

Life in Color

dōTERRA® BOGO



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PROMO

March 2022

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Introduction

From Adaptiv to Tea Tree, this eBook offers a deep dive into thirteen of the best dōTERRA products: Adaptiv® Capsules, Air-X®, dōTERRA Balance®, Beautiful Touch, dōTERRA Breathe® Touch, Citrus Bloom®, Lavender, Lemon, Peppermint Touch, dōTERRA On Guard®, dōTERRA Serenity®, and Tea Tree.

You'll learn the what, when, where, why, and how for these dōTERRA products, plus DIY recipes and tips! Dive in and learn how these pure gifts of the earth can provide simple, natural solutions in your daily life.





Adaptiv[®] Capsules



What Are Adaptiv[®] Capsules?

Adaptiv Capsules combine specially selected essential oils with clinically studied botanicals to create a powerful, soothing, supportive, and relaxing formula.* This proprietary blend of ingredients helps empower and encourage when adapting to stressful situations or acclimating to new surroundings.* Adaptiv Calming Blend Capsules are one of the best tools available to manage the effects of everyday tension, anxious feelings, uneasiness, and worry.*

How Do I Use Adaptiv[®] Capsules?

Internally

Take one Adaptiv Capsule daily to combat stress, tension, and occasional anxious feelings.*

When Should I Use Adaptiv[®] Capsules?

We live in a world where we want everything instantly. We spend too much time with phones and laptops without really giving ourselves a break from work. We lose out on opportunities to connect with friends and family. We think success comes from always working and taking fewer breaks.

The bills won't stop coming, there'll never be more hours in the day, and work and family responsibilities will always be demanding. A nagging headache, trouble sleeping, lack of energy, and decreased productivity are all signs of everyday stress. Exercises like yoga or a few hours at the gym help. Meditation, healthy eating, and even hobbies or a vacation can be beneficial. Stress management is about taking charge of lifestyle, thoughts, and emotions and dealing with problems.

Let's face it, you can't completely eliminate stressors, so you need something to help you adapt. Adaptiv Capsules are an effective answer to reducing stress and helping restore mental and physical resiliency.*

Adaptiv Capsules can be taken daily! If you need support morning or night, Adaptiv is ready to offer help naturally.

Why Adaptiv[®] Capsules?

Adaptiv Calming Blend Capsules have mood-boosting and tension-reducing effects from a blend of CPTG[®] Lavender, Coriander, Wild Orange, and Fennel essential oils, along with Sceletium, GABA, and Ahiflower[®].†

The botanical extract Sceletium comes from a South African succulent plant known as Kanna. Sceletium extract is responsibly sourced from a sustainable supply, with



endorsement from the South African indigenous knowledge holders. A unique phytochemical ingredient found in Sceletium extract brings a feeling of alert serenity.* The extract supports healthy emotional responses to everyday stressors and promotes feelings of happiness and well-being.* It balances healthy levels of mood-stabilizing hormones and improves cognitive function, while also combating occasional nervousness.*

A quieting neurotransmitter, GABA also helps promote relaxation.* GABA has a natural comforting effect that helps reduce feelings of apprehension and fear by decreasing neuronal excitability.* Sometimes it's called "the brakes of the brain" because it lowers the activity of neural cells. It has the effect of moving the brain and the body into lower gear.* By inhibiting neural activity, GABA reduces mental and physical strain.*

[†]Aniflower is a registered trademark of Natures Crops International.



Tip:

Three Is Better than One

Adaptiv® Capsules are part of the Adaptiv Trio, which includes Adaptiv Calming Blend and Adaptiv Touch. Use all three products for maximum benefits and support.





Air-X®



What's Air-X®?

Air-X is a blend Litsea, Tangerine, Grapefruit, Frankincense, and Cardamom essential oils. It's designed to freshen the air when diffused.

How Do I Use Air-X®?

Aromatically

Also known as the Air Blend, Air-X was created with aromatic usage in mind. The aroma is intensely citrusy, with faint woody and herbal tones. Along with helping freshen the air, the essential oil blend provides a calming and energizing aroma when inhaled.

Topically

With its lovely aroma and supportive benefits, Air-X is a great essential oil blend to use topically. Apply it to your chest and back or the bottoms of your feet.

Because Air-X has citrus oils in it, avoid applying it in areas that will be directly exposed to UV light. Alternatively, you can just apply it when you know you won't be spending time in the sun for several hours.

Internally

Air-X can be used internally as well. Add a drop to your water to enrich the flavor and enjoy a refreshing drink.

When Should I Use Air-X®?

Use Air-X whenever you need some fresh air. Diffuse it in your home or office. Its scent helps create an uplifting, rejuvenating environment.

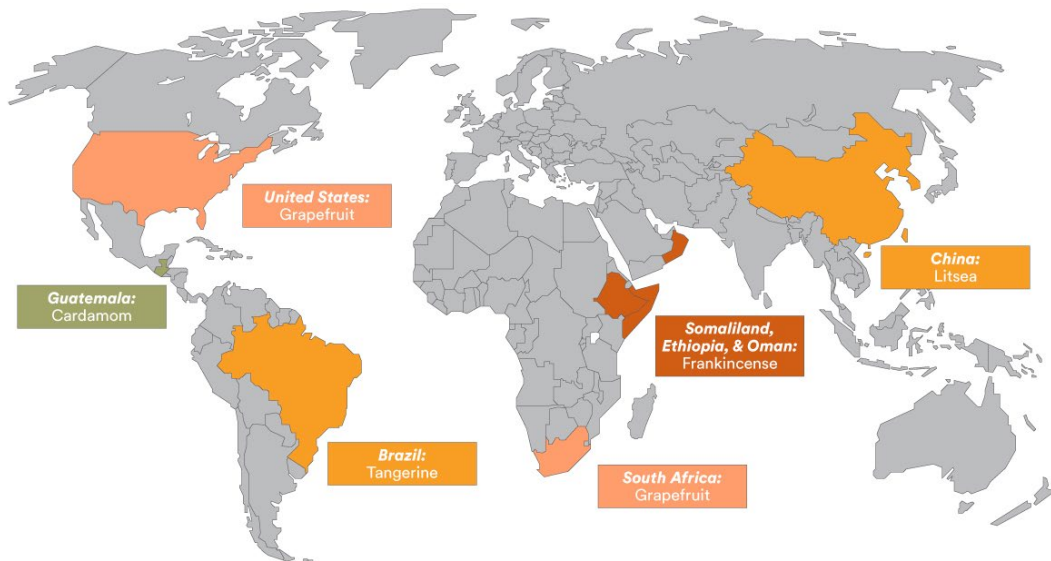
In the same vein, you can use Air-X to clean surfaces in your home. Add a few drops to a spray bottle with water or white vinegar for a refreshing all-purpose cleaner.

When you're in need of a refresh, diffuse it to encourage a clear environment.





Where Air-X® Comes From



Cardamom, an essential oil in Air-X, is sourced from Guatemala. Cō-Impact Sourcing® supports training for cardamom farmers, teaching them best practices for growing, including seed selection, planting, harvesting, and plant care. Farmers are provided with biweekly training sessions and hands-on experiences so they can see the positive effects of these techniques in the field. With the training, farmers should see a higher quality and increased quantity of cardamom, as well as receive a higher price for their product.

dōTERRA Healing Hands® has worked on a variety of community development projects in Guatemala. At Mario Mendez Montenegro Kindergarten School in Huehuetenango, they provided new bathrooms with toilets for the children and a new roof to help keep out rain. They repaired an old fence and put in a brand-new, colorful picket fence around the play area. The building and classrooms were also repainted with bright, beautiful colors and playful designs.

In the Polochic Valley, a partnership between CHOICE Humanitarian and dōTERRA Healing Hands funded an exciting project: the Sika'abe Training Center. In Q'eqchi, *sika'abe* means to seek one's path. The training center focuses on breaking the cycle of poverty by providing vocational training to locals in a variety of specialties, including construction, woodworking, welding, hospitality, and agriculture.

Why Air-X®

Air-X is an essential oil blend of Litsea, Grapefruit, Tangerine, Frankincense, and Cardamom.

The lemony scent of Litsea is fresh and bright. Geranial and neral—the two main chemical components of the essential oil—offer cleansing benefits.

[Grapefruit](#) is a favorite essential oil to use as an air freshener, thanks to its delightful aroma. Grapefruit has an uplifting, cheering effect on any space. The primary chemical constituent



of Grapefruit is limonene, which is also present in other citrus oils, including Tangerine. This constituent contributes to its cleansing and purifying properties.

