

Bogo Week Ebook



QUICK START GUIDE



ADD 1 DROP TO YOUR DRY BRUSHING ROUTINE



ADD 2 DROPS TO A CUP OF EPSOM SALTS & TREAT YOURSELF TO A BATH



APPLY 1 DROP TO THE BOTTOM OF YOUR FEET IN THE MORNING



ADD 6 DROPS TO THE DIFFUSER AND ENJOY SPRING INSIDE YOUR HOUSE



ADD 3 DROPS SPEARMINT TO 3 DROPS OF LEMONGRASS IN YOUR HAND SOAP



WHILE SHOWERING, PLACE A FEW DROPS IN YOUR HANDS, PLACE OVER NOSE, AND INHALE DEEPLY



APPLY TO ANY MINOR SKIN IRRITATIONS



ADD A DROP TO YOUR DRINKING WATER FOR A REFRESHING FLAVOR + CLEANSE



APPLY TO PULSE POINTS WHEN YOU FEEL ANXIOUS



APPLY TO PULSE POINTS WHENEVER YOU NEED UPLIFTING



PAMPER YOUR FACE MORNING AND NIGHT BY APPLYING THIS ROLLER



APPLY TO YOUR TEMPLES & PULSE POINTS TO FEEL MORE GROUNDED

BOGO AT A GLANCE



- Calming & relaxing to the mind & body
- Soothe anxious or tense feelings
- Diffuse for a tranquil atmosphere



- Grounding & soothing
- Promote a whole-body sense of calm
- Soothe tense muscles



- Support healthy immune response
- Soothe & calm the nervous system
- Rejuvenate skin & reduce blemishes
- Promote focus & brain health
- Soothe the respiratory system



- Soothe anxious, uncertain feelings
- Replenish damaged or worn skin
- Boost confidence in self & others
- Soothe menstrual cramps
- Support healthy blood pressure levels



- Calming & uplifting to emotions
- Soothe discouraged, bored feelings
- Energize and refresh



- Support healthy cellular responses
- Soothe achy, tense muscles
- Support circulation
- Promote feelings of alertness



- Support healthy respiratory functions
- Promote mental clarity
- Soothe stomach discomforts
- Calm head tension



- Support immune system
- Add to cleaners for cleansing power
- Digestive support & gentle cleanse
- Reduce phlegm



- Soothe congestion & cough
- Reduce mental fatigue
- Soothe menstrual cramps
- Reduce sinus tension



- Calming & soothing to mind, body & skin
- Soothe minor skin irritations & blemishes
- Reduce muscle & head tension
- Soothe occasional ear discomforts



- Immune support
- Balance skin moisture levels
- Menstrual cramps
- Soothe isolated & lonely feelings
- Emotionally uplifting



- Calming to mind and body
- Boost self confidence
- Uplift mood
- Energize & motivate
- The perfect perfume

