



Home Essentials  
Starter Pack

Free

Family Essentials  
Starter Pack



WILD ORANGE  
ESSENTIAL OIL

A PRACTICAL GUIDE TO USING THE dōTERRA  
HOME ESSENTIALS /FAMILY ESSENTIALS STARTER PACKS  
AND FREE WILD ORANGE

# Welcome!

## WHAT ARE ESSENTIAL OILS?

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers and other parts of plants.

They have been used throughout the ages for their beautifying and youthening gifts, for the support they lend our body's, or their simple, yet powerful scents. They weave their harmonising melodies into our emotional and spirit body, offering gifts of peacefulness and restfulness.

They have the capacity to deepen meditative practices thereby creating powerful aromatic anchors for what we are choosing to manifest in our lives and who we choose to be. They lend stability to the moods, strength to the body, and peace to the mind.

## WHY dōTERRA ESSENTIAL OILS?

*The dōTERRA mission hinges on discovering and developing the world's highest quality essential oils, and we stay at the forefront of scientific advances by partnering with selected academic, industry, and scientific institutions.*

*As such, dōTERRA has developed a testing sequence that far exceeds the industry standard in both breadth and scope. Each step ensures that only the highest quality essential oils pass through quality control, quality assurance, and on to you and your family.*

*Source: <https://sourcetoyou.com/en/scientists>*

## ESSENTIAL OIL USES



### AROMATIC

Diffuse in a room to freshen the air and create a welcoming environment.



### TOPICAL

Apply directly to skin with a carrier oil e.g. Fractionated Coconut Oil (FCO).



### FOOD ADDITIVE

Some oils can be used as food additives - refer to the dōTERRA bottle label.

# ESSENTIAL OIL SAFETY GUIDELINES

## DILUTION

*To 10ml or 2 teaspoons  
of carrier oil, add:*

Babies (0-12 months) - 1 drop

Children - 2-3 drops

Adults - 5 drops

## CARRIER OILS

- dōTERRA's Fractionated Coconut Oil
- Sweet Almond Oil
- Jojoba Oil
- Grapeseed Oil
- Olive Oil

- Always seek professional medical advice if you are pregnant or have any health concerns before using essential oils
- Avoid contact with eyes, inside of nose, ears, thin membranes and genitals
- Dilute with Fractionated Coconut Oil (or other carrier oil) for sensitive skin and sustained absorption
- If you have a reaction, cease use and remove with a carrier oil NOT water
- Avoid sun exposure for several hours after topically applying Lemon, Wild Orange, Smart and Sassy, or other citrus oils - alternatively use under clothing when going out in the sun
- dōTERRA oils are very potent - use smaller amounts more frequently for best results
- Read labels and follow recommendations - see dōTERRA website for more details
- Keep essential oils out of reach of children. dōTERRA recommends their products are used under adult supervision.
- Use glass or stainless steel containers to store your oils as they can break down some plastics over time
- Consistent with Australian and New Zealand regulations, dōTERRA does not recommend its essential oils for internal medicinal use. Many of their essential oils can be used for food flavouring - they are highly concentrated, so a little goes a long way. It is recommended that 1-2 drops is ideal to flavour food (per serving). To help transport the essential oils around the body and for best bio-availability, pair them with a good fat such as virgin coconut oil from your kitchen (not Fractionated Coconut Oil).

*For more safety guideline education, please refer to dōTERRA*



# Fractionated Coconut Oil

We recommend topical application of essential oils to be diluted with a carrier oil, such as Fractionated Coconut Oil (FCO). FCO has a very long shelf life and greatly increased stability and great versatility as a carrier oil.

Fractionated Coconut Oil:

- Remains liquid
- Has a light texture, a silky and non-greasy feel; it is colourless and odourless
- Absorbs into the skin very easily, nourishing the skin, face and hair
- Is not recommended for ingestion

## Benefits of a Carrier Oil

- Effectively transports the essential oils onto the skin and into the body
- Enables us to use essential oils safely on adults and children
- Saves money; up to 70-80% of an essential oil used neat will evaporate off (or flash off) if it is not rubbed into the skin immediately and vigorously
- Enhances the distribution of essential oils - it gives a slow and gentle release of essential oils into the body
- Deepens a sense of connection and self-love



# Creating Aromatic Anchors

As you inhale an essential oil or blend, notice how you feel and where the essential oil journeys into your body; your head, heart or belly. Simply inhale from a bottle or add a drop of your favourite essential oil to your palm, rub hands together and inhale three times.

As you become aware of the feelings and emotions or memories that stir with the scent, you can choose to create an 'aromatic anchor' with that essential oil or blend.

Thus, every time you smell this, you are taken down memory lane via the olfactory senses, to that new emotion or feeling state that you created. This is an empowering process to help you shift out of an unwanted state or dissolve emotions/moods/thoughts no longer serving you.

This is an aromatic anchor. You can do this whenever and however you need when the time arises for you to create a new state of being.

You smell an aroma through the olfactory senses of the nose.



Memory is activated via the limbic system of the brain.  
New emotions are felt.  
New memories are created.



An aromatic anchor is set in place.  
Smelling that same aroma will activate the newly created emotions and memories.



For instance: Sally may experience anxious states before presenting her school projects. For her it could be her breathing rate increases, her mind becomes foggy, she may feel tight in the chest and/or not be able to formulate clear and coherent sentences. To assist Sally, we could look to combining aromatherapy and the breath. Having Sally close her eyes and take 2-3 deep breaths, releasing an “ahhhh” sound, then combining the breath with an oil or oil blend to help dissolve contraction and enter instead into a state of expansion. There are many oils that could assist. Let’s look at two options for Sally:

1. Clear Blend (Easy Air/Breathe)
2. Frankincense + Bergamot (or Wild Orange) + Lavender

Sally could add a drop of the Clear Blend into her palm, rub her palms together than take 3 deep breaths. She could also massage 1 drop in 1 tsp carrier oil and massage over her chest, throat and back, with a small swipe under the nose. She could add a drop to her hands and rub that over her clothing and collar/scarf, so she is smelling it and breathing it in.

# The Gift of Aromatic Anchors

In this way, a new and powerful aromatic anchor is created, so that Sally could use topically in this way, or diffusing this expansive blend. This blend encourages the breath. The warming effects of the Cardamom help to open the heart and chest area to receive life's gifts and the chi or prahna (life force).

“When one is breathing, one is open.  
When one is open, one is present.  
When one is present, one is joyous and at peace.

VANESSA JEAN

The second option is one that I have found has good success both for children and adults. It's soothing and uplifting notes are like a lullaby for the heart. This trio can be diffused, created into a pure-fume and used as an aromatic dressing blend.

It is a wonderful activity to do with children to create their own “power blend”. Adults love it too; “Little Joey's Superman blend”, “Annie's Empowerment blend”, “Sammy's Magic Blend” and so on.

Used daily, powerful aromatic anchors are created. The blend below is for a school aged child.

## SALLY'S PRESENTING BLEND

In 10ml FCO

2 drops Lavender

1 drop Bergamot or Wild Orange

2 drops Frankincense

Aromatically dress (see next page) or add to a roller bottle and top up with FCO.

# Aromatic Dressing

Aromatic Dressing was born from my desire to reconnect with my truth and loving myself. This ritual has made a massive impact to my life and the lives of many others around the world. I now teach this as part of every training and gathering that I facilitate.

When I was 14, I began to become very self conscious and aware of my body over the coming year. I decided that I would buy into someone else's version of me and what they were saying. What they said was that I was fat. So, I moved out of fatville into skinnyville... I was a total mess. By 16, I was 35 kilograms and was completely miserable and wondering why I was alive and not believing that I was lovable anymore. Lucky for me I had parents who loved me dearly. My mum stopped in my bathroom and she said, *"Oh my God, Vanessa, what has happened?"* She came in and just held me and cried and cried then she spoke to my Daddy about it and he said, *"Princess, what's going on?"* Mum decided to take me to the doctor and he said to me, *"Vanessa, you need to make a choice right now. You need to choose to start taking care of yourself again or you will need to go to the hospital."* There was something that snapped in me, I chose joy and began to reinvent and help myself. Now I want to help the next generation teaching others to love themselves. This is a daily journey for me. Some days I remember my magnificence better than others. Every day I aromatically dress morning and night and choose to return to joy, gratitude and love. It's a huge help!

