

THE AromaTouch KIT





doTERRA

Fractionated Coconut Oil

Cocos nucifera Oil

115 mL 3.8 fl. oz.

doTERRA

On Guard

Protective Blend 15 mL

doTERRA

Wild Orange

Citrus sinensis 15 mL

doTERRA

Tea Tree

Melaleuca alternifolia 15 mL

doTERRA

Balance

Grounding Blend 15 mL

doTERRA

Peppermint

Mentha piperita 15 mL

doTERRA

AromaTouch

Spa Blend 15 mL

doTERRA

Lavender

Lavandula angustifolia 15 mL

doTERRA

Ice Blue

Athletic Blend 5 mL



Welcome!

I am so excited for you for investing in your health and wellness.

While you wait for your amber bottles of oily goodness to arrive on your doorstep, dive into this guide to learn about the oils on their way to you and how you can use them to support you and your family.

It's time to begin your journey into natural health, greening up your home and having solutions at your fingertips for whatever you need.

So, where do you start?

This is the most common question that comes up for people new to the wonderful world of essential oils.

So I created this simple + sweet guide to opening your kit and getting the most out of it.

If you can, I suggest making yourself a nice cuppa and sitting down to open and sniff your oils one by one.

The first thing you may notice is how clean, and non-synthetic they smell. These are pure plant magic without a trace of anything that shouldn't be in there. No contaminants, no fillers. These are the real deal. I remember cracking open my new oils when they first arrived and knew immediately that they were game changers for me, and for my family.

So let's jump in, shall we?

We'll start with some information about your AromaTouch Kit. The AromaTouch technique provides one of the most effective ways to use the essential oils on the body. With this enrolment kit, you will experience a variety of essential oils that can also be used for the AromaTouch technique.



Lavender

*The Swiss Army Knife
Pure comfort, this is your oil for all things soothing*

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities continue to be Lavender's most notable attributes. Applied topically, Lavender is frequently used to reduce the appearance of skin imperfections. Add to bath water to soak away stress or apply to the temples and the back of the neck. Add a few drops of Lavender to pillows, bedding, or bottoms of feet to relax and prepare for a restful night's sleep. Due to Lavender's versatile properties, it is considered the must-have oil to have on hand at all times.

Uses

- Add a few drops of Lavender to pillows, bedding, or bottoms of feet at bedtime.
- Keep a bottle of Lavender on hand to soothe skin.
- Freshen your linen closet, mattress, car, or the air by combining Lavender with water in a spray bottle.
- Use in cooking to soften citrus flavours and add a flavourful twist to marinades, baked goods, and desserts.



Diffuser blends

Cool Down

3 drops Spearmint
2 drops Lavender
2 drops Peppermint

Ocean

4 drops Lavender
3 drops Rosemary
2 drops Lemongrass

Sea Breeze

3 drops Lavender
3 drops Lime
1 drop Spearmint

Peaceful

3 drops Lavender
3 drops Vetiver
2 drops Ylang Ylang

Recipes

Lavender Bath Salts

1 cup epsom salts
3 drops Lavender essential oil

Mix together and add to the bath.
Soak for 20 mins and feel your
body and mind relax

This makes a beautiful gift in a jar
with a ribbon. Adjust the amount
of drops of oil depending on how
many cups of epsom salts fit in
the jar.

Lavender Linen Spray

Find yourself a glass spray bottle:
Fill $\frac{2}{3}$ with distilled water
Fill the other $\frac{1}{3}$ with Witch Hazel
Add drops of Lavender to the
bottle, depending on the size of
the bottle.

For a 15ml bottle add 15 drops of
Lavender

Spray onto linen, pillows, curtains
to create a relaxing environment.
Perfect to spray your sheets
before bed.



Wild Orange

Uplifting, Sweet and Fresh

Cold pressed from the peel, Wild Orange is one of doTERRA's top selling essential oils due to its energising aroma. High in monoterpenes, Wild Orange possesses a stimulating and uplifting aroma, making it ideal for diffusion. It can be added to food or water for a citrus burst of flavour. Wild Orange enhances any essential oil diffuser blend with a fresh, sweet, refreshing aroma.