DIFFUSER BLENDS



Spring Rain

2 Serenity®
2 Spearmint
1 Grapefruit

Night Terrors

2 Serenity®
2 Juniper Berry
2 Cedarwood

Night Zen

3 Serenity®
2 Balance®
1 Bergamot

Calm + Collected

2 Serenity
2 Siberian Fir
1 Adaptiv®



Stir Crazy

2 Balance®
2 Spearmint
1 Lemon

Grounded

3 Balance®
2 Sandalwood
1 Lime

Forest Glade

2 Balance®
2 Douglas Fir
1 Cypress

Break Time

2 Copaiba
2 Balance®
1 Arborvitae



Happy Mama

2 Clary Sage
1 Melissa
1 Citrus Bloom®

Jump for Joy

2 Citrus Bloom®
2 Cheer®
1 Litsea

Blossoms

2 Ylang Ylang
2 Citrus Bloom®
1 Lemon Myrtle

Joyful Home

2 Grapefruit
2 Citrus Bloom®
2 Lime



Mint Julep

2 Basil
2 Spearmint
1 Lemon

Fresh Breath

2 Peppermint
2 Spearmint
1 Cinnamon

Citrus Twist

3 Clementine
2 Spearmint
1 Kumquat

Confident Speech

2 Lavender
2 Spearmint
1 Coriander



Pollen Ninja

2 Lemon
2 Peppermint
2 Breathe®

Liquid Sunshine

2 Bergamot
2 Elevation®
2 Lemon

Sinus Ease

2 Lavender
2 Lemon
1 Peppermint

Clean House

2 Tangerine
2 Lemon
3 Grapefruit



Siesta

3 Lavender
2 Vetiver
1 Frankincense

Tantrum Tamer

3 Lavender
2 Bergamot
1 Balance®

Baby Bliss

2 Lavender
2 Roman Chamomile
1 Wild Orange

Self Care

2 Lavender
2 Spearmint
1 Lemongrass



Easy Air

3 Eucalyptus
2 Spearmint
3 Lavender

Cough Buster

2 Cardamom
2 Eucalyptus
3 Marjoram

Wake Up

3 Eucalyptus
2 Peppermint
1 Wild Orange

Focused

3 Eucalyptus
2 Rosemary
1 Lemon



Monthly Comfort

2 Marjoram
2 Pink Pepper
2 Clary Sage

New Beginnings

2 Pink Pepper
2 Roman Chamomile
2 Grapefruit

Summer Sizzle

2 Cardamom
2 Pink Pepper
1 Lime

Anxious Heart

2 Pink Pepper
2 Green Mandarin
1 Lavender



- Use doTERRA Balance essential oil blend to help ground your emotions so that your whole body can feel completely at ease when you need it most. Apply one or two drops of doTERRA Balance to your hands and cup them over your nose, breathing in deeply.
- Diffuse doTERRA Balance or apply doTERRA Balance topically to create an environment of tranquility so that you can press forward feeling emotionally balanced and ready to take on the tasks ahead of you.
- Before you go to bed, apply doTERRA Balance to the bottoms of your feet. This calming and soothing blend will encourage a restful night's sleep.
- Promote a whole body relaxation by including doTERRA Balance in your bath



- Diffuse at night to calm a restless baby or child.
- Apply to bottoms of feet at bedtime to help unwind before going to sleep.
- Use in conjunction with doTERRA Serenity Restful Complex Softgels for an enhanced effect.
- Inhale directly from hands or diffuse throughout the day for a soothing aroma.
- Add two to three drops into a warm bath with Epsom salts to create a relaxing, renewing experience.
- Apply two to three to the back of the neck or on the heart for feelings of peace.





- Rub Frankincense on your hands, neck, or bottoms of feet for a soothing, warming effect.
- Apply topically to help reduce the appearance of skin imperfections
- Massage on the temples throughout the day to balance mood.
- Roll on pulse points and forehead to help aid with headaches.
- Rub on sunburn for rejuvenating and soothing effects to your skin.



- Before any big event, keep your skin looking its best by applying Neroli directly to skin before using moisturizer to reduce the appearance of blemishes. You can also apply it throughout the day as needed.
- Apply to your pulse points on your wrists, neck, or the side of your forehead to uplift your mood and enjoy the sweet citrusy scent.
- When you're feeling anxious or frazzled, apply Neroli to your palms and cup your hands around your nose. Breathe in the scent deeply a few times to feel more relaxed and at peace.
- Roll a small amount onto skin and then add Lavender, Ylang Ylang, and Marjoram oils for an aromatic massage experience.





- Diffuse Citrus Bloom to promote a positive outlook while creating feelings of tranquility.
- Place a drop or two in hands, rub together and cuff over nose. Take a few deep breaths to reduce feelings of anxiousness and tension.
- Diffuse in your office to promote focus and calm the mind.
- Add Citrus Bloom to your doTERRA Hand & Body Lotion for an uplifting massage experience



- Create a soothing massage by combining one to two drops with doTERRA Fractionated Coconut Oil.
- Try using Pink Pepper in your next recipe for a spicy flavor.
- When you need to feel alert in order to get back on track, diffuse or inhale the scent of Pink Pepper.
- You can support a healthy respiratory system and healthy immune function and response by adding Pink Pepper to water or even to your own homemade chai tea.
- Add Pink Pepper to at least four ounces of water and drink to give your healthy metabolism the support it needs.



- Diffuse for a positive environment.
- Apply to toothbrush before brushing teeth for fresh breath.
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring and to promote digestion.
- For occasional stomach upset, add one to two drops to water and drink.

- Take internally to assist with seasonal respiratory discomfort.
- Add Lemon oil to a spray bottle of water to clean tables, countertops, and other surfaces. Lemon oil also makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes.
- Use a cloth soaked in Lemon oil to preserve and protect your leather furniture and other leather surfaces or garments.
- Lemon oil is a great remedy for the early stages of tarnish on silver and other metals.
- Diffuse to create an uplifting environment.



- Add one drop to moisturizer and apply to skin for revitalizing benefits.
- While showering, place a few drops in the hands, place over nose, and inhale deeply to invigorate and promote vitality.
- Add one drop to a cotton ball and place in shoes, garment drawers, or other places that accumulate unpleasant odours.
- Diffuse as you relax and clear your mind.



- Apply Rose Touch to your neck, behind your ears and to your wrists to enjoy the rose's unique scent—free of additives or chemicals.
- Ease your emotions by applying doTERRA Rose Touch to your heart and pulse points.
- Rose essential oil is known to reduce the appearance of skin imperfections and promote healthy-looking, radiant skin.
- Your skin needs the appropriate levels of moisture to be able to function properly, which means hydration is key. When you're dehydrated or your skin care routine removes too much moisture from the skin, your body will react by producing too much oil. Rose oil helps balance the moisture levels in your skin, which will keep your skin looking its best.

