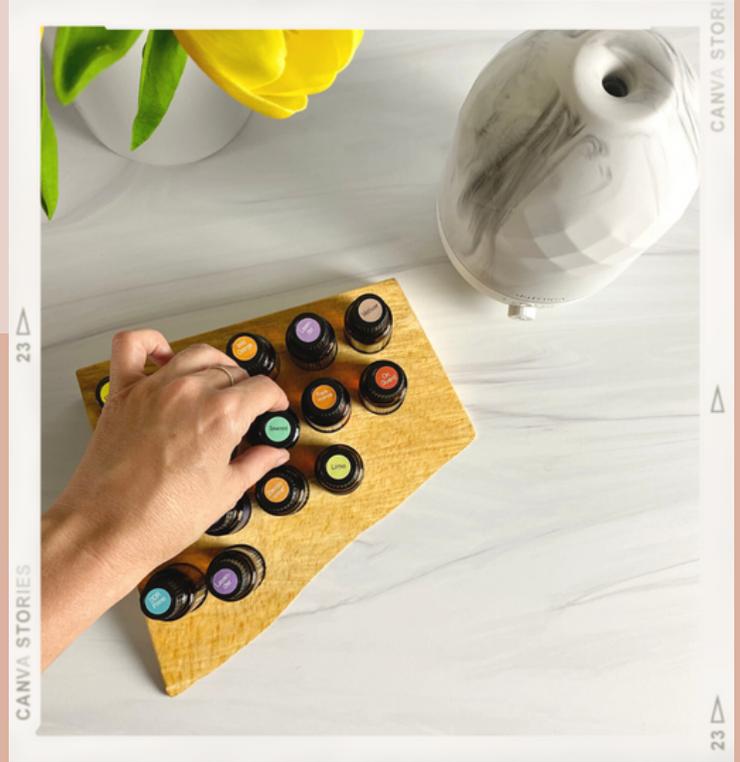


Ladies Night Out





REDUCING TOXIC LOAD

You have
OPTIONS

With dōTERRA's launch of the new abōde™ line we see a whole new level of clean and sustainable options for our homes.



IN 2019

43%

OF HUMAN EXPOSURES TO POISON WERE FROM CHILDREN UNDER 6 YEARS OLD.

Household cleaning products are the second most common reason for pediatric exposure to poison.
-National Statistic from Poison Control

Home sweet home

NOW MORE THAN EVER, IT'S IMPORTANT TO REDUCE THE SYNTHETICS IN YOUR HOME.

Imagine being able to clean your home without worrying about the products you're using. And if you've been making homemade cleaning items, imagine the simplicity and ease of having what you need delivered to your door instead of having to mix it all yourself. When the new abōde™ line arrives at your door and you try the products out for the first time, imagine feeling confident that it's working to keep your home clean without toxins.

The abōde™ line is free from:

- Parabens
- Formaldehyde or formaldehyde donors
- PEGs
- Dyes
- Triclosan
- Synthetic fragrances or phthalates
- Silicones
- Petroleum-derived ingredients
- Propylene glycol

They are simple, natural and effective household cleaners.



Synthetic Fragrances contain:

- Carcinogens
- Allergens
- Respiratory irritants
- Endocrine disruptors
- Neurotoxic chemicals
- Environmental toxicants

Oil Infused Snacks

TUSCAN VEGGIE DIP

- 1/2 cup mayo
- 1/2 cup of sour cream
- 1 clove of garlic minced
- 1 green onion finely chopped
- splash of Worcestershire
- 1 drop of Oregano essential oil
- 1 drop of Basil essential oil
- Salt to taste



Incorporate all ingredients and serve with veggies.

BEST GUAC ON THE BLOCK

- 3-4 ripe avocados
- 1 small red onion coarsely chopped
- 2-3 tbsp of pickled jalapeño peppers chopped, plus a tbsp of the juice
- 4-5 cloves of garlic minced
- juice of 2 limes
- 4 drops of Lime essential oil
- (*optional Toothpick swirl of Cilantro essential oil
- Salt to taste



Use a potato masher or utensil of your choice to mash avocados and incorporate the rest of the ingredients.

PEPPERMINT BLACK BEAN BROWNIES

- 1 (15 ounce) can black beans, drained and rinsed
- 2 large eggs
- 1/4 cup cocoa powder
- 2/3 cup honey
- 1/3 cup coconut oil
- 1/2 teaspoon baking powder
- Pinch of salt
- 2-4 drops Peppermint oil
- 3/4 cup chocolate chips, divided

Instructions

1. Preheat oven to 350° F.
2. Place all ingredients, except for chocolate chips, in blender or food processor and blend until smooth.
3. Pour batter into large bowl and stir in 1/2 cup chocolate chips.
4. Pour into greased 8x8-inch pan and top with 1/4 cup chocolate chips.
5. Bake 30-35 minutes or until toothpick comes out clean.



Cocktails with a Twist

GRAPEFRUIT MARGÓ/LRITA

- 1/2 cup of sour mix
- 1/2 cup of grapefruit juice cocktail
- 1 shot of tequila.
- 1/2 shot of Triple Sec
- 1 drop of Grapefruit essential oil

*add ice, shake, and pour
for a fun twist dip the rim of your glass in 2 tbps of water with 2 drops of Grapefruit essential oil then dip in a half and half mixture of pink himilayan salt and sugar.



COSMÕ SPRITZER

- 1/2 cup of cranberry juice.
- 1 shot of vodka
- 1/2 of a shot of Triple Sec
- 2 drops of lime oil

add ice, shake, and pour



MOCK-TAIL FORMULA

- 1 cup sparkling water
- 1/4 cup of fruit juice
- 1 drop of a citrus oil of your choice.
- Garnish with a lemon slice

You can't go wrong!