Uses

- Add a drop to your water or recipe calling for a citrus flavour.
- Diffuse for an uplifting aroma. Blends well with Cinnamon Bark, Cedarwood, Frankincense, Bergamot and Peppermint essential oils.
- For an energising aroma boost, dispense one to two drops in the diffuser with equal parts Peppermint and Frankincense.



Diffuser blends

After Dusk

4 drops Wild Orange
2 drops Petitgrain
2 drops Clary Sage

By the Fire

3 drops Wild Orange
2 drops Frankincense
2 drops Cinnamon Bark

Forrest Rain

3 drops Wild Orange
2 drops Juniper Berry
2 drops Spikenard

Awake & Refresh

2 drops Wild Orange
2 drops Bergamot
1 drop Easy Air

Recipes

Blueberry Wild Orange Muffins

Ingredients:

- ½ cup butter, softened
- ½ cup honey
- 3 large eggs
- 1 cup orange juice
- 2–6 drops Wild Orange oil
- 1 ½ cups flour
- 1 ½ teaspoons baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon lemon juice
- 1 cup blueberries
- 1 ½ cups coconut

Instructions:

- Preheat oven to 180° C
- Cream together butter and honey in mixer.
- Add eggs, orange juice, and Wild Orange oil and mix.
- Add dry ingredients and mix thoroughly.
- Fold in blueberries, one cup coconut, and lemon juice.
- Place in 9x13 cake pan.
- Top with the remaining ½ cup coconut.
- Bake 30–40 minutes.



AromaTouch

The Spa Blend

AromaTouch, doTERRA's proprietary massage blend, combines the unique benefits of oils known for their relaxing and comforting properties. AromaTouch combines Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender essential oils in a perfect blend that adds many important benefits to various massage techniques. This popular blend is a vital part of the doTERRA AromaTouch Technique, an aromatic experience for applying essential oil to the whole body.

Uses

- Apply to neck and shoulders or use with carrier oil for massage.
- Give your loved one a hand massage using the AromaTouch Hand Technique and AromaTouch essential oil blend.
- Add to Epsom salts and enjoy soaking in a hot bath.



Diffuser blends

Fresh Air

3 drops AromaTouch
3 drops Lime
3 drops Grapefruit

Just Chillin

3 drops AromaTouch
3 drops Cedarwood
3 drops Lavender

Happy Vibes

3 drops AromaTouch
3 drops Frankincense
3 drops Lavender Peace

Calm and Collected

3 drops AromaTouch
2 drops Balance
2 drops Vetiver

Recipes

AromaTouch Bath Salts

1 cup epsom salts
3 drops AromaTouch

Mix together and add to the bath.
Soak for 20 mins and feel your
body and mind relax

This makes a beautiful gift in a jar
with a ribbon. Adjust the amount
of drops of oil depending on how
many cups of epsom salts fit in
the jar.

Massage Blend

Aromatherapy and massage go
hand-in-hand. doTERRA oils
make the entire massage
experience a more effective and
uplifting experience.

Add 5-10 drops of AromaTouch to
about 1/4 cup fractionated
coconut oil and mix in a bowl.

Store in an airtight container and
use for your next massage.



Peppermint

The Pick-Me Up
Invigorating. Uplifting. Crisp and Clear

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753. A high menthol content—like that found in the doTERRA Peppermint essential oil—distinguishes the best quality Peppermint from other products. Peppermint is frequently used in toothpaste and chewing gum for oral hygiene. Peppermint continues to be one of the best-selling favourites among doTERRA essential oils.

Uses

- Use a drop of Peppermint with Lemon in water for a refreshing flavour.
- Add a drop to your favourite smoothie recipe for a refreshing twist.
- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense and inhale for a midday pick-me-up.
- Diffuses well with Basil, Wild Orange, Spearmint, Coriander and Lemon Essential Oils.
- Diffuse for a clear crisp scent in the air.
- Invigorating to the senses promoting an uplifted cheery feeling.



