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March 2023

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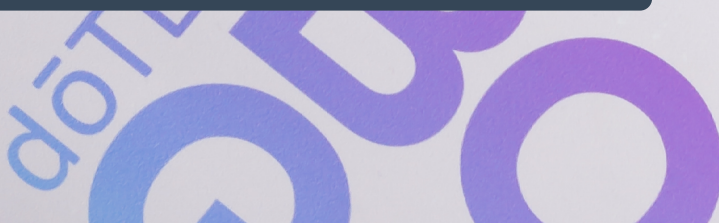




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Introduction

From single oils and blends to doTERRA Touch® roll-ons and specialized supplements, take a deep dive into nine of the most essential doTERRA products you can have in your home: **Cedarwood, Lavender, MetaPWR™, PB Assist+®, doTERRA Serenity® Restful Complex, Spearmint, TerraZyme®, doTERRA Touch® Vetiver, and doTERRA Touch® ZenGest®.**

In this eBook, you'll learn the what, when, where, why, and how of these dōTERRA products, plus get DIY ideas and tips for each one! Let's learn together and discover how these beautiful gifts of the earth can provide simple, naturally sourced solutions in your daily life.



Cedarwood

What is Cedarwood?

Steam distilled from the heartwood of the eastern red cedar tree, the tranquil and grounding qualities of Cedarwood essential oil make it one of the most versatile wood essential oils of all. Its aroma can be used to invite a forest-like freshness to any space through diffusion, or it can add a grounding dimension to any essential oil blend. Also a popular ingredient in perfumes, colognes, and body care products, Cedarwood also provides gentle benefits to the skin and can play an essential role in any skincare routine.

How Do I Use Cedarwood?

Aromatically

Diffusing Cedarwood throughout your home or office is the easiest way to enjoy the soothing aroma of this classic oil. Or, for an effective, passive freshener, add a couple drops of Cedarwood to a cotton ball and place inside of a drawer, gym locker, closet, or vent to help revitalize those spaces.

When worn on the skin, the aroma of Cedarwood essential oil blends with your personal chemistry to create a warm, inviting scent. Add a layer of complexity to any essential oil perfume or cologne blend by using Cedarwood as your base note.

Topically

Cedarwood oil is a superhero of skincare thanks to its unique chemical makeup. To take advantage of its gentle cleansing properties, simply add a drop in your daily face and body cleanser before washing. To help promote clear, radiant skin, add a drop of Cedarwood to your facial toner or moisturizer.

Cedarwood's comforting aroma also makes it an excellent massage oil. As a busy day comes to a close, apply a couple drops of Cedarwood to the bottoms of your feet for a comforting foot massage or combine with Fractionated Coconut oil to massage larger areas like the shoulders and legs.

When Should I Use Cedarwood?

Part of what makes Cedarwood essential oil so versatile is that it can be used at any time of day. Enjoy a calm, grounded atmosphere from morning until night diffusing Cedarwood wherever you are, whether you're hard at work or taking time to relax. Whenever a room or space is stuffy or in need of a refresh, use Cedarwood oil to clear the air.

Whether you prefer a morning or evening skincare routine, utilize the benefits of Cedarwood to help cleanse and promote clear, healthy-looking skin by adding a drop to your daily cleansers and moisturizers. However, we love to recommend a little extra self-care in the evening. Enrich a warm bath soak by adding a drop of Cedarwood to your hot water or massage a drop into the bottoms of your feet just before getting into bed.



Do It Yourself with Cedarwood: Sachet Diffusers

Having fresh-smelling clothes is a simple pleasure. Rather than using fresheners made with synthetic ingredients, we prefer these ultra-easy sachets using essential oils. The clear, woody aroma, Cedarwood essential oil is an ideal choice to help dispel unpleasant odours around your clothes.

DIY with Cedarwood: Reusable Dryer Sheets

Ingredients:

- 1 small sachet or cloth bag of your choice
- 5-15 drops Cedarwood essential oil
- 3-5 cotton balls

Instructions:

1. Add five drops of essential oil to each cotton ball (we suggest three to five) to infuse them with the aroma.
2. Place cotton balls into the sachet pouch.
3. Place the sachet diffuser in a sock drawer, coat closet, or gym bag to enjoy clothes that always smells fresh!

Where Cedarwood Comes From





Why Cedarwood?

Although it is not the most aromatically distinct of the wood oils, Cedarwood