medicine
try On Guard®

- 7 instead of...
Lipset Stomach Medicine/
Heartburn Medicine
try DigestZen®

- 8 instead of...
Sterilizing Agent
try Purify

- 9 instead of...
Fluoride Toothpaste
try On Guard® Toothpaste

- 10 instead of...
Muscle Pain Cream
try Deep Blue®

- 11 instead of...
Athlete's Foot/Anti-Fungal Treatment
try melaleuca

- 12 instead of...
Wart Removal Medicine
try oregano

- 13 instead of...
Synthetic Facial Products
try our skin care collection

Medicine Cabinet Makeover...Choose THIS, not THAT

1. Instead of...Pain/Headache Medicine...try *Past Tense*®
2. Instead of...Nasal Decongestant, Cold/Flu Medicine, Allergy...try *Breathe*
3. Instead of Cough Suppressant...try *rosemary*
4. Instead of Anti-Itch Lotion, Sleeping Aids, Burn Cream, Cuts/Scrapes Disinfectant...try *lavender*
5. Instead of Mouthwash...try *peppermint*
6. Instead of Immune System Boost or Sore Throat Medicine...try *On Guard*®ns
7. Instead of Upset Stomach Medicine and Heartburn Medicine...try *DigestZen*®
8. Instead of Sterilizing Agent...try *Purify* or *CorrectX*
9. Instead of Fluoride Toothpaste...try *On Guard*® Toothpaste
10. Instead of Muscle Pain Cream...try *Deep Blue*®
11. Instead of Athlete's Foot/Antifungal Treatment...try *melaleuca*
12. Instead of Wart Removal Medicine...try *oregano*
13. Instead of Synthetic Facial Products...try *the dōTERRA* skin care options

TIP: Not only are natural solutions healthier for your home, body, and the planet in the long run, it is actually a cost effective option! Because essential oils are 80x more potent than herbs, one drop goes a LONG way and they can be used sparingly to achieve desired results.



SEE WHAT 6 OF OUR 54 ESSENTIAL OILS CAN REPLACE IN YOUR MEDICINE CABINET:



◆ LAVENDER

- Can heal burns & cuts
- May relieve insomnia
- Can reduce stress-anxiety
- Powerful antihistamine

Replaces: Neosporin, Tylenol, Aleve, Motrin, Sleeping aids, Claritin



◆ PROTECTIVE BLEND

- May prevent colds & flu
- Supports healthy immune function
- May kill viruses-bacteria

Replaces: Airborne, Chloraseptic sore throat, Rx antibiotics



◆ LEMON

- Drink in water daily
- Cleanses your body & home
- Releases petrochemicals from body for weight loss

Replaces: Tylenol, Children's Tylenol/Motrin, Throat drops, Imodium AD, Mylanta, Tums



◆ RESPIRATORY BLEND

- Helps clear lungs- sinuses
- Diffuse for asthma/croup
- Relieves seasonal respiratory discomfort

Replaces: Inhalers, Vicks, Benadryl, NyQuil, Sudafed, Shower soothers



◆ PEPPERMINT

- May reduce fever
- Headaches, nausea & digestive issues
- Increases alertness

Replaces: Pepto-Bismol, Motrin, Tums, Tylenol, Claritin, Sudafed, Energy Drinks



◆ MUSCULAR BLEND

- May relieve back pain
- Joint & muscle pain
- Arthritis relief & healing

Replaces: Bengay, Aleve, Tylenol, Motrin, Celebrex, Humira

Statements provided herewithin are for informational purposes only & have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Essential Oils for BEGINNERS

New to essential oils? Here is a simple guide to help you get started in your essential oil journey.

START WITH THE BASICS

Lemon

PROPERTIES: Cleansing, revitalizing, uplifting



- ◆ Add to a spray bottle of water to clean tables, countertops, and other surfaces.
- ◆ Use to remove gum, glue, or any other sticky residues.
- ◆ Add to your favorite desserts or beverages for zesty flavor.
- ◆ Take internally to support healthy digestion.*
- ◆ Diffuse to purify air and create an uplifting, refreshing aromatic experience.