## **MORNING RITUAL**

Each morning I think about my day and what I would like to bring forth into this world and choose a blend to suit. If I need a quiet day for contemplation, I might consider a blend suited to meditation. If I know I have a lot on and require all my creative juices to flow, I will aromatically dress in something to help inspire my creativity and productivity. I might also consider blends to help with focus.

## **EVENING RITUAL**

I select essential oils and create a blend to ready me for sleep, to return to gratitude and peace, or of course, something succulent to get my sexy on and connect with myself (my inner Goddess/Sacred Feminine) or my beloved in an empowered way.

# Aromatic Dressing

After a shower or bath, as you stand in your goddess, or god given gift of nakedness, begin massaging your aromatic dressing blend, from the bottom of your legs in big circular motions, working your way up the body towards the heart. Dip and rub, dip and rub, giving your body loving touch and loving words, while saying positive affirmations and giving love to yourself...

*"I love you legs, thank you for carrying me day -to-day."*

(giving some extra juice around your hips as we hold a lot of tension there)

*"I love you back, thank you for all your support."*

(the best way to reach your back is to bend over before applying the oils)

*"I love you sexy toosh."*

(as you massage your bottom)

*"I love you mound of Venus."*

(as you rub in clockwise circles over your belly)

*"Thank you for bringing life into life and being the hub of all of my creativity."*

(isn't that so much nicer than saying "Ooohh... look at my muffin top"

or "I'm not the same since having children.")

Massage under your breasts/pecs - a good entry point for the oils. Over your chest:

*"I love life and life loves me. I am so blessed by life.*

*I am so grateful for Her gifts."*

...and on you go, all the way up and over your body - supporting the lymphatic system (which has no pump of its own), calming the mind and soothing the spirit.

Do your face, the ends of your hair, and soles of your feet. (I love the Salubelle/Immortelle blend for my face, complimented with the Ver age skin care system.)

Cup your hands, breathe in 3 times and say your affirmation.

Give thanks and breathe into your grateful heart, and now you are aromatically dressed!

It takes 2 minutes and it will change your life! Begin and end each day with gratitude and watch your life transform! Start the day as you mean to go, with powerful attention, loving messages with intention and end with love and peace as you drift off to sleep with the essential oils.

For my YouTube link on Aromatic Dressing, see the Resources section at the end of this eBook.

# Peppermint

REVITALISING ☞ INSPIRING ACTION ☞ COOLING

- **Take a Deep Breath!** Inhale energy, exhale stagnancy. Dilute a drop of Peppermint essential oil combined with FCO and massage over your chest, back, neck and throat and carefully down the bridge of your nose for more energy and a deep breath of gratitude.
- **Foot Bath.** Add 1 drop Peppermint essential oil to a basin of water, immerse your feet to cool them down and to relax them.
- **Take the Pressure Down.** Keep a glass spray bottle of water with a few drops of Peppermint essential oil nearby, especially when you REALLY need to cool down! Shake the bottle to disperse the oil then spray onto neck, over head (close eyes) and body to cool off and relax.
- **Feeling Fresh.** Add a drop of Peppermint essential oil to your glass or stainless steel bottle to freshen the breath, mind and body. This is a great way to refresh and reset throughout the day. It will also refreshen your mouth. Consider Peppermint Beadlets for fresh breath, to clear the mind and refresh the spirit.
- **Release Tension.** Add 1 drop Peppermint + 1 drop Lavender to FCO and massage tension away. This is great with a drop of Ice Blue/Deep Blue too!
- **Calm Tummy.** Massage clockwise in FCO on the stomach or add a drop to a glass of water (glass or stainless steel) and drink for occasional digestive discomfort. Consider also the DigestZen Blend or Fennel essential oil.
- **Cacao Mint Dream.** Add a drop of Peppermint essential oil to your cacao elixirs or raw chocolate.
- **Stay Alert.** Stay awake and alert while driving , working or studying. Inhale Peppermint essential oil from a handkerchief or straight from the bottle to perk up on long drives. Diffuse in the car. Consider using Peppermint Beadlets.
- **Creativity and Focus.** Peppermint can help you feel rejuvenated to keep those creative juices flowing. Diffuse Peppermint essential oil during study time for improved concentration and alertness, or to access creative energy with joy!
- **Powerful Trio.** Peppermint + Lavender + Lemon in a diffuser or spritzer bottle to clear dust, pollen or stagnant energy from the space. Flavour your water carafe with a drop of each in the springtime or add 2 drops of each in 10ml bottle with FCO and aromatically dress over your body (or add to a 10ml glass roller bottle).
- **Minty Bliss Balls.** Make yourself a snack for those on the go times. Nourish yourself with a nutrient dense bliss ball. See recipe next page.



# Simple Bliss Balls

## INGREDIENTS

- 1/2 cup pepitas
- 1/2 cup sunflower seeds
- 1 tbsp cacao (optional)
- 1 tbsp coconut oil, softened
- 8 medjool dates, pitted
- 3 drops Peppermint essential oil

## METHOD

Combine seeds in a food processor or Thermomix until fine.

Add all remaining ingredients and process to combine.

Roll into balls.

Optional: roll in desiccated coconut.

Set in the fridge in Pyrex or a well sealed container.

*Cat with joy!*



# Oregano

BELIEFS ☞ CONFLICT RESOLUTION ☞ FEROCITY

- **Wellness Boost.** Add 1-2 drops in a veggie capsule with On Guard, topped up with olive oil, for a wellness boost.
- **Foot Support.** Add 1 drop Oregano + 1 drop Tea Tree in FCO and massage to soles and tops of your feet. Your feet and your body will feel revived with this simple and quick foot massage.
- **Flavour Up!** Pasta sauce, pizza sauce, homemade bread, roast veggies, on a roast for delicious flavour. Because Oregano is so strong, you may want to put the drop first on a spoon and then use a toothpick to slowly add the oil to the recipe. Add 1 drop Oregano to 1 tbsp extra virgin olive oil and stir into sauce.
- **Clean Home, Clean Mind.** Combine 2 drops Oregano + 5 drops Tea Tree + 10 drops Lemon with water in a spray bottle and spray in the corners of the shower, sink and other damp and darkened areas. Allow 10-15 minutes to sit, then wipe the area dry.
- **A Touch of Italy.** Add a drop of Oregano and a drop of Basil to 1 tbsp extra virgin olive oil and add to Italian meals or dips, and extra virgin olive oil and bread. Or, mix them both with olive oil and balsamic vinegar for a savoury bread dip! Also lovey in homemade pizza dough or bread!
- **Flip Flop and Sandal Ready Feet.** Apply 1 drop of Oregano + 1 drop Tea Tree in a squirt of FCO to soften cuticles and soles of feet. Oregano and Tea Tree keep feet and toes feeling great.
- **Warm Your Cold Hands and Feet.** Dilute just 1 drop of Oregano in several drops of FCO and massage quickly into hands and feet to warm the body. I love adding On Guard to this - super warming and smells divine.
- **Superhero Restored.** Remember you can make your own restorative veggie caps: add 1 drop each of Oregano, On Guard, Lemon and Frankincense and top with olive oil (or other oil - NOT FCO).
- **Less is More.** In nearly all applications, more Oregano is not the answer. Oregano is one of the most potent essential oils - 1 drop (or even 1 toothpick dip) is usually all you need. When used improperly, be sure to have FCO or milk on hand to dilute its potency if needed, around thin membranes or to offset tingling/warming sensations.





