

dōTERRA[®] GOBO

DOUBLE THE WELLNESS



November 2024

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Flipsidea Vibe Wellness

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Table of Contents

Introduction

dōTERRA Balance Touch

®

Bergamot

Black Spruce

dōTERRA Breathe®

Copaiba Touch

Helichrysum Touch

Immortelle

Lemon

Northern Escape®

Purify

dōTERRA On Guard®

Rose Touch



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Introduction

Imagine a season of giving where each day feels like a cherished gift—wrapped in moments you'll want to remember forever. Achieving this deep sense of fulfillment starts with wellness. We want you to feel supported all throughout your day with products you can use regularly with confidence.

Embrace the vitality offered with these products and use this eBook to transform your winter into one of warmth and purity.

From the powerful cleansing properties of dōTERRA On Guard to the ageless beauty of Immortelle, each product fits a specific area of your routine. Whether you're sprucing up your skincare, freshening the air, or supporting your loved ones, you'll feel peace of mind this winter with these natural solutions as your companions.

Double down on wellness like never before, explore how these products can enrich your holidays, and feel more supported than ever before during the coldest, busiest months of the year.



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dōTERRA Balance Touch

What's dōTERRA Balance?

dōTERRA Balance Touch Grounding Blend combines essential oils that help create

a harmonious atmosphere, many of which have been used for thousands of years! dōTERRA Balance Touch takes the calming formula Frankincense, Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil and transforms it into the convenience of a roller bottle.

How Do I Use dōTERRA Balance Touch?

Aromatically

One of the most powerful ways to use dōTERRA Balance is aromatically. The fresh, woody aroma makes it the perfect go-to essential oil blend during times of occasional stress. It can create a tranquil, supportive environment.

Swipe dōTERRA Balance Touch on your pulse points and smell it throughout the day or take a giant breath right from the bottle as a reminder to ground yourself where you are.

Topically

dōTERRA Balance is also amazing when used topically. It makes a wonderful addition to massages. The bottoms of the feet and pulse points are especially effective places to apply dōTERRA Balance Touch. This blend of rare and precious essential oils is prediluted in Fractionated Coconut Oil and it comes in a roller bottle, ready to apply straight on the skin!

When Should I Use dōTERRA Balance Touch?

Because of its supportive nature, dōTERRA Balance Touch is perfect for applying in the mornings, throughout the afternoon, and at night.

Begin the day by rolling dōTERRA Balance Touch on the bottoms of your feet or by taking a few deep breaths of it from your hands. Then, as needed during the day, swipe dōTERRA Balance Touch to your wrists or neck. Finally, in the evening, roll dōTERRA Balance Touch onto your pulse points before bed.

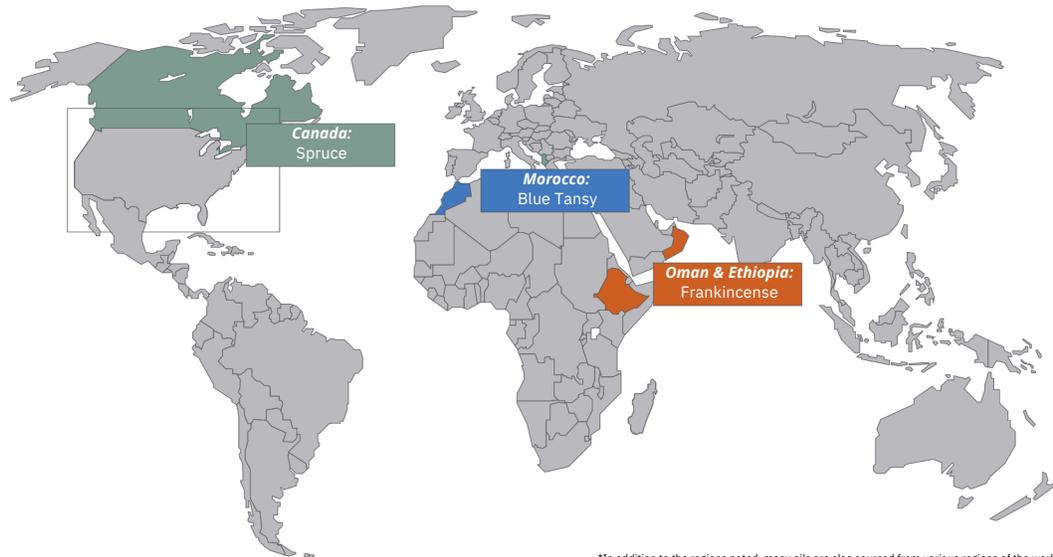
BOGO 1
Balance Touch



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Where Does dōTERRA Balance Touch Come From?



*In addition to the regions noted, many oils are also sourced from various regions of the world.

BOGO 1
Balance Touch

Did You Know?

Frankincense essential oil is a proprietary blend of four *Boswellia* species of resin: *B. carterii*, *B. papyrifera*, *B. frereana*, and *B. sacra*. Different frankincense trees thrive in different environments and soil types. For example, *B. carterii* trees grow best in sandy soils, while *B. frereana* trees grow best in dry, rocky terrain. *B. frereana* trees also produce the largest resin tears of the species. We source from multiple locations to ensure we're harvesting resin from where each species grows best.

Why dōTERRA Balance Touch?

dōTERRA Balance Touch is carefully formulated with five essential oils which help support the skin and have calming aromas that contribute to a balanced environment.

Frankincense: Helps maintain healthy skin when applied topically because it's both soothing and supportive.

Black Spruce: Contains high amounts of the chemical constituent bornyl acetate, which provides a calming aroma.

Ho Wood: Supports a harmonious environment with its gentle aroma.

Blue Tansy: May soothe the skin when applied topically thanks to its camphor content.

Blue Chamomile (aka German Chamomile): Has a calming scent and complements Blue Tansy well.

Fractionated Coconut Oil: Increases essential oil distribution as an absorbent, light carrier oil, while also leaving skin feeling sooth and soft.

Osmanthus: Is commonly used in aromatherapy and rounds out this essential oil blend.



