

# dōTERRA'S HOME ESSENTIALS KIT



## Peppermint

Buoys the heart. Provides clarity & focus. Great for digestion. Add with wild orange (and frankincense) for an energy hit. Uplifting & energising. Use a drop of Peppermint with Lemon in water for a refreshing mouth rinse.

Take one to two drops in a Veggie Capsule to alleviate occasional stomach upset. Put in lip gloss to plump up lips. Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense and inhale for a mid-day pick-me-up.

Retail: \$35 Wholesale: \$26.50



## Lavender

Calms the mind. Promotes sleep. Relaxing. High in Linalool which reduces sad, anxious feelings. Aids communication. Good for skin irritations, mozzie bites & burns and as a natural anti-histamine.

Freshen your linen, car, or the air by combining Lavender with water in a spray bottle.

Take internally to reduce anxious feelings. Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

Add to Epsom salts for a relaxing bath. Apply to heart centre and thymus. Add to moisturizers.

Retail: \$37.33 Wholesale: \$28



## Lemon

The oil of focus. Promotes a positive mood. Cleanses the body and aids digestion.

Good to get rid of stains + sticky spots. Supports healthy respiratory function

Retail: \$18 Wholesale: \$13.50



## Frankincense

Promotes cellular regeneration. Supports overall wellness. Calms the nervous system.

Balances the mood. Promotes peaceful, relaxing feelings.

Frank + coconut oil for chapped lips Apply topically to help reduce the appearance of skin imperfections. Around eye wrinkles.

Retail: \$120 Wholesale: \$90



## Oregano

Is like nature's antibiotic. Supports a healthy immune system, healthy digestion, and respiratory function when used internally. Offers powerful antioxidants when ingested

Use on skin tags, warts & haemorrhoids. It is a hot oil and must be diluted topically and only ingested in a capsule.

Retail: \$42 Wholesale: \$31.75



## Tea Tree (Melaleuca)

Promotes healthy immune function when used internally. Anti fungal & Anti-bacterial. Cleansing & rejuvenating for the skin (pimples, bites, ingrown toenails). Helps with energetic boundaries.

Retail: \$33 Wholesale: \$24.50



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## On Guard

Supports healthy immune & respiratory function. Supports body's natural antioxidant defences. Promotes healthy heart circulation. Protects against environmental threats, good for mould. Energising and uplifting. Add to cleaning products. Great anti-bacterial for travel.

Retail: \$54 Wholesale: \$40.75



## Easy Air

Opens the airways & soothes the respiratory system. Great for sleep by opening the airways you get good quality oxygenated sleep and wake feeling energised. Quiets coughs and snoring. Calms asthma. Diffuse for a good preventative to colds & flu's. Use like Vicks.

Retail: \$36.00 Wholesale: \$27.00



## DigestZen

Great tummy tamer. It can soothe reflux, indigestion, bloating, constipation and stomach bugs. Helps you digest stress. Soothes feelings of overwhelm. It's also wonderful for clearing the sinuses.

Retail: \$57 Wholesale: \$43



## Ice Blue Oil

Soothing and cooling oil. Helps arthritis, aching joints and muscles. Good for gastro, rub on belly & kidneys. Relieves menstrual cramping. Apply before and after exercise. Iceblue + Aromatouch with coconut oil is good for aching joints and sore muscles.

Retail: \$57 Wholesale: \$42



## Petal Diffuser

The doTERRA Petal Diffuser is a small, user-friendly diffuser that delivers aromatic benefits to your family and home. It has a relaxing mist and soft white ambient light, and can cover up to 30m2. The Petal Diffuser has three time settings, 2 or 6 hour continuous cycle or 12 hr intermittent cycle.

Retail: \$77 Wholesale: \$58

**This kit is valued at \$566 retail and \$460 Wholesale. As an enrolment kit is costs \$330 including the \$35 membership, saving you \$271 off retail and \$130 off wholesale prices.**



*Your gift from me when you join  
Wild Orange (5ml)*

Sunshine in a bottle, it's uplifting to the mind & body. Supports healthy immune function. It's cleansing and a great addition to cleaning products.



# GREAT WAYS TO USE YOUR HOME ESSENTIALS KIT

Lavender + Frankincense (Frank) = Soothes skin

Lavender + Frank + Lemon = Combats seasonal threats

Wild Orange, Lemon, Lavender + Frank = Anxiety

Frank + Tea Tree = Cuts

Frank + Lemon = For mental fatigue

On Guard + Tea Tree = setting boundaries

Lemon, Peppermint + Wild Orange = Instant Energy

Lavender + Easy Air + Frankincense = Sleepy Blend

Lavender + Frank + Peppermint = Headaches

Tea Tree + Oregano = Toe Fungus



## CLEANING PRODUCTS:

Add 15 drops Lemon 15 drops OnGuard ½ cup water and ½ cup vinegar to a spray bottle of water to clean surfaces.

Lemon oil is great furniture polish; simply add a few drops to olive oil. Use a cloth soaked in Lemon oil to preserve and protect leather.

## COLD + FLU PREVENTION

FLO = Frank, Lemon, On Guard

FLOT = Frank, Lemon, On Guard, Tea Tree

*Place 1 drop of each in a teaspoon of honey.*

FLOOT = Frank, Lemon, On Guard, Oregano, Tea Tree

*Place in a capsule (oregano can't be ingested unless in a capsule)*

Lemon, On Guard, Peppermint + Frank = Cough Syrup

*1 drop of each in a teaspoon of honey*



## Babies + Children

Lavender + Tea Tree = Nits

Lavender + Fractionated Coconut Oil (FCO) = nappy rash

Lavender, Frank, On Guard + FCO = Healthy Immunity  
massage rub at night time