# Organic Lentil Soup

## INGREDIENTS

1 zucchini

2 carrots

1 sweet potato

1 red onion

1 brown onion

100g green beans

2 cloves garlic

250g cooked brown lentils (Be sure they are fully cooked; take one between your index finger and thumb and squash. If still hard, continue to cook. It should give completely when cooked).

Alternatively, you could use organic tin lentils.

1 tin tomatoes

1 tbsp tomato paste

1-2 cups spring water or vegetable stock (homemade)

Salt to taste

1 drop Basil essential oil

1 drop Oregano essential oil

Extra virgin olive oil

## METHOD

Dice all vegetables. Sauté onions and add garlic once the onions are beginning to cook.

Add all vegetables once onions are caramelised. Allow to simmer for 10 minutes adding another tbsp of extra virgin olive oil.

Add tin tomatoes and tomato paste. Stir well.

Place lid and allow to simmer for 20 minutes then add the cooked lentils.

Allow to cook for another 1 hour.

Add essential oils at the end, like a fresh herb, and salt to taste.

Feel free to add pepper, chilli or cayenne to your taste.

# Lemon



DETOXIFICATION ☞ FOCUS ☞ SOCIABILITY



- **Clean Up and Stay Green.** Lemon essential oil is an amazing go-to for eliminating stinky odours, cleaning the home or creation/work spaces, cleaning away stickiness, marks on walls and surfaces, little messes created by our children and fur-babies, paw marks on windows, walls and doors (combine with Eucalyptus for extra magic).
- **Increase Your Water Content.** Lemon is great to flavour water! For those that struggle to drink enough water, add Lemon essential oil for extra flavour; it will support your fitness regime and overall wellbeing. Other great water additions you might like to consider: Grapefruit, Lime, Green Mandarin, Tangerine... any citrus!, Ginger, Spearmint, Peppermint, DigestZen, Smart & Sassy, On Guard or try a blend of Lemon and Ginger in warm water with honey or in your sparkling water.
- **Paint With Flair!** It is possible to have fresh paint on the walls and a fresh smell in the air! Diffuse Lemon essential oil while you repaint or remodel your home. Consider adding Lavender in the paint tin too!
- **Road Tripping.** Lemon and Ginger diffused to stay awake and keep the tummy peaceful on long, windy roads. Consider adding Peppermint or Spearmint too. Add a drop of Lemon and DigestZen to your water bottle (glass or stainless steel) while you are on your road tripping adventure.
- **Energize Me.** Diffuse Lemon essential oil to brighten and energize your mood. Consider blending Lemon, Wild Orange and Peppermint for the perfect energizer melody in the diffuser.
- **Flavour Boost.** Add Lemon essential oil any time you are cooking or rawking with lemon juice to give it a deeper, richer flavour. In soothing winter teas, you can simply add Lemon essential oil to a tiny bit of good fat (e.g. coconut oil) to warm water or a herbal tea with honey.
- **Be Present.** When you need a boost in motivation or energy, try rubbing a drop of Lemon essential oil on your hands, inhale and rub over your clothing and hair to freshen up. Adding Wild Orange or Frankincense is divine for this purpose.
- **Lemon Zest.** Add a couple of drops of Lemon essential oil to your dishwasher or dishwasher. Lemon will make everything clean and smell delicious!
- **Alert, Focused and Ready!** Diffuse Lemon with Peppermint in the classroom or study room to assist everyone in staying focused and alert. Consider adding Rosemary to help in memory retention.
- **Cleaner Magic.** Mix 5-6 drops Lemon essential oil with water in a spray bottle to cleanse and purify surfaces. Use to clean kitchen counters and stainless steel appliances. For stainless steel, mix Lemon and Wild Orange essential oils. Try On Guard Cleaner Concentrate for an extra clean boost!
- **Fresh Fruit.** Spray or soak your fruit in a sink with a few drops of Lemon essential oil added to remove dust/toxins and to keep fresh.
- **Refresh Bad Smelling Washcloths.** When your kitchen washcloths smell foul and could use a boost, add Lemon essential oil to your detergent, soak overnight, wash, dry and your kitchen will smell so much better!
- **Nourish Your Leathers and Furniture.** Preserve and prevent leather from splitting with a Lemon essential oil-soaked cloth. Also, a few drops of Lemon essential oil combined with a few drops of olive oil - this makes a great furniture polish.
- **'Lemonize' Your Laundry.** Instead of dryer sheets, try adding a few drops of Lemon essential oil to a damp wash cloth in the dryer with the rest of your laundry. Be sure to set the dryer to a low temperature cycle as high heat will lessen the effects of the oil.

# Lemon Hummus

- 1 cup cooked or tinned chickpeas  
(For cooked: cook for 2 hours until soft so there is no stone feeling in the middle)
- 2 small cloves garlic
- 1 tbsp tahini
- 3 tbsp coconut cream
- Salt to taste
- 1 tbsp hemp oil
- ½ orange, juiced
- 10 drops Lemon essential oil
- Optional: add greens

*Blitz together until your desired consistency is achieved.*

*Pour hummus into a bowl and drizzle extra virgin olive oil on top, add seeds, herbs etc.*

*Makes a entrée-sized bowl. Store in the fridge.*

Other essential oils that are delicious in hummus include:

- Green Mandarin
- Pink Pepper
- Black Pepper
- Rosemary
- Turmeric



# On Guard

## PROTECTIVE BLEND

- **Nasty Bugs Be Gone!** Diffuse On Guard Protective Blend any time you are concerned about 'what's going around' at school and public venues or in your own home.
- **Fortitude.** Combine 1 drop On Guard + 1 drop Lemon essential oil and a tbsp of honey, or virgin coconut oil and honey, to soothe your throat during the winter or after long speaking sessions.
- **Cleaning Naturally.** Mix 5-6 drops each of On Guard, Tea Tree and Lavender to a spray bottle in water and clean all surfaces. Use for cupboards, door nobs, surfaces and general home cleaning. Shake well before each use.
- **Be Naturally On Guard, All Day.** Let the On Guard blend with its powerful essential oils of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary assist in the work of physical and emotional support. Apply 1 drop each of Oregano and On Guard in FCO to the soles of your feet.
- **Diffuse in the Car.** Diffuse On Guard and Peppermint for energy, warmth and focus. Great to clear out nasty smells too.
- **Spice Up Your Life.** Add cinnamon and spice and all things nice to liven up your juice, smoothie, elixir, cup of cacao or 'tea'. Adding 1-2 drops of On Guard with a little coconut oil, cacao butter (or chosen fat) and feel free to add any nut milks here, gives a "chai" flavouring to your favourite beverage. It will add energy and warmth to your day and support your body through the cooler seasons.
- **Bed Spritzer.** Add 2 drops On Guard + 2 drops Easy Air + 10 drops Lavender in a 30ml glass spray bottle filled with water and Epsom salts to freshen your mattress and bedding. Shake bottle before each use.
- **Clean and Fresh!** 1 drop On Guard in water to rinse your mouth after dental work can help keep it clear and clean (and get rid of yucky after-tastes). For a clean toothbrush, store it overnight in a small glass of water with 2 drops of On Guard. Try the dōTERRA On Guard mouthwash, toothpaste, beadlets and lozenges.
- **Bye Bye Funky Stink!** Get rid of bin and fridge smells with a wipe down of the areas with On Guard + Lemon + Wild Orange essential oils. When you take out the garbage, in a 30ml glass spray bottle, add 5 drops of each, topped with water and spray on your bin/draw with these essential oils and water. On Guard Cleaner Concentrate is also excellent to give it a fabulous spruce up! PS, also great for cleaning your oven and stove top.
- **Yoga Mats.** Clean your yoga mat of sweat and stagnant energy. Use 3 drops On Guard + 2 drops Lavender + 6 drops Lemon + 6 drops Wild Orange + 2 drops Frankincense in water in a glass spray bottle. Shake bottle well before each use.