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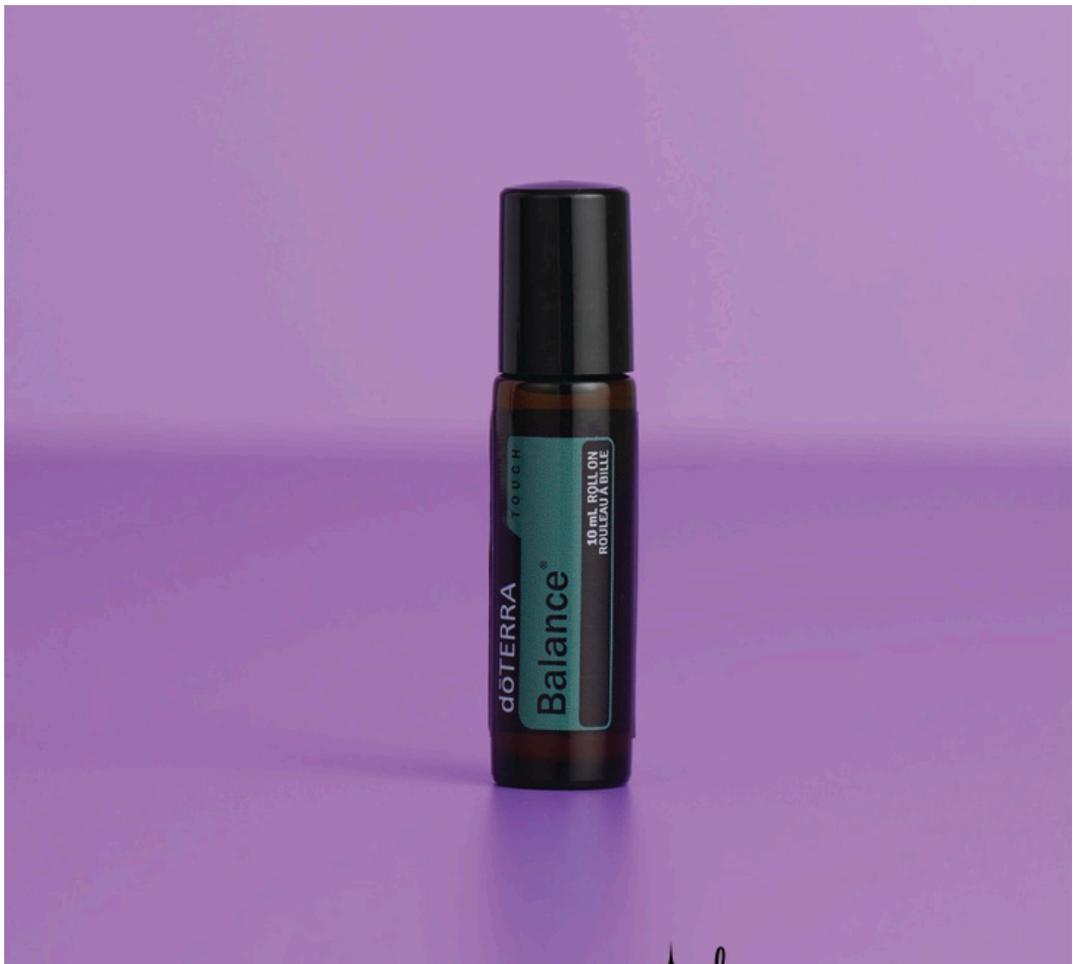


Tip:

Start and End the Day Right

Whether you're just stretching and drowsily throwing off your covers in the morning or preparing for bedtime, roll dōTERRA Balance Touch on the bottoms of your feet to remind you that everything in life requires balance. Then swipe your palms, take a few deep breaths, and feel grateful for your many blessings.

BOGO 1
Balance Touch




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Bergamot

What's Bergamot?

Bergamot is the most delicate citrus plant, requiring a special climate and soil to thrive. It's unique among citrus oils because it can create both an uplifting and calming environment.

Its uses are just as extensive. Italians have used bergamot oil for years to soothe and rejuvenate the skin, while in Greece unripe fruits are used as sweetmeats, which are eaten by the spoonful as dessert or with coffee.

How Do I Use Bergamot?

Topically

Aromatically

Bergamot has a calming, uplifting aroma that works wonderfully on its own, and it can also be combined with many other essential oils.

Add three to four drops to your favorite diffuser and diffuse throughout the day. You can also add 10–20 drops to a spray bottle filled with water for a refreshing room spray. Or add a few drops to a cotton ball and slide it into a vent to enjoy its refreshing aroma.

Topically

Bergamot has been used for years to help soothe and rejuvenate the skin. It's also a popular oil in the perfume industry!

Apply one to two drops of Bergamot to the desired area. Dilute with a carrier oil to minimize any skin sensitivity. You can also add a few drops of Bergamot to warm water for a relaxing soak.

It's important to only use Bergamot topically if you know you won't be exposed to direct sunlight after. Avoid sunlight or UV rays for at least 12 hours after topical application of citrus oils to avoid an increase in skin photosensitivity.

Internally

Bergamot may support a healthy nervous system when taken internally because of the chemical component limonene. Because of limonene, it may also calm the digestive system and promote a healthy metabolism when consumed.* Plus, it makes a delicious addition to desserts and teas.

Dilute one drop of Bergamot in four fluid ounces of liquid, add it to a recipe, or take one to two drops in a Veggie Cap.



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When Should I Use Bergamot?

Bright Bergamot can be used all throughout your day. In the morning, inhale Bergamot from your palms to calm and awaken your senses with a warm, citrusy burst. Apply Bergamot to any skin blemishes as part of your skincare routine.

Throughout the day, dilute Bergamot to invite an uplifting, rejuvenating atmosphere that's perfect for work or play. Or layer it with wood and floral essential oils for a flirtly perfume. As you wind down in the evening, make a steaming mug of Earl Gray tea, adding

one

to two drops of Bergamot to give it a spark of citrus flavor and help calm your nervous system.* Or put several drops to a warm bath and kick back in sweet contentment.

DIY with Bergamot: Foot Mask

Since your feet have the most pores per square inch than any other area of the body, it's important to keep them nourished and moisturized. Try this enriching foot mask made with Bergamot essential oil (and other friendly ingredients) for nourished and beautiful feet.

Ingredients:

- ½ cup organic Greek yogurt
- 2 tablespoons raw honey
- 2 splashes Fractionated Coconut Oil
- 1 stalk organic celery
- 6 drops Bergamot essential oil

Instructions:

1. Grate the celery and drain excess moisture in strainer or with paper towel.
2. Add the celery and remaining ingredients to food processor or blender. Blend until smooth.
3. Ready a wet washcloth or sit by the tub.
4. Apply mask immediately to the entire foot with your fingers or a brush.
5. Let it sit 15–20 minutes, enjoying the mask's cooling sensation and the calming aroma of Bergamot.
6. Rinse off and enjoy your nourished and moisturized feet!



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Where Does Bergamot Come From?



*In addition to the regions noted, many oils are also sourced from various regions of the world.

BOGO 2
Bergamot

Did You Know?

Bergamot is the most delicate of the citrus plants and resembles a cross between a lime and a grapefruit.

The essential oil comes from “rasping” the peel (like a cheese grater that scratches the peel) using special equipment. The fruit comes out looking something like a small, fuzzy ball with the peel completely removed. The oil is then separated from the water in a centrifuge, where it’s processed at least twice.

Why Bergamot?

Bergamot’s aroma is both cheerful and relaxing. It may also support a healthy nervous system, calm the digestive system, and promote a healthy metabolism when taken internally thanks to limonene, one of its primary chemical constituents.* These areas of support make it an optimal choice to have around the holidays—and any time of year!



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Tip:

Brightening Shower Mist

Turn your morning shower into an uplifting, spa-like experience! Before stepping in, add a few drops of Bergamot essential oil to a spray bottle filled with water. Shake well, then spritz the mist around your shower walls (avoid spraying directly onto your skin).

As the steam rises, the citrusy, calming aroma of Bergamot will fill the air, brightening your experience and giving you a refreshing start to the day. Perfect for a quick, natural day lift!

BOGO 2
Bergamot

Winter Wonderland Diffuser Blend

- 2 drops Bergamot
- 3 drops Peppermint
- 1 drop Cypress




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Black Spruce

What's Black Spruce?

Sourced from Canada, Black Spruce essential oil comes from the needles and branches of the *Picea mariana* tree. This woody, refreshing product from the pine family offers a grounding, cleansing, and soothing scent. Black Spruce smells slightly sweeter than some other tree oils. Its harmonizing aroma is perfect for your next diluser blend or evening massage.

How Do I Use Black Spruce?

Aromatically

Black Spruce essential oil can promote feelings of easy breathing. It also produces a calming, grounding environment. You can use Black Spruce aromatically by dilusing it or simply opening the bottle and taking a deep breath.

You can also enjoy the aromatic benefits of Black Spruce via topical application because when you put it on your skin, the beautiful, fresh fir scent lingers! Adding Black Spruce to your next DIY essential oil perfume also creates a refreshing, woody twist in tone.