[Tangerine](#) is fresh, tangy, and cleansing. Its aroma creates an uplifting environment.

[Frankincense](#) offers many powerful soothing benefits, as well as a warm, rich aroma.

[Cardamom](#) provides this essential oil blend with wonderful benefits and a warm, balsamic scent.



Tip:

Bedtime Breaths

Before bed, dilute a few drops of Air-X® in Fractionated Coconut Oil and apply the combination to your chest and back. Then bring your hands to your face and take three slow, deep breaths, lengthening your exhales.





dōTERRA Balance®



What's dōTERRA Balance®?

dōTERRA Balance Grounding Blend combines essential oils that help create a harmonious atmosphere, many of which have been used for thousands of years! dōTERRA Balance contains Frankincense, Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil.

How Do I Use dōTERRA Balance®?

Aromatically

One of the most powerful ways to use dōTERRA Balance is aromatically. The fresh, woody aroma makes it the perfect go-to essential oil blend during times of occasional stress. It can create a tranquil, supportive environment.

Enjoy the warm, woody aroma of dōTERRA Balance by diffusing it throughout your home. You can also put a few drops in your palm, rub your hands together, cup them over the nose, and take a few deep breaths. Rub the leftover product over your heart or on the back of your neck for topical benefits and carry the scent around with you thereafter.

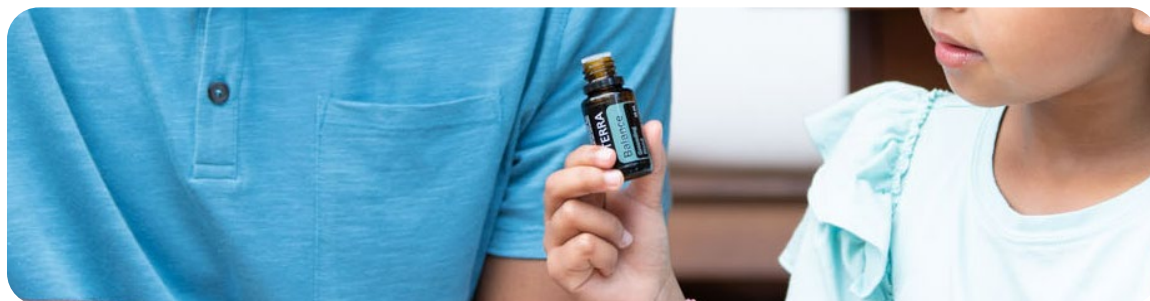
Topically

dōTERRA Balance is also amazing when used topically. It makes a wonderful addition to massages. The bottoms of the feet and pulse points are especially effective places to apply dōTERRA Balance. This blend of rare and precious essential oils is prediluted in Fractionated Coconut Oil for ease of use—it comes ready to apply straight on the skin!

When Should I Use dōTERRA Balance®?

Because of its supportive nature, dōTERRA Balance is perfect for applying in the mornings, throughout the afternoon, and at night. Really, you'll want to keep it with you all day.

Begin the day by putting dōTERRA Balance on the bottoms of your feet or by taking a few deep breaths of it from your hands. Then, as needed during the day, apply dōTERRA Balance to your wrists or neck or diffuse it in your workspace. Finally, in the evening, soak in a warm bath with a few drops of dōTERRA Balance, diffuse it during your nightly routine, or apply it to your pulse points before bed.





Do It Yourself with dōTERRA Balance®: dōTERRA Balance Shower Melts

Bath bombs have been all the rage for a while, but if you prefer showers to baths, this DIY is for you. These grounding melts add a luxurious aromatic experience to your shower and are super simple to make. Keep a stash in your bathroom for easy access the next time you need a balancing aroma.

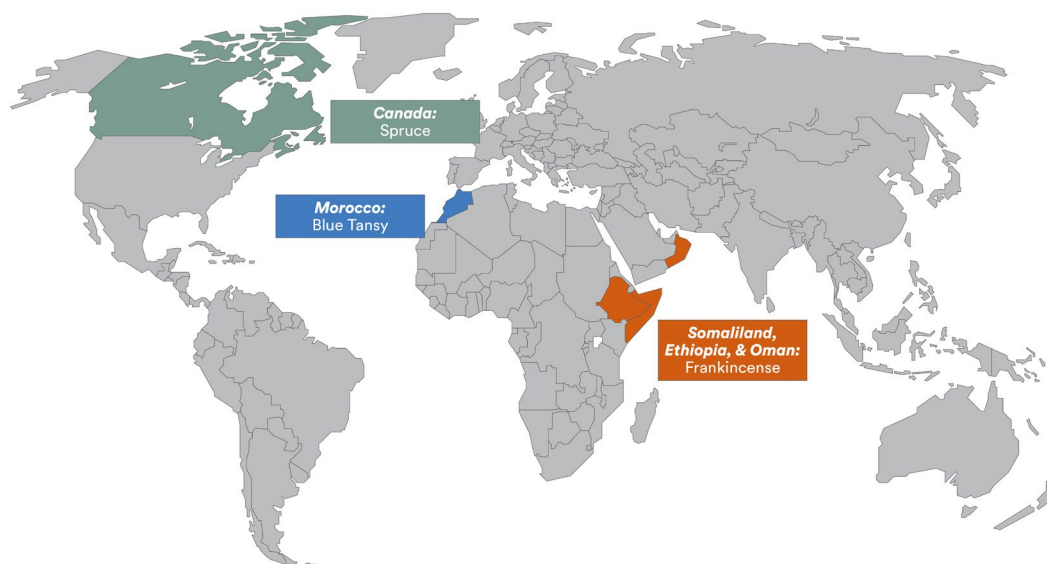
Ingredients:

- 1½ cups baking soda
- ½ cup water
- 15–20 drops dōTERRA Balance Grounding Blend

Instructions:

1. Combine the baking soda and water in a bowl and mix well.
2. Add the drops of dōTERRA Balance, depending on your preferred potency, and mix again.
3. Using a spoon, tightly pack the mixture into small silicone molds and let it dry overnight.
4. To use, place one or two melts in the back of the shower. (For best results, choose a spot away from the water's direct flow.)
5. Allow the melt (or melts) to dissolve gradually and release the peaceful aroma of dōTERRA Balance.

Where dōTERRA Balance® Comes From





Frankincense, one of the essential oils in dōTERRA Balance, has been a valued trade commodity since ancient times by many peoples, such as the Egyptians, Assyrians, Persians, Macedonians, and Kushites. The precious resins comprise what's believed to be the world's oldest global supply chain. The essential oil comes from the resin of the frankincense tree. Resin "tears" are carefully cleaned and organized by size and color before distillation, usually by women.

Frankincense essential oil is a proprietary blend of four *Boswellia* species of resin: *B. carterii*, *B. papyrifera*, *B. frereana*, and *B. sacra*. Different frankincense trees thrive in different environments and soil types. For example, *B. carterii* trees grow best in sandy soils, while *B. frereana* trees grow best in dry, rocky terrain. *B. frereana* trees also produce the largest resin tears of the species. We sustainably source from multiple locations to ensure we're harvesting resin from where each species grows best.

In Somaliland, our Frankincense is harvested from the Sanaag region of the Cal Madow Mountain range. Approximately a third of Somaliland's population lives in this region, and harvesting is the main source of employment. The trees are passed down through generations, and individual harvesters have access to specific regions through tribal rights.

Normally, the resin is harvested and sold to shopkeepers (who sell it to middlemen and consolidators), eventually arriving at a port for export. Unfortunately, this system often takes advantage of harvesters, who end up being paid the lowest wage for some of the hardest work. We instead go directly to the people who harvest and sort the frankincense resins. We've even contributed significantly to the construction of warehouses throughout the mountains, where these resins are collected, sorted, and stored, which provides important employment opportunities in these remote areas. These warehouses function like a cooperative, organizing harvesters and shopkeepers into a network. This system provides improved transparency, fairness, employment opportunities, and security for those participating in the supply chain.

Our Cō-Impact Sourcing® initiative for frankincense resins offers harvesters fair wages and on-time payments (including food and cash prepayments spread out during the year), avoiding the layers of middlemen and working directly with harvesters and sorters. This arrangement provides a much more stable and reliable income for frankincense harvesters.

Additionally, we're proud to support research and sustainability initiatives to protect frankincense trees. The research and initiatives we champion aim to ensure the trees and ecologies thrive and continue to support communities and livelihoods.