# On Guard

- **Fresh Laundry.** Adding On Guard to your wash during the final rinse cycle will leave your laundry extra clean and smelling great. During the wash cycle, add these essential oils with On Guard: Lemon to whites, Lavender for bedding and Tea Tree for eliminating nasty bugs. Consider the On Guard Laundry Detergent - gentle and great for sensitive skin; it gives 64 washes. Add the On Guard Cleaner Concentrate to stains. Also consider the dōTERRA Purify Blend to spruce up and give a fresh smell to your wash. Great for cleaning the washing machine.

*Vanessa Jean's*

## Protective Blend

2 drops Lemon

1 drop Protective Blend

2 drops Tea Tree

Diffuse, add with water in a spritzer bottle, or add to 10ml carrier oil and apply to your feet.

[www.foodalchemistry.com.au](http://www.foodalchemistry.com.au)

# On Guard Cleaning Wipes



## INGREDIENTS

- 1 roll premium paper towels
- 2 cups warm water
- 2 tablespoons Fractionated Coconut Oil
- 3 drops doTERRA On Guard® Protective Blend
- 1-2 tablespoons doTERRA On Guard® Foaming Hand Wash

## INSTRUCTIONS

Cut paper towel in half width-wise with serrated or electric knife. Use half the roll now and half later.

Combine water, Fractionated Coconut Oil, essential oils, and On Guard Foaming Hand Wash in a small bowl.

Pour mixture over paper towels and cover with airtight lid. Let mixture absorb for 10 minutes.

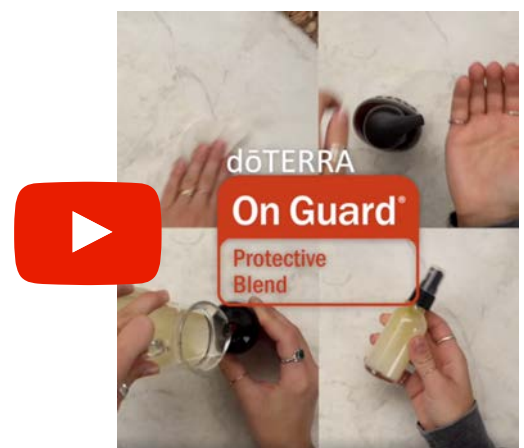
Turn container over and let sit for another 10 minutes.

Remove and discard cardboard tube. Pull wipes from center of the roll when ready to use.

Reference: <https://www.doterra.com/US/en/blog/diy-cleaning-wipes>

You can also watch this doTERRA video and learn how you can make your own doTERRA On Guard hand gel, On Guard hand spray, On Guard foaming handsoap, and On Guard wipes

<https://youtu.be/46jwOBLU89g>



# Marinated Apples



Cut apples into desired pieces, or try this with pears too!

Then soak in water, with 1 drop of your choice of food grade dōTERRA essential oil for each apple used, for at least half an hour.

Then drain. Why not drink the drained water!

Your apples won't oxidise.

## **ESSENTIAL OILS TO CONSIDER**

Lemon

Bergamot

Wild Orange

Grapefruit

On Guard Protective

Blend

# DigestZen

🌿 DIGESTIVE BLEND 🌿

- **Overindulgence Anyone?** When you feel like you have over indulged in anything and your tummy is churning like the sea, add a drop of DigestZen to a squirt of FCO. Massage clockwise over the tummy area and on your lower back. Repeat on the soles of your feet for extra comfort. Great for adults and kiddies. This is great after eating unfamiliar foods also.
- **Kiddies Refuge.** If you have a feeling that a "funny feeling" in the tummy is due to emotional distress, try massaging a drop of DigestZen in FCO to help digest 'life' and whatever may be going on for you at the time. Bringing a sense of peace and comfort, this is a great blend for children and adults. Great for nerves or the jitters before exams and presentations.
- **Travel Support.** For a happy cruise ship experience, be sure to bring along DigestZen. Those all-you-can eat buffets are hard to turn down and DigestZen will help bring some balance to your tummy! Rub on your tummy before flying, cruising or taking a road trip.
- **Eliminate Waste With Ease.** Consider adding 1 drop DigestZen and 1 drop Lemon with coconut oil (liquified) to 1 cup (250ml) of water in the morning to activate and awaken the body to eliminate, cleanse and clear. Adding the fat helps stimulate the body to expel waste. This is a great one for sensitive tummies too.
- **That Time of the Month.** Each of us has our own cycles, men and women, boys and girls. It can bring on nerves, the grumps, tears and even physical discomfort. A drop of DigestZen in FCO massaged over the affected area (e.g. the abdomen) is a great support.



# Easy Air

🌿 CLEAR BLEND 🌿

- **Deep Tranquil Sleep.** Diffuse Easy Air to help you release the emotions of the day, quiet the mind and prepare you for a lovely night's sleep. Consider adding Lavender or Frankincense for an extra deep sleep.
- **Kick Start Your Day.** Diffuse Easy Air in the morning to clear away the mist of dreams; the uplifting oils in this blend invite you to peacefully and purposefully embrace a new day. Consider adding a drop of Wild Orange, Lemon or Peppermint.
- **Feeling Dusty or Musty?** Add a few drops of Easy Air to a glass or metal spritzer bottle and top up with water then shake and spray to clear the space and clean up dusty parts of the home or work space. Add to the diffuser as you clean for extra power. It's like a spring clean! Shake bottle well before each use.
- **Happy Dayz.** Diffuse Easy Air + Wild Orange + Lemon to wash away grumpy or frazzled energy.
- **Invigorate Yourself.** 1 drop Easy Air in a squirt of FCO rubbed onto the chest and back, throat and back of neck is a great way to rejuvenate yourself.
- **Clear Mind.** Add a drop to your hands, rub palms together and take three deep breaths to clear the mind. Consider adding a little FCO to your hands and massage on the back of your neck to enhance this clear state.
- **Remember, Inhale, Exhale = Calm Mind, Energised Spirit.** Consciously taking in a long deep breath does wonders to help bring calm to an over-active mind, tranquillity to a sea of emotions and stillness to someone who can't quite sit still. A drop of Easy Air on a handkerchief/tissue; in the palms (rub them together and lightly cup over the nose and mouth area), or added to a roller bottle with FCO then swiped under the nose/on chest/hands/throat, are all beautiful, gentle and safe ways to return to the present moment. You can add a drop of Frankincense to any of these to enhance meditation or restfulness. Note: when placing essential oils on palms of hands, be aware not to rub or itch sensitive areas such as the eyes. Be sure to wash your hands thoroughly with the On Guard hand wash which lifts the essential oils off the hands. Water alone will not do it, as oil and water do not mix.
- **Farewell Gremlins!** Gremlins brought home from childcare, schools, shops and work are no fun. To help protect and support the body, diffuse Easy Air (consider adding On Guard ) throughout the home/work space. Another uplifting combination is Easy Air + Tea Tree + Peppermint to help dispel emotional gremlins.
- **Body Rub.** 1 drop Easy Air + 1 drop Tea Tree + 1 drop Lemon in 10ml FCO. On Guard mixed with a squirt of FCO layered on the feet offers extra resilience.