Topically

After a long, tiring day or strenuous exercise, add a few drops of Black Spruce to a warm bath or combine a couple drops with Fractionated Coconut Oil, massaging into your muscles and skin. .

When Should I Use Black Spruce?

The black spruce tree has been used by Native Americans historically as part of their spiritual wellness and cleansing practices. Black Spruce essential oil is often applied to the skin, providing a refreshing sensation.

When you're feeling overwhelmed, try resetting your environment with help from this forest friend. Diluse Black Spruce to create a calm, grounded atmosphere in the room. Or simply open a bottle of Black Spruce and breathe deeply, taking a moment to collect yourself and slow down.

Another excellent time to turn to Black Spruce is when you need to spruce up other diluser blends or topical blends. It adds an invigorating, grounding note to many dilerent aromas, complementing other essential oils.



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BOGO 3
Black Spruce



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DIY with Black Spruce: Body Wash

A scented body wash is a fun way to wake up your senses in the morning or calm them down at night. Body washes can also provide valuable nourishment to your skin if they contain the right ingredients. Try making this easy DIY body wash with essential oils.

Ingredients:

- 8-ounce glass pump bottle
- ½ cup unscented Castile soap
- 4 tablespoons vegetable glycerin
- 3 tablespoons Fractionated Coconut Oil
- 10 drops Black Spruce essential oil

Note: Vegetable glycerin will make the body wash thicker, creamier, and lather better.

Instructions:

1. Combine the ingredients in the glass pump bottle.
2. Add the desired essential oils.
3. Shake to combine.

Note: Shake before each use because the ingredients will separate.

Where Does Black Spruce Come From?



*In addition to the regions noted, many oils are also sourced from various regions of the world.


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Did You Know?

The tree is mainly harvested for the lumber, pulp, and paper industries. The Forest Ministry has made a forest management plan for harvesting black spruce. dōTERRA and our key partner ensure this plan is followed so these precious trees are harvested responsibly and sustainably.

Why Black Spruce

Bornyl acetate—the main chemical constituent in Black Spruce essential oil—promotes a calming, relaxing atmosphere. Black Spruce’s invigorating, rejuvenating aroma helps maintain feelings of clear airways and easy breathing.



Tip:

“Spruce” Up Your Holiday Decor

Black Spruce is a popular aroma during this time of year, and it’s little wonder why! Nothing invites the spirit of the holidays like the smell of fresh pine.

If you want your home to smell like a winter tree farm, add a few drops of Black Spruce to your holiday decorations. You can even create your own holiday room spray by combining Black Spruce with Cinnamon Bark and Wild Orange with water in a spray bottle and filling your home with an evergreen scent.

By the Fire Diffuser Blend

- 2 drops Black Spruce
- 3 drops Cardamom
- 3 drops Wild Orange



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BOGO 3
Black Spruce



dōTERRA Breathe

What's dōTERRA Breathe?

dōTERRA Breathe Respiratory Blend combines Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara essential oils.

How Do I Use dōTERRA Breathe?

Aromatically

Clean, airy, and refreshing, dōTERRA Breathe is perfect for supporting feelings of clear breathing. Inhale it from the bottle, rub a drop between your palms and breathe in the scent, or dilute it.

Topically

Rub dōTERRA Breathe on the chest and back—diluting first if desired. The chest and back are two of the most elective areas to apply dōTERRA Breathe, but you can also apply it to the bottoms of your feet.

When Should I Use dōTERRA Breathe?

dōTERRA Breathe helps support feelings of clear airways. Cooler winter months—or amid any seasonal changes—are particularly good times to have it on hand.

The minty, airy aroma also offers a cooling and soothing vapor, providing comfort during the evening as you prepare for a restful night's sleep. Dilute the essential oil blend throughout the night or apply it topically before bed. Consider keeping a bottle of dōTERRA Breathe on your bedside table for easy access at night when you or your family need it.

DIY with dōTERRA Breathe: Shower Melts

Shower melts are a wonderful alternative to bath bombs if you're in a hurry or prefer showers. Plus, with the addition of dōTERRA Breathe, you'll enjoy feelings of easy breathing and a clearing, camphoraceous aroma.

Ingredients:

- 1 cup baking soda
- 25 drops dōTERRA Breathe Respiratory Blend
- $\frac{1}{4}$ – $\frac{1}{3}$ cup water

Instructions:



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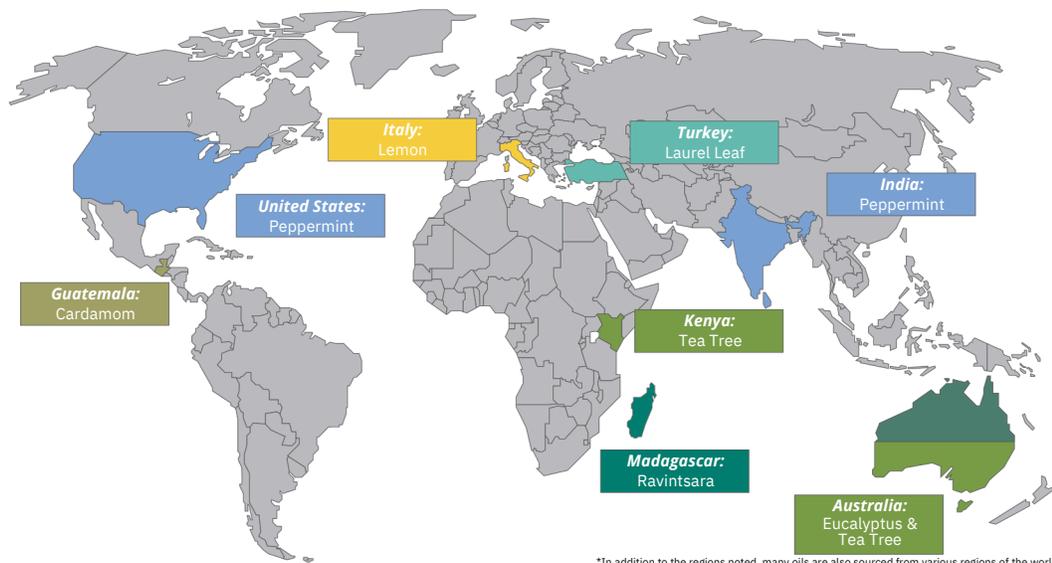
BOGO 4
dōTERRA Breathe



1. Combine the baking soda and water in a small bowl, mixing well.
2. Add dōTERRA Breathe to the mixture, adjusting the amount to preference. Stir until well combined.
3. Pack the mixture into small silicone molds and allow to set overnight.
4. To use, place a tab in your shower (away from the direct flow of water) and enjoy the cooling aroma of dōTERRA Breathe.
5. Store in an airtight container to prevent the volatile compounds of the essential oil blend from evaporating into the air. Use within one week.

Tip: For continued benefits after your shower, apply dōTERRA® Breathe Vapor Stick to the neck and chest area.

Where Does dōTERRA Breathe Come From?



*In addition to the regions noted, many oils are also sourced from various regions of the world.

Did You Know?

The tea tree plant is native to Australia, where it thrives in the sunny conditions and moist soil. Parts of Kenya provide similar growing conditions, allowing the plant to flourish. By also sourcing Tea Tree from Kenya, we support small-scale farmers in rural areas of the country, while also focusing on sustainably acquiring the highest-quality essential oil.

