

A cup of coffee on a wooden tray with pine cones and dried orange slices.

EVERYTHING YOU NEED

TO KNOW ABOUT

Your bogo oils!

WINTER BOGO 2019

YOUR FALL 2019 BOGO OILS *at a glance*



FOCUS
HEAD TENSION
DIGESTIVE
SUPPORT



DIGESTIVE
SUPPORT
AIRWAY OPENING
MOTION SICKNESS



AIRWAY OPENING
CALMING
BEST PRE-
WORKOUT



GROUNDING
+ CALMING
FESTIVE
SLEEP SUPPORT



CALMING
SUPPORTS SLEEP
SOOTHES SKIN



HAPPY BLEND
UPLIFTING
PROMOTES
POSITIVITY



BOOSTS IMMUNITY
CLEANING
DEGREASER



SOOTHES MUSCLES
REDUCES TENSION
ACHEY JOINTS



DIGESTIVE
SUPPORT
SINUS OPENING
USE DURING
TRAVEL



SOOTHES MUSCLES
REDUCES TENSION
ACHEY JOINTS



IMMUNE SUPPORT
HAND SANITIZER
CHILDRENS ON
GUARD

Stronger



- + CHILDRENS VERSION OF ON GUARD
- + APPLY TO THE SOLES OF FEET, DOWN THE SPINE AND BACK OF NECK TO SUPPORT A HEALTHY IMMUNE SYSTEM
- + APPLY TO HANDS AND RUB TOGETHER WHEN IN A PINCH, AS A HAND SANITIZER
- + APPLY OVER THE LUNGS AND NECK WHEN THREATS ARE HIGH

Tamer



- + SUPPORTIVE TO THE DIGESTIVE SYSTEM WHEN APPLIED TOPICALLY
- + INHALE DIRECTLY FROM THE BOTTLE OR APPLY TOPICALLY OVER THE ABDOMEN TO REDUCE FEELINGS OF NAUSEA
- + APPLY OVER THE BRIDGE OF THE NOSE TO PROMOTE CLEAR BREATHING
- + REDUCES MOTION SICKNESS + EASES A NERVOUS BELLY

DigestZen



- + AIDS IN DIGESTION WHEN TAKEN BOTH INTERNALLY AND APPLIED TOPICALLY
 - + SUPPORTS HEALTHY GUT FUNCTION
- + OPENS AIRWAYS WHEN INHALED OR APPLIED TOPICALLY OVER THE BRIDGE OF THE NOSE
- + KEEP ON HAND FOR LONG CAR RIDES TO REDUCE MOTION SICKNESS
- + ADD THREE DROPS TO A SHOT GLASS OF WATER TO REDUCE THE FEELINGS OF A HANGOVER

Favorite Recipes

diy touch roller

30 DROPS DIGESTZEN
10 ML ROLLER BOTTLE
TOP WITH COCONUT OIL

tummy soothing tea

8 OZ BOILING WATER
2 DROPS DIGESTZEN
1 DROP GINGER
1 DROP TURMERIC
TSP HONEY

internal support

TAKE 3-4 DROPS INTERNALLY EITHER VIA
A CUP OF WATER OR IN A VEGGIE
CAPSULE TO SUPPORT NAUSEA OR
STOMACH DISCOMFORT

airway opening blend

10 ML ROLLER BOTTLE
10 DROPS DIGESTZEN
5 DROPS PEPPERMINT
APPLY OVER THE BRIDGE OF NOSE +
SINUSES (KEEP AWAY FROM EYES)

Breathe



- + SUPPORTIVE TO THE RESPIRATORY SYSTEM WHEN DIFFUSED
OR APPLIED TOPICALLY TO THE CHEST OR BACK
 - + UPLIFTING TO ONES MOOD
- + INHALE OR APPLY BEFORE A WORKOUT TO PROMOTE CLEAR
BREATHING
- + DIFFUSE AT BEDTIME TO GROUND AND PROMOTE A RESTFUL
NIGHTS SLEEP
 - + DIFFUSE WITH CITRUS OILS TO IMPROVE FOCUS