Diffuser blends

Energiser

3 drops Peppermint
2 drops Lemon
2 drops Rosemary

Germs be gone

2 drops Peppermint
2 drops Lemon
2 drops OnGuard

Breathe Easy

3 drops Peppermint
3 drops Easy Air

Happiness

2 drops Citrus Bliss
2 drops Elevation
2 drops Peppermint

Recipes

Peppermint Bliss Balls

500g dates
200g almonds
2 tablespoons cacao powder
3-4 drops Peppermint essential oil

Mix all together in a food processor until well mixed and then roll into balls.

Chill in the freezer or fridge before serving.

Peppermint Cooling Spray

Get a spray bottle and fill with water and then add drops of Peppermint oil. If you have a 15ml bottle, add 5-10 drops of peppermint. This is a great recipe for re-using empty bottles. Just buy a spray top and use the finished bottle.

Add a few drops of Lavender and some fractionated coconut oil to the same recipe and it makes a really great after sun spray.



Balance

The Grounding Blend

The warm, woody aroma of doTERRA Balance Grounding Blend helps create a sense of calm and relaxation. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance to help promote tranquility and relaxation. Spruce, one of the oils in doTERRA Balance, was used by Native Americans and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile aromas can provide a sense of calmness, while Frankincense aroma has grounding and balancing properties.

Uses

- Begin your day by putting doTERRA Balance on the bottom of your feet to help promote a sense of calmness and tranquility to your day.
- doTERRA Balance is a great oil blend to use during an AromaTouch Hand Massage.
- Apply to your wrists or neck.
- Diffuse in your car during road trips to create a calming, soothing aroma.



Diffuser blends

Stress Less

2 drops Balance
2 drops Vetiver
2 drops Lavender

Peaceful Day

2 drops Balance
2 drops Lavender Peace
2 drops Wild Orange

Oh La La

3 drops Balance
2 drops Juniper Berry
1 drop Wild Orange

Inspiration

2 drops Passion
2 drops Balance
2 drops Citrus Bliss

Ingredients

Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower

Emotional Properties

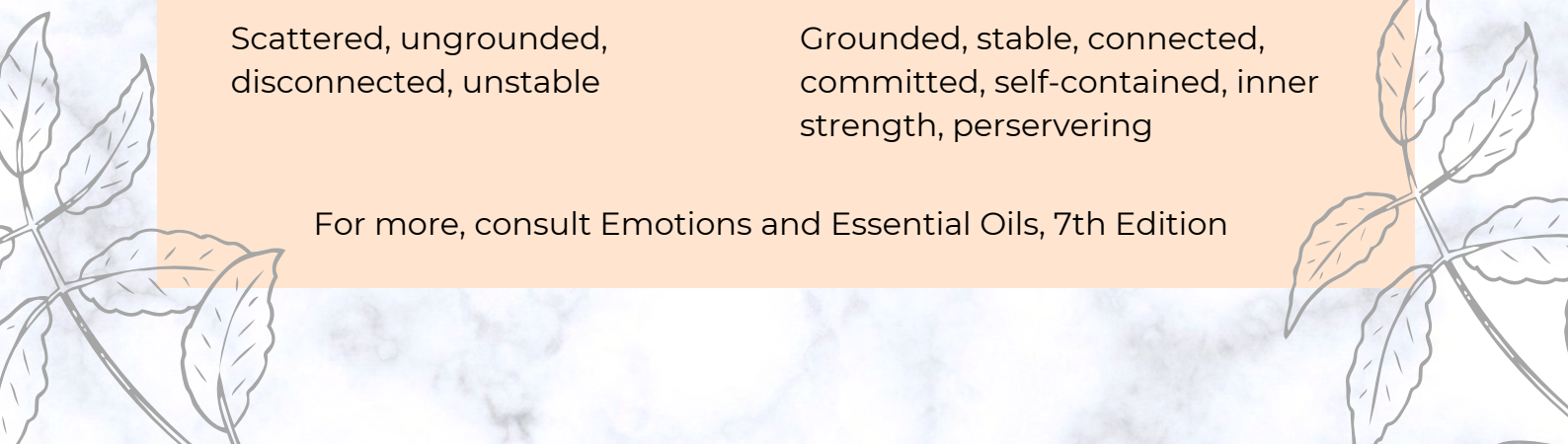
Negative Emotions

Scattered, ungrounded, disconnected, unstable

Positive Properties

Grounded, stable, connected, committed, self-contained, inner strength, persevering