# Deep Breath

## Chest Rub Recipe 1

10ml Fractionated Coconut Oil

10ml coconut oil

10ml shea butter

10 drops Clear Blend

## Chest Rub Recipe 2

10ml Fractionated Coconut Oil

2 drops Clear Blend

2 drops Cedarwood

*Affirmation:*

*"I open myself fully to receive life's gifts.  
I receive the vital forces flowing through me  
with a grateful heart."*

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# Frankincense

ENLIGHTENMENT ☞ DIVINITY ☞ MAGNIFICENCE

- **Calling in Calm.** Diffuse Frankincense + Lavender + Wild Orange or Frankincense + Lavender + Peppermint to help calm emotions and reduce anxious feelings.
- **Nourish Your Skin.** Use a drop of Frankincense with 3 drops of FCO or dōTERRA Spa Hand and Body Lotion for beautiful, radiant looking skin. Consider adding the Veràge Skin Care system to your daily skin care regime with a drop of Frankincense to the moisturiser.
- **Return to Love.** Frankincense smells divine and uplifts the mood. Wear it as a pure-fume to elevate your mood and emotions. Consider blending with Wild Orange and Lavender for a self-love, feel-good pure-fume. In aromatic dressing or a roller bottle, add 2 drops of each in 10ml FCO (for adults).
- **Care for Your Hands.** Rub Frankincense on your hands after a long day of gardening or a combination of Frankincense + Lavender + Peppermint to soothe overworked hands. Add to FCO or the dōTERRA Spa Hand and Body Lotion or Rose hand lotion or Citrus Bliss hand lotion.
- **Meditation.** To a 10ml glass roller bottle, add 5 drops Frankincense, topped up with FCO and apply before meditation.
- **Focus.** 1-2 drops to the back of your neck to help improve your concentration and retention. For a boost of energy, add Lemon and Peppermint with FCO and Frankincense.
- **Finger and Nail Support.** Try applying a drop of Frankincense in the dōTERRA Rose hand lotion, FCO or the dōTERRA Spa Hand and Body Lotion to strengthen weak fingernails and soften calloused hands.
- **Goodness in a Cup.** Dilute a drop of Frankincense in 1 tsp of honey or in a small herbal tea to support harmonious moods and emotions.
- **A Calming Mood Lifter.** Frankincense can be applied to the bottoms of your feet to relax and calm mood swings minor to major. In fact, it has been used to calm expectant mothers during pregnancy and labour. Diffuse in the room or massage a drop onto the chest or back of the neck.
- **When All Else Fails, Franki-Boy Prevails!** Frankincense can be used anytime. If you can't work out what to use, use Frankincense! He blends beautifully with all essential oils and will magnify and enhance their benefits, whilst uplifting your spirit!
- **Relax and Revitalize.** Soak in a warm Frankincense bath to calm the nerves or diffuse Frankincense in the bathroom while you relax in the bath tub. Consider adding Lavender or the dōTERRA Balance blend. Grounding, soothing, amazing. Frankincense and Balance are a great duo for meditation.
- **Frankie Boy to the Rescue.** Frankincense has been used for centuries for challenged skin, skin problems and nearly everything related to skin. It's wonderful for aging skin too! Apply directly to the skin with FCO or dōTERRA's Spa Hand and Body Lotion.
- **Muscle and Soreness Relief.** Use Frankincense with a cold compress after working out or on a hot day to cool down and relax. Or, use with a hot compress to soothe tired muscles or occasional cramps. Consider combining in FCO with 1-2 drops Ice Blue blend to soothe muscles and tension.
- **A Moment of Bliss.** After showering or bathing, add a drop to a warm, wet washcloth for a final rinse. Enjoy the earthy aroma as this resin nourishes your skin and connects you in a moment of bliss.





*Vanessa Jean's*  
**Signature Blend**  
Lavender  
Frankincense  
Wild Orange

Diffuse, or aromatically dress (6 drops total in 10ml Fractionated Coconut Oil) to relax, sleep, regenerate, meditate and promote a sense of peace and joy.

[www.foodalchemy.com.au](http://www.foodalchemy.com.au)

This melody of essential oils makes my heart sing. I have shared this blend for over 20 years!

Use it to aromatically anchor for sleep, confidence, emotional wellbeing, joy, upliftment or general yumminess. This blend represents, for me, the return home to love.

# Tea Tree

HEALING ☞ MOTHERING ☞ TIMING



- **Simple After Shave.** Add 2 drops Tea Tree + 1 drop Lavender to a glass spritzer bottle filled with FCO as an effective simple after shave care. Helps care for skin and alleviate discomfort, redness, and help prevent ingrown hairs.
- **Your Skin Will Love You.** Add 1-2 drops Tea Tree to the dōTERRA Spa Hand and Body Lotion to assist with skin rashes/blemishes or breakouts. Consider adding 1 drop Tea Tree + 1 drop Lavender + 1 drop Geranium + 1 drop Frankincense to 10ml FCO - these 4 essential oils will revive and nourish your skin.
- **Bathroom Cleaner.** Combine 10 drops Tea Tree with ½ cup baking soda and ¼ cup vinegar to clean the toilet or stubborn stains in your home. Consider the On Guard Cleaner Concentrate also.
- **Refresh Your Wash.** Add a couple of drops of Tea Tree to the dōTERRA laundry detergent.
- **Homemade Baby Wipes.** Cut a paper towel roll in half and place it in a storage container with 2 cups warm water + 2 tbsp FCO + 3 drops each of Tea Tree and Lavender. When the liquid is absorbed, remove the cardboard roll and pull wipes from the center. Store in an airtight container.
- **Farewell Marks.** Tea Tree is great for removing permanent marker from skin; add to a little FCO and rub over the area.
- **Spring Clean Your Mattress.** Spray Tea Tree on your mattress pad when you change the sheets; to a 30ml glass spritzer bottle, add 3 drops Tea Tree + 2 drops Lavender in a water or an alcohol base. Shake well before each use.
- **Handy for Hikers.** Take Tea Tree essential oil in your pack next time to take off the beaten trail. Tea Tree is a great cleansing agent for occasional scrapes and other skin irritations or bug bites. Also consider Correct-X.
- **Wellness Boost.** Diffuse Tea Tree or rub it on the bottom of your feet. Combine with On Guard for even more power. Simply add 1-2 drops in FCO and rub over feet, chest or areas needing support.
- **Green Cleaning.** Dilute 8-10 drops with water in a glass spritzer bottle to clean around the house. It is great to use in damp places and in the bathroom. Consider adding 4 drops Lemon + 3 drops On Guard + 4 drops Tea Tree in a glass spritzer topped with water for a household cleaner. You might like to try the dōTERRA Purify Blend to clean or spring clean the home.
- **A Young Athlete's Best Friend.** Apply directly to the feet and toenails after practice each night and especially if you are also showering, swimming or exercising in public, high traffic areas.
- **Natural Cleanser.** Tea Tree is a natural cleanser for the face or body. Simply add to water and spritz, or add to a carrier oil and place on areas needing extra love and care. Shake bottle then spritz over face (close eyes) after a shower or too much sun (consider adding a drop of Lavender essential oil too).

# Bugs Be Gone!

Are you a mozzie magnet?

Soothe your skin with Tea Tree on the affected area.

## Diffuse

2 drops Tea Tree

2 drops Citronella

2 drops TerraArmour/TerraShield

1 drop Arborvitae

1 drop Geranium

You can also make this into a 10 ml roller bottle, topped up with FCO or consider the 30 ml spray bottle of TerraArmour - it's amazing!



# Lavender

RELAXATION ☞ OPENNESS ☞ NURTURING

- **Lavender Baths Forever!** Add 2-3 drops Lavender essential oil in 1 cup of Epsom salts to your bath water to relax the mind, soothe the emotions and signal the body to rest and restore. If you want to enhance this, add 1 drop of Frankincense too! Consider trying dōTERRA Lavender Peace/Serenity Blend to your bath-time experience: 2-3 drops in 1 cup Epsom salts. Both options are great for kids and adults.
- **Rest and Restore.** Following a workout, shower with a drop of Lavender essential oil on the shower floor and breathe deeply of its calming aroma. After the shower, massage your body with 2 drops Lavender + 2 drops Frankincense + 1 drop Ice Blue blend in 10ml FCO for recovery and regeneration. Consider the dōTERRA Ice Blue rub to focus on troubled areas of the body such as knees, shoulders and back. These combinations are great on sore or tired feet.
- **Revive Your Skin.** Lavender is gentle on the skin and great to massage with FCO over the body. I love adding Frankincense for extra support; just 2 drops of each in 10ml FCO and your skin will feel like new! For babies, just a drop of Lavender in 10ml FCO post bath will nourish the skin and get them ready for sleep. For an extra boost to your skin, add 1-2 drops of Yarrow Pom, a renowned ally for youthful skin.
- **Sweet Dreams. Deep Sleep.** Rub Lavender essential oil on the bottoms of your feet for a more restful sleep, or aromatically dress with 2-3 drops in 10ml FCO before bed.
- **After Sun Care.** Consider combining 2 drops Lavender + 2 drops Frankincense + 1 drop Peppermint with dōTERRA's Spa Hand and Body Lotion to soothe sunburn. Yarrow Pom and Rose or Rose Touch are divine on the skin also.
- **Floating Into Dreamland.** Add a few drops of Lavender to your hands and rub into your pillow and bed linen to help a restless baby/toddler or adults fall asleep and stay asleep. Add 1 drop to your big toe to quieten a busy mind at bed time (Note: the tip of the big toe represents the head in reflexology). If Lavender isn't your scent, try Vetiver or Cedarwood.
- **Aftershave Spray.** Soothe and soften skin after shaving with 2 drops Lavender + 1 drop Frankincense + 1 drop Tea Tree in water, in a 30ml glass spritzer bottle. Shake well then spray over face (eyes closed).



