

A collection of natural and wellness items arranged on a light-colored surface. In the upper center is a large, clear glass jar with a silver lid. To the left is a golden-brown waffle. Below the waffle are several small, tied burlap bags. In the lower right, there are two small, dark glass bottles of essential oils, one with a black cap and one with a green cap. A cinnamon stick is also visible near the waffle.

# Toxin free care

WITH DOTERRA ESSENTIAL OILS

# Disclaimer:

WE ARE NOT DOCTORS AND NONE OF THE  
RECOMMENDATIONS IN THIS BOOK ARE MEANT TO REPLACE  
ANY RECOMMENDATIONS FROM YOUR DOCTOR.

WE ARE JUST ESSENTIAL OIL ADDICTS SHARING OUR LOVE  
WITH THE WORLD!

# healthy teeth

## RECIPES

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### MOUTHWASH

FIVE DROPS ON GUARD

FIVE DROPS PEPPERMINT

FILL REMAINDER WITH WATER + A PINCH OF  
SEA SALT

### TOOTHBRUSH BATH

ONE TBSP ON GUARD CLEANER

FIVE DROPS ON GUARD

FILL WITH WATER + SOAK

### HOMEMADE TEETH WHITENER

ONE TSP CHARCOAL

ONE TSP COCONUT OIL

BRUSH TEETH FOR ONE MINUTE + RINSE  
WELL

### OIL PULLING

ONE TBSP COCONUT OIL

TWO DROPS ON GUARD OR PEPPERMINT

SWISH FOR 5-20 MINUTES + SPIT INTO  
GARBAGE CAN

### HOMEMADE TOOTHPASTE

HALF CUP COCONUT OIL

HALF CUP BAKING SODA

FIVE DROPS ON GUARD

FIVE DROPS PEPPERMINT





# BATHTIME

## *favorites*

### BEDTIME

FIVE DROPS LAVENDER  
THREE DROPS VETIVER

### SORE MUSCLES


FIVE DROPS AROMATOUCH  
THREE DROPS COPAIBA

### DETOX

THREE DROPS JUNIPER BERRY  
THREE DROPS ZENDOCRINE  
TWO DROPS BALANCE

### CALM THE KIDDOS

THREE DROPS SERENITY  
THREE DROPS BALANCE



### AT EASE

FIVE DROPS BALANCE  
THREE DROPS ANCHOR  
ONE DROP VETIVER

### GIRL TIME

FOUR DROPS CLARY SAGE  
FOUR DROPS YLANG YLANG  
FOUR DROPS PASSION





# Diffuser blends

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## FOR EVERYDAY

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### MAGIC

THREE DROPS FRANKINCENSE  
THREE DROPS SANDALWOOD  
THREE DROPS CINNAMON BARK  
THREE DROPS PATCHOULI  
THREE DROPS GRAPEFRUIT

### KARMA

THREE DROPS LAVENDER  
THREE DROPS BERGAMOT  
ONE DROP FRANKINCENSE

### HARMONY

THREE DROPS LAVENDER  
THREE DROPS BERGAMOT  
ONE DROP FRANKINCENSE

### DINNER PARTY

TWO DROPS LEMON  
TWO DROPS LAVENDER  
TWO DROPS ROSEMARY

### CALIFORNIA

FOUR DROPS CITRUS BLISS  
TWO DROPS WHISPER

### ELEVATE

TWO DROPS LEMON  
TWO DROPS WILD ORANGE  
TWO DROPS PEPPERMINT

### SPRITE

TWO DROPS ROSEMARY  
TWO DROPS WILD ORANGE

### LOVE

TWO DROPS YLANG YLANG  
TWO DROPS LEMON  
TWO DROPS WHISPER  
TWO DROPS GERANIUM



A collection of natural perfume bottles and a brush on a pink background. The bottles are labeled 'ELEVATION', 'NEROLI', 'WHISPER', 'IN TUNE', 'ROSE', 'PATCHOULI + LIME', 'YLANG YLANG', 'VETIVER + LIME', and 'JASMINE'. A brush with a silver handle and white bristles is also visible. The background is a soft pink color with a white zipper and a pattern of dark, elongated shapes at the bottom.