The dōTERRA Healing Hands Foundation® has assisted multiple projects in the communities where we source Frankincense essential oil. Most recently, they donated millions of dollars for the development and construction of the Sanaag Specialty Hospital, which is the first functioning healthcare provider of its kind in the severely underdeveloped region. Access to professional healthcare in that area had previously been virtually unavailable, forcing many locals to travel long distances or forgo medical help. This new hospital provides access to lifesaving services for tens of thousands of people living and working in the heart of Somaliland's resin harvesting area, especially for expecting mothers.

To learn more about Frankincense, [click here](#).



Why dōTERRA Balance®

[Frankincense](#) promotes an atmosphere of peace and contentment. It's one of the most prized and beloved essential oils on the planet and has been desired for its incredible benefits for thousands of years.

[Spruce](#) is renowned for its grounding aroma. It provides a fresh, woody scent.

The gentle aroma of Asian-grown Ho Wood supports a harmonious environment.

[Blue Tansy](#) is distilled from the Moroccan tansy, a fragrant flowering plant in the daisy family. It has a soft, sweet, and fruity aroma, as well as a blue tint.

Blue Chamomile (also known as German Chamomile) has a calming scent and complements Blue Tansy well.

Osmanthus is commonly used in aromatherapy and rounds out this essential oil blend.



Tip:

Road Trip Done Right

During your next road trip, diffuse dōTERRA Balance® in your car to create a grounding, balancing, and pleasant environment while you're on the go.





Beautiful Touch



What's Beautiful Touch?

Beautiful Captivating Blend brings together Osmanthus, Lime, Bergamot, and Frankincense. This natural personal aroma is light, grounded, bright, and elegant.

How Do I Use Beautiful Touch?

Aromatically

Beautiful Touch contains our Beautiful essential oil blend in a base of Fractionated Coconut Oil, packaged in a convenient roller bottle. While Beautiful Touch is designed for topical application, you can still enjoy its aromatic benefits and move through your day with confidence as you revel in the captivating aroma on your skin.

For a more focused aromatic experience, roll Beautiful Touch on your palms and inhale deeply from your hands.

Topically

Using Beautiful Touch is incredibly simple. It's prediluted, which not only minimizes any potential skin sensitivity, but it also increases absorption of the essential oils in the blend, making them more effective and helping the aroma last longer on your skin.

For a natural personal fragrance, roll Beautiful Touch on your wrists and neck. You might also consider applying it over your heart or other pulse points.

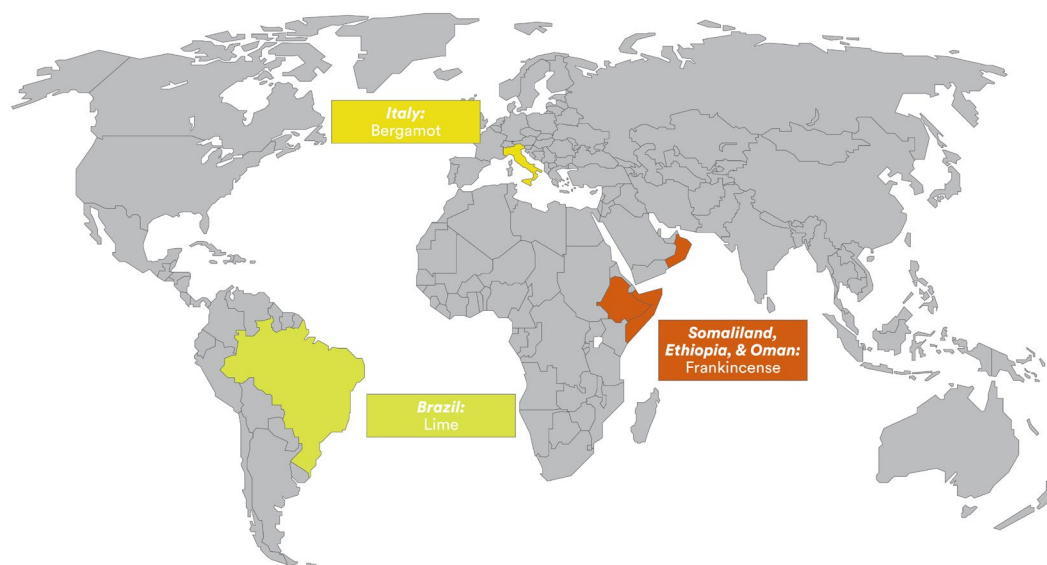




When Should I Use Beautiful Touch?

Beautiful Touch is sumptuous enough for special occasions yet sufficiently understated to wear as an everyday fragrance. Simultaneously delicate and rich, the exquisite aroma of Beautiful Captivating Blend is perfect anytime, anywhere.

Where Beautiful Touch Comes From



Southern Brazil has the perfect climate for growing high-quality citrus fruits and, consequently, producing some of the finest citrus oils. While Lime essential oil is usually cold-pressed from the rinds of fresh limes, distilled Lime is used in Beautiful Captivating Blend. Citrus oils are typically produced in conjunction with a juicing operation, where essential oils are expressed from the rinds and juice is pressed from the whole fruit—this is the case with Lime.

We're proud to support hundreds of small-scale farmers who grow citrus fruits. We also value the long-term partnerships we've developed with producers in southern Brazil.

Why Beautiful Touch

[Bergamot](#) is a unique citrus oil. Its rich linalyl acetate and linalool concentrations contribute to the many benefits associated with the essential oil.

[Lime](#) has a fresh and energetic scent. Its tart aroma is balanced by the fruity and floral scent of Osmanthus.

[Frankincense](#) rounds out the aromatic profile of Beautiful Touch with a rich, grounded scent.

Each of these essential oils is popular on its own. When combined, they provide incredible benefits.



Tip:

A Beautiful Bouquet

Make your own fashionable passive diffuser with felt flowers. Felt flowers can be worn on clothing, made into earrings, or used as decorations. Fancy up your felt flower bouquet by rolling Beautiful Touch on the petals so you can enjoy the aroma throughout the day.





dōTERRA Breathe® Touch



What's dōTERRA Breathe® Touch?

dōTERRA Breathe Touch is our classic dōTERRA Breathe Respiratory Blend, prediluted with Fractionated Coconut Oil and packaged in a roller bottle for easy topical application.

dōTERRA Breathe is an essential oil blend of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara.

How Do I Use dōTERRA Breathe® Touch?

Aromatically

Clean, airy, and refreshing, dōTERRA Breathe Touch is perfect for supporting feelings of clear breathing. While this version of the product was specifically designed for topical use, you're actually still using it aromatically and receiving the associated benefits with topical application. For a more focused aromatic experience, roll dōTERRA Breathe Touch on your palms and inhale deeply from your hands.

Topically

dōTERRA Breathe Touch is excellent for easy, no-mess topical application. It's also ideal for those with sensitive skin. Simply roll dōTERRA Breathe Touch on the chest and back. These are two of the most effective areas to apply dōTERRA Breathe Respiratory Blend. You can also apply it to the bottoms of your feet.

When Should I Use dōTERRA Breathe® Touch?

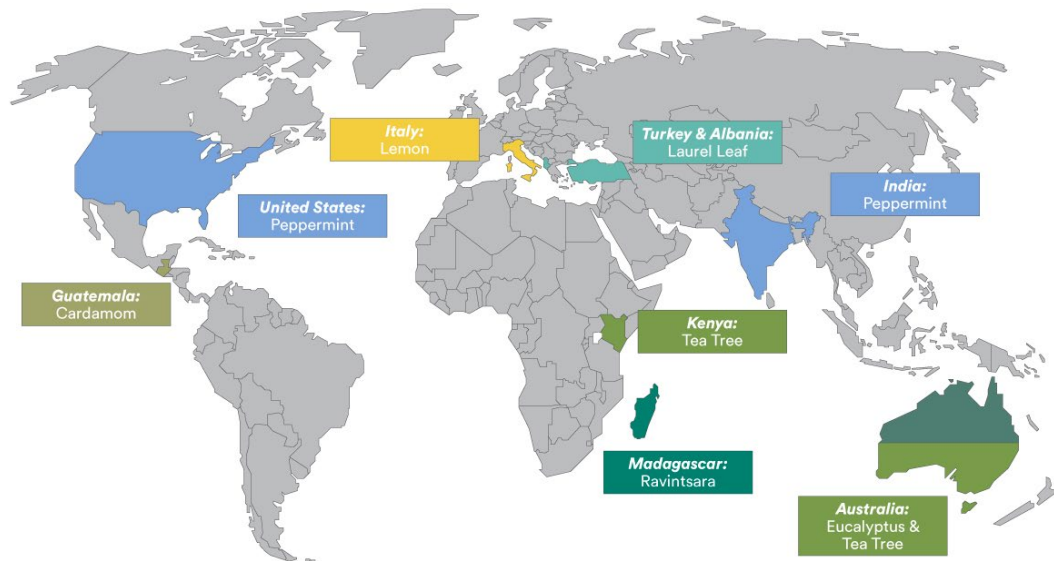
dōTERRA Breathe Touch can be used to support feelings of clear airways. Cooler winter months—or during any seasonal changes—are particularly helpful times to keep dōTERRA Breathe Touch on hand.