Lavender

PROPERTIES: Soothing, calming



- ◆ Diffuse or add a few drops to your pillow or feet to prepare for a restful night's sleep.
- ◆ Apply topically to help reduce the appearance of blemishes.
- ◆ Add a few drops to a warm bath to help soak away stress.
- ◆ Consume 1-2 drops to help calm the nervous system.*

Peppermint

PROPERTIES: Cooling, energizing, natural bug repellent



- ◆ Take internally to help alleviate occasional stomach upset.*
- ◆ Apply a few drops to the back of your neck to cool off.
- ◆ For a clearing, refreshing aroma, diffuse at night by your bedside.
- ◆ Rub on head and neck for a soothing sensation when feeling tense.
- ◆ Add to shampoo or conditioner for a stimulating scalp massage.

Frankincense

PROPERTIES: Renewing, beautifying, rejuvenating, grounding



- ◆ Take internally to support healthy cellular and immune function.*
- ◆ Apply topically to help reduce the appearance of skin imperfections.
- ◆ Diffuse during meditation for a sense of relaxation and balance.

Melaleuca (Tea Tree)

PROPERTIES: Soothing, cleansing



- ◆ Combine 1-2 drops with your facial cleanser or moisturizer for added cleansing properties, or apply to skin after shaving.
- ◆ Apply to fingernails and toenails to keep nails looking clean and healthy.
- ◆ Use as an effective surface cleaner.
- ◆ Add a few drops to shampoo or massage into the scalp.
- ◆ Add to toothpaste or swish with water for a quick and easy mouth rinse.

dōTERRA Breathe® Respiratory Blend



- ◆ Apply topically to the chest to breathe deeply.
- ◆ For a clearing aroma, diffuse at night by your bedside.
- ◆ Apply diluted to your upper lip and inhale to invigorate and clear your senses.
- ◆ Apply topically for an invigorating lift when you stay home from the office on a cold, rainy day.

Deep Blue® Soothing Blend



- ◆ Apply on feet and knees before and after exercise.
- ◆ Make your muscles happy after your workout by applying to targeted areas.
- ◆ Massage on your lower back after a day of sitting at the desk or doing manual labor.

DigestZen® Digestive Blend



- ◆ Take a couple of drops internally to promote healthy digestion.*
- ◆ Add to water or tea and consume to help maintain a healthy gastrointestinal tract.*
- ◆ Reduce bloating, gas, and indigestion.*

dōTERRA On Guard® Protective Blend



- ◆ Add two to three drops in a Veggie Capsule or take directly for an immune boost before traveling or during seasonal changes.*
- ◆ Diffuse in your home or office during fall and winter months.
- ◆ Add to water and use as a natural surface cleaner.

DIY Natural Healthcare Essentials

After-Sun Soothing Spray



Sun exposure is good, but too much of it can cause irritation. Next time you deal with discomfort from too much sun, try this after-sun soothing spray with essential oils.

Ingredients

1 cup aloe vera juice

¼ cup [doTERRA Fractionated Coconut Oil](#)

1 teaspoon vitamin E

8 drops [Lavender oil](#)

8 drops [Melaleuca oil](#)

8 drops [Peppermint oil](#)

Note: You can find aloe vera juice at your local health food store.

Instructions

1. Combine all ingredients in glass spray bottle.
2. Shake to combine.

Homemade Soothing Salve

A good salve can be the base to many amazing recipes. Similar to the texture of petroleum jelly, you can customize this salve with essential oils to meet your needs. Try adding doTERRA Breathe® to help maintain feelings of clear airways*, doTERRA Serenity® or Lavender to promote a good night rest, or Citrus Bliss® for an invigorating moisturizer.

Ingredients

½ cup grapeseed oil

½ cup almond oil

2 tablespoons beeswax

½ tablespoon vitamin E oil

5 drops [Lavender oil](#)

5 drops [Cypress oil](#)

5 drops [Melaleuca oil](#)

5 drops [Frankincense oil](#)

5 drops [Eucalyptus oil](#)

Instructions

1. Melt beeswax in double boiler.
2. Once melted, add grapeseed, almond, and vitamin E oil until melted.
3. Once combined, set aside for two to three minutes.
4. Add essential oils and stir.
5. Pour in container and allow to set for two hours.
6. To use, apply to skin or on chest.