# Lavender Blueberry Smoothie

3/4 litre of your favourite dairy-free milk

1 banana

1 tbsp hemp seeds

1/2 cup blueberries

1/2 tsp raw honey or maple syrup (optional)

1 drop Lavender essential oil

8 drops Lemon essential oil

1/2 tsp vanilla powder (or scrape 1 vanilla bean)

Consider adding 1 tbsp raw cacao powder for a yummy chocolate hit or sprinkle with cacao nibs - yum!

*Using a blender, blend all ingredients until smooth (not the cacao nibs - they are for sprinkling on top!)*

*Serve in a glass. Serves 4.*

Tip: freeze fruit when in season or when over-ripe and use in your smoothies.

For extra benefits, consider adding superfoods such as maca, mesquite, camu camu, spirulina powder, cinnamon, or bee pollen.



# Ice Blue/Deep Blue

ATHLETIC BLEND

- **Enhance Your Work Out.** Add 2-3 drops to FCO then massage on muscles before and after exercise to reduce discomfort and enhance performance.
- **Pains of a Desk Job.** After long hours on the computer, try rubbing Ice Blue essential oil blend with FCO on the shoulders and neck to recover and ease muscle tension. In a 10ml roller bottle, add 2 drops Ice Blue + 2 drops Frankincense + 1 drop Lavender topped with FCO. Also consider using PastTense - roll over tense areas.
- **For Fast Fingers.** Ice Blue is great for those who spend long hours typing and on the phone. Mix with FCO then massage into the hands, fingers and wrists when needed. Consider adding a drop of Frankincense and Copaiba to this mix.
- **Growing Like Weeds.** Massage Ice Blue with a few drops of carrier oil onto growing kids' legs before bedtime to help with occasional aches associated with growth spurts. Try 1 drop Ice Blue + 1 drop Frankincense + 1 drop Lavender in 10ml FCO, or consider the AromaTouch Blend also.
- **Hercules.** If you've been doing some heavy lifting at work or during a move, Ice Blue will support sore body parts. Consider adding Lavender, Frankincense or Copaiba essential oils.
- **Muscle Miracle.** Occasionally, muscles will cramp if they have been worked hard or are lacking the nutrients they need. For these muscle cramps, try massaging Ice Blue diluted with FCO into the area.
- **Biking/Hiking.** Put 4-5 drops of Ice Blue into an empty glass roller bottle and top up with FCO. Keep in your pouch and take on your next biking/hiking trip. Apply as needed to soothe your muscles.
- **Get the Best of Both Worlds.** Ice Blue provides a cooling and warming sensation that cools joints yet warms muscles and soothes occasional joint discomfort. Consider adding Frankincense essential oil.
- **When you Realize You're Not 18 Anymore.** You've over-exerted yourself in sport or play! Apply Ice Blue diluted with FCO to support flexible body movement.

## Essential Oils/Blends to Support Muscles

Frankincense  
Lavender  
Copaiba  
Marjoram

Turmeric  
Black Pepper  
Lemongrass  
Wintergreen  
Ylang Ylang

Ice Blue  
AromaTouch  
Balance  
Lavender Peace



# Vanessa Jean's Soothing Sandwich

*Apply*



1 drop Frankincense

then

a pea sized amount of  
Ice Blue Rub

then

1 drop Ice Blue oil

...to the base of your spine  
and up your spine.

Suggestion: Add 1 Deep Blue  
Polyphenol capsule to your  
daily regime to aid in relaxation  
and flexibility.

Also consider the Turmeric  
capsules.



# Wild Orange

HARMONY ☞ MANIFESTATION ☞ ABUNDANCE

- **Raw Chocolate Delights.** Add 4 drops of Wild Orange to 1 cup coconut oil (liquified), 1/2 to 1 cup whole sweetener (e.g. honey) (liquified), 1 cup raw cacao powder, 1 tsp vanilla extract and a pinch of good quality sea salt. Combine gently, set in moulds, then freeze or refrigerate for yummy raw chocolates that are so good for you.
- **Harbringer of Joy!** Deck the halls with joy and laughter! Wild Orange, also known as "joy bubbles in a bottle", will help dispel the grumpiest of moods. Sprinkle Wild Orange into the diffuser.
- **Feeling Good!** Add a drop of Wild Orange to your hands, rub palms together and inhale for a 'feel good fix'!
- **Coconut Yogurt.** If you are dairy free and looking for a yummy, nutrient dense breakfast or quick snack, consider adding a drop of Wild Orange essential oil to a bowl of coconut yogurt. Toppings: activated nuts/seeds, hemp seeds, cacao nibs, fresh fruit, goji berries or other organic dried fruits.
- **Yummy Snack.** Add a drop of Wild Orange to your favourite nut butter, eat with crackers, veggie sticks, toast, pancakes or baked goods. This is super yummy as a soft filling in cacao and raw slice creations.
- **Cleaning Time!** Add 1-2 drops to your cleaning cloth or glass spritzer bottle and wipe over surfaces - sink, stove, oven, benches and counter tops etc. It will leave the area smelling and looking divine.
- **Water or Tea Anyone?** A drop of Wild Orange with a touch of liquid coconut oil is utterly delicious in a warm mug of 'tea', add to your tea bag or just water and be uplifted.
- **Bye Bye Stubborn Grime!** Wild Orange and Lemon make for great cleaning companions. Drop them directly onto stubborn marks or grime stuck to pots and pans, stoves and ovens or sinks. Add a few drops of each with Siberian Fir, top up with water (to a 30ml glass spritzer bottle) and use this as a cleaning spray. Consider using On Guard Cleaning Concentrate with 2 drops of each of these 3 essential oils for extra elbow grease in a bottle. PS. it leaves everything smelling amazing!



## Bliss Balls

- 10 medjool dates, pitted
- 1 tbsp coconut oil
- 4-6 drops Wild Orange essential oil
- 1/2 cup shredded coconut
- 1 cup nuts/seeds
- 1/2 cup goji berries
- 1/4 cup cacao powder

Blitz. Roll into small balls.  
Refrigerate. Enjoy!  
Makes 15 balls.

# Aromatic Dressing with the Kit Oils

Ways to use your kit oils with Fractionated Coconut Oil (FCO) and free Wild Orange topically and for aromatic dressing.



