



# Welcome to the **Healthy Home eBook**

Recipes. **Resources.** Links.

get ready, get set, **go!**



# Healthy Home **Diffuser Recipes**

## Instructions:

Remove lid from diffuser, add water to line, add oils, replace lid, plug in, press button.

### Fall Harvest:



**3 drops** On Guard®  
**3 drops** Wild Orange

### Lights Out:



**3 drops** Serenity®  
**2 drops** Frankincense  
**2 drops** Wild Orange

### Rejuvenate:



**3 drops** Lemon  
**2 drops** Peppermint

### Clean Summer Kitchen:



**2 drops** Lavender  
**2 drops** Lemon  
**2 drops** Peppermint

### Clear the Air:



**3 drops** Breathe®  
**2 drops** On Guard®

### Focus:



**3 drops** Wild Orange  
**2 drops** Frankincense  
**2 drops** Peppermint

**Why Diffuse?** The aromas of essential oils invite positive responses from chemical sensors in the brain.

# Healthy**Protocols**

## Try these proven recipes!

Stay healthy.

### System Booster:



**1-2 drops** Frankincense

**1-2 drops** On Guard®

**1-2 drops** Breathe®

#### INSTRUCTIONS:

Layer each oil along spine and bottoms of feet. Use **Fractionated Coconut Oil** to massage oils into the skin. Cover with warm moist towel for added benefit and comfort.

*Tip: Dilute with **Fractionated Coconut Oil** for sensitive or elderly skin, with children or infants, and on areas of sensitivity.*

### Cinnabomb:



**1 drop** On Guard®

#### INSTRUCTIONS:

Add 1 drop **On Guard®** to toothbrush to clean and protect teeth and gums.

*Tip: Add 1 drop **On Guard®** after brushing to keep your toothbrush clean!*

### Throat Soother:



**1-2 drops** On Guard®

**1 tsp** Local Honey

#### INSTRUCTIONS:

Add **On Guard®** to local honey and stir around with toothpick. Take when feeling run down or when seasonal threats arise.

*Tip: For a quick solution, lick one drop of **On Guard®** off back of hand.*

### Mist 4 Health



**Use** On Guard® Sanitizing Mist while visiting:

Public **Restrooms**

**Airports**

Sporting **Events**

#### INSTRUCTIONS:

Spray on seats, handles, sinks before using.

*Tip: Wash hands and use **On Guard® Sanitizing Mist** in place of hand dryers as they can spread bacteria.*

**Under the weather?** Fill a mug with hot water, add 2 drops each **On Guard®**, **Breathe**, **Lemon**, and **Frankincense**, breathe in vapor (eyes closed) to open airways and promote clear breathing.



# HealthyHome

## Cleaning Recipes.

Stay clean.

### Balance Shower Melts:



- 15-20 drops** Balance®
- 1 1/2 cups** Baking Soda
- 1/2 cup** Water
- Silicone** Molds

#### INSTRUCTIONS:

Combine baking soda and water. Add **Balance**® and mix. Pack into silicone molds and let set overnight. Place 1-2 tablets in shower away from direct flow of water.

*Tip: Allow tablets to dissolve gradually and release the calming aroma of **Balance**®.*

### All Purpose Cleaner:



- 1 Tbsp** On Guard® Cleaner Concentrate
- 3 cups** Water
- 24 oz** Glass Spray Bottle

#### INSTRUCTIONS:

Combine ingredients in glass spray bottle. Spray on desired surfaces and wipe clean. Enjoy a non-toxic cleaner that's safe for the whole family.

*Tip: Add 5-10 drops of **On Guard**®, **Wild Orange**, **Lemon**, or **Tea Tree** for added benefit and aroma.*

### Garbage Disposal Tabs:



- 30 drops** Lemon
- 2 cups** Baking Soda
- 1 cup** Salt
- 1/2 cup** Water
- 1/3 cup** Castile Soap

#### INSTRUCTIONS:

Combine baking soda and salt into a bowl. Add castile soap and water 1 Tbsp at a time until texture is of damp sand. Scoop into tablets using measuring spoon and lay on parchment overnight. Store in glass jar and use 1-3 to refresh and clean disposal.