For more, consult Emotions and Essential Oils, 7th Edition





Tea Tree

The Cleanser

Cleanse and Clarify your home and body

Tea Tree essential oil has over 92 different compounds and limitless applications. The leaves of the Tea Tree tree were used by the Aboriginal and Torres Strait Islander peoples for centuries. They would apply crushed leaves directly to the skin for a cooling effect. Tea Tree is best known for its cleansing properties. It can be used to cleanse and clarify the skin and nails and to support a healthy looking complexion. Diffusing Tea Tree will help freshen the scent of the air.

Uses

- For topical skin applications, apply 1–2 drops of Tea Tree essential oil in a carrier oil onto area.
- Combine 1–2 drops with your facial cleanser, as Tea Tree is known for its cleansing properties, or apply to skin after shaving.
- Apply to fingernails and toenails after showering to cleanse and keep nails looking healthy.
- Add a few drops to a spray bottle with water and use on surfaces as a cleaner around the home.



Diffuser blends

Refresh

2 drops Lavender
2 drops Tea Tree
2 drops Lemon

Rainy Day

2 drops Tea Tree
2 drops Eucalyptus
1 drop Rosemary

Home

2 drops Lemon
1 drop Tea Tree
2 drops Wild Orange

Clean Bathroom

3 drops Eucalyptus
2 drops Peppermint
2 drops Tea Tree

Recipes

Make up remover wipes

2 tablespoons witch hazel
2 tablespoons fractionated
coconut oil
2 tablespoons distilled water
1-2 drops Tea Tree
Round make up pads

Combine witch hazel,
fractionated coconut oil and
water in a small bowl
Add tea tree essential oil
Put the round pads in an airtight
jar / container and pour the
solution over the top.
Replace lid and shake
To use, take one out at a time.

Natural Toilet Cleaning Pods

1 cup baking soda
 $\frac{1}{4}$ cup citric acid
1 $\frac{1}{2}$ tablespoons castile soap
15 drops Tea Tree

Stir the baking soda and citric acid
then slowly stir in the castile soap &
tea tree until it resembles wet sand.
Pack the pod mixture into the
mould and let dry for at least 4
hours. If the mixture expands
above the mould, firmly press back
down.
Once dry, remove the pods from
the mould and store in an airtight
container.



OnGuard

The Protector

Your first line of defence for seasonal support

As one of doTERRA's best-selling brands, On Guard can be used on surfaces throughout the home as a non-toxic cleaner. When diffused, On Guard provides a pure and uplifting aroma.

Uses

- Soak sliced apples in water and a few drops for a healthy snack.
- Energising and uplifting aroma.
- Add a few drops to a spray bottle with water and use as a surface cleaner.



Diffuser blends

Citrus Spice

2 drops OnGuard
2 drops Citrus Bliss
1 drop Black Pepper

Breathe well

3 drops OnGuard
3 drops Easy Air

Winter Wellness

3 drops Peppermint
2 drops OnGuard
1 drop Oregano
1 drop Frankincense

Recipe

OnGuard Pancakes

2 ripe bananas
1 cup oatmeal
1 cup flour
¼ cup brown sugar
2 teaspoons baking powder
½ teaspoon salt
¾ cup plain greek yogurt
¾ cup milk
2 eggs
1 teaspoon vanilla
1 drop Cinnamon Bark essential oil
½ cup chopped walnuts, optional
¼ cup canola oil
2–4 drops of doTERRA On Guard Protective Blend (depending on how strong you like the taste of it)