# all natural

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## PUREFUME

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ELEVATION

PATCHOULI + LIME

NEROLI

YLANG YLANG

WHISPER

VETIVER + LIME

IN TUNE

JASMINE

ROSE

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# ESSENTIAL

## haircare

### SEA SALT SPRAY

THREE OZ WARM WATER  
ONE TSP SEA SALT  
HALF TEASPOON OLIVE OIL  
FIFTEEN DROPS OF ESSENTIAL OIL (YLANG  
YLANG, LAVENDER, GERANIUM + ROSEMARY  
ARE FAVES)

### DRY SHAMPOO

QUARTER CUP ARROWROOT POWDER  
FIVE DROPS ESSENTIAL OIL OF CHOICE

### DRY HAIR MASQUE

TWO TBSP COCONUT OIL  
HALF AN AVOCADO MASHED  
FOUR DROPS GERANIUM  
TWO DROPS SANDALWOOD

### HAIR GROWTH SERUM

THREE OZ FRACTIONATED COCONUT OIL  
TEN DROPS ROSEMARY  
TEN DROPS GERANIUM  
FIVE DROPS PEPPERMINT  
SPRAY ON ROOTS BETWEEN WASHES AND  
RUB IN





# roller bottle blends

ALL ROLLER BLENDS BELOW USE A  
10ML ROLLER BOTTLE. DROP OILS  
INTO BOTTLE AND TOP WITH  
FRACTIONATED COCONUT OIL OR  
OIL OF YOUR CHOICE.

## GET MY ZEN ON

FIVE DROPS SANDALWOOD  
FIVE DROPS BALANCE  
FIVE DROPS SERENITY  
FIVE DROPS PEACE BLEND

## MAGIC

TEN DROPS CLARY SAGE  
TEN DROPS FRANKINCENSE  
TEN DROPS LAVENDER  
TEN DROPS WILD ORANGE

## BEYOUTIFUL

TEN DROPS LIME  
TEN DROPS BERGAMOT  
TEN DROPS FRANKINCENSE  
FIVE DROPS ELEVATION

## IMMUNITY BOOST

TEN DROPS ON GUARD  
TEN DROPS TEA TREE  
FIVE DROPS WILD ORANGE  
FIVE DROPS ARBORVITAE  
TWO DROPS MELISSA (OPTIONAL)

## SLEEP

TEN DROPS CEDARWOOD  
TEN DROPS VETIVER  
TEN DROPS LAVENDER

## LIQUID CALM

TWENTY DROPS BALANCE  
TWENTY DROPS SERENITY  
TEN DROPS COPAIBA

## MUSCLE BLEND

TEN DROPS DEEP BLUE  
TEN DROPS LEMONGRASS  
TEN DROPS COPAIBA  
FIVE DROPS FRANKINCENSE

# ESSENTIAL

## BODY WASH

EIGHT OZ GLASS PUMP BOTTLE

1/2 CUP CASTILE SOAP

THREE TBSP FRACTIONATED COCONUT OIL

10 DROPS OF YOUR FAVE EO (PEPPERMINT +  
LIME MAKE IT MOJITO LIKE!)

## CASTILE FACIAL CLEANSER

TWO OZ VEGETABLE BASED GLYCERIN

TWO OZ UNSCENTED CASTILE SOAP

HALF OZ WITCH HAZEL

2 DROPS EACH ROSEMARY, PEPPERMINT, TEA  
TREE + LEMON

## OIL CLEANSER

ONE CUP JOJOBA OIL

TWO TBSP CASTOR OIL

10 DROPS LAVENDER

10 DROPS FRANKINCENSE

## WHIPPED BODY BUTTER

HALF CUP COCONUT OIL

ONE CUP UNREFINED SHEA BUTTER

10 DROPS WILD ORANGE

8 DROPS LAVENDER

WHIP WITH A HAND MIXER





# OUR FAVE

## doterra products

### VERAGE SKINCARE LINE

THIS STUFF IS THE BOMB-DIGGITY AND IS THE ONLY SKINCARE LINE ON THE MARKET THAT INCLUDES PURE, THERAPEUTIC GRADE ESSENTIAL OILS. THE CLEANSER INCLUDES TEA TREE, BASIL + WILD ORANGE AND THE POWERHOUSE SERUM INCLUDES ROSE, SANDALWOOD + FRANKINCENSE.