A great blend to relax, sleep, regenerate, mediate and promote a sense of peace and joy

## Ratios for topical application or aromatic dressing

**Adults:** 2:1 (2ml of FCO to 1 drop of essential oil)

**Children:** halve this ratio

**Babies:** 1 drop of essential oil to 1 tbsp FCO

Consider diluting even further for strong oils like Oregano, Protective Blend and Peppermint

### Energizing & Uplifting

Peppermint, Lemon & Wild Orange

### Yoga, Exercise

Clear Blend  
or  
Lemon

Peppermint, Lemon & Frankincense  
Lavender, Lemon & Peppermint  
Tea Tree, Lemon & Peppermint

### Relax, Sleep, Regenerate, Meditate & Peace

Lavender  
Frankincense  
Lavender & Wild Orange  
Frankincense, Lavender & Wild Orange

### Foot Baths

To warm water add 1  
tbsp Himalayan salt /  
Epsom salts and oils

Peppermint  
Lavender  
Wild Orange  
Oregano

### Body Butter

1/2 cup shea butter  
1/2 cup cacao butter  
1/2 cup coconut oil & 1/2 cup FCO  
10-15 drops your favourite oils  
Blitz until desired consistency achieved

### Rub lovingly all over your body

Consider oils and oil blends for "Joy", "Relax, Sleep etc", "Energising & Uplifting"

### Joy

Wild Orange  
Frankincense & Wild Orange  
Wild Orange, Lemon & Clear Blend  
Lemon, Peppermint & Wild Orange  
Frankincense, Lavender & Wild Orange

### Farewell Nasty Germs!

Protective Blend or Tea Tree  
Protective Blend, Oregano & Lemon  
Lemon, Protective Blend & Lavender  
Tea Tree, Lemon & Lavender  
Peppermint, Tea Tree, Lemon & Lavender

Use in carrier oil

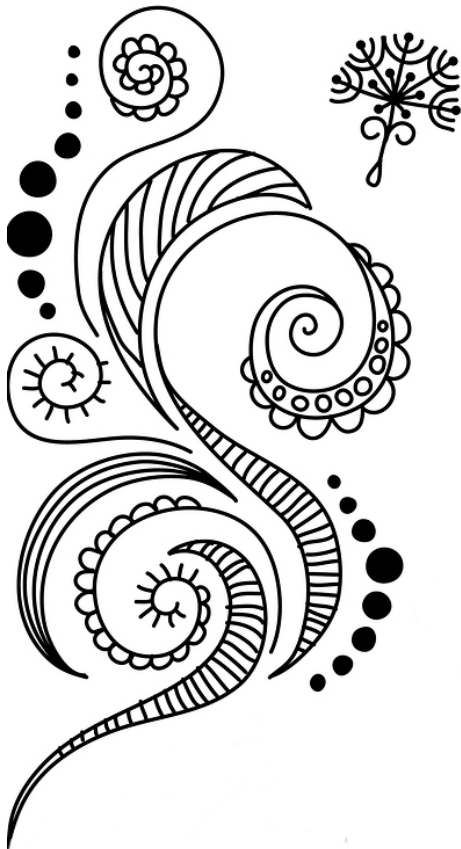


# Diffusing with the Kit Oils

Diffuser forms part of the Home Essentials Kit or can be purchased separately if you've purchased the Family Essentials Kit.

## KEY

Clear Blend: Easy Air/Breathe  
Protective Blend: On Guard  
Digestive Blend: DigestZen  
Athletic Blend: Ice Blue/Deep Blue



## ENERGIZING & UPLIFTING

Peppermint, Lemon & Wild Orange  
Clear Blend  
Clear Blend & Wild Orange  
Frankincense, Wild Orange & Peppermint

## YOGA, EXERCISE

Clear Blend  
Athletic Blend  
Athletic Blend & Lavender  
Athletic Blend & Peppermint  
Peppermint, Lemon & Frankincense  
Lavender, Lemon & Peppermint  
Tea Tree, Lemon & Peppermint  
Clear Blend, Tea Tree & Lavender

## RELAX, SLEEP, REGENERATE, MEDITATE & PEACE

Lavender  
Clear Blend & Lavender  
Clear Blend  
Frankincense  
Lavender & Wild Orange  
Lemon, Lavender & Frankincense  
Frankincense, Lavender & Wild Orange

## JOY

Wild Orange  
Frankincense & Wild Orange  
Wild Orange, Lemon & Clear Blend  
Lemon, Peppermint & Wild Orange  
Frankincense, Lavender & Wild Orange

## FAREWELL NASTY GERMS!

Peppermint, Tea Tree, Lemon & Lavender  
Protective Blend or Tea Tree  
Protective Blend, Peppermint & Tea Tree  
Protective Blend, Oregano & Lemon  
Lemon, Protective Blend & Lavender  
Tea Tree, Lemon & Lavender  
Digestive Blend

## REFRESH YOUR HOME

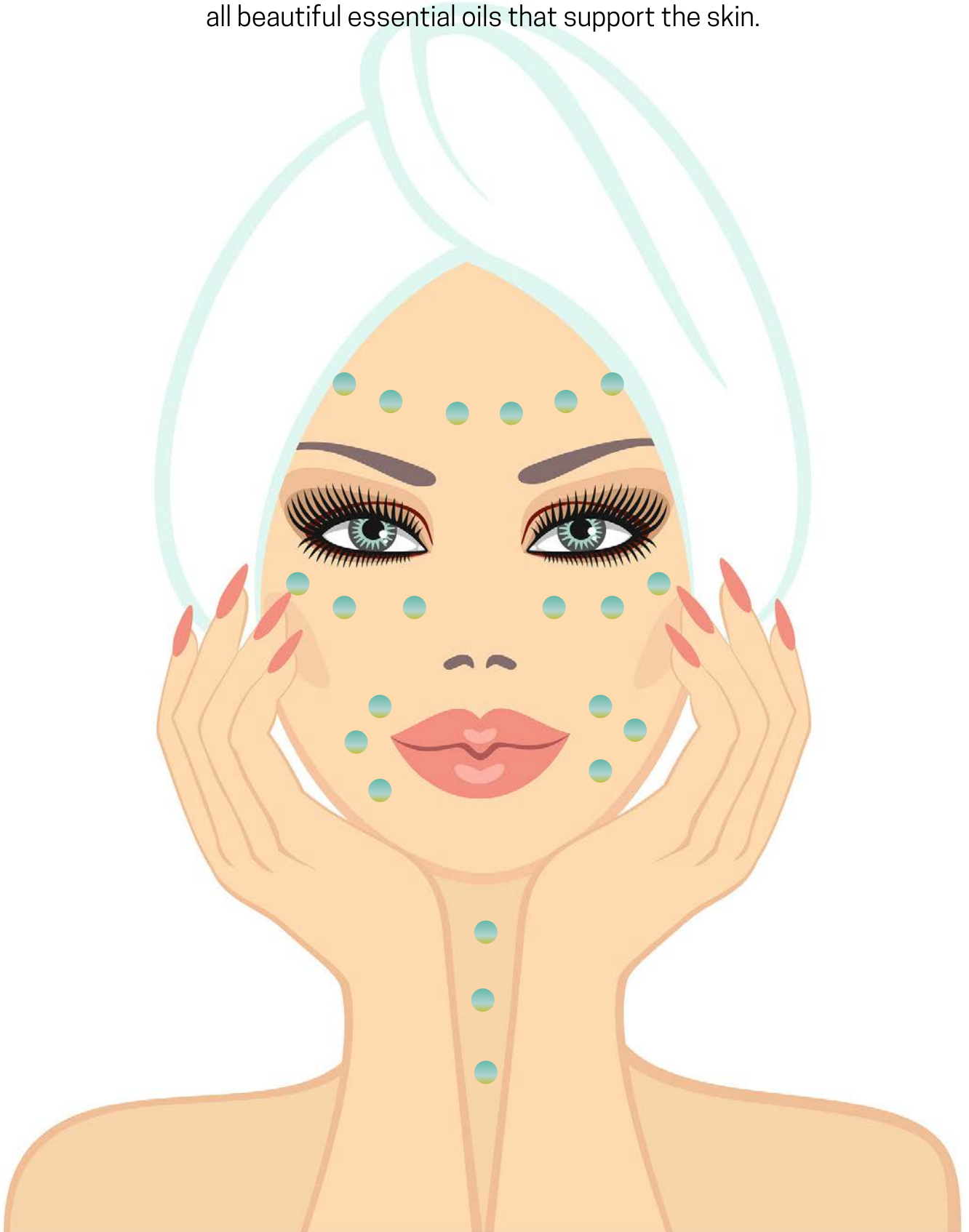
Tea Tree, Lemon & Frankincense  
Lemon & Peppermint  
Clear Blend

# Applying Essential Oils on The Face

Add 1 drop of Frankincense to your moisturiser (I love the Verage moisturiser) and dab around the eyes, on any frown lines, laughter lines, the throat and décolletage.