Its minty, airy aroma also offers a cooling, soothing vapor, providing comfort during the evening as you prepare for bed and a restful night of sleep. You might have dōTERRA Breathe Touch on your bedside table for easy access during the night when you or your family might need it.

dōTERRA Breathe Touch is incredibly handy when you're on the go. Keep it in your purse or take it with you when you're spending time outdoors and could use some extra support with feelings of easy breathing.



Where dōTERRA Breathe® Touch Comes From



Why dōTERRA Breathe® Touch

The essential oils in dōTERRA Breathe are favorites for promoting feelings of clear breathing. It's made of eight products that have historically been used to promote feelings of easy breathing: Lemon, Laurel Leaf, Eucalyptus, Ravensara, Ravintsara, Peppermint, Cardamom, and Tea Tree.

Eucalyptus and Peppermint have high menthol concentrations. These essential oils work together to help your breathing feel clear. The cooling and soothing sensation of dōTERRA Breathe Touch can be incredibly comforting, especially when you need a gentle, quick application.



Tip:

Your New Backpack Buddy

Keep a bottle in an older child's backpack or next to his or her bed. Because dōTERRA Breathe® Touch is prediluted, it's perfect for the whole family.

But remember, it's always important to talk to children about essential oil safety and supervise their learning.



Citrus Bloom®



What's Citrus Bloom®?

Citrus Bloom welcomes spring into your home with its combination of bright citruses and fragrant florals. This blend includes Wild Orange, Grapefruit, Lavender, Roman Chamomile, and Magnolia essential oils.

How Do I Use Citrus Bloom®?

Aromatically

Citrus Bloom Springtime Blend carries the fresh scents of both citrus and floral oils, carefully chosen to bring the familiar feeling and fragrances of spring. Diffuse it around your home or stop to take a few deep breaths of it from your palms—or the bottle—to enjoy the sweet aroma.

Topically

Citrus Bloom serves as a gorgeous fragrance when worn topically. You can apply it to your neck and wrists as a personal perfume or add it to lotion for an evening massage that smells as sweet as it feels soothing.

When Should I Use Citrus Bloom®?

Start your morning optimistically. Diffuse Citrus Bloom during your personal routine or take a few deep breaths of the aroma. You might also consider diffusing it in the kitchen as children get ready for school or return home later in the day.

After an evening bath, combine Citrus Bloom with lotion and apply it for a luxuriously sweet and settling aroma. You can also include it in a relaxing hand or foot massage before bed.





Do It Yourself with Citrus Bloom®: Foaming Hand Soap

Making your own hand soap is surprisingly easy. You probably already have most of the ingredients! Use any empty foaming hand soap bottle you have around the house and enjoy the floral fragrance of Citrus Bloom in this gentle soap.

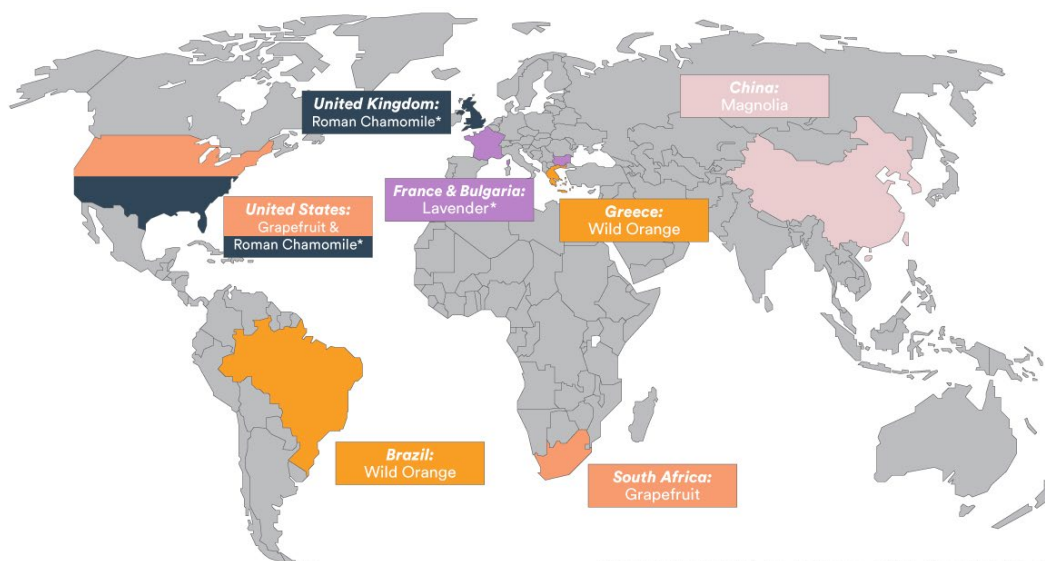
Ingredients:

- 2 tablespoons unscented liquid Castile soap
- 1 tablespoon [Fractionated Coconut Oil](#)
- 10 drops Citrus Bloom Springtime Blend
- Water

Instructions:

1. Pour the Castile soap and Fractionated Coconut Oil into a foaming handwash bottle.
2. Add Citrus Bloom.
3. Slowly add water into the bottle, making sure to leave room for the foaming pump.
4. Close the lid and shake.
5. When ready to use, pump one to two times into your hands and wash with warm water.

Where Citrus Bloom® Comes From



*In addition to the regions noted, many oils are also sourced from various regions of the world.

The Roman chamomile can be difficult to cultivate because of its sensitivity to weather fluctuations. Regular, heavy rainfall and relatively consistent climates in the Pacific Northwest and some parts of England make these areas effective for growing the plant.



The flowers of Roman chamomile resemble daisies, with a prominent yellow center, white petals, and gray-green leaves. Some say the flowers smell like apples. The plant grows close to the ground, only reaching about one foot in height. Roman Chamomile essential oil is steam-distilled from the flowers, which are harvested for distillation shortly after blooming.

Why Citrus Bloom®

[Wild Orange](#) is renowned for its sweet, bright, and lively aroma. Like the other citrus oils, it's also cleansing.

[Grapefruit](#) is known for its sparkling scent. It's frequently used in skin care because of its purifying properties.

The aroma of [Lavender](#) is unmistakable and beloved. It's soothing to the skin.

Both [Roman Chamomile](#) and [Magnolia](#) essential oils have aromas that produce calming environments. They're also commonly found in perfumes.

The citrus oils in Citrus Bloom add a fresh, energetic nature to the essential oil blend, while the "bloom" (floral) oils are softer, gentler, and calmer. Together, the effect is magical. The Springtime Blend creates an atmosphere that's simultaneously tranquil and cheerful.



Tip:

Springtime Sunshine

Because Citrus Bloom® contains citrus oils, only apply it topically when you know you won't be in direct sunlight for a while. It'd be best to avoid sunlight or UV rays for at least 12 hours after applying citrus oils to avoid any skin photosensitivity.





Lavender

What's Lavender?

Sourced from its native Europe, Lavender essential oil is distilled from the freshly harvested flowering tops of the true lavender plant (also known as English lavender) in Bulgaria, France, and other parts of the world. Though often used at bedtime, Lavender creates an equally calming atmosphere during the day.

How Do I Use Lavender?

Aromatically

You can use Lavender aromatically in the same ways as any other essential oil. You can diffuse it, breathe it in, or enjoy it another way you've come up with. Put a drop on your pillow at night or use it to keep your linen closet smelling calm and fresh.

Topically

If used topically, Lavender can help keep the skin and scalp looking clean and healthy. You can apply it directly, use a drop with your shampoo or conditioner, or run a drop through your hair, which also creates a lovely diffusing effect.

Lavender can soothe minor skin irritations and help reduce the appearance of skin imperfections. You can apply it directly to targeted areas of the skin or dilute it if you'd like to increase absorption and reduce any potential skin sensitivity.

Internally

When it's taken internally, Lavender essential oil helps soothe and relax the mind.* It also promotes a restful night's sleep when consumed.* You can take a couple of drops in a Veggie Cap or simply add it to a drink like water, juice, or tea.

When Should I Use Lavender?

Lavender is one of those essential oils that's useful anywhere, anytime. Keep it on hand for occasional skin irritations. Use it topically as part of your morning or evening skin care. Use it internally and aromatically at bedtime. Include it in a cup of tea, add a drop to a warm evening bath, or diffuse it at night.