Why dōTERRA Breathe?

dōTERRA Breathe is made from eight essential oils that historically have been used to promote feelings of easy breathing. These essential oils work together to help your breathing feel clear. The cooling, soothing sensation of dōTERRA Breathe can be incredibly comforting, especially as you prepare for a restful night of sleep.



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Lemon: Can be used to freshen the air thanks to its significant limonene content.

Laurel Leaf: Promotes a courageous and confident environment and is perfect when you need an invigorating, uplifting aroma.

Eucalyptus: Revitalizes and promotes feelings of clear breathing and open airways with its camphoraceous, herbaceous aroma.

Ravensara: Is refreshing and uplifting, encouraging a relaxed environment.

Ravintsara: Has similar chemistry to Eucalyptus but is a milder option and has potent cleansing and refreshing benefits.

Peppermint: Has a cooling effect when applied topically because of its high menthol content and may provide the feeling of open airways when inhaled.

Cardamom: Has a distinct spicy, warm scent that can be diluted for a sense of openness and is a close relative of ginger.

Tea Tree: Has a cooling, soothing effect on the skin.



Tip:

Soothing Steam Technique

In a kettle or small pot, heat a few cups of water until hot. When the water starts steaming, remove it from the heat, pour it into a bowl, and add several drops of dōTERRA Breathe. Then lean over the bowl and breathe deeply to promote feelings of open airways and easy breathing. If desired, drape a towel over your head to trap the steam longer.

Steam can burn you if it's too hot, so be cautious of the temperature and adjust your position over the bowl as needed.

Rosy Cheeks Diffuser Blend

- 2 drops dōTERRA Breathe
- 3 drops Holiday Joy®
- 2 drops Citrus Bliss®



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dōTERRA Copaiba Touch

What's Copaiba Touch?

Towering copaiba trees grow in the tropical rainforests of South America. For hundreds of years, traditional practitioners in northern Brazil have used copaiba trees for their health benefits. Copaiba essential oil is steam-distilled from the oleoresin of the trees.

How Do I Use Copaiba Touch?

Aromatically

Copaiba has a spicy, woody scent that promotes a soothing and peaceful environment. Carry this beautiful aroma with you wherever you go by applying it to your wrists.

Topically

The soothing properties of Copaiba Touch make it ideal for topical use. Massage it into your neck, shoulders, joints, or other targeted areas.

Copaiba Touch is also a fantastic addition to your skincare routine, as it promotes a clear, smooth complexion. Use Copaiba Touch to help nourish your skin and reduce the appearance of blemishes.

Copaiba Touch can also increase the absorption and efficacy of other essential oils. Whether you're rubbing Lavender on your feet before bed or Deep Blue® into your muscles after a workout, incorporating Copaiba Touch will enhance the overall experience.

When Should I Use Copaiba Touch?

You might apply it with your facial moisturizer or cleanser as part of your morning skincare routine.

Throughout the day, you can foster an environment of balance, centeredness, and calmness with Copaiba Touch. Turn to its pleasant aroma on stressful or overwhelming days.

In the evening, you can use Copaiba Touch to create an atmosphere of rest and relaxation as you prepare for sleep. Massage it into your muscles or the bottoms of your feet.

You'll never want to run out of Copaiba Touch. It's effective anytime of the day, week, or year. It's an incredibly versatile essential oil product. So whenever you feel like your body needs support, turn to Copaiba Touch.



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Where Does Copaiba Touch Come From?



*In addition to the regions noted, many oils are also sourced from various regions of the world.

BOGO 5
Copaiba Touch

Did You Know?

A copaiba tree is tapped for its oleoresin, like how maple syrup is harvested. For six months of the year, the copaiba trees of the Amazon are inaccessible.

But each year, from January to June, the Amazon experiences its rainy season. During this time, the river and its tributaries rise an average of 20 feet or more, which means the copaiba trees can be reached by boat.

Why Copaiba Touch?

Topically applied Copaiba Touch may help keep the skin clean and clear, while also helping reduce the appearance of blemishes. The essential oil is also known for its incredible aroma. Apply it before bed to promote a calm, peaceful atmosphere.

With so many incredible benefits to offer, Copaiba Touch makes a wonderful and powerful addition to anyone's essential oil routine.



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Tip:

Pamper Yourself with Copaiba Touch

After a busy day of holiday shopping or hosting gatherings, apply Copaiba Touch to the bottoms of your feet or the back of your neck for a soothing and calming topical effect. Its gentle, woody aroma promotes a relaxing environment and offers a sense of grounding—perfect for unwinding after the holiday hustle.

For an extra treat, pair it with a self-massage or roll it on your wrists before heading to bed.




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Helichrysum Touch

What's Helichrysum Touch?

Helichrysum is a mountain wildflower in the daisy family. It has slim, silvery leaves and yellow blossoms. Unlike many herbs, only the blossoms yield the fragrant essential oil.

This honey-sweet essential oil renews the skin, promotes a youthful complexion, and soothes minor skin irritations. It also reduces the appearance of blemishes.

dōTERRA Helichrysum Touch combines pure Helichrysum essential oil with Fractionated Coconut Oil in a 10 mL roller bottle.

How Do I Use Helichrysum Touch?

Aromatically

Roll on the palms, rub the palms together, cup them over your nose, and inhale deeply for a relaxing scent.

Topically

Apply to the skin during your skincare routine to promote a glowing complexion and reduce the appearance of blemishes.

When Should I Use Helichrysum Touch?

Helichrysum Touch should be the first product you pull out when you want to support your skin. Because it's prediluted, it's a great product to roll onto little ones for a soothing sensation.

Helichrysum Touch is also a perfect addition to adult skincare routines. Apply it after shaving or exfoliating to soothe the skin and promote a glowing complexion.



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Where Does Helichrysum Touch Come From?



Did You Know?

dōTERRA also sources Laurel Leaf, Juniper Berry, and Vitex essential oils from Albania, creating and sustaining jobs in rural areas. From multiyear contracts to school bathroom renovations, dōTERRA is committed to improving circumstances for helichrysum producers and their families.

Why Helichrysum Touch?

The primary constituent in Helichrysum essential oil is neryl acetate, which has been shown in experimental research to support health-looking skin and reduce the appearance of skin irritations.

Helichrysum essential oil is also rich in acetophenones and phloroglucinols—molecules that support healthy-looking skin when applied topically.



Tip:

Recover from Harsh Winter Cold

If you've been out in the cold or wind—while sledding, skiing, or just braving the chilly weather—apply Helichrysum Touch to your face or hands to soothe and revitalize dry, chapped skin. Its natural rejuvenating properties make it ideal for skin that's been exposed to harsh winter elements.



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Immortelle

What's Immortelle?

Who doesn't want smooth, nourished, and glowing skin that looks immortal, even on the coldest winter days? Immortelle is a blend of precious essential oils—Frankincense, Rose, Myrrh, Helichrysum, Lavender, and Sandalwood (Hawaiian)—that are known for their powerful skin-beautifying properties.

How Do I Use Immortelle?

Topically

The essential oils in Immortelle were specifically chosen for their powerful effects on the skin. This blend was specifically designed for topical use to reduce the appearances of fine lines, wrinkles, and blemishes. Known as the Anti-Aging Blend, Immortelle is comprised of wood and floral oils, including some of the most rare and precious gifts of the earth.

Provided to you in a convenient roller bottle, Immortelle is incredibly easy to use. In the evening after washing your face (but before applying your moisturizer), roll Immortelle on your face, neck, and décolletage to allow the essential oils to soak into your skin all night so your skin can display a healthy glow.

