



## *Top Essential Oils you need and why*

### *Past Tense Essential Oils Blend-*



#### Past Tense

Feeling stiff, sore or tense?

Massage into shoulders, neck, and back for a cooling, soothing sensation.

Add to temples and back of neck before taking a test or presenting in public. Apply to the wrists while traveling for a sense of ease and calmness

### *Smart & Sassy Essential Oils Blend -*



#### Slim & Sassy

1. Got cravings for sugar? Need an afternoon pick me up? Put 3-5 drops in 500ml+ of water and ingest to ease the cravings and lift energy and mood.
2. Got a sugar hangover or over indulged? Use the same protocol as above to help balance you out.
3. Want to get motivated to work out and boost your metabolism? Try 4 drops of Smart & Sassy, 3-5 times a day in 500ml+ water.
5. A great addition to your water while on a healthy weight management plan.

### *Clary Calm Essential Oils Blend -*



#### Clary Calm

1. Teenage girls? Apply Clary Calm over the lower abdomen and use as a natural perfume alternative to help manage mood swings and emotions.
2. For those of us who need support during "That time of month", roll on Clary Calm to the lower abdomen, base of feet and / or chest.
3. We all get there at some stage.. And we all need support.. Roll on / apply Clary Calm to the inner ankle and chest through female midlife challenges.



## Wild Orange Essential Oil -

Wild Orange

1. Add 2-3 drops to an empty glass, then add 300-500ml of water and ingest for a mood

lifting pick me up

2. Carry Wild Orange in your key chain for a natural hand sanitiser.

3. Make Choc Wild Orange Bliss Balls:

Ingredients:

- 1 cup medjool dates (pitted)
- 1/2 cup slivered almonds
- 1/2 cup cashews
- 1/3 cup cacao powder
- 1/3 cup coconut oil (melted)
- 1/3 cup shredded coconut
- 3-5 drops of Wild Orange Oil

Method: Blend all ingredients together. Then roll the balls in desiccated coconut or chia

seeds and place them in the fridge. Makes 8-10 balls depending on size. If you're short on

time, add the blended ingredients to a tray and serve them as a slice!



## Balance Essential Oil Blend -

Balance

1. Apply 2-3 drops of Balance on the base of each foot morning and night to bring calm into your life

2. If you've already popped your shoes on.. Apply 2-3 drops of balance on the back of the neck or wrists for same balanced benefit

3. Diffuse Balance in the work place or home so everyone can benefit from this calming oil.





## *DigestZen Essential Oils Blend -*



### DigestZen

1. Apply 3-5 drops of DigestZen to the abdomen during times of digestive discomfort. Less drops and always diluted for sensitive skin, infants and children.
2. Add 1-3 drops to an empty glass, then add 200-300ml of water and ingest to get stomach relieving goodness into your belly.
3. Apply 2-3 drops around the belly button in a clockwise direction and 1-2 drops diluted with Fractionated Coconut Oil over the sinus and third eye for congestion relief.

## *Frankincense Essential Oil -*



### Frankincense

1. Place a drop on or under your tongue when you're feeling a bit low. Franky will help pick you up when you're feeling down.
2. Age spots? Fine Lines? Wrinkles? Skin Imperfections? Apply a drop of Frank to the site of concern to help support skin concerns.
3. "If in doubt, use Frankincense". Frank can be added to just about every use. It amplifies the buddied oils.

## *TerraArmour Essential Oil Spray -*



### TerraArmour Spray -

1. Apply TerraArmour to the legs, arms, and neck before going outdoors or diffuse on your patio to ward off pesky insects.
2. Take TerraArmour on camping trips or to outdoor events.
3. Spray TerraArmour around your door, window seals and tent.



## *Lemon Essential Oil -*



Lemon

1. We do this daily.. 3-4 drops of Lemon in 500-600ml of good alkaline water first thing every morning (after tongue scraping) to alkalise the body, get the digestive system started and provide a mild detox.
2. Add 10-15 drops of Lemon and On Guard to a Glass Spray Bottle to make the best multipurpose natural cleaner you'll ever come across.. Just add the oils, then water and spray away! The ultimate low tox living solution!
3. Eliminate smelly odours with Lemon..
- 4; Add 20 drops of Lemon and fill a glass bottle half water and half vinegar and you have a natural class cleaner.