Lavender makes an excellent addition to children's nightly routines too. Give your child a relaxing foot massage with Lavender and Fractionated Coconut Oil before bed and put a drop on his or her pillow to smell while drifting off to sleep.

Another great time to put Lavender essential oil to work is in the kitchen. Use when cooking to soften citrus flavors or add a delicious twist to marinades, baked goods, and desserts.



Do It Yourself with Lavender: After-Sun Soothing Serum

Sun exposure is good, but it can quickly turn into too much of a good thing. It's nice to have a little soothing after fun in the sun—and that goes for wintertime too! The sun can reflect onto your face from snow and ice, and cold, dry winter air may whip against your skin. After a long day on the slopes or after snowshoeing through the mountains, use this soothing serum on your face.

Ingredients:

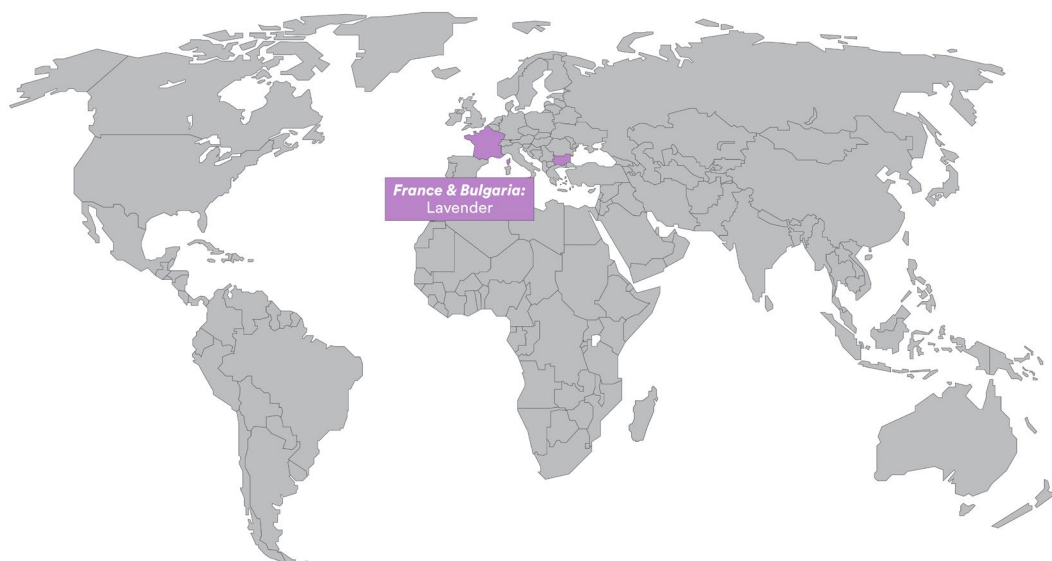
- 1 tablespoon [Fractionated Coconut Oil](#)
- 1 tablespoon aloe vera
- 1 teaspoon vitamin E
- 2–3 drops Lavender essential oil
- 2–3 drops Frankincense essential oil

Tip: This recipe may make more serum than you'll need for one application. Store what's left in a small glass container to use another day.

Instructions:

1. Combine all the ingredients.
2. Apply a thin, even layer to clean the skin.
3. Before each use, shake gently to reincorporate all the ingredients.

Where Lavender Comes From



*In addition to the regions noted, many oils are also sourced from various regions of the world.



Bulgaria is an agricultural haven for the growing of aromatic plants, and the people there are rich in expertise. Near the Black Sea, Bulgaria's sunny, dry climate and well-drained sandy soil make the growing conditions ideal for lavender. France is also famous for producing exceptionally high-quality lavender. Some historians estimate that lavender production in France dates back as far as 600 BC.

Bulgaria has historically boasted some of the world's premier essential oil research, development, and production, but the industry faltered in the post-Communist era because the government turned their financial support to wheat, sunflowers, and corn. Many Bulgarian farmers replaced aromatic plants with these crops.

This led to a lack of innovation in the aromatic agricultural space, which inspired us to establish the Esseterre facility in Dobrich, Bulgaria. Though Esseterre is owned by dōTERRA, it's really a Bulgarian firm—built and managed by Bulgarians. Expert managers, distillers, farmers, and engineers combine their impeccable skills and commitment to positively impact their communities.

Esseterre works with over 75 lavender farms, with farmers bringing lavender to the facility from a small radius around Dobrich (as the plant should be distilled within one day of harvesting). The entire annual production of our Lavender essential oil takes place in just three to four weeks every year. During this time, Esseterre employees work around the clock to ensure the highest quality of Lavender possible.

Even though lavender's color is most brilliant in the early summer, we harvest it in July. Once its bright purple hue has started to fade from exposure to the summer heat, the plant produces both a higher quantity and quality of essential oil.

The establishment of Esseterre has created significant economic revitalization to the Dobrich, Bulgaria, region. It's brought a multimillion investment and many jobs to a country where nearly a quarter of the population live at or below the global poverty line. More and more farmers are coming to Esseterre with their crops. This can be attributed to several factors, including the sophistication and quality of the equipment and technology, as well as Esseterre's reputation for being a reliable buyer, paying fairly and promptly.

For years, the few remaining distilleries in Bulgaria were mostly managed by brokers. They determined how much and when the farmers would get paid, many of whom were treated unfairly. Some weren't paid for months—or even years—until the brokers sold the product.

At Esseterre, we can test the quality of a farmer's crop and resulting essential oil nearly immediately. The on-site, state-of-the-art laboratory includes a gas chromatography-mass spectrometry (GC/MS) machine to confirm quality. Plus, it provides a space where farmers can watch while their crops are distilled. Having this technology on-site allows us to confirm (while the farmer waits) that their plants produced high-quality essential oil and pay them fairly and quickly—usually the same day. We also award bonuses to farmers whose essential oil is the highest quality.

dōTERRA Healing Hands® has supported a variety of projects and organizations in Bulgaria, including the Social Teahouse, a scholarship project, and a playground project.



Why Lavender

Linalool—one of the main chemical constituents of Lavender—is what gives this essential oil its floral scent. In vivo research indicates this linalool-rich essential oil may be beneficial to the immune system.* While more research is required, consuming an essential oil containing linalool might provide support to this bodily system.*

Like [menthol](#), linalool is a monoterpene alcohol. A monoterpene is a molecule with a backbone made of 10 carbon atoms, and an alcohol is an oxygen atom bonded to both a hydrogen and a carbon atom in that backbone. Based on experimental research, linalool possesses topical cleansing properties and may help promote feelings of calmness and relaxation, as well as a healthy circulatory system when used internally.*



Tip:

Hair, Skin, and Nails

Give your hair, skin, and nails the floral treatment with Lavender essential oil. Add a drop to your scalp and work it through your hair after showering, use a drop with your favorite moisturizer and lotion each evening, or gently massage a small amount into your eyebrows and nail beds a few times a week.





Lemon



What's Lemon?

Sweet, tart, and citrusy, Lemon essential oil comes from the cold-pressed peels of lemons and is a favorite of many. Pure Lemon can be used aromatically, topically, and internally in all sorts of helpful ways, improving your daily life.

How Do I Use Lemon?

Aromatically

The bright, bold aroma of Lemon essential oil is perfect for creating a cheerful, energetic atmosphere. Diffuse it in the kitchen, bathroom, entryway—really, anywhere the scent of Lemon could add a happy, refreshing note to the space.

Topically

Lemon can be used topically on yourself or for cleaning your environment. It's important to only use Lemon topically if you know you won't be exposed to direct sunlight after. Avoid sunlight or UV rays for at least 12 hours after topical application of citrus oils to avoid an increase in skin photosensitivity.

Internally

When taken internally, Lemon can assist with seasonal respiratory discomfort and provide cleansing and digestive benefits.* Add one drop of the essential oil to a glass of water for a refreshing drink to aid digestion and support the body.*

When Should I Use Lemon?

One of the best times to use Lemon is when you're cleaning because of its primary constituent: limonene. With this essential oil, you can make your own green cleaning products that are free from harmful chemicals and safe for your home and family. Add it to a spray bottle with water to clean tables, countertops, and other surfaces. Wipe down stainless-steel appliances with a soft cloth soaked in Lemon for streak-free cleaning. For a gentle furniture polish, mix a few drops with olive oil on a cloth to clean and shine wood finishes. Not only does Lemon provide a natural and effective cleaning around the home, but it also smells amazing!