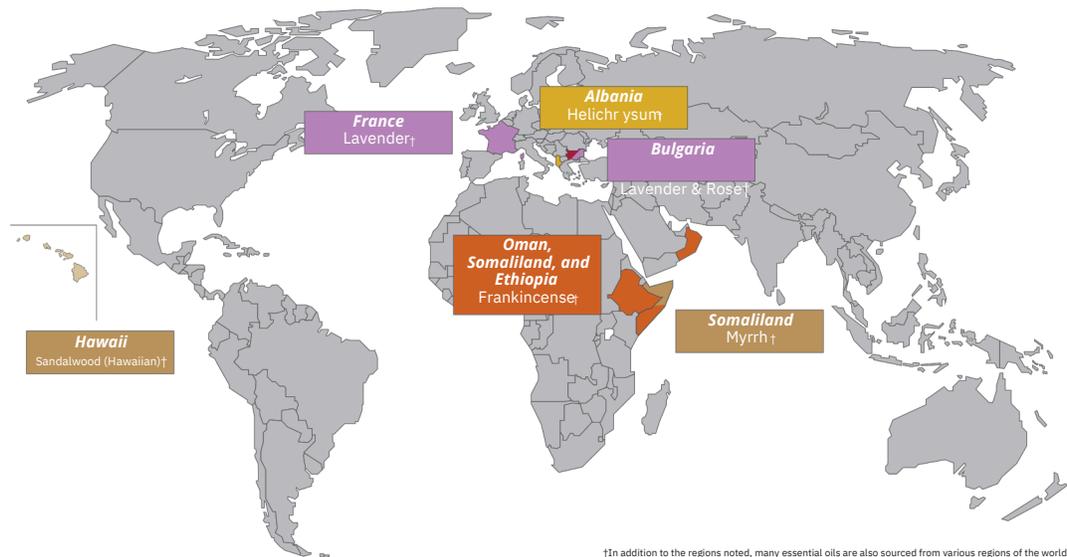
When Should I Use Immortelle?

For best results, you should use Immortelle consistently. Apply it to your face, neck, and décolletage before bed. For problem areas, apply to targeted areas twice a day.

Immortelle can be used on more than just your face. You can apply it to your hands, arms, and more. You can even use it to soothe occasional skin irritations and other complexion challenges that come your way.



Where Does Immortelle Come From?



†In addition to the regions noted, many essential oils are also sourced from various regions of the world.

BOGO 7
Immortelle

Did You Know?

There are many sandalwood tree species. *Santalum paniculatum* is the sandalwood tree native to Hawai‘i, which is sustainably sourced from the Big Island.

‘Iliahi is the Hawaiian name for “sandalwood.” Unfortunately, the sandalwood trade has a sensitive place in Hawaiian history. We’re mindful of this history and fully committed to caring for and protecting the long-term survival of this tree.

Why Immortelle?

Immortelle is carefully formulated with skin-rejuvenating essential oils that have beautiful, nourishing benefits when blended together.

Frankincense: Helps maintain healthy-looking skin when applied topically because it’s both soothing and supportive.

Rose: Helps balance moisture levels in the skin, reduces the appearance of skin imperfections, and promotes an even skin tone and healthy-looking complexion.

Myrrh: Calms the skin when applied topically and promotes a smooth, youthful-looking complexion when used with other essential oils.

‘Iliahi (Hawaiian Sandalwood): Helps reduce the appearance of skin imperfections.

Lavender: Serves as a wonderful option for reducing the appearance of skin imperfections when applied topically.

Helichrysum: May support and protect the skin, reducing the appearance of wrinkles and blemishes, and is known as the “immortal flower” because it’s frequently used in anti-aging products.



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Tip:

Double Down on Nail Care

During winter, your skin dries out fast—particularly around your nailbeds. Use Immortelle on your nails. Roll it on and around your nail beds in the evening before going to sleep each night so your fingernails look healthy and stay nourished despite the dryness of indoor heating.

BOGO 7
Immortelle




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Lemon

What's Lemon?

Sweet, tart, and citrusy, Lemon essential oil comes from the cold-pressed peels of lemons and is a favorite of many. Pure Lemon can be used aromatically, topically, and internally in all sorts of helpful ways, improving your daily life.

How Do I Use Lemon?

Aromatically

The bright, bold aroma of Lemon essential oil is perfect for creating a cheerful, energetic atmosphere. Dilute it in the kitchen, bathroom, entryway—really, anywhere the scent of Lemon could add a happy, refreshing note to the space.

Topically

Lemon can be used topically on yourself or for cleaning your environment. It's important to only use Lemon topically if you know you won't be exposed to direct sunlight after. Avoid sunlight or UV rays for at least 12 hours after topical application of citrus oils to avoid an increase in skin photosensitivity.

Internally

When taken internally, Lemon can provide cleansing and digestive benefits because of its significant limonene content. Add one drop of the essential oil to a glass of water for a refreshing drink to aid digestion and support the body.*

When Should I Use Lemon?

One of the best times to use Lemon is when you're cleaning because of its primary constituent: limonene. With this essential oil, you can make your own green cleaning products that are free from harmful chemicals and safe for your home and family.

Add it to a spray bottle with water to clean tables, countertops, and other surfaces. Wipe down stainless-steel appliances with a soft cloth soaked in Lemon for streak-free cleaning. For a gentle furniture polish, mix a few drops with olive oil on a cloth to clean and shine wood finishes.

Not only does Lemon provide a natural and elective cleaning around the home, but it also smells amazing!



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Lemon essential oil is often used in cooking. It's popular in both savory and sweet dishes. Add a few drops to marinades for fish and chicken or increase the zing in salad dressings. A favorite addition to cookies, cakes, puddings, and pastries, Lemon is also equally tasty in green smoothies.

It also makes a natural water flavoring or can be used in teas. When your throat could use a little soothing, try a mug of warm water with a drop or two of Lemon and a spoonful of honey.

DIY with Lemon: Rosemary Lemon Hummus

Enjoy this tasty dip with veggies, pita chips, or toast. It's perfect for your next party, snack, or delicious dinner addition!

Ingredients:

- 1 can organic garbanzo beans (half the liquid drained)
- 2 garlic cloves, peeled
- 2 tablespoons organic cold-pressed olive oil
- 2 tablespoons tahini
- Juice from ½ lemon
- 2 drops Lemon essential oil
- 1 drop Rosemary essential oil
- 1 teaspoon sea salt

Instructions:

1. Blend all the ingredients in a food processor until smooth.
2. Chill in the refrigerator for 30 minutes and serve with sliced cucumbers, carrots, cherry tomatoes, and crackers.

Tip: Add more olive oil or water to achieve desired consistency.

Where Does Lemon Come From?





Did You Know?

Lemons in Italy can grow to be the size of softballs, thriving in the warm climate and fertile soil. Most of the lemons sourced for our essential oil are from the island of Sicily. The essential oil comes from the peel of the fruit.

Lemon essential oil, like many citrus oils, is a byproduct of the fresh fruit industry. Fresh lemons that can't be sold to the market because of bruising or other aesthetic deficiencies are pressed for juice and essential oil, which are later separated. The juice and essential oil provide a dual use for leftover fruit.

Why Lemon?

The chemical constituent limonene plays a big part in the chemistry of your favorite essential oils—Lemon included. From its topical cleansing properties to its ability to support various bodily systems when taken internally, limonene has a lot to offer.* It's a cyclic monoterpene found in several essential oils, with especially high concentrations in citrus oils.