## *Lavender Essential Oil -*



Lavender

1. Burns... All kinds of burns. Sun burn, burns from picking up hot stuff, burns from your cup of tea or coffee that was just that little bit too hot.. Apply Lavender directly to the site. Yes you can put it on your tongue! Always seek medical assistance for serious burns and apply cold water.
2. Nature's answer to allergies.. If you get all stuffed up from cats, dust and pollens.. Combine 1 drop of each; Lavender, Lemon & Peppermint in a small glass of water. Gargle (get some up where the nose and throat meet..) and then swallow.
3. Fancy a relaxing batht at home!? Add 5-8 drops of lavender to a bath and soak up the calming aromas of Lavender. Add a ½ cup of Epsom bath salts to help relax those muscles..Bissful

## *Ice Blue Essential Oil Blend-*



Ice Blue

1. Sore and tired muscles or aching joints? Apply 2-3 drops of Ice Blue Blend with a squirt of Ice Blue Rub for pain relief in those trouble areas.
2. Stress Tension? Apply 2-3 drops of Ice Blue diluted on the back of your neck to help ease the pain.
3. Growing pains? Apply a couple of drops of Ice Blue with Fractionated Coconut Oil to the legs and other areas where the little ones are aching. Never apply oils in the ears, eyes, nose or sensitive areas.



## Lavender Peace Essential Oil Blend-

Lavender Peace

1. Apply 2-3 drops on your wrists and / or feet at night for a restful night's sleep
2. Diffuse 3-5 drops in doTERRA's Petal Diffuser on the bedside in combination with Easy Air for a relaxing calming sleep.
3. During times of stress, simply take the lid off a bottle of Lavender Peace and smell the aroma. Connect to the sensation of the breath through the nose for 5-10 minutes and feel the worries of the world melt away.



## Easy Air Essential Oil Blend-

Easy Air

1. Think of Easy Air as your natural Vicks!  
Apply 3-5 drops over the chest and on the back, even the feet for respiratory concerns and support. Less drops and always diluted for sensitive skin, infants and children.
2. Diffuse 3-5 drops in a Petal Diffuser on the bedside if you and / or your partner snores., Diffusers well with above mentioned oil Lavender Peace or Lavender. Great for children too..
3. Have Easy Air Touch handy for infants and children for congestion and respiratory support. All Touch rollers are diluted safely for the family



## Tea Tree Essential Oil -

Tea Tree

1. Apply a small amount neat to pimples. Just place a drop in your palm and use the tip of your clean finger to apply to trouble areas
2. Fungal infections, cuts and abrasions.. Tea Tree should always be in the Family First Aid kit to help with all those funky skin concerns and mishaps
3. The perfect partner with Oregano.. These two really get down to business when it comes to bacterial infections.
4. Add a few drops to your shampoo for great scalp health and keep the nits away





## *Lemongrass Essential Oil -*



Lemongrass

1. Use to flavour Asian inspired dishes and salads.
2. Blends well with Basil, Cardamom, or Spearmint in the diffuser.
3. Add a drop to inside cardboard of your toilet roll for a nature toilet diffuser

## *Peppermint Essential Oil -*



Peppermint

1. Place a drop on the tongue for fresh minty breath, invigorating the mind, clearing out the sinus and easing any head tension.
2. Wake Up Call to get exercise or motivated for the day?  
Place a drop on the tongue or a drop in the palms and smell the aroma.
3. Feeling hot or having a hot flush!? Rub a drop or two on the back of your neck to cool things down.. Or combine with Wild Orange for motivation!
4. Try out the doTERRA Black Bean brownie recipe for a delicious and healthy treat.
5. Spray around the doors and windows to keep spiders away.

## *On Guard Essential Oil Blend -*



On Guard

1. Apply 1-2 drops on the base of your feet on a daily basis to protect you from seasonal threats in your environment. This one's great for teachers!
2. Diffuse 3-5 drops in a Petal Diffuser to help ward off any winter nasties in the family home or work place.
3. Add 1-2 drops to a smoothie or your porridge for a sweet cinnamon taste and immune boosting benefit
4. Add a few drops to a sink of water and a cap of vinegar to wash your fruit and veg.
5. Use it in all your DIY Cleaning products.





## *Copaiba Essential Oil -*



Copaiba

1. Add 1 to 2 drops to water, juice, or tea.
2. Diffuse aromatically to create a calming atmosphere and relaxing the mind.
3. Apply topically combined with a carrier oil or a facial moisturiser to promote the appearance of a clear, smooth complexion and to help reduce the appearance of blemishes.

## *Whisper Essential Oil Blend -*



Whisper

1. Pop onto your wrists for an amazing musky floral smell.
2. Diffuse or add to clay pendants for a unique aromatic experience. Dispense one to two drops in the palm of the hand and rub on clothing, scarves, and coats to experience calming emotions throughout the day.
3. Wear daily to support balancing the hormones.



*Anastasia Adam*

Creating Happier Healthier Lives