Diaper Cream

Commercial diaper cream can be made of ingredients that can irritate a baby's delicate skin. This easy recipe is simple, natural, and great for soothing and softening skin.

Ingredients

¼ cup virgin coconut oil

15 drops [Lavender oil](#)

10 drops [Melaleuca \(Tea Tree\) oil](#)

Instructions

1. Melt coconut oil in glass cup using microwave or double boiler
2. Add essential oils.
3. Store in glass container and leave in cool place. Apply when needed.

Hair Detangling Spray

There are few things worse than tangled hair—it can often lead to a tender scalp and lots of unnecessary hair stuck in your brush. Detangling Spray is a great way to get your hair tangle-free. Marshmallow root and apple cider vinegar are natural detanglers and essential oils add additional benefits to help keep your hair healthy and beautiful.

Ingredients

12 ounce or larger spray bottle

1 ½ cups distilled water

3 tablespoons marshmallow root

½ cup apple cider vinegar

2 tablespoons [doTERRA Salon Essentials® Smoothing Conditioner](#)

5 drops [Rosemary oil](#)

5 drops [Patchouli oil](#)

5 drops [Geranium oil](#)

5 drops [Melaleuca oil](#)

Instructions

1. Boil water and marshmallow root in small pan.
2. Reduce heat and let simmer 20–30 minutes.
3. Let cool slightly and strain through cheesecloth or wire strainer.
4. While warm, pour into bottle and add conditioner, apple cider vinegar, and essential oils.
5. Shake until combined.
6. To use, spray generous amount on wet hair and comb through.

Essential Oil Foot Spray

Ingredients

2 tablespoons witch hazel
2 tablespoons sweet almond oil
10 drops **Lavender** essential oil
10 drops **Myrrh** essential oil
10 drops **Sandalwood** essential oil

Instructions

1. Add all the ingredients to a small spray bottle and shake well.
2. Mist over clean feet for an all-day cleansing and moisturizing protection.
3. Store in the refrigerator and use within two weeks.

Cough Buster



Postpartum Soothing Spray

Childbirth is one of the most amazing and taxing efforts the human body can perform. For many women, recovery after labor and delivery involves tender skin, especially for those who experience tearing or receive an episiotomy. Warm water sitz baths and other sprays are often recommended to help alleviate some of this discomfort.

This natural postpartum spray includes Lavender oil which can be used to soothe occasional skin irritations. It also includes Frankincense oil which comes from the Boswellia species of tree and has been used in Ayurvedic and traditional Chinese health practices. These oils work together to promote a soothing environment.

Ingredients

6 tablespoons witch hazel
4 tablespoons filtered water
5 drops [Lavender oil](#)
5 drops [Frankincense oil](#)

Instructions

1. Combine witch hazel and water in a small glass spray bottle. The bottle pictured here is much larger, to demonstrate a larger portion.
2. Add Lavender oil and Frankincense oil.
3. Shake well and apply to perineum, or spray onto feminine hygiene pads for a cooling effect.

Natural Cough Syrup

Ingredients

- 1 drop lemon essential oil
- 1 drop frankincense essential oil
- 1 drop peppermint essential oil
- 1 drop lavender essential oil
- 1 spoonful [honey](#)
- [Glass jar](#)

Directions

1. Add the oils and honey to the jar.
2. Mix contents and then consume and swallow.

Razor Relief Serum



Shaving may be essential, but razor bumps are not. Provide relief to your skin with this Razor Relief Serum enhanced with calming doTERRA essential oils that will help your skin look and feel beautiful.

Ingredients

- ½ cup Fractionated Coconut Oil
- ¼ cup rosewater (can be purchased at health food stores)
- 5 drops [Frankincense oil](#)
- 5 drops [Lavender oil](#)
- 5 drops [Melaleuca oil](#)
- 5 drops [Helichrysum oil](#)
- 5 drops [Myrrh oil](#)

Instructions

1. Place Fractionated Coconut Oil and rosewater in glass spray or pump bottle.
2. Add essential oils and shake.
3. To use, spray directly on skin or place two to three pumps in palms and rub on affected skin.

