

## 16 Amazing Products for \$16 or less

### 1. Lemon - \$12.75

#### a. LEMON - The Oil of Focus, from Emotions & Essential Oils

"The citrusy aroma of Lemon nourishes the mind and aids concentration. While Lemon supports the emotional body, it's major effects are experienced in the mental field. The scent improves ability to focus and is a wonderful tool for kids struggling with school work. Lemon restores energy, mental flexibility and the drive to complete a project."

Got a sticker that you need removed? Kids drew on something with Sharpie? Want to support your liver's daily detoxification process? Lemon oil tackles all three - AND MORE!

I get asked quite often what I use Lemon oil for. Truth be told, I don't use it for anything topical due to the increased photosensitivity when exposed to UV rays.

Lemon gets used in this house for cleaning. I used it to remove a red wine stain from our pillows the other day and to remove sticky residue leftover from removing labels from glass jars. I soak our produce in water with a drop or two of lemon oil as a wash before eating. I love doing this so that they are ready to go in the fridge and easy to grab.

I also love keeping it at my desk and I can put a few drops in my water...no need to keep a lemon near by and because the oil is from the peel not the juice it is much better for your teeth!

Allergy Bomb...this has helped a lot during the changing of seasons and changing of living locations...2 drops lavender, 2 drops peppermint, 2 drops lemon in a Veggie Capsule or in a shot glass with water.

Here is great video about the sourcing of Lemon & Bergamot in Italy.

<https://www.youtube.com/watch?v=VIEai508pmo>

### 2. Lemongrass - \$12.75

#### a. Lemongrass essential oil is frequently used in skincare products for its cleansing benefits. Lemongrass has an herbaceous aroma that can heighten awareness and is ideal for massage therapy.

Here are a variety of ways that Lemongrass can be used in your home:

- Add to facial cleanser for its cleansing benefits.

- Combine with TeaTree and apply to toenails for clean, healthy nails.
- Dilute with Fractionated Coconut Oil and apply after exercise for a refreshing feeling.
- Combine with Fractionated Coconut Oil and apply for a soothing massage. --> This is what I used for my pregnancy carpal tunnel with Olivia...it gave me great relief.
- Use in soups and savory dishes for a unique herbal, citrus flavor.
- Enjoy the scent of Lemongrass on the patio during an outdoor event.
- Place a few drops on a rag to help clean tables, counter tops, and other surfaces.
- Place a few drops inside your toilet paper roll to keep a fresh scent in your bathroom
- diffuse with grapefruit for an uplifting scent when guest come over

### 3. *Wild Orange* - #13.50

- a. Like many other citrus oils, Wild Orange essential oil is well known for its cleansing properties. Additionally, Wild Orange has an uplifting and refreshing aroma.

Here are some ways to use Wild Orange in your home:

- Add to daily oral hygiene routine.
- Use in conjunction with a full body massage for a refreshing fragrance. (Avoid UV light.)
- Place one drop Wild Orange, Peppermint, and Frankincense in hands and inhale deeply for an energizing aroma.
- Add it to your Doterra Hair Serum for an uplifting scent in the morning
- Add to water for a burst of flavor.
- Add one drop of Wild Orange to a favorite recipe for a refreshing taste.
- Combine 10 drops Wild Orange with water in a spray bottle to cleanse surfaces.
- Place a few drops in air filter to improve the scent of the home and to purify the air of odors.

### 4. *Tea Tree* - \$16.00

- a. Enjoy the benefits of Tea Tree in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

Here are some uses for Tea Tree Touch in your home:

- Apply to underarms as a natural deodorant.
- Apply to muscles before and after exercising for soothing relief.
- Apply to tired, dry, or cracked feet.

- Apply to your kids to keep lice away
- Apply to nails to keep healthy

5. *Terrashield* - \$13.50

- a. Terrashield contains a select blend of essential oils including Ylang Ylang, Cedarwood, Catnip, Lemon Eucalyptus, Litsea, Arborvitae, Nootka, and Vanilla Bean Absolute—all of which combined create an inviting outdoor aroma.

Here is how you can use it in your home:

- Apply to legs and wrists for a unique personal aroma.
- Apply TerraShield® topically or place on aromatherapy jewelry.
- Apply TerraShield® to arms and legs for an enjoyable outdoor scent.
- Diffuse in home during summer months --> we have used it outside to help keep bugs away
- Diffuse TerraShield® at outdoor events for a pleasant herbal aroma.

6. *Lip Balm* - \$8.50 (\$19.25 for a 3-pack)

- a. doTERRA SPA Herbal Lip Balm is a natural formula infused with CPTG Spearmint, Marjoram, and Lemon Verbana essential oils to hydrate and soothe lips.

doTERRA SPA Original Lip Balm is a natural formula infused with CPTG Peppermint and Wild Orange essential oils to hydrate and soothe lips.

doTERRA SPA Tropical Lip Balm is a natural formula infused with CPTG® Clementine, Distilled Lime, and Ylang Ylang essential oils to hydrate and soothe lips.

\*\* Tropical is my favourite!

7. *Citrus Bliss Hand Lotion* - \$8.50

- a. This silky, natural lotion, absorbs quickly while awakening the senses with the exclusive CPTG® Citrus Bliss Invigorating Blend.

\*\* This is a great lotion to keep in your desk or in your purse. My favourite thing about it is that it is NOT greasy!

\*\*It also makes a great gift for someone!

8. *Moisturizing Bath Bar* - \$8.75

- a. Infused with CPTG® Grapefruit and Bergamot essential oils, the doTERRA SPA Moisturizing Bath Bar is a one-of-a-kind bar that provides a unique feel, lather,

aroma, and cleansing experience.