Lemon essential oil is often used in cooking. It's popular in both savory and sweet dishes. Add a few drops to marinades for fish and chicken or increase the zing in salad dressings. A favorite addition to cookies, cakes, puddings, and pastries, Lemon is also equally tasty in green smoothies. It also makes a natural water flavoring or can be used in teas. When your throat could use a little soothing, try a mug of warm water with a drop or two of Lemon and a spoonful of honey.



Do It Yourself with Lemon: Rosemary Lemon Hummus

Enjoy this tasty dip with veggies, pita chips, or toast. It's perfect for your next party, snack, or delicious dinner addition!

Ingredients:

- 1 can organic garbanzo beans (half the liquid drained)
- 2 garlic cloves, peeled
- 2 tablespoons organic cold-pressed olive oil
- 2 tablespoons tahini
- Juice from ½ lemon
- 2 drops [Lemon essential oil](#)
- 1 drop [Rosemary essential oil](#)
- 1 teaspoon sea salt

Instructions:

1. Blend all the ingredients in a food processor until smooth.
2. Chill in the refrigerator for 30 minutes and serve with sliced cucumbers, carrots, cherry tomatoes, and crackers.

Tip: Add more olive oil or water to achieve desired consistency.

Where Lemon Comes From



Lemons in Italy can grow to be the size of softballs, thriving in the warm climate and fertile soil. Most of the lemons sourced for our essential oil are from the island of Sicily. The essential oil comes from the peel of the fruit. Lemon essential oil, like many citrus oils, is a



byproduct of the fresh fruit industry. Fresh lemons that can't be sold to the market because of bruising or other aesthetic deficiencies are pressed for juice and essential oil, which are later separated. The juice and essential oil provide a dual use for leftover fruit.

Lemon essential oil comes from "rasping" the peel (similar to using a cheese grater that scratches the peel). The rasping equipment is submerged in water—just enough to cover the blades—and as it scratches the peel, the essential oil is released into the water. The fruit comes out looking like a small fuzzy ball, with the peel completely removed. The essential oil is then separated from the water in a centrifuge, where it's processed at least twice. The fruit is juiced after the peel and essential oil have been removed.

Farmers usually belong to a cooperative. The farmer will sell fruit to the cooperative (or private company), who will then separate the fruit based on quality (size, color, shape, and so on) for the fresh fruit market or juice. Our partners buy the fruit from cooperatives or private companies to process the essential oil or juice.

We're proud to maintain long-term relationships with suppliers in Italy, who in turn provide steady income for the farmers from whom they purchase their fruit.

Why Lemon

The chemical constituent limonene plays a big part in the chemistry of your favorite essential oils—Lemon included. From its topical cleansing properties to its ability to support various bodily systems when taken internally,* limonene has a lot to offer. It's a cyclic monoterpene found in several essential oils, with especially high concentrations in citrus oils.

Limonene can be used as a surface cleaner. It may also help soothe the gastrointestinal system and support liver health.* Toothpaste containing limonene may remove stains from tooth enamel, and experimental research has demonstrated that ingesting limonene may support the immune system.*



Tip:

Help with a Sticky Situation

When stickers leave behind their signature stubborn residue, apply Lemon essential oil directly to the area and use a clean cloth or cotton ball to scrub it away. You'll be amazed by the difference!





dōTERRA On Guard® Touch



What's dōTERRA On Guard® Touch?

The dōTERRA On Guard Protective Blend supports healthy immune function when taken internally.* It freshens the air and is a favorite for diffusing, thanks to its welcoming, spicy citrus aroma and numerous beneficial properties. It includes Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary.

dōTERRA On Guard Touch combines dōTERRA On Guard Protective Blend with Fractionated Coconut Oil in a convenient roller bottle delivery to provide the topical and aromatic benefits of this blend. It's ideal for safe, easy topical application.

How Do I Use dōTERRA On Guard® Touch?

Topically

dōTERRA On Guard Touch is specifically designed for topical use. Two of the best places to apply it are the spine and bottoms of the feet. Applying dōTERRA On Guard topically can produce a gentle warming effect that feels especially nice during cold weather. Because dōTERRA On Guard Touch is prediluted with Fractionated Coconut Oil, it can be used on the whole family!

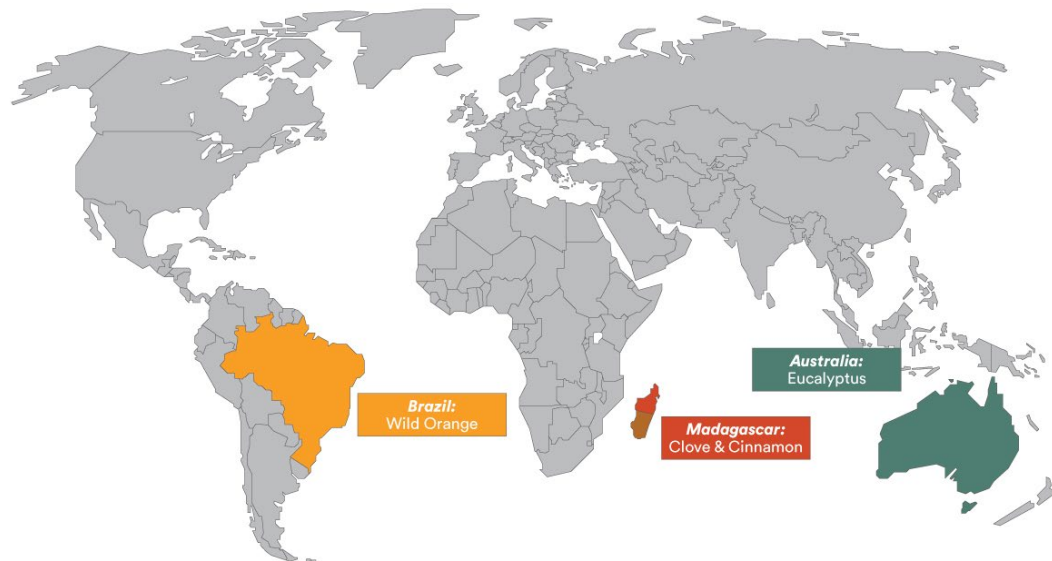
When Should I Use dōTERRA On Guard® Touch?

During winter months massage dōTERRA On Guard Touch into your feet in the evenings. Put on socks or slippers after to increase absorption. Or after a warm bath or shower, gently apply dōTERRA On Guard to the spine. This can be wonderfully soothing for children before bed.





Where dōTERRA On Guard® Comes From



Both Clove and Cinnamon Bark—two products in dōTERRA On Guard—are sourced from Madagascar. Cinnamon Bark is also sourced from other areas in East Africa. Cinnamon—both the spice and the essential oil—come from the bark of the cinnamon tree. Most production is for the spice industry.

The bark can be harvested year-round after it's reached three years of maturity. The tree is cut, and the bark peeled from the trunk and major branches. The tree can be regrown and—after reaching the right size—harvested again. After the bark is harvested, it's dried in the sun. The bark is then steam-distilled to produce the essential oil.

Clove trees require a tropical, humid environment. They've been growing in Madagascar for about 200 years. The clove tree is originally from Southeast Asia, and most production—like cinnamon—is for the spice industry. A clove tree takes about three years to mature, but it can live for more than a century.

The essential oil comes from the buds on the clove tree. The buds turn bright red when they're ready to harvest, which is right before they blossom. After the buds are harvested, they're dried in the sun. The buds are then steam-distilled to produce Clove essential oil.

Why dōTERRA On Guard®

dōTERRA On Guard is made up of Cinnamon Bark, Wild Orange, Eucalyptus, Rosemary, and Clove essential oils.

Spicy and sweet, [Cinnamon Bark](#) provides a woody note to this essential oil blend.

[Wild Orange](#) contributes a fresh citrus kick and an uplifting aroma that greatly add to the appeal of dōTERRA On Guard.

[Eucalyptus](#) has purifying properties that can be beneficial for cleaning the skin. Aromatically,



it freshens the air with an uplifting aroma. The type of Eucalyptus essential oil (*Eucalyptus globulus*) used in dōTERRA On Guard is different from the single dōTERRA Eucalyptus essential oil (*Eucalyptus radiata*), which isn't meant for internal use.

With an energizing scent, [Rosemary](#) lends its herbaceous aroma to this essential oil blend and may be cleansing to the skin.

[Clove](#) brings the soothing, warming aroma to dōTERRA On Guard Touch.

While each of these products is impressive, when combined they create a powerful aroma and topical cleansing properties. In other words, the whole is greater than the sum of its parts!



Tip:

Super Support for School

As your children leave for school in the morning, apply dōTERRA On Guard® Touch to the backs of their necks for a spicy and supportive aroma at the start of the day!