Limonene can be used as a surface cleaner. It may also help soothe the gastrointestinal system and support liver health. Toothpaste containing limonene may remove stains from tooth enamel, and experimental research has demonstrated that ingesting limonene may support the immune system.*



Tip:

Gratitude Morning Elixir

Start your day with a refreshing wellness boost by adding one to three drops of Lemon to a glass of warm water. This simple practice supports your digestion, promotes hydration, and provides a natural energizing lift—helping you start your day with vitality and focus.*

As you sip your Lemon-infused water, take a moment to reflect on what you're grateful for, embracing both physical and emotional wellness. It's a great way to double down on your health while cultivating a gratitude mindset throughout the holiday season!

Happy Thanksgiving Diffuser Blend

- 3 drops Lemon
- 4 drops Holiday Joy®
- 3 drops Clove



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Northern Escape

What's Northern Escape?

Northern Escape is a proprietary essential oil blend of Black Spruce, Siberian Fir,

Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki, Frankincense, Nootka, Cananga, and Clove.

How Do I Use Northern Escape?

Aromatically

Diluting Northern Escape is like taking a journey through the world's forests. Its fresh, green aroma creates a harmonious, peaceful atmosphere. Place a drop in your palm, rub your hands together, cup them over your nose, and take a deep breath to escape into the woods.

Topically

Several of the wood oils in Northern Escape are soothing to the skin, making it an elective topical option. Dilute it with Fractionated Coconut Oil for a relaxing and inspiring massage. Using Northern Escape topically also allows you to carry the soft, balancing scent of the forest with you all day.

When Should I Use Northern Escape?

Whenever you need a minute to yourself—to think and breathe—Northern Escape is the perfect product to rely on. As you breathe in its scent, the rush of everyday life is forgotten. Use Northern Escape whenever you or your family want a tranquil atmosphere.

With all its wood oils, Northern Escape is crisp and refreshing. Use it in your o&ce, kitchen, car, or anywhere else that a crisp, clean, and positive scent could freshen things up. Add a drop of Northern Escape to your lotion or body butter or to Fractionated

Coconut

Oil when you could use a balancing yet stimulating aroma while soothing your skin.



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DIY with Northern Escape: Foaming Hand Soap

Making your own foaming hand soap is surprisingly simple. You probably already have most of the ingredients! You can use any empty foaming hand soap dispenser you have lying around the house.

Ingredients:

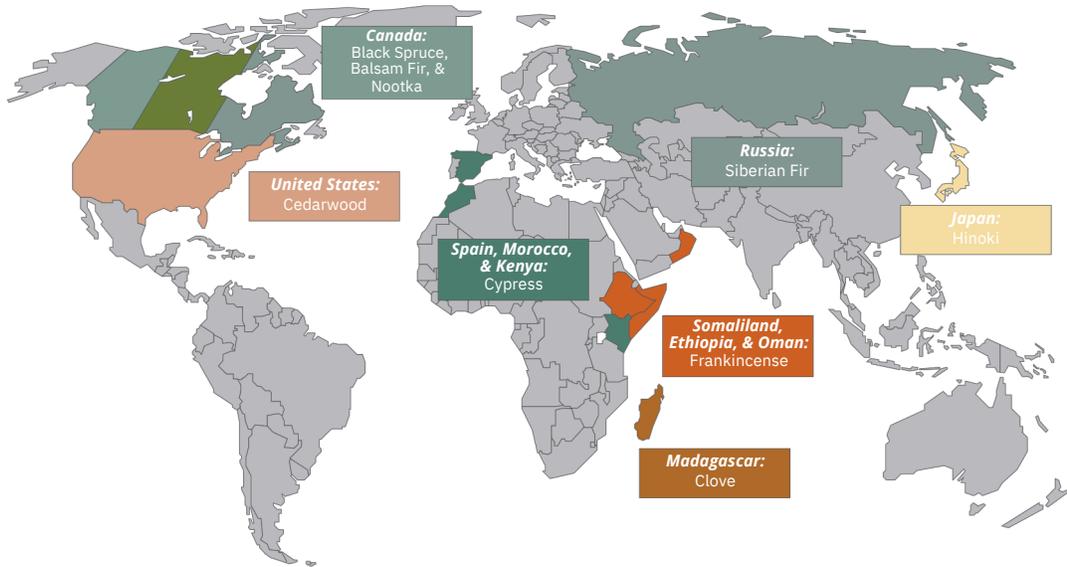
- 2 tablespoons unscented liquid Castile soap
- 1 tablespoon Fractionated Coconut Oil
- 10 drops Northern Escape Woodland Blend
- Water

Instructions:

1. Pour the Castile soap and Fractionated Coconut Oil into a bottle.
2. Add the Northern Escape drops.
3. Slowly add water to the bottle, making sure to leave room for the foaming pump.
4. Add the lid and shake.

When ready to use, pump one to two times into the hands and wash with warm water.

Where Does Northern Escape Come From?



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Did You Know?

In Kenya, cypress trees are grown in the Mount Kenya region because climate conditions are favorable. Cypress was introduced hundreds of years ago as a forestry crop meant to aid in reforestation efforts.

Because cypress grows well in the climate, the government encourages planting it. In fact, the government “rents” land to farmers in the Mount Kenya area for free while cypress trees are growing. The farmers benefit from free use of the land and the shade from cypress trees.

Learn about one Kenyan couple’s experience growing cypress [here](#).

Why Northern Escape?

Northern Escape is a blend of varied essential oils that are high in the chemical constituent a-Pinene and which are all known for their grounding, calming aromas.

Black Spruce: Offers a grounding, cleansing, and soothing scent and smells slightly sweeter than some other fir tree oils.

Siberian Fir: Creates a tranquil space and soothes the skin when applied topically.

Balsam Fir: Is known for promoting an uplifting, grounded environment.

Cedarwood: Creates a relaxing atmosphere and has a warm, woody, and somewhat balsamic aroma.

Cypress: Is often used in massages because of its many skin benefits and refreshing aroma and combines well with the other ingredients in Northern Escape, especially the floral oils: Lavandin and Cananga.

Lavandin: Has a sharper aroma than Lavender essential oil, which helps it blend seamlessly and effectively with conifer tree oils.

Cananga: Is closely related to Ylang Ylang essential oil and has a calming aroma and soothing effect on the skin.

Frankincense: Helps maintain healthy-looking skin when applied topically and has a contemplative aroma that has been used in meditative practices for centuries.

Nootka: Is named for the Nootka tribe who lived in an area called the Nootka Sound and has an overall grounding scent.

Hinoki: Provides a relaxing environment and is often used in personal care products and perfumes for its fresh and airy scent.

Clove: Adds a hint of warmth and spice that rounds out the entire essential oil blend into a familiar and welcoming experience.



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Tip:

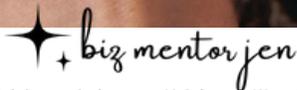
Drive Through the Forest

Place a few drops of Northern Escape on a cotton ball and rub it on the heating and air conditioning vents of your car. Anytime it's turned on, you'll get a fresh whiff of the forest. Leave the cotton ball in your center console compartment to strengthen the aroma when needed.

Mountain Breeze Diffuser Blend

- 4 drops Northern Escape
- 2 drops Eucalyptus
- 2 drops Peppermint
- 1 drop Lemon




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Purify

What's Purify?

Purify is a blend of Tea Tree, Lime, Lemon, Siberian Fir, Citronella, and Cilantro essential oils. The Cleansing Blend eliminates lingering odors without subjecting your family to potentially harmful, unnatural chemicals.

How Do I Use Purify?