Makeup Removing Wipes

These Makeup Remover Wipes work well for everyday use or for times when you need to remove stubborn makeup. With the added bonus of being less expensive to make than wipes found in stores, they include products that you already know and love. Store-bought products often contain harsh chemicals that can dry out the skin and leave it feeling unhealthy. Instead, these do-it-yourself wipes moisturize the skin while providing gentle cleansing and will leave you with healthy, smooth, and radiant-looking skin. They also provide a quick and easy way to remove makeup while on-the-go, helping the kids, or if you're simply too tired to get out of bed. Melaleuca, or Tea Tree, essential oil is used in this recipe because it is renowned for its cleansing and rejuvenating effect on the skin. Melaleuca also aids in reducing the appearance of blemishes and soothes occasional skin irritations, making it a wonderful addition to this do-it-yourself recipe.

Ingredients

2 tablespoons witch hazel
2 tablespoons [Fractionated Coconut Oil](#)
2 tablespoons distilled water
1–2 drops [Melaleuca \(Tea Tree\) oil](#)
Roll of paper towels

Instructions

1. Combine witch hazel, Fractionated Coconut Oil, and water in a small bowl and stir.
2. Add Melaleuca (Tea Tree) Essential Oil
3. Use a serrated knife to cut the roll of paper towels in half widthwise and remove the tube from one half
4. Put the half without the tube in an airtight container, then pour the solution over the roll
5. Replace lid and shake.
6. To use, pull wipes from the center and wipe off makeup
7. **Note:** This recipe works for all skin types. Store in a cool, dry place and use within three months.

Health-Boost Roller-Bottle Blends

Rollerball REMEDIES RECIPE SHEET

NOTE:
All recipes are for a
10ml rollerball bottle
unless otherwise noted.

Aching Muscle Blend

30 drops Peppermint
30 drops Lavender
20 drops Fractionated Coconut oil
Massage into achy areas as needed.

Allergy Bomb

20 drops Lemon
20 drops Lavender
20 drops Peppermint
Fill rest up with Fractionated Coconut oil
Convenient to use when traveling. Roll onto palms of hands, cup and inhale.

Belly Blend

40 drops Wild Orange
40 drops Digestion blend
Fill rest up with Fractionated Coconut oil
Apply to bottoms of feet and/or directly to the belly. This blend is convenient for adults and children with digestive issues. The orange also helps cut down the Digestive blend smell.

Bruise Blend

20 drops Lavender
20 drops Cypress
20 drops Frankincense
20 drops Fractionated Coconut oil
Roll on to bruised area as needed to help with pain and to cut down duration of bruise.

Cough Blend

40 drops Respiratory blend
25 drops Eucalyptus
20 drops Frankincense
Fill rest up with Fractionated Coconut oil
Roll onto chest and/or back. Can also apply to the tops of feet at the bridge of the toes (lung reflexology point). Great for kids since it is already diluted!

Flu Bomb

20 drops Oregano
40 drops Lemon
30 drops Protective blend
Fill rest up with Fractionated Coconut oil
*This is a great remedy for the onset of an illness. When you feel the aches or scratchy throat coming, its time to start! Apply on throat, behind ears, and bottom of feet. *Because this mix contains oregano, it should be used only for 7-10 days. Oregano can be hard on the liver when used for long periods of time. The Protective blend should be used along the spine for prevention of illness.*

Focus Blend

40 drops Wild Orange
40 drops Peppermint
Fill rest up with Fractionated Coconut oil
Use this blend anytime during the day when you need a mental lift; great for studying, housework, mid-afternoon slump. Apply to back of neck, on bones directly behind the ears or in palms and inhale.

Hand Sanitizer (15ml spray bottle)

10-20 drops Protective blend
Fill the 15ml spray bottle up with distilled water
Spray onto hands to kill germs and bacteria. This can also be used for a throat spray when a sore throat is coming on! (Now what "other" hand sanitizers can do that!)

Owie Blend

30 drops Lavender
30 drops Melaleuca
20 drops Fractionated Coconut oil
Apply to "owie" as needed. This blend works for easing scrapes, cuts and blisters. Also good for scaly, itchy patches like eczema or hives.