### Room Spray:



- 20 drops** Lemon
- 20 drops** Wild Orange
- Distilled** Water
- 16oz** Glass Spray Bottle

#### INSTRUCTIONS:

In a glass spray bottle, add essential oils and top with water until full.

To refresh a room, shake and spray liberally.

*Tip: Change it up! Use your favorite essential oils!*

**Want more recipes?** Check out the dōTERRA Product Blog for more recipes and DIY ideas!  
[dotterra.com/US/en/blog-products](http://dotterra.com/US/en/blog-products)

# HealthyFace

## DIY for Him and Her.

Be refreshed.

### Clay Face Mask:



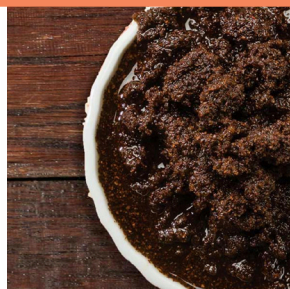
- 2 tsp** Bentonite Clay
- 2 tsp** Apple Cider Vinegar
- 1 drop** Frankincense
- 1 drop** Lavender
- 1 drop** Tea Tree

#### INSTRUCTIONS:

Combine clay and vinegar in bowl and stir until well combined. Add essential oils. Apply to clean skin, avoiding the areas around eyes and mouth. Let dry for 5-15 minutes. Rinse with warm water and follow with moisturizer.

*Tip: For a thicker mask, add an additional half tsp of clay.*

### Rejuvenating Coffee Scrub:



- 1 cup** Ground Coffee
- 1/2 cup** Brown Sugar
- 3/4 cup** Fractionated Coconut Oil
- 1/4 cup** Vitamin E Oil
- 3 drops** Wild Orange

#### INSTRUCTIONS:

Combine ingredients in a small bowl. Apply on wet skin and gently rub in circles to help remove dry skin. Avoid eyes. Store in airtight container.

*Tip: Use in the evening. Avoid direct sunlight for 12 hours after using citrus oils topically.*

### Shaving Cream:



- 1/3 cup** Shea Butter
- 1/3 cup** Coconut Oil
- 1/4 cup** Fractionated Coconut Oil
- 5 drops** Peppermint
- 5 drops** Tea Tree

#### INSTRUCTIONS:

Place all ingredients, except essential oils, in double boiler. Once melted, remove from heat, and cool for three minutes. Add essential oils and stir until combined. Let rest until hard. Using hand or stand mixer, whip shaving cream until light and fluffy. Place in container of choice and enjoy a refreshing shave.

*Tip: Add back into mixer if the cream begins to harden and needs to be fluffed.*

### Beard Balm:



- 2 tsp** Beeswax
- 1 tsp** Shea Butter
- 3 tsp** Fractionated Coconut Oil
- 1/2 tsp** Vitamin E Oil
- 2 drops** Tea Tree

#### INSTRUCTIONS:

Place all ingredients, except essential oils, in double boiler. Once melted, remove from heat, and cool for three minutes. Add essential oils, stir, and pour into an empty tin or air-tight glass jar. Let rest one to two hours before use.

*Tip: Change it up! Use your favorite essential oils! A few men's favorites are **Frankincense**, **Siberian Fir**, and **Arborvitae**.*

**Care about your skin.** Check out doTERRA's skin care lines!  
[doterra.com/US/en/pl/personal-care-essentials](https://doterra.com/US/en/pl/personal-care-essentials)

# Healthy**Pets**

## Purrfect Choices.

Keep them clean and happy.

### Soothing Pet Shampoo:



- 3 oz** Castile Soap
- 3 oz** Water (or more)
- 1 oz** Aloe Vera Juice
- 1 oz** Vegetable Glycerin
- 3 drops** Lavender

#### INSTRUCTIONS:

Mix ingredients and shampoo normally. Avoid eyes and nose. Rinse well after shampooing.