### LIFELONG VITALITY

WE KNOW ITS NOT A BODYCARE PRODUCT BUT IT CONTRIBUTES TO HEALTHY HAIR, IMPROVED SKIN APPEARANCE + HELPS NAIL GROWTH. THREE THINGS WE WOULD NEVER COMPLAIN ABOUT, RIGHT? IF YOU AREN'T ON THESE, YOU'VE GOTTA GET ON IT!

### SPA BODY BUTTER

OH BOY, DO WE EVER HAVE A LOVE AFFAIR WITH THIS CONTAINER. ITS BLEND OF ESSENTIAL OILS PAIRED WITH ITS THICK, RICH TEXTURE MAKES IT FOR SURE A CUSTOMER FAVE. APPLY ON YOUR SKIN POST BATH WHILE YOUR SKIN IS STILL WET. IT'LL SOAK IT RIGHT UP!

### SPA MUD MASQUE

A POWERHOUSE IN A LITTLE BOTTLE! THIS IS A BLEND OF DETOXIFYING OILS AND BENTONITE CLAY TO HELP PULL THE IMPURITIES FROM YOUR SKIN. BONUS: APPLY TO ARM PITS OR THE SOLES OF YOUR FEET TO SPEED UP DETOXIFICATION!

### SPA SHAMPOO + CONDITIONER

ITS USUALLY SCARY WHEN YOU POP OPEN THE INGREDIENT LIST ON THE BACK OF YOUR CURRENT PRODUCTS, BUT NOT WITH THESE. THEY CLEANSE LIKE NO OTHER AND SUDS UP NICELY WITHOUT THE USE OF SODIUM LAURYL SULFATE. THE MIX OF LIME, WILD ORANGE + PEPPERMINT IS OUT OF THIS WORLD!

### ROSE, JASMINE + NEROLI TOUCH

WE KNOW ITS NOT A PRODUCT, BUT THESE THREE DESERVED THEIR OWN FEATURE IN THIS EBOOK. USE THEM FOR HAIR OR FACE SERUM, APPLIED TO THE SOLES OF THE FEET TO BOOST IMMUNITY + ON THE WRISTS AS PUREFUME. MMM!

# DOTERRA PRODUCT

*hacks*

## ROLLERS

- APPLY IMMORTELE OR HD CLEAR AS DEODORANT
- APPLY IMMORTELE AT THE BASE OF SKULL FOR BRAIN TRAUMA
- USE DIGESTZEN ROLLER FOR SINUS TENSION

## OILS

- ADD ONE DROP LAVENDER TO MASCARA FOR LASH GROWTH
- ADD ONE DROP OF PEPPERMINT TO LIP GLOSS FOR PLUMPING BENEFITS
- SANDALWOOD AS ALL NATURAL HAIR SERUM
- ROSE + JASMINE AS FACIAL SERUM
- PURIFY AS A PIMPLE SPOT TREATMENT

## OTHERS

- CORRECT X AS UNDER EYE SERUM
- HAIR SERUM AS CUTICLE OIL
- CONDITIONER AS SHAVING CREAM
- SHAMPOO AS BODY WASH (IT HAS THE BEST FOAM!)
- USE THE MUD MASQUE AS A PIMPLE TREATMENT
- APPLY THE MUD MASQUE TO YOUR ARM PITS OR SOLES OF YOUR FEET TO SPEED UP DETOXIFICATION



my four month  
wishlist

TOTAL PV:  
(OVER 125 BEFORE THE 15TH + I'LL RECEIVE A FREE OIL!)

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I HONOUR MY BODY BY SLOWLY REMOVING ALL TOXIC  
CHEMICALS + REPLACING WITH PRODUCTS THAT ENERGIZE  
ME AND MAKE ME FEEL GOOD.