- Add a few drops of Lavender oil to pillows, bedding, or bottoms of feet at bedtime.
- Keep a bottle of Lavender oil on hand to soothe occasional skin irritations.
- Freshen your linen closet, mattress, car, or the air by combining Lavender essential oil with water in a spray bottle.
- Take internally to reduce anxious feelings.
- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.



- Use as a personal aroma during your day for a motivating boost.
- Roll on pulse points to feel empowered and inspired.
- When experiencing occasional anxious feelings, roll on Beautiful Touch to your pulse points to help enhance your mood





Balance Shower Tablets

Ingredients:

½ cups baking soda

15–20 drops doTERRA Balance®

½ cup water

Instructions: Combine baking soda and water in a bowl and mix well. Add 15–20 drops of doTERRA Balance depending on your preferred potency and mix again. Using a spoon, tightly pack mixture into small silicone molds and let dry overnight. To use, place one or two tablets in the back of your shower. (For best results, find a spot away from the direct flow of water). Allow tablets to dissolve gradually and release the calming aroma of doTERRA Balance.



Serenity® Bath Oil



Ingredients:

15 drops doTERRA Serenity Blend

4 oz. doTERRA Fractionated Coconut Oil

Instructions: Combine doTERRA Serenity essential oil blend* with doTERRA Fractionated Coconut Oil (you can also substitute with jojoba or sweet almond oil). Place combination in container of choice. When ready to use, pour 1 tablespoon into the warm bathwater.

Grilled Veggie Skewers



Ingredients:

Your vegetables of choice
5-7 drops Pink Pepper oil
¼ cup olive oil
Salt
Pepper

Instructions: Add 5-7 drops of Pink Pepper essential oil into ¼ cup of olive oil and mix. Brush fresh veggies with oil and sprinkle with salt and pepper. Cook in closed grill over 350 to 400 (medium-high) heat turning occasionally for 4-10 minutes depending on the vegetable. Your goal is to achieve tender, slightly charred vegetables.



Spearmint Lemonade



Ingredients:

1 ½ cup granulated sugar
10 lemons, juiced
8 cups water
2 drops Spearmint oil

Instructions: Juice roughly eight lemons (you'll want two cups of lemon juice; use more lemons, if needed, to get to that amount). Add the water and lemon juice to sugar, and stir everything together until the sugar is completely dissolved, 1-2 minutes. Add spearmint oil and stir. Chill the lemonade until ready to serve.

Lemon Cream Cheese Cookies



Ingredients:

2 ounces cream cheese
6 Tablespoons of unsalted butter softened
1/4 Cup plus 1 Tablespoon Powdered Sugar
3/4 Cup White Sugar
1 Egg
1/2 Teaspoon Vanilla
1/4 Teaspoon Salt
1/4 Teaspoon Baking Powder
1/4 Teaspoon Baking Soda
3/4 Cup Flour
15 drops of Lemon dōTERRA Essential Oils

Instructions: Heat the oven to 350 degrees. Cream the butter, cream cheese and sugars together until smooth. Add the essential oil drops, vanilla and eggs and mix again. In a separate bowl mix together all of the dry ingredients so they can become well incorporated into the dough. Add the dry ingredients to the wet ingredients and mix well. Scoop cookies onto a baking sheet and bake for 9-10 minutes, remove from the oven and dust with powdered sugar.

Lavender Lemonade



Ingredients:

1 cup raw honey
12 cups pure water
1 drop of lavender essential oil
6 lemons, peeled and juiced
Lavender sprigs for garnish



Instructions: Mix all of your ingredients together and chill. If needed add more water or raw honey.



Shower Discs

Ingredients:

2 cups baking soda

1 cup water (add a little at a time)

15 drops of eucalyptus essential oil

Instructions: Add water slowly to the baking soda until you have a thick paste. Mix in essential oils. Line muffin tins with paper muffin liners. Pour mixture into each cup and let stand for 12 - 18 hours or overnight. Remove when it is set and store in airtight container until needed. Essential oils will break down over time so you don't want to make these months in advance, though they will revive a bit within the shower. Simply take one in with you. Set it on the floor of the shower out of the steady stream (behind you works well), and enjoy the aromatherapy in the shower.



Diffuser Blends

Sea Breeze

3 drops lavender
3 drops lime
1 drop spearmint

Change in Seasons

2 drops lavender
2 drops Lemon
2 drops peppermint

Wildflower Wanderlust

3 drops citronella
2 drops lavender
1 drop patchouli
1 drop geranium

Bugs Away

3 drops Lavender
3 drops Spearmint
2 drops Basil
2 drops Rosemary

Misty Morning

2 drops
Peppermint
2 drops Spearmint
1 drop Basil
1 drop Rosemary

Eucalyptus Mint

3 drops Frankincense
2 drops Eucalyptus
2 drops Spearmint

Joyful

2 drops frankincense
2 drops bergamot
2 drops lemon

Homework Helper

3 drops lemon
2 drops
frankincense
2drops peppermint

Sinus Pressure

2 drops lemon
2 drops eucalyptus
2 drops peppermint