Aromatically

Purify is a cleansing powerhouse—hence the name—which includes refreshing the air. The best way to employ its impressive abilities is through dilution. Pull out your favorite diffuser, add several drops, and press go. Purify is powerful, elective, refreshing, and airy. The enticing aroma of pine and citrus is a fan favorite!

You can also use it to conquer any nasty smells in your house: garbage cans, sink disposal, bathroom drains—you name it! Adding a few drops of Purify to a cotton ball and placing it in an air vent or drawer is another great way to enjoy the essential oil blend's benefits.

Topically

You can use Purify for its surface-cleansing abilities.

When Should I Use Purify?

When you get a whiff of foul odor, whip out your bottle of Purify. Whether you burned something in the kitchen or the car smells stinky, dilute Purify to eradicate the odor in a natural, safe way.

Use the essential oil blend when you're cleaning your home. It's great for countertops, floors, and other surfaces. For a simple cleaner, add several drops to a spray bottle with water or white vinegar.

Another fantastic time to get out your bottle of Purify is when you're doing laundry. Soak sweaty workout clothes and sports gear in a sink with several drops before adding a few more drops to the rinse cycle and washing.

BOGO 10
Purify



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DIY with Purify: Carpet Cleaner

Carpets make rooms comfortable and cozy, but they can be difficult to keep clean. This simple DIY employs the power of Purify and baking soda to keep your carpets fresh.

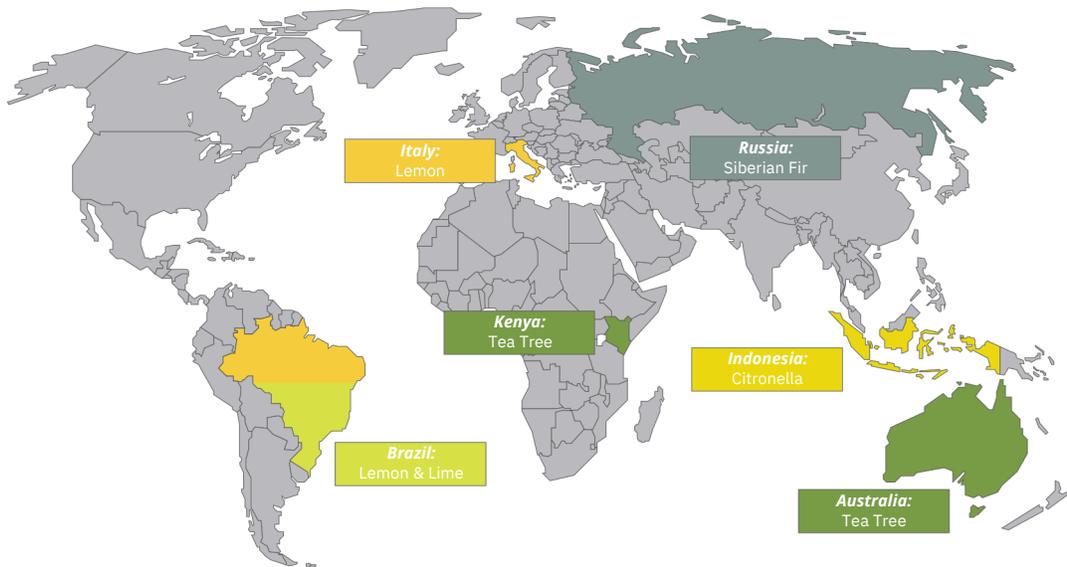
Ingredients:

- 2 cups baking soda
- Purify Cleansing Blend

Instructions:

1. Add Purify to the baking soda, stirring until combined.
2. Sprinkle the mixture over a carpet.
3. Let rest for one to two hours and then vacuum.
4. Store the remaining baking soda in an airtight container for future use.

Where Does Purify Come From?



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Did You Know?

Siberian Fir, one of the essential oils in Purify, is sourced from its native landscape in Siberia. The Siberian fir tree is a conifer, with soft, flat green needles. It can grow up to 115 feet tall and live up to 200 years, thriving in cold climates and moist mountain and river basin soil.

The essential oil is steam-distilled from the needles, which offer a strong aroma. Collectors gather the needles of logged trees and distill them using either their own distillation units or communal units in the forests.

Siberian Fir essential oil sourcing initiative supports these collectors and small-scale distillers—who can use the additional income to support their needs.

Why Purify?

The combination of essential oils Purify can naturally clean any surface and fill the air with a refreshing citrus and pine aroma.

Lemon: Freshens the air and cleanses most hard surfaces electively and naturally because of its significant limonene content.

Lime: Freshens the air and naturally cleans surfaces (like Lemon), thanks to its limonene content.

Siberian Fir: Has a unique chemical composition that's mainly bornyl acetate, which provides most of its benefits, including its refreshing, woody scent and calming aroma.

Citronella: Is good for cleaning surfaces in and outside the home because of its chemical components: citronellal and geraniol.

Tea Tree: Has over 90 different compounds, which gives it limitless applications, including its purifying properties, which is what it's best known for.

Cilantro: May provide surface-cleansing properties with linalool and trans-2-Decenal, its two main components.



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Tip:

Say Goodbye to Stinky Shoes

Place a few drops of Purify into your kids' (and maybe your own!) stinky shoes. You can also add the drops to cotton balls and place them in the shoes.

Clear Air Diffuser Blend

- 3 drops Purify
- 2 drops Pink Pepper
- 1 drop Green Mandarin



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BOGO 10
Purify



dōTERRA On Guard

What's dōTERRA On Guard?

dōTERRA On Guard Protective Blend supports healthy immune function when taken

internally.* It freshens the air and is a favorite for diluting thanks to its welcoming, spicy citrus aroma and many beneficial properties. It includes Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary essential oils.

How Do I Use dōTERRA On Guard?

Aromatically

Thanks to its warm and spicy aroma, dōTERRA On Guard is a great essential oil blend for diluting at home, school, and work. It refreshes the air and creates an upbeat, energized atmosphere.

Topically

When using dōTERRA On Guard topically, two of the best places to apply it are the spine and bottoms of the feet. Applying it topically can produce a gentle warming effect that feels especially nice during cold weather. For children or those with sensitive skin, dilute with a carrier oil like Fractionated Coconut Oil.

Internally

Preclinical studies suggest dōTERRA On Guard, when taken internally, may support healthy immune function, but more confirming clinical r

When Should I Use dōTERRA On Guard?

As the colder months approach, massage dōTERRA On Guard into your feet in the evenings. Put on socks or slippers afterward to increase absorption. After a warm bath or shower, you can also gently apply dōTERRA On Guard to the spine. This can be a wonderfully soothing ritual for children before bed.

Whenever you feel a little under the weather, take dōTERRA On Guard internally for extra support.* Just a drop or two is all you need! While many people love the taste of dōTERRA On Guard, you may prefer to take it in a Veggie Cap, because it does contain hot oils like Clove and Cinnamon Bark. Or you can dilute it by adding a drop to juice, water, or another beverage. You can always follow it with a sip of milk if the taste is still too strong.



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Another excellent time to use dōTERRA On Guard is when you're cleaning. The essential oil blend is highly cleansing and even degreasing. Add several drops to a spray bottle with water for a natural, elective all-purpose spray.

Dilute dōTERRA On Guard throughout your home for a welcoming, supportive, and inviting aroma. Try diluting it in the foyer as your kids come home from school or in the living room and kitchen when you're entertaining guests. Other great spots include bedrooms, bathrooms, and workspaces. It really does work everywhere!

DIY with dōTERRA On Guard: Pumpkin Smoothie

Fall in love with the flavors of fall by making this delicious treat that's infused with dōTERRA On Guard Protective Blend.