breathe

DIFFUSER BLENDS

happy + free

- + 2 DROPS BREATHE
- + 3 DROPS FRANKINCENSE
- + 2 DROPS WILD ORANGE

sleep tight

- + 3 DROPS BREATHE
- + 2 DROPS SERENITY
- + 2 DROPS LAVENDER

morning air

- + 3 DROPS PEPPERMINT
- + 3 DROPS BREATHE
- + 2 DROPS LIME

focus

- + 4 DROPS BREATHE
- + 4 DROPS GRAPEFRUIT

pre-workout

- + 3 DROPS BREATHE
- + 2 DROPS LIME
- + 2 DROPS PEPPERMINT

Favorite Recipes

diy touch roller

30 DROPS BREATHE
10 ML ROLLER BOTTLE
TOP WITH COCONUT OIL

diy chest rub

GLASS CONTAINER
1/2 CUP COCONUT OIL
10 DROPS BREATHE
10 DROPS LIME

MIX TOGETHER AND STORE IN AN AIR
TIGHT CONTAINER

shower metts

1 CUP BAKING SODA
20 DROPS BREATHE
1/3 CUP WATER

COMBINE + PACK INTO SILICONE MOLDS.
LEAVE OVERNIGHT AND ADD ONE TO THE
BOTTOM OF YOUR SHOWER

sinus bomb

ADD THE FOLLOWING OILS TO A MUG
OF BOILING WATER AND INHALE DEEP
2 DROPS EACH BREATHE, LEMON, TEA
TREE, FRANKINCENSE + PEPPERMINT

On Guard



- + SUPPORTS A HEALTHY IMMUNE SYSTEM WHEN DIFFUSED,
APPLIED TOPICALLY OR TAKEN INTERNALLY
- + ADD TO A SHOT GLASS OF WATER AND SWISH AROUND
MOUTH TO SUPPORT HEALTHY GUMS
- + DIFFUSE TO PURIFY THE AIR
- + USE IN YOUR FAVORITE DIY CLEANER
- + DIFFUSE FOR THE COZIEST FALL DIFFUSER BLEND!

on guard

DIFFUSER BLENDS

clean

- + 4 DROPS ON GUARD
- + 2 DROPS LEMON
- + 2 DROPS LAVENDER

fall weather

- + 4 DROPS ON GUARD
- + 2 DROPS CASSIA
- + 2 DROPS SERENITY

fresh

- + 3 DROPS LEMON
- + 3 DROPS PEPPERMINT
- + 3 DROPS ON GUARD

unwind

- + 4 DROPS LAVENDER
- + 4 DROPS ON GUARD

good morning

- + 2 DROPS ON GUARD
- + 4 DROPS SERENITY
- + 2 DROPS WILD ORANGE

Favorite Recipes

diy touch roller

30 DROPS ON GUARD
10 ML ROLLER BOTTLE
TOP WITH COCONUT OIL

all purpose spray

16 OZ GLASS SPRAY BOTTLE
1/4 CUP VINEGAR
1 3/4 CUPS WATER
20 DROPS ON GUARD
10 DROPS EUCALYPTUS

soothing tea

MUG OF HOT WATER
TBSP OF LOCAL HONEY
1 DROP EACH OF ON GUARD, LEMON, WILD
ORANGE, COPAIBA + TURMERIC

hand cleansing spray

8OZ GLASS SPRAY BOTTLE
20 DROPS ON GUARD
1 TBSP ALOE VERA GEL
DISTILLED WATER

Holiday Peace



- + CALMING AND SOOTHING TO ONES EMOTIONS
- + PROMOTES RESTFUL SLEEP WHEN DIFFUSED AT BEDTIME
- + APPLY TOPICALLY TO CALM OVERWHELM + STRESS
- + DIFFUSE DURING THE HOLIDAY SEASON FOR A COMFORTING,
SEASONAL AROMA
- + MIX WITH WATER AND SPRAY ON ARTIFICIAL CHRISTMAS
TREES