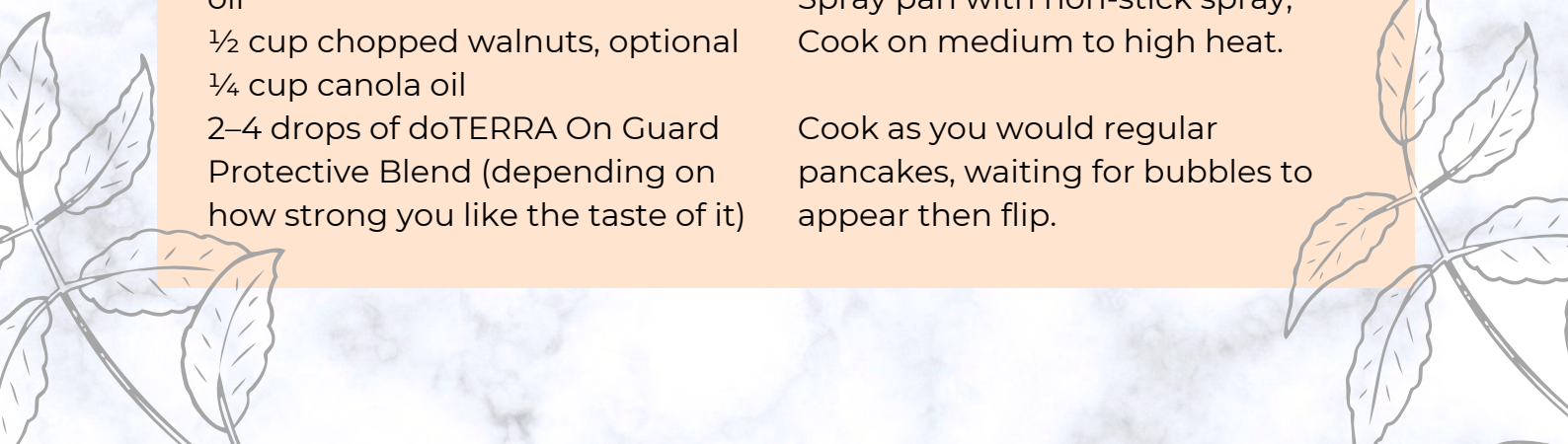
Mash bananas in medium mixing bowl; mix in yogurt, eggs, milk, canola oil, vanilla, and On Guard.

In large mixing bowl add oatmeal, flour, brown sugar, baking powder, salt, cinnamon, and walnuts; mix well.

Add banana mixture to dry ingredients and mix. Do not over mix.

Spray pan with non-stick spray, Cook on medium to high heat.

Cook as you would regular pancakes, waiting for bubbles to appear then flip.





Ice Blue

The Soother
Soothing and Cooling to the body

doTERRA Ice Blue is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum, and Osmanthus work together to soothe and cool. After long hours on the computer, try rubbing Ice Blue essential oil blend on your fingers, wrists, shoulders, and neck. A few drops of Ice Blue Athletic Blend diluted in a carrier oil can be part of a cooling and comforting massage.

Uses

- Apply on feet and knees before and after exercise.
- Massage Ice Blue with a few drops of carrier oil onto growing kids' legs before bedtime.
- Rub Ice Blue on your lower back after a day of heavy lifting at work or during a move.



Diffuser blends

Into the Blue

2 drops Aromatouch
3 drops Balance
2 drops Ice Blue

Surrender

3 drops Forgive
3 drops Ice Blue
2 drops Console

Chill out

2 drops Ice Blue
2 drops Frankincense
2 drops Lavender
1 drop Marjoram

Recipes

Growing Pains Roller Bottle

10ml Roller Bottle
Fractionated Coconut Oil
2 drops Siberian Fir
3 drops Ice Blue
2 drops Peppermint

Add drops of each oil into the roller bottle, then top up with fractionated coconut oil until full.

Put the roller ball top in, give it a shake and it is good to go. Apply to areas where experiencing discomfort

Muscle Support Roller Bottle

10ml Roller Bottle
Fractionated Coconut Oil
5 drops Frankincense
15 drops Ice Blue
10 drops Lemongrass
10 drops Turmeric

Add drops of each oil into the roller bottle, then top up with fractionated coconut oil until full.

Put the roller ball top in, give it a shake and it is good to go. Apply to areas needing support.



Fractionated Coconut Oil

doTERRA Fractionated Coconut Oil is a carrier oil that readily absorbs into the skin, making it an ideal oil for topical delivery. Its feather-light emollient effect provides a soothing barrier without clogging pores and is ideal for dry skin. It leaves skin feeling silky smooth and non-greasy. Fractionated Coconut Oil is completely soluble with all essential oils and is colourless, odourless, and will not stain.