 For additional information and ideas, go to www.facebook.com/rollerballremediesworkshop



Cold + Flu Bomb

Cold and Flu Bomb

Ditch the tylenol and take something that actually deals with the problem instead of covering it up



10 drops of
Frankincense

10 drops of
Melaleuca

10 drops of
On Guard

15 drops of
Lemon

10 drops of
Oregano

Mix in a 10ml glass roller bottle and fill the rest with fractionated coconut oil.
Apply to feet and back of neck hourly for 5 hours at first sign of cold and then 4-6 times/day until cold is gone.

Motion Potion

The perfect blend for traveling to combat motion sickness, nausea, dizziness, and stomach discomfort.

Ingredients:

15 drops ginger essential oil
15 drops peppermint essential oil
15 drops digestzen essential oil
Fractionated Coconut Oil (FCO)

Directions:

1. Add the essential oils to a 10ml roller bottle and top with fractionated coconut oil
2. Roll on the abdomen or inhale aromatically for instant relief

Daily Thyroid Support

Ingredients:

3 drops Frankincense essential oil
3 drops Myrrh essential oil
2 drops Lemongrass essential oil
2 drops Clove essential oil
Fractionated Coconut Oil (FCO)

Directions:

1. Add the essential oils to a 10ml roller bottle and top with fractionated coconut oil
2. Roll on daily over the thyroid for support

Bathroom/Cleaning Cabinet Essentials



Using essential oils to supplement your daily routine has never been easier with dōTERRA's exhaustive line of soothing, cleansing, and energizing products! Our cabinet staples?

1. **dōTERRA Salon Essentials® Hair Care** includes Protecting Shampoo, Smoothing Conditioner, Root to Tip Serum, and Healthy Hold Glaze.
2. **Correct-X®** essential oil topical ointment.
3. **dōTERRA Touch™**: essential oils for young or sensitive skin.
4. **ClaryCalm®**: the best blend for your worst week, period.
5. **PastTense® Tension Blend** for your head and neck.
6. **dōTERRA On Guard® Beadlets**: on the go immunity support.*
7. **dōTERRA Breathe® Drops** for clear airways and easy breathing.
8. **dōTERRA Breathe® Vapor Stick**: apply around the chest or neck area for a cooling, soothing feeling.
9. **Veggie Caps**: an excellent way to experience the benefits of essential oils internally.
10. **Essential oils from the Family Physician® Kit** for everyday health needs.
11. **DigestTab™** for soothing digestive relief.*
12. **Deep Blue® Rub** is a go-to after a workout or any physical activity.
13. **DIY Lavender Bath Salt**

- Fill glass container of choice about halfway with Epsom salts. Add 10–15 drops of Lavender essential oil, secure lid, and shake. Remove lid; mix in 1 tablespoon of dried lavender flowers (optional).

14. Use glass votive candle holders to store your **doTERRA supplements** for easy access.

15. Melaleuca essential oil: apply to skin after shaving or combine with your facial cleanser or moisturizer.

16. **doTERRA Natural Deodorant** infused with Cypress, Melaleuca, Cedarwood, and Bergamot essential oils.

17. **Peppermint and Wild Orange Lip Balm**.

18. Add a few drops of **Geranium** to **doTERRA Fractionated Coconut Oil** and use as a moisturizer for your body.

19. **Verage™ Skincare Collection/Immortelle Anti-Aging Blend**: Everything you need for smooth, healthy, youthful-looking skin.

20. Diffuse **doTERRA Peace™ Blend** during an evening bath for a calming feeling.

21. **doTERRA On Guard® Foaming Hand Wash**.

22. Use **Citrus Bliss® Hand Lotion** for softer hands and an uplifting aroma.

23. **doTERRA On Guard Natural Whitening Toothpaste** for clean mouth and fresh breath.

Extra: [OnGuard Hand Sanitizing Mist](#) to attack germs because we can't afford to get sick!