holiday peace

DIFFUSER BLENDS

citrus twist

- + 4 DROPS HOLIDAY PEACE
- + 2 DROPS WILD ORANGE
- + 2 DROPS GRAPEFRUIT

holiday crazy

- + 4 DROPS HOLIDAY PEACE
- + 3 DROPS BALANCE
- + 1 DROP VETIVER

fresh + airy

- + 4 DROPS HOLIDAY PEACE
- + 3 DROPS EUCALYPTUS
- + 2 DROPS LEMON

calm

- + 4 DROPS HOLIDAY PEACE
- + 2 DROPS GREEN MANDARIN
- + 2 DROPS FRANKINCENSE

overwhelm

- + 4 DROPS HOLIDAY PEACE
- + 2 DROPS FRANKINCENSE
- + 2 DROPS PEACE

Favorite Recipes

diy touch roller

30 DROPS HOLIDAY PEACE

10 ML ROLLER BOTTLE

TOP WITH COCONUT OIL

holiday calm roller

20 DROPS TANGERINE

10 DROPS HOLIDAY PEACE

10 DROPS YLANG YLANG

5 DROPS ROMAN CHAMOMILE

TOP WITH FRACTIONATED COCONUT
OIL

diy tree spray

GLASS SPRAY BOTTLE

20-30 DROPS HOLIDAY PEACE

SPLASH OF VODKA

room spray

GLASS SPRAY BOTTLE

2 OZ WITCH HAZEL

10 DROPS HOLIDAY PEACE

5 DROPS DOUGLAS FIR

8 DROPS CLOVE

TOP WITH WATER

Citrus Bliss



- + INVIGORATING AND UPLIFTING TO ONES MOOD
- + DIFFUSE WITH WHISPER FOR A DELICIOUS AROMA
- + ADD A DROP TO DIFFUSER JEWELRY TO CALM EMOTIONS
- + PROMOTES FEELINGS OF POSITIVITY
- + IMPROVES FOCUS + ATTENTION

citrus bliss

DIFFUSER BLENDS

raindrops

- + 2 DROPS CITRUS BLISS
- + 2 DROPS BALANCE
- + 2 DROPS FORGIVE

jellybeans

- + 3 DROPS CITRUS BLISS
- + 2 DROPS WILD ORANGE
- + 2 DROPS JUNIPER BERRY
- + 1 DROP LEMONGRASS

california

- + 3 DROPS CITRUS BLISS
- + 2 DROPS WHISPER
- + 1 DROP EUCALYPTUS

springtime

- + 1 DROP CITRUS BLISS
- + 2 DROPS BALANCE
- + 2 DROPS AROMATOUGH

mint creamsicle

- + 4 DROPS CITRUS BLISS
- + 2 DROPS SPEARMINT

Favorite Recipes

diy touch roller

30 DROPS CITRUS BLISS
10 ML ROLLER BOTTLE
TOP WITH COCONUT OIL

citrus mint scrub

$\frac{1}{2}$ CUP COCONUT OIL
1 CUP SALT
15 DROPS CITRUS BLISS
5 DROPS PEPPERMINT

citrus dish soap

2 CUPS LIQUID CASTILE SOAP
20 DROPS CITRUS BLISS
10 DROPS LIME
SHAKE BEFORE USE!

diy deodorant

10 ML ROLLER BOTTLE
25 DROPS CITRUS BLISS
15 DROPS LEMON
TOP WITH COCONUT OIL

Lavender



- + MINIMIZES SEASONAL DISCOMFORTS WHEN USED WITH PEPPERMINT + LEMON
- + SUPPORTS SKIN WHEN DRY, CHAPPED, CHAFED OR BURNED
- + PROMOTES RELAXATION WHEN INHALED OR DIFFUSED
- + APPLY TOPICALLY ON STRESSED OR TENSE MUSCLES
- + ADD ONE DROP TO YOUR FAVORITE MASCARA TO PROMOTE LONG + HEALTHY EYELASHES
- + DIFFUSE AT BEDTIME TO SUPPORT A RESTFUL SLEEP