But remember, it's always important to talk to children about essential oil safety and supervise their learning.





Oregano



What's Oregano?

Distilled from the fragrant leaves of the Mediterranean herb, Oregano essential oil has powerful cleansing properties and is supportive to the immune and digestive systems.* Oregano is known as the oil of humility and was revered by the ancient Greeks for its taste and countless health benefits.

How Do I Use Oregano?

Because of its high phenol content, Oregano is an incredibly potent and hot oil. Whether you're using it aromatically, topically, or internally, remember to dilute. You only need one to two drops.

Aromatically

While it may seem a bit unexpected with its distinct and potent aroma, Oregano has its aromatic benefits. Diffusing Oregano helps refresh the air, though caution should be taken when diffusing this essential oil because of its high phenol content—only one to two drops needed. Also, Oregano's aroma acts as an enhancer and equalizer in diffuser blends. You might just find that a well-placed drop of Oregano adds the perfect herbaceous twist to your next blend.

Topically

Oregano is a hot oil and should be diluted with a carrier oil when used topically. Combine a drop or two of Oregano with Fractionated Coconut Oil and apply it to the spine and bottoms of the feet. Topical use is a great way to deliver some of the supportive benefits of the essential oil.

Internally

When taken internally, Oregano supports the digestive and immune systems.* It's most popularly used for immune support.* Oregano offers powerful benefits from carvacrol and thymol—its primary chemical components. Oregano supports healthy digestion by promoting the secretion of digestive juices.* You can take it internally by adding a drop or two to a Veggie Cap or using it in recipes.

When Should I Use Oregano?

One of the best times to use Oregano essential oil is when you're cooking! Not only is it more potent than the herb, but it also has a much longer shelf life. Plus, when you use Oregano in your food, you're getting a great flavor and receiving amazing internal benefits as well!



No matter the season, Oregano is great to have on hand. Take it internally using a Veggie Cap or diluted in liquid. You can also make a gargle, using four ounces of water and one drop of Oregano. After gargling, you can spit it out or swallow. Dilute Oregano with Fractionated Coconut Oil and massage it into your children's feet before they go to bed.

Where Oregano Comes From



Oregano grows wild in Turkey because the plant thrives in the temperate western and southwestern Eurasian and Mediterranean region. Oregano is a perennial herb that grows up to three feet high. It's typically grown and used in the spice industry. The essential oil is produced from the steam-distilled aerial parts of the plant. It's usually wild-harvested when the flowers bloom once or twice a year, but it can also be cultivated. Our supplier works with a network of hundreds of local small-scale farmers.

Why Oregano

Carvacrol is the main chemical compound in Oregano, comprising 60–80% of the essential oil. Carvacrol is chemically classified as a monoterpene phenol, as it's derived from two isoprene units and contains a benzene ring with an alcohol group. It's been heavily researched because of its many health benefits; in fact, a search for "carvacrol" in the National Institute of Health's PubMed research database returns over 1,400 research studies!

With its ability to affect sodium channel dynamics, carvacrol has soothing properties. Carvacrol affects inflammation signaling pathways and promotes a healthy inflammatory response.* It can also help soothe occasional muscle discomfort. On top of it all, its powerful effects on digestive systems make it a smart choice for dietary use.*



Tip:

The Toothpick Method

When cooking, remember Oregano is incredibly potent, so you don't need as much of the essential oil as you'd typically use with the herb. If a recipe calls for a tablespoon or more of oregano, then start by adding one drop of essential oil. If the amount called for is less, then start by including a toothpick's amount, meaning dip a toothpick in your bottle of Oregano essential oil and stir it into what you're making. You can use the toothpick method to keep adding Oregano to taste.





Peppermint Touch



What's Peppermint Touch?

Peppermint is a cross between water mint and mild spearmint. It was first described by Swedish botanist Carl Linnaeus in the eighteenth century. One of the most popular essential oils, Peppermint promotes feelings of clear airways, supports oral health, and soothes the stomach when ingested.*

Peppermint Touch combines the topical and aromatic benefits of Peppermint essential oil with Fractionated Coconut Oil in a roller bottle, making it ideal and convenient for topical use.

How Do I Use Peppermint Touch?

Aromatically

The sharp, sweet scent of Peppermint is energizing and exhilarating. Its intensely minty smell is distinct, familiar, and fresh. One of the most effective ways to use Peppermint Touch aromatically is roll a small amount onto your wrists and breathe deeply. Doing so helps create an awake and alert atmosphere, as well as provides feelings of clear airways.

Topically

Peppermint is a powerful essential oil, and Peppermint Touch is perfect for topical use. It generates a cooling sensation on the skin that's soothing and beneficial. Peppermint can be used on the head, neck, shoulders, and other targeted areas.

Another benefit to using Peppermint topically is it serves as a natural bug repellent. Keep it handy for hikes, campouts, or even your next neighborhood BBQ.

When Should I Use Peppermint?

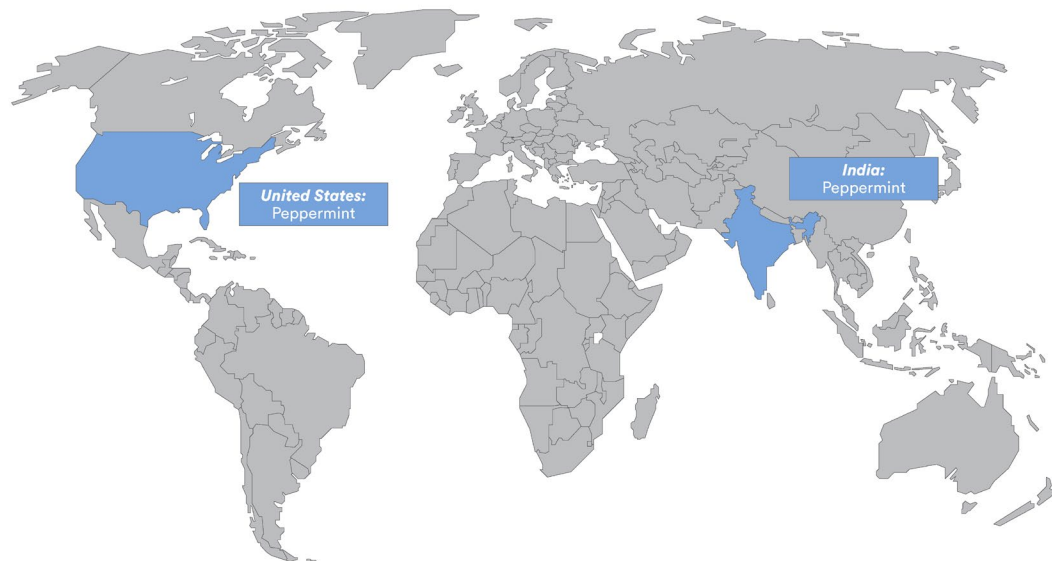
One of the best times to use Peppermint essential oil is first thing in the morning. When you wake up, place a small amount on your thumb, and then on the roof of your mouth. This will jump-start your day with an energetic atmosphere.

As you navigate daily life, you'll find Peppermint is one of the best go-to natural solutions for many of the uncomfortable issues you encounter. Apply the essential oil to your temples and the back of the neck for some soothing comfort.





Where Peppermint Comes From



Climate and soil type impact the chemical profile of the peppermint plant. The Pacific Northwest is an ideal climate for growing peppermint because of its consistent, heavy rainfall each year, which contributes to a high menthol content and gives the plant its minty aroma and flavor.

Some northern states in India have climates similarly suited for mint cultivation. By sourcing some of our Peppermint essential oil in India, we support smallholder farmers. Two of the three main Indian growing seasons usually produce food crops, but often the middle growing season may go unused. This middle growing season is perfect for cultivating peppermint as an annual crop (unlike in the US, where it's a perennial). It's an important cash crop for millions of Indian farmers and their families, the vast majority of whom are small producers with land holdings under two hectares. Distillation is done in local units near the fields, and the spent biomass—plant material that's already been distilled—is used to fuel the distillation boilers.

Why Peppermint

Menthol, a monoterpene alcohol, is one of the most widely known and used terpene compounds. It's found in high concentrations in Peppermint. Though it's primarily known for skin-cooling and the promotion of feelings of clear airways, its surface-cleansing and pest-repelling properties have also been extensively investigated.

Peppermint oils are graded on the content of menthol they contain. High-quality essential oils contain more menthol—the primary chemical constituent that's responsible for Peppermint's positive effects. Factors like location, climate, and time of harvest affect menthol content. dōTERRA pays careful attention and ensures our Peppermint essential oil has maximum menthol content.