\*\* I use this every day! It has been a life saver in the dry climate we now live in! It moisturizes and leaves your skin feeling clean!

9. *OnGuard Toothpaste* - \$11

- a. doTERRA's fluoride-free Toothpaste combines the protective benefits of the proprietary doTERRA On Guard blend of CPTG Certified Pure Tested Grade® essential oils with other ingredients that help clean teeth, reduce plaque, and whiten teeth with gentle polishing agents. The doTERRA On Guard blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils provides an extra cleaning boost. Additional essential oils of Peppermint and Wintergreen, and the natural sweetener xylitol, give doTERRA On Guard Toothpaste a refreshingly unique cinnamon-mint flavor that leaves your breath—and toothbrush—fresh and clean throughout the day.

Here are some of the amazing benefits I get each day from using it:

- Proprietary doTERRA On Guard essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary that cleans and freshens breath
- Myrrh essential oil is soothing to the mouth, gums, and throat
- Peppermint essential oil combined with the doTERRA On Guard proprietary blend, leaves your breath cinnamon-mint fresh
- Calcium hydroxyapatite has been clinically shown to support strong and healthy-looking teeth
- Natural xylitol sweetener tastes great while helping to keep the teeth and gums clean
- Hydrated silica is a natural abrasive that helps remove plaque and tooth stains, but is gentle enough to not damage tooth enamel

10. *Correct X* - \$15.50

- a. Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender—all CPTG Certified Pure Therapeutic Grade® essential oils known to help assist in soothing skin irritations—are used in doTERRA Correct-X. This multi-purpose, natural ointment helps soothe skin and keep it clean while recovering from distress. Correct-X provides a moisture barrier that helps protect while simultaneously soothing and hydrating the skin. This petroleum-free, preservative-free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.

Here are some of the amazing benefits our family loves:

- Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender soothe and purify skin

- Bisabolol is known for its calming effects and ability to promote healthy-looking skin
- Similar to the natural oils found in skin, Jojoba provides optimal hydration, helping to improve the texture of skin
- Phellodendron Amurense Bark extract is used to condition the skin

#### 11. Deodorant - \$11.00

- doTERRA Natural Deodorant is a natural formula infused with Cypress, Melaleuca (Tea Tree), Cedarwood, and Bergamot essential oils to create an effective, odor-fighting product for both men and women. These powerful essential oils inhibit underarm odor while leaving a fresh, clean scent. Known for their skin-nourishing properties, beeswax and coconut oil make this unique formula glide on easily for a smooth application. Shea butter hydrates skin and absorbs quickly, contributing to the product's non-greasy, light feel. doTERRA Natural Deodorant is a safe, natural option for preventing odor throughout the day.

Here are some of the amazing benefits! --> I love adding my own essential oil to the deodorant to make a unique fragrance

- Cypress, Melaleuca (Tea Tree), Cedarwood, and Bergamot (FCF) essential oils provide purifying benefits, helping reduce under arm odor
- Beeswax provides a protective barrier while allowing skin to breathe and contributes to the product's smooth application
- Coconut oil contains fatty acids, known for their nourishing properties and ability to keep skin smooth and healthy-looking
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

#### 12. Fractionated Coconut Oil - \$15.50

- doTERRA Fractionated Coconut Oil is an all-natural 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 excellent for dry or troubled skin. It leaves skin feeling silky smooth and non-greasy, unlike other vegetable carrier oils. Fractionated Coconut Oil is completely soluble with all essential oils and is colorless, odorless, and will not stain.

Here are some amazing ways we use it:

- Apply topically to 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

### 13. *Lime* - \$16.75

- a. Cold-pressed from the peel of fresh limes, doTERRA Lime essential oil is refreshing and energizing in both aroma and taste. Limes are frequently used in entrées and beverages for their fresh, citrus flavor. Due to its high limonene content, Lime provides internal cleansing benefits\* and can be diffused to help purify the air. It's also an effective and natural surface cleaner. Lime is known for its ability to uplift, balance, and energize. Lime is frequently used in facial and body cleansers for its purifying properties and uplifting scent.

Here are some amazing benefits:

- Diffuse to cleanse the air and lift your mood
- Put some Lime on a cotton pad and use to help remove grease spots and sticker residue.
- Add a drop of Lime to your drinking water for enhanced flavor.
- Add 1 drop to your facial cleanser or shampoo for added cleansing properties

### 14. *Cedarwood* - \$16.75

- a. Cedarwood emits a warm and woody aroma that inspires feelings of wellness and vitality, and is often used during massage to relax and soothe.

Here are some amazing ways to use it:

- Add to facial toner for its clarifying properties
- Add to a warm bath to promote a relaxing environment.
- Before exercising, massage one to two drops onto chest.
- Improve the appearance of skin imperfections by directly applying one drop to area. --> we use Cedarwood in Olivia's special skin blend
- Diffuse at the end of a long day for a relaxing aroma. --> we love diffusing it with Siberian fir and Douglas Fir
- Diffuse in office or workspace when needing to feel confident for a peaceful aroma.
- Place a few drops on a cotton ball and leave in closets or other areas.

### 15. *Easy Air Touch* - \$16.75

- a. Enjoy the benefits of doTERRA Easy Air® in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

Some amazing uses are:

- roll on before a workout to help open up your airways
- roll on chest to help support opening your airway when you have a stuffy nose

*16. Refreshing Body Wash - \$16.25*

- a. doTERRA SPA Refreshing Body Wash is a naturally-derived, oil-infused body wash that provides a rich cleansing and aromatic spa experience.
- b. It has a blend of Bergamont and Grapefruit to give you an uplifting feeling . You can also add it to the bath and then add your own essential oils to create just the right environment for you.