Lavender

DIFFUSER BLENDS

cool down

- + 4 DROPS SPEARMINT
- + 2 DROPS LAVENDER
- + 2 DROPS PEPPERMINT

clean air

- + 3 DROPS LAVENDER
- + 3 DROPS EUCALYPTUS
- + 3 DROPS TANGERINE

sea breeze

- + 3 DROPS LAVENDER
- + 3 DROPS LIME
- + 1 DROP SPEARMINT

lavender mint

- + 4 DROPS LAVENDER
- + 2 DROPS PEPPERMINT

comfy cozy

- + 2 DROPS HARVEST SPICE
- + 2 DROPS LAVENDER
- + 2 DROPS WILD ORANGE

Favorite Recipes

diy touch roller

30 DROPS LAVENDER
10 ML ROLLER BOTTLE
TOP WITH COCONUT OIL

sugar scrub

$\frac{1}{2}$ CUP OLIVE OIL
1 CUP GRANULATED SUGAR OR
BROWN SUGAR
15-20 DROPS LAVENDER

detox bath soak

$\frac{1}{4}$ CUP BAKING SODA
 $\frac{1}{4}$ CUP EPSOM SALTS
10-15 DROPS LAVENDER

femme hygiene spray

1 OZ GLASS SPRAY BOTTLE
5 DROPS EACH LAVENDER, TEA TREE,
FRANKINCENSE
 $\frac{1}{4}$ OZ WITCH HAZEL
DISTILLED WATER

Peppermint



- + IMPROVES FOCUS WHEN INHALED FROM THE BOTTLE OR
DIFFUSED WITH YOUR FAVORITE CITRUS OIL
- + SUPPORTS DIGESTION WHEN APPLIED TOPICALLY OR TAKEN
INTERNALLY (EITHER UNDER THE TONGUE OR IN WATER)
- + ADD A DROP UNDER YOUR TONGUE WHEN YOU NEED TO
FRESHEN YOUR BREATH
- + APPLY TOPICALLY TO ANY AREA THAT IS EXPERIENCING
TENSION
- + THE BEST ADDITION TO HOLIDAY BAKING

Peppermint

DIFFUSER BLENDS

mint drop

- + 2 DROPS CINNAMON
- + 2 DROPS CARDAMOM
- + 2 DROPS PEPPERMINT

happiness

- + 5 DROPS CITRUS BLISS
- + 4 DROPS ELEVATION
- + 3 DROPS PEPPERMINT

seasonal relief

- + 3 DROPS PEPPERMINT
- + 3 DROPS LEMON
- + 3 DROPS LAVENDER

mint surprise

- + 5 DROPS PEPPERMINT
- + 2 DROPS YLANG YLANG

mint patty

- + 2 DROPS WILD ORANGE
- + 4 DROPS PEPPERMINT
- + 1 DROP FRANKINCENSE

Favorite Recipes

diy touch roller

30 DROPS PEPPERMINT

10 ML ROLLER BOTTLE

TOP WITH COCONUT OIL

good morning sugar scrub

$\frac{1}{2}$ CUP COCONUT OIL

1 CUP GRANULATED SUGAR

10-15 DROPS PEPPERMINT

homemade mouthwash

$\frac{1}{2}$ CUP DISTILLED WATER

2 TSP BAKING SODA

$\frac{1}{2}$ TSP SEA SALT

2 DROPS PEPPERMINT + TEA TREE

sweet mint surface cleaner

GLASS SPRAY BOTTLE

5 DROPS EACH LAVENDER, WILD ORANGE

+ PEPPERMINT

$\frac{1}{4}$ OZ VINEGAR

DISTILLED WATER

Deep Blue



- + APPLY TO SORE MUSCLES PRE AND POST WORKOUT
- + BRING TO YOUR MASSAGES FOR THE MOST SOOTHING EXPERIENCE
- + APPLY WITH COCONUT OIL TO SORE OR OVERWORKED MUSCLES
- + APPLY TO TEMPLES OR BACK OF NECK TO SOOTH HEAD OR NECK TENSION
- + APPLY TO THE SOLES OF FEET AFTER A LONG DAY WALKING OR WEARING HIGH HEELS

Favorite Recipes

diy touch roller

30 DROPS DEEP BLUE
10 ML ROLLER BOTTLE
TOP WITH COCONUT OIL

soothing bath salts

2 CUPS EPSOM SALTS
1/4 CUP FRACTIONATED COCONUT OIL
20 DROPS DEEP BLUE
10 DROPS COPAIBA

diy muscle rub

GLASS CONTAINER
1/2 CUP COCONUT OIL (OR DOTERRA UNSCENTED LOTION)
20 DROPS DEEP BLUE
MIX TOGETHER AND STORE IN AN AIR TIGHT CONTAINER

Deep Blue Rub



- + APPLY TO SORE MUSCLES PRE AND POST WORKOUT
- + BRING TO YOUR MASSAGES FOR THE MOST SOOTHING EXPERIENCE
- + MIX IN A DROP OF FRANKINCENSE TO DEEPEN THE EXPERIENCE
- + APPLY TO TEMPLES OR BACK OF NECK TO SOOTH HEAD OR NECK TENSION
- + APPLY TO THE SOLES OF FEET AFTER A LONG DAY WALKING OR WEARING HIGH HEELS