Tip:

Mint to Be Soothing

Apply Peppermint Touch to your temples, the back of your neck, and your shoulders for a cooling, soothing effect.





dōTERRA Serenity®



What's dōTERRA Serenity®?

dōTERRA Serenity is a peaceful blend of essential oils that helps create an atmosphere ideal for restful sleep. Its soothing aroma shoos away the cares of the day so you and your family can enjoy a peaceful night's rest.

How Do I Use dōTERRA Serenity®?

Aromatically

The warm, floral, and herbal aroma of dōTERRA Serenity creates a restful environment. Diffuse it in the evening to help you unwind or calm restless children before bed. You can also put a drop in your hands and breathe deeply from the palms.

Topically

Massage a few drops of dōTERRA Serenity into the bottoms of your feet and the back of your neck before bed.

When Should I Use dōTERRA Serenity®?

Use dōTERRA Serenity in the evening and through the night. Diffuse it during your bedtime routine to create a relaxing, restful atmosphere. Apply it topically in addition to aromatically for an even more powerful effect. Rub it into your feet, the back of your neck, or your pulse points.

dōTERRA Serenity can help the whole family. If your children wake up in the night, diffusing or applying dōTERRA Serenity will provide a soothing aroma as they go back to sleep.





Do It Yourself with dōTERRA Serenity®: Bedtime Linen Spray

Before turning in for the night, mist your bedding with the comforting aroma of dōTERRA Serenity. Kids will love it too!

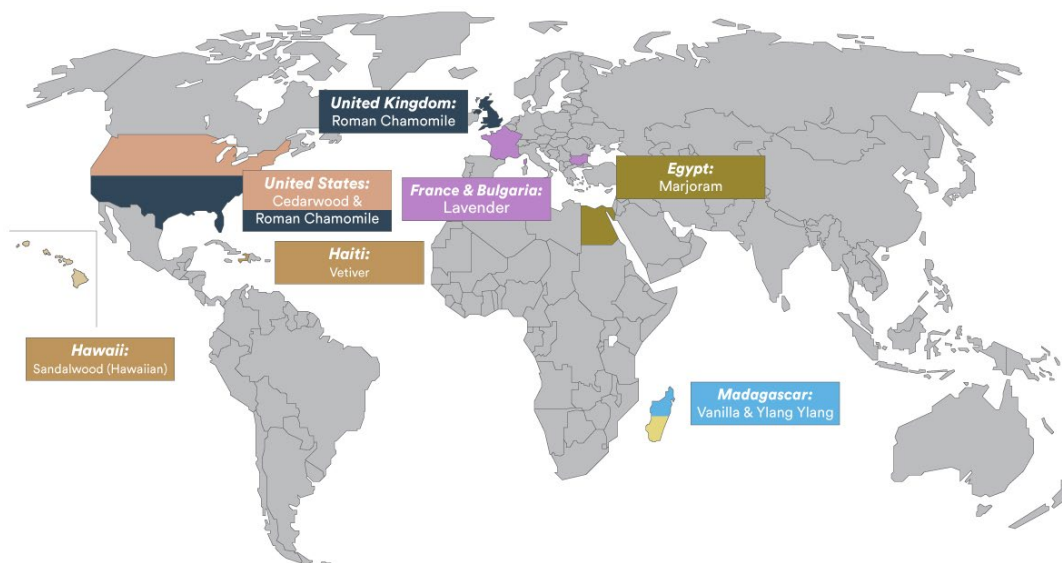
Ingredients:

Small spray or mist bottle
15 drops dōTERRA Serenity Restful Blend
Distilled water

Instructions:

1. Add 15 drops of dōTERRA Serenity to the small spray bottle. (Depending on the size of the bottle and your personal preference, you can use fewer or more drops.)
2. Fill the remaining bottle space with distilled water.
3. Shake well before each use. Mist your pillow or bedding before you sleep to create a restful, relaxing atmosphere.

Where dōTERRA Serenity® Comes From





Why dōTERRA Serenity®

dōTERRA Serenity is designed to create a restful environment at bedtime. This bestselling blend combines wood, floral, and herb essential oils that are renowned for their ability to provide calming, peaceful aromas. Nine key ingredients contribute to the oil blend's restful qualities: Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Bean Absolute, and Sandalwood (Hawaiian).



Tip:

A Drop of Serenity

Before bed, place one to two drops of dōTERRA Serenity® on your pillow.





Tea Tree



What's Tea Tree?

Native to Australia, the tea tree yields a powerful, cleansing essential oil with a fresh, slightly herbaceous aroma. Tea Tree essential oil is best known for its purifying properties. It can cleanse and purify the skin, encourage healthy-looking nails, nourish the scalp, beautify the complexion, and more.

How Do I Use Tea Tree?

Aromatically

The aroma of Tea Tree essential oil is unique. It's fresh and herbaceous, yet also somewhat musky. While some like the smell of Tea Tree right away, others come to love it with time and experience. Once you start experiencing the cleansing and refreshing benefits of Tea Tree, that familiar scent becomes reassuring and soothing.

The best way to use Tea Tree aromatically is by diffusing it. Diffusing it will freshen the air, dispel odors, and dissipate stuffiness. The air will feel cleaner, lighter, and more airy.

Topically

Combine one to two drops of Tea Tree with your facial cleanser or moisturizer to maintain a healthy complexion. For blemishes or occasional skin irritation, apply a drop directly on the skin.

Tea Tree is highly nourishing to the scalp and hair. When added to shampoo, it helps keep your hair looking thick, clean, and healthy. It also beautifies nails. Massage a few drops of Tea Tree into your fingernails and toenails to keep them looking healthy.

When Should I Use Tea Tree?

When you're getting ready for the day, incorporate Tea Tree into your routine. After you wash your face in the morning, apply it to the skin with your moisturizer. Then, when brushing your teeth, add a drop to your toothbrush, or you can rinse your mouth with water and Tea Tree after you've brushed.

Cleaning your home is another great time to reach for Tea Tree. You can use it as a surface cleaner and purifier. Add a few drops of Tea Tree to a spray bottle filled with water and spritz on hard surfaces to freshen and clean. You might also try spraying the insides of stinky shoes or a gym bag.

Tea Tree is amazing for all things related to skin. For comfort from minor skin irritations, apply a small amount to the area.



Do It Yourself with Tea Tree: Yoga Mat Spray

Yoga is a wonderful way to increase your physical and emotional well-being. Whether you're an expert yogi or just getting started, a good yoga mat spray is a must-have.

Ingredients:

- ¾ cup distilled water
- ¼ cup alcohol-free witch hazel or white vinegar
- 5 drops Lavender essential oil
- 3 drops Tea Tree essential oil
- Glass spray bottle

Instructions:

1. Combine all the ingredients in a glass spray bottle.
2. Shake until combined.
3. To use, spray on your mat and wipe dry with a towel.

Note: Not all yoga mats are treated the same. Using essential oils may ruin some yoga mats. Test this by spraying on a small part of your mat first to make sure the cleanser doesn't adversely affect it.

Where Tea Tree Comes From



Tea Tree essential oil is sourced in both Australia and Kenya. The tea tree plant is native to Australia, where it thrives in sunny conditions and moist soil. In Australia, the plant grows all spring, summer, and autumn. Parts of Kenya provide similar growing conditions to those in



Australia, allowing the plant to flourish. By also sourcing Tea Tree from Kenya, we support smallholder farmers in rural areas of the country, while also acquiring high-quality essential oil.

Tea trees are evergreen and shrublike. They've traditionally been used for health purposes by Aboriginal Australians. At the beginning of WWII, most members of the Australian army carried a small bottle of tea tree oil with them. The essential oil comes from steam-distilled leaves.

Kangaroos run wild on the Australian tea tree plantation. The trees grow from spring through fall, with the harvest occurring during winter months to prevent loss of growing time. The same trees can be harvested every year because they coppice—begin to grow again—three to six weeks after harvesting. Because of sustainable harvesting process, after 18 years of operation, the Australia plantation continues to increase the health and productivity of the same tea trees.

Why Tea Tree

Tea Tree has over 92 different chemical constituents, which account for its near limitless applications. When used topically, Tea Tree promotes a healthy complexion and reduces the appearance of skin blemishes. This property stems from Tea Tree's high concentration of the monoterpene alcohol terpinen-4-ol, which has been researched as a topical solution for several skin concerns.



Tip:

Sun-Kissed and Carefree

After a long day of fun in the sun, apply a few drops of Tea Tree with Fractionated Coconut Oil to your skin for some super soothing. For even more comfort and relief, add Lavender and Frankincense.