*Tip: Add 1 oz organic apple cider vinegar for easy rinsing. Add ¼ tsp **Fractionated Coconut Oil** if moisture is needed. Add ¼ cup ground oatmeal to thicken.*

### Rejuvenating Skin Spray:



- 1 oz** Spray Bottle
- 10 drops** Lavender
- 10 drops** Frankincense
- 1 Tbsp** Collodial Silver

#### INSTRUCTIONS:

Mix ingredients and shake before each use. Spray area as needed 2-3 times per day.

*Tip: If animal wants to lick area, cover lightly with a bandage, tee-shirt, or use a cone to prevent. (Spray is safe to lick but licking prolongs the healing process.)*

### Calming Spray:



- 1 drop** Serenity
- 1 drop** Balance
- 1/2 Tsp** Fractionated Coconut Oil

#### INSTRUCTIONS:

Blend **Fractionated Coconut Oil** and oils in palms of hands and apply to animals chest, ear tips, and paw pads as needed.

*Tip: Add 20 drops each **Serenity**® and **Balance**® to a 15 mL spray bottle, fill the rest with **Fractionated Coconut Oil**, shake, and keep when your paw friends get overly excited during storms and celebrations.*

### Deodorizer:



- 10 drops** Lemon
- 10 drops** Lavender
- 10 drops** Wild Orange
- Water**
- Witchhazel**
- 16oz** Glass Spray Bottle

#### INSTRUCTIONS:

Fill spray bottle  $\frac{3}{4}$  of the way full with water. Fill the remaining  $\frac{1}{4}$  with witch hazel and add essential oils. Spray on furniture, carpet, and in the air. Shake before each use.

*Tip: Add more drops of essential oils for a stronger aroma to combat tough odors. Keep in mind animal's sensitivity to aromas.*

**Essential Oils** can help with calming emotions, soothing muscles, easing digestion, and overall wellness of your four-legged family members.

# Resources

## Where to Buy Accessories.

Be prepared.

### Available for purchase through dōTERRA:



[doterra.com/US/en/pl/accessories](https://doterra.com/US/en/pl/accessories)

- 10 mL Amber Roller Bottle 6pk
- 30 mL Sprayer Bottles 3pk
- 5 mL Amber Bottles 6pk
- Ultra Fine Continuous Mist Sprayer 2pk
- dōTERRA Orifice Remover
- Pipettes 50pk
- Fractionated Coconut Oil Bottle Pump
- dōTERRA Essential Oil Cap Stickers
- dōTERRA Logo Engraved Wooden Box
- 5/8 Sample Dram Bottles 12pk
- Key Chains, Black or Purple 8-Vial

### Glass Bottles:



- 4-16oz Amber, Clear, Cobalt Spray Bottles
- Spray nozzles for 15mL - 16oz Bottles

[amazon.com/Empty-Amber-Glass-Spray-Bottle/dp/B00MU7R52M](https://amazon.com/Empty-Amber-Glass-Spray-Bottle/dp/B00MU7R52M)

**Tip:** Ask the person who enrolled you for their favorite online retailer!



# Helpful **Links**

## Education.

Be empowered.

### Essential Oil Solutions:

**Why doTERRA:** [dotterra.com/US/en/why-dotterra](https://dotterra.com/US/en/why-dotterra)

**CPTG Quality Sourcing|Testing Process:** [dotterra.com/US/en/cptg-testing-process](https://dotterra.com/US/en/cptg-testing-process)

**Source to You: Sourcing Information + Growers + Quality ID:** [sourcetoyou.com/en](https://sourcetoyou.com/en)

**How to Use Essential Oils:** [dotterra.com/US/en/using-essential-oils](https://dotterra.com/US/en/using-essential-oils)

**Healing Hands: {doTERRA's impact is worldwide}:** [dotterra.com/US/en/healing-hands](https://dotterra.com/US/en/healing-hands)

**Wellness Topics:** [dotterra.com/US/en/education](https://dotterra.com/US/en/education)

**Online Education + Podcast:** [dotterra.com/US/en/empowered-life](https://dotterra.com/US/en/empowered-life)

**The Science:** [dotterra.com/US/en/science](https://dotterra.com/US/en/science)

**The Blog:** [dotterra.com/US/en/blog-products](https://dotterra.com/US/en/blog-products)



**Tip:** Ask the person who enrolled you for a *Live* guide to get started right!