Gently massage with your little fingers - these are the weakest and gentlest fingers.

Your Family Essentials Kit or Home Essentials Kit has Lavender, Frankincense and Tea Tree - all beautiful essential oils that support the skin.



# Your Foodie Kit Oils

Your Home Essentials Kit/Family Essentials Kit contains some divine foodie oils:

Frankincense  
Lavender  
Peppermint  
Lemon  
Oregano  
On Guard Protective Blend  
Smart & Sassy (Family Essentials Kit only)  
Wild Orange (your free oil)

When using dōTERRA's pure essential oils in your foodie creations, remember less is more, and some essential oils like citrus come out faster than others. Therefore, you may like to add them to a chosen fat (e.g. olive oil for a salad dressing) before pouring into the salad or over your roast vegetables. For Oregano, we suggest adding this oil toothpick-by-toothpick as it is especially potent! It is recommended you use only 1-2 drops of dōTERRA essential oils per serving.



**Click** on the images to watch Vanessa Jean create nutrient dense and GOOD FOR YOU delights that you can make too!



Check out the Paul and Vanessa Jean **YouTube** channel for more foodie demonstrations  
See Resources section at end of eBook.

You can find more foodie inspiration at:  
[www.foodalchemy.com.au/food](http://www.foodalchemy.com.au/food)

# Raw Chocolates

## INGREDIENTS

1 cup organic coconut oil  
1/4 -1/2 cup coconut syrup or maple syrup – to taste  
1 cup organic, Peruvian cacao powder  
Pinch Celtic sea salt or Himalayan salt  
Essential oils - see box

## METHOD

In a small pot over low heat, melt the coconut oil until liquid. Remove from heat and add the chosen sweetener, cacao powder, salt and essential oils, mixing well to form a smooth glossy batter. Ensure you mix well to improve the flavour, texture and consistency. Spoon or pour into chocolate moulds and refrigerate until set, approximately one hour.

Keep your raw chocolate creations in the fridge or freezer - or you will end up with a divine chocolate sauce instead!

## ESSENTIAL OIL OPTIONS

Peppermint

Frankincense

Wild Orange

Lemon + Peppermint

On Guard



# Wild Orange & Cacao Dates

Medjool dates, pitted  
Cacao beans  
Wild Orange essential oil

Carefully pit the medjool dates, taking care not to “mush” them.

Add 1 drop of Wild Orange essential oil to the open date, then insert the cacao bean and make it as a “sandwich” or leave them in halves.

## OPTIONS

On Guard Protective Blend

Lime

Ginger

Bergamot

Lemon

Add nuts such as walnuts, cashews, almonds instead of, or as well as, the cacao bean.



# Omega Bliss Balls

1 cup almonds, activated is best  
15 medjool dates, pitted  
1/4 cup golden flax meal  
1 tbsp chia seeds  
1 tbsp hemp seeds  
1/4 cup cacao powder  
1/3 cup activated buckwheat  
6 drops Peppermint essential oil

*Grind almonds to a meal in a Thermomix or food processor.*

*Add medjool dates, blend so it starts to come together.*

*Add remaining ingredients until desired texture is reached.*

*Roll into balls.*

*Set and store in fridge and enjoy!  
Makes 15 bliss balls.*

You could also try Wild Orange essential oil too!

You can wrap your bliss balls in cloaks of love - try rolling in desiccated coconut, chia seeds, ground up goji berries (for a lovely festive red colour), or cacao powder - see Resources for video link.

**Superman/woman combo!**

*Super quick!  
Super simple!  
Super yummy!*



# Cacao Elixir



This is a nourishing and nurturing elixir, perfect before meditation and sleep.  
It opens the heart center and expands the mind for creative flow.

1 litre coconut milk  
1 litre coconut water  
1 – 2 tbsp cacao powder  
Cayenne – pinch  
2 cinnamon quills  
1 tsp ground cinnamon  
6 cardamom pods  
2 star anise  
4 medjool dates or 2 dried figs

#### Essential oils you could infuse:

Cinnamon Bark  
Cassia  
Cardamom  
On Guard Protective Blend  
Black Pepper  
Pink Pepper  
Ginger  
Any citrus oils  
Spearmint  
Peppermint  
Rose  
Star Anise  
Fennel

Optional sweeteners: raw honey, coconut syrup, maple syrup, coconut sugar or rapadura sugar (add these after heating). I don't add sweetener as I find the dates and coconut milk are sweet enough.

Let this stand for 2 - 4 hours then gently heat. Take out the quills, pods and star anise then gently blend in a food processor so the dates are combined.

Note: I love to grind the cardamom seeds in a mortar and pestle and include in the elixir.

Makes 2 litres.

ESSENTIAL OIL

# Teas

*... take 5*



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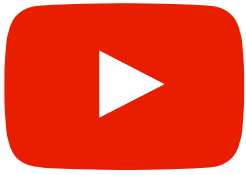
Cinnamon Bark, Black Pepper, Wild Orange  
Cinnamon Bark  
Fennel, Cardamom, Cinnamon Bark  
Cardamom  
Peppermint & Protective Blend  
Protective Blend  
Turmeric  
Celery Seed  
Peppermint, Lemon, Ginger  
Ginger, Lemon, Cardamom  
Ginger  
Peppermint  
Black Pepper, Lime, Lemon  
Lemon, Lime, Wild Orange  
Lemon & Ginger  
Fennel & Lemon  
Fennel  
Petitgrain  
Geranium  
Green Mandarin & Pink Pepper  
Green Mandarin, Ginger, Black Pepper  
or Pink Pepper  
Green Mandarin & Fennel  
Geranium & Wild Orange  
Lavender & Wild Orange  
Lavender  
Lavender, Lemon/Lime  
Lemongrass & Ginger  
Lemongrass  
Bergamot  
Bergamot & Ginger  
Bergamot, Lemongrass, Ginger  
Wild Orange, Lime, Cardamom  
Cassia  
Spearmint  
Clove Bud & Bergamot  
Lemon, Ginger, Black Pepper  
Cassia, Cinnamon Bark, Wild Orange  
DigestZen  
DigestZen, Peppermint, Protective Blend

Boil kettle. Pour water into a mug or pot of tea. Add some cool water or allow to cool a touch, then add your chosen dōTERRA oil(s) or blend mixed with a little coconut oil. Remember, one drop goes a long way! Add one drop of each oil per cup of tea or to each pot.



# Resources

## FROM dōTERRA



What is a dōTERRA Essential Oil?

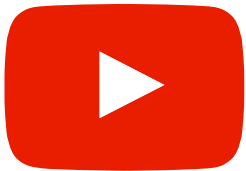


Sourcing dōTERRA Lemon and Bergamot Essential Oil



dōTERRA: Pursue What's Pure

## FROM VANESSA JEAN



Aromatic Dressing with Vanessa Jean



Dressing up your Bliss Balls in Cloaks of Love



Raw Chocolate Flavoured with Essential Oils as a Dipping Sauce



How to make a Cacao Elixir

# Buy

## Gifts of the Essential Oils book

1



Dive deep into the spiritual aspects of the plant kingdom!

AVAILABLE WORLDWIDE

<http://bit.ly/geoall>



2



Register your interest in the upcoming recipe book.

**Recipe book with  
Chef Sophie Budd &  
Vanessa Jean Boscarello Ovens**

REGISTER HERE



# Acknowledgements

This eBook has been created by Vanessa Jean Boscarello Ovens and is for personal use only and should not be sold or shared by the recipient on a commercial basis.

The three descriptive words for the single essential oils are from the co-authored book "Gifts of the Essential Oils" with Adam Barralet.

Essential oil photos purchased from [www.essentialoilimages.com](http://www.essentialoilimages.com).

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