Ingredients:

- 1 cup almond milk (or milk of your choice)
- ½ cup pumpkin purée
- ½ cup vanilla yogurt
- 2 bananas, frozen
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie seasoning
- 2–3 drops dōTERRA On Guard Protective Blend
- 1 cup ice

Instructions:

1. Combine all the ingredients in a blender and blend until smooth.
2. If desired, top with whipped cream and sprinkle with cinnamon.

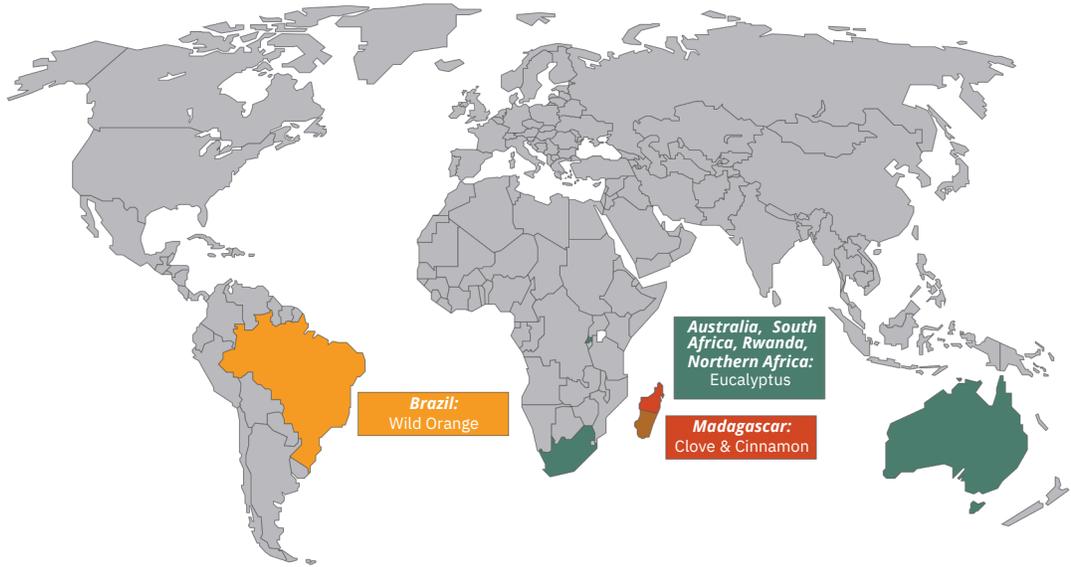
Tip: For a vegan recipe, replace the milk and yogurt with one can of coconut milk.



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Where Does dōTERRA On Guard Come From?



Did You Know?

Cinnamon Bark comes from the bark of cinnamon trees. The bark can be harvested year-round after it's matured for three years. The tree is cut, and the bark is peeled from the trunk and major branches. The tree can be regrown and, after reaching the right size, harvested again.

After the bark is harvested, it's dried in the sun and then steam-distilled to produce the essential oil.

Why dōTERRA On Guard?

While each of the essential oils in dōTERRA On Guard is impressive, they create a synergistic effect when brought together in this powerful and beneficial essential oil blend—the whole is greater than the sum of its parts!

Cinnamon Bark: Has been shown in experimental research to promote a healthy inflammatory response when taken internally.*

Wild Orange: Supports a healthy inflammatory response and promotes overall health.*

Eucalyptus: Has cleansing properties and freshens the air with an uplifting aroma.

Note: The type of Eucalyptus essential oil (Eucalyptus globulus) used in dōTERRA On Guard is different from dōTERRA Eucalyptus essential oil, which is a blend of multiple eucalyptus species and isn't meant for internal use.



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Rosemary: May support healthy respiratory function when taken internally* and may also enhance cleaning products.

Clove: Freshens breath and supports the cardiovascular system when taken internally, thanks to its powerful antioxidant properties.*



Tip:

Naturally Boosted Apple Cider

Add one drop of dōTERRA On Guard to your homemade apple cider or a warm cup of water with honey. Doing so enhances the festive flavor with a warming, spiced aroma and supports your immune system during the busy holiday season.*

Winter Ready Diffuser Blend

- 3 drops dōTERRA On Guard
- 2 drops Wild Orange
- 2 drops Frankincense




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Rose Touch

What's Rose Touch?

Rose Touch contains our pure Bulgarian Damask Rose essential oil with Fractionated Coconut Oil in a sleek roller bottle. An exotic and captivating fragrance, this product beautifies the skin and creates a peaceful space. This is arguably the most prized and precious essential oil in the world.

How Do I Use Rose Touch?

Aromatically

Sweet, beguiling, and unmistakably romantic, Rose is one of the most precious and sought-after essential oils globally. It takes an astonishing 10,000 rose blossoms to produce just 5 mL of our Rose essential oil.

But just a drop of Rose delivers a beautiful, soothing fragrance. To enjoy the aromatic benefits of Rose, roll your Rose Touch bottle on your wrists, rub them together, and inhale deeply. You can also apply Rose Touch to your neck and other areas of the skin where the fragrance can linger with you all day.

Topically

Prediluted with Fractionated Coconut Oil in a roller bottle, Rose Touch is ideal for topical use. Rose aids in balancing the skin's moisture levels, and because it has astringent qualities, it helps reduce the appearance of skin imperfections when applied topically.

Use Rose Touch on areas of concern twice daily to encourage an even skin tone and healthy-looking complexion.

When Should I Use Rose Touch?

Use Rose Touch when you're looking for a romantic aroma or personal fragrance. Its delicate, distinct floral sweetness is simultaneously subtle enough to use as a daily scent and enchanting enough to dazzle for special occasions. Combine it with Magnolia, Jasmine, or Neroli to add additional complexity and uniqueness to your signature scent.

Another elective time to use Rose Touch is during your nightly skin care ritual. After your cleanser, roll Rose Touch on your face, neck, and chest before applying your moisturizer. Enjoy both the skin benefits and balancing aroma before bed.



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Where Does Rose Touch Come From?



BOGO 12
Rose Touch

Did You Know?

More than 100 species of roses exist, but it's the Damask rose, or *Rosa damascena*, that's grown and distilled in Bulgaria for dōTERRA Rose essential oil. The Damask rose was first introduced to Bulgaria in the seventeenth century, and it's widely regarded as producing the highest quality rose oil.

To collect the essential oil as efficiently as possible and ensure farmers are paid fairly and on-time, dōTERRA recently built a rose distillery in Kazanlak named Terra Roza, as part of the dōTERRA Esseterre Bulgaria operation (headquartered in Dobrich). This facility began operations in May, just in time for the 2020 rose harvest.

Why Rose Touch?

Symbolic of love, beauty, and seduction, roses have been adored for thousands of years. Persians perfected the distillation of rosewater and rose oil during the Middle Ages, and rose became famous for its ability to improve the complexion throughout Europe, Asia, and the Middle East. Today, rose bushes are well-known ornamental plants, and rose oil graces high-end lotions, fragrances, cosmetics, and nutritional products.

Hundreds of rose species exist in the world. The Damask rose (*Rosa damascena*) originates from Asia and is one of the most desirable roses because of its superior fragrance, scarcity, and remarkable benefits. The scent of Damask rose is indulgent and creates a relaxing environment. It's also said to be rejuvenating.



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Tip:

Leave a Love Note

Show someone close to you how much you love him or her with a note or letter. And to make it extra special, roll a little Rose Touch on the note before you deliver it for a gorgeous aroma.

BOGO 12
Rose Touch



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