Uses

- Apply topically to help hydrate skin without interfering with your perfume or essential oil blends.
- Mix with calming oils and massage into neck and shoulders for deeper relaxation.
- Dilute stronger oils with coconut oil before applying topically to lessen sensitivity.



How to use your oils

Aromatic Application

The sense of smell is a tool that can elicit powerful responses. Smell can affect emotions, behaviour, and memory. For this reason, essential oils can be quite powerful.

Some essential oils induce uplifting or invigorating effects, while others are more calming. Diffusion is one of the simplest methods for using essential oils aromatically. Diffusers that use cold air or water are ideal. However, using essential oils aromatically does not require any special diffusing devices.

You can achieve the same benefits by simply placing a few drops of essential oils in the palm of your hand, bring to your nose and inhale.

Topical Application

Topical application is a very effective method for applying essential oils. Because essential oils have low molecular weights and are lipid soluble, they can stay on your skin.

To decrease the likelihood of developing a skin sensitivity, especially for sensitive skin, it is advisable to use a carrier oil (such as Fractionated Coconut Oil) to dilute oils and when trying an oil for the first time. The recommend dilution ratio is typically one drop of essential oil to three drops of carrier oil.

It's always advisable to use several small doses throughout the day rather than a single large dose. Start with the lowest possible dose (1-2 drops). A topical dose can be repeated a couple of times a day. Because every individual is unique, the dose can vary between individuals based on size, age, and overall health status.

How to use your oils

Flavouring Use

Certain flavours have a rich culinary history and some essential oils can be used as food flavours. When you sip a mug of peppermint tea, or add fresh herbs to your pasta, you are actually consuming some aromatic essential oil compounds. These uses are safe when oils are used in appropriate quantities, in accordance with product labels.

Essential oils contribute many flavouring and aromatic properties to foods. However when used for food flavourings, essential oils should be added in very limited amounts due to their concentration and potency.

Essential oils are highly concentrated, so a little goes a long way. It is recommended that 1-2 drops is ideal to flavour food.

doTERRA essential oils for food flavouring meet the requirements of the Australia and New Zealand Food Standards Code for food additives.

Effective Ways to Flavour Food

- Use oils in recipes for cooking or baking to replace fresh or dried herbs and spices
- Remember that essential oils are much more potent than dried or fresh herbs and spices, so start with a very small amount
- For more potent oils, it may be better to add these by toothpicks (dip the end of a clean toothpick into the oil and then add to the food) rather than drops
- Add essential oils to water, smoothies, milk, tea, or other drinks
- Add a small amount of food flavour to yoghurt

**Oils for food flavouring meet the needs of the Australia and New Zealand food standards code for food additives.*

Always look at the product label or Product Information Page (PIP) on the website for how each essential oil can be used.



Loyalty Rewards Program

The doTERRA Loyalty Rewards Program (LRP) provides free product credits for monthly purchases ordered on the program. As a participant in the Loyalty Rewards Program, you will immediately begin to earn product credits that can be used as cash to purchase doTERRA products. The longer you participate, the more credits you can earn—up to 30% of your total monthly Loyalty Rewards purchases!

Loyalty Rewards Credits

- No-hassle, automatic shipment of the doTERRA products you use on a monthly basis
- Receive up to 30% of the PV value of your monthly LRP order in product credits
- Redeem your LRP product credits for doTERRA products
- Freedom to change your LRP order up to the day before your monthly ship date
- Convenient way to meet monthly PV and bonus qualification requirements
- Powerful loyalty incentive for new customers and consultants that you personally sponsor
- View and use Loyalty Rewards points online in your mydoterra.com back office
- LRP orders can be set to ship any day between the 1st and the 28th of the month

Additional Benefit: Product of the Month

- One monthly Loyalty Rewards order totaling 125 PV or more that processes on or before the 15th of each month, will include a free product!

For more and terms and conditions go to

https://www.doterra.com/AU/en_AU/flyers-loyalty-rewards-program