MEDICINE CABINET MAKEOVER USING doTERRA ESSENTIAL OILS



| | |
|--|---|
|  <p>InTune -enhances and sustains focus -promotes healthy thought process -enhances concentration -promotes mental clarity</p> |  <p>PastTense -relieves headaches and migraines -soothes tense muscles -relieves joint pain -relaxes</p> |
|  <p>DeepBlue -muscle & joint relief -relieves pain, swelling, arthritis -relaxes muscles</p> |  <p>Breathe -relieves respiratory issues -soothes and cleanses the airway -reduces coughing</p> |
|  <p>Clear Skin Blend -clears acne -spot treatment -non-drying -reduces redness & swelling</p> |  <p>DigestZen -stops heartburn -relieves gas, cramps and bloating -helps with IBS, diarrhea, food poisoning and other GI issues</p> |
|  <p>On Guard -boosts immune system -protects against cold & flu -purifies air -non-toxic cleaning agent</p> |  <p>ClaryCalm -balances hormones -reduces cramps, bloating and other PMS issues -improves menopause issues like hot flashes</p> |

Diffuser Blends

One of the easiest ways to make your home feel cleansed and invigorating 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! Try out these blends that are perfect for staying healthy, both physically and emotionally!

Print the posters on the following pages and tape them to your fridge! These are some of our fresh n' clean finds!



Immunity Boosting Diffuser Blends

| | |
|--|--|
| Simple Boost 3 drops OnGuard 3 drops Lemon | Rest & Restore 3 drops Lemon 3 drops Lavender |
| Immunity Stimulator 3 drops Lavender 2 drops Geranium 1 drop Rosemary 1 drop Tea Tree | Shield 2 drops Rosemary 2 drops Clove 2 drops Eucalyptus 2 drops Cinnamon |
| Bug Zap 4 drops OnGuard 3 drops Lemon 2 drops Oregano | Fresh Air 2 drops Rosemary 2 drops Lemon 2 drops Lime |



GOOD BYE

allergy

DIFFUSER BLEND

2 DROPS PEPPERMINT ESSENTIAL OIL
2 DROPS LAVENDER ESSENTIAL OIL
2 DROPS LEMON ESSENTIAL OIL

MIX WITH WATER & DIFFUSE TO
COMBAT SEASONAL IRRITATIONS

 **DRERI**
Living the Abundance

how are you FEELING?

STRESSED

Diffuse:

3 drops Lavender
3 drops Lime
1 drop Spearmint

TIRED

Diffuse:

2 drops Juniper Berry
4 drops Wild Orange
4 drops Grapefruit

NERVOUS

Diffuse:

3 drops dōTERRA Balance®
3 drops Bergamot

SAD

Diffuse:

2 drops Bergamot
2 drops Frankincense
2 drops Elevation

WORRIED

Diffuse:

3 drops Patchouli
3 drops Bergamot

ANGRY

Diffuse:

2 drops dōTERRA Forgive®
1 drop Douglas Fir

BORED

Diffuse:

2 drops dōTERRA Balance®
2 drops dōTERRA Passion®
2 drops Citrus Bliss®

ANXIOUS

Diffuse:

3 drops dōTERRA Peace®
2 drops Juniper Berry
3 drops Lemon



dōTERRA®

Breathe

Diffuser Blends

Rosy cheeks

2 drops Citrus Bliss
3 drops Holiday Blend
2 drops Breathe

Snoring Relief

2 drops Eucalyptus
2 drops Breathe
2 drops Vetiver

Energizing Breath

1 drop Breath
2 drops Wild Orange
2 drops Bergamot

Uplifting & Fresh

3 drop Breath
2 drops Wild Orange
3 drops Lime

Nighttime Bark Relief

1 drop Marjoram
1 drop Thyme
2 drops Frankincense
2 drops Breathe

Breathe In

2 drops Eucalyptus
4 drops Breathe
2 drops Peppermint

Nowhere Man

1 drops Lemon
2 drops Breathe
1 drops White Fir

Restful Sleep

2 drops Lavender
2 drops Frankincense
2 drops Breathe

Liquid Focus

2 drop Breath
2 drops Wild Orange

Immunity Sleeper

2 drops On-guard
3 drops Breathe
2 drops Citrus Bliss

Breathe Easy

4 drops Breathe
1 drop Arbovitae

WWW.FACEBOOK.COM/HEALTHANDOILS