Water Bar

Grab some glassware, still and sparkling water, and your favorite citrus oils.



ABODE™ LINE OF CLEANING PRODUCTS



“Growing body of scientific evidence has indicated that the air within homes and other buildings can be more seriously polluted than the outdoor air in even the largest and most industrialized cities. Other research indicates that people spend approximately 90 percent of their time indoors. Thus, for many people, the risks to health may be greater due to exposure to air pollution indoors than outdoors.”

-Environmental Protection Agency

REDUCING TOXIC LOAD

NATURAL, NON-TOXIC, AND EFFECTIVE.

LIQUID DISH SOAP

This extra-strength dish soap has the new abode™ blend plus Grapefruit essential oil for extra sparkle and power against tough greasy messes.

HAND LOTION

The silky formula contains moisturizers and humectants that leave skin feeling supple and nourished. It is infused with Citrus Bloom® essential oil blend.

LAUNDRY PODS

Throw a pod (or two, depending on the size of your load) into the bottom of your washing machine, add clothes, and run your laundry machine as usual. No hassle and toxin free!

MULTI-PURPOSE CLEANER

Sold as a concentrate it minimizes unnecessary shipments of water and thus reducing the carbon footprint for shipping. Simply pour the concentrate into the glass spray bottle and fill the remaining space with clean water.

DISHWASHER PODS

These convenient dishwasher pods are formulated with abode™ for an effective product you'll never want to go without. Simply place a pod in the appropriate place and run your dishwasher as normal.

FOAMING HAND SOAP

The foaming hand wash is sold as a concentrate in an aluminum bottle, with enough for two refills of the glass bottle. Scented with the Citrus Bloom® essential oil blend.

REFILLABLE AMBER GLASS CONTAINERS

Rather than relying on single-use plastics, the abode™ line features beautiful, highly durable glass bottles with brushed metal pumps. Buy them once and simply use the concentrates and pouches to fill and refill them.

- Functional and sustainable
- Beautifully designed and aesthetically pleasing
- Durable amber glass
- Easy to refill



ONSITE DIY

- 4 oz. Bottle
- 1/2 oz. Abode Concentrate
- 5 Drops of Citrus Bloom

Add all ingredients to the bottle and top with distilled water.

Diffuser Blends

HAPPY HOME

- Wild Orange
- Cheer
- Spearmint

3 drops each



MOJITO MAGIC

- Elevation
- Spearmint
- Lime

3 drops each



PINK LEMONADE

- 3 Lemon
- 3 Citrus Bloom
- 2 Pink Pepper



FARMER'S MARKET

- Lavender
- Patchouli
- Lemon
- Geranium

2 drops each



Roller Blends

LA FEMME

- 10 🖤 Clary Sage
- 10 🖤 Lavender
- 8 🖤 Cedarwood
- 4 🖤 Geranium
- 4 🖤 Ylang Ylang
- 2 🖤 Patchouli

top with FCO

5' O CLOCK SOMEWHERE

- 10 🖤 Balance
- 10 🖤 Lime
- 10 🖤 Green Mandarin

top with FCO

SMILE, BEAUTIFUL

- 8 🖤 Elevation
- 8 🖤 Citrus Bliss
- 2 🖤 Arise
- 1 🖤 (optional) Litsea

top with FCO

UNWIND

- 5 🖤 Balance
- 5 🖤 Adaptiv
- 5 🖤 Serenity
- 5 🖤 Peace

top with FCO



Spring/Summer Sprays

ONSITE
DIY

HARMONY

- 4  LEMONGRASS
- 4  YLANG YLANG
- 8  FRANKINCENSE



TOP OFF WITH WITCH
HAZEL

COZY HAMMOCK

5 DROPS EACH



- LAVENDER
- BERGAMOT
- CEDARWOOD



TOP OFF WITH WATER

BUG OFF

10 DROPS EACH



- TERRASHEILD
- LEMON EUCALYPTUS
- CITRONELLA



TOP OFF WITH WATER
AND OR WITCH HAZEL

HELLO, SUNSHINE AFTER SUN SPRAY

10 DROPS EACH



- LAVENDER
- FRANKINCENSE
- PEPPERMINT



TOP OFF WITH ALOE
JUICE

Easy Breezy DIYs

BEACH HAIR DON'T CARE

- 1/4 cup of warm water
- 1 tbsp of salt
- 10 drops of Rosemary
- 10 drops of Lavender
- 5 drops of Geranium

Add to a 4oz. spray bottle. Swirl before each use. Use on dry or wet hair to add a beachy texture.



GINGER LIME SUGAR SCRUB

- 1/2 cup of fine brown sugar
- add carrier of your choice (FCO is fine) to get a wet sand like consistency.
- 5 drops of ginger essential oil
- 5 drops of lime essential oil.

Mix ingredients together and store in a sealed mason jar or air-tight container.



RELAXING BATH SALTS

- for every cup of epsom salts or magnesium flakes (unscented) add 1 tsp of baking soda and 5 drops of your favorite essential oils.

- favorites to add:
 - Adaptiv
 - Balance
 - Breathe
 - Eucalyptus
 - Peace
 - Citrus Bloom



GLOW SKIN SERUM

EVENT EXCLUSIVE
**** FIRST 15 ATTENDEES ****

- 5mL dropper bottle
- 4 drops of Yarrow|Pom
- 2 drops of Frankincense
- 2 drops of Copaiba
- 2 drops of Lavender
- 1 drop of Blue Tansy

- Add all ingredients in a dropper bottle and fill with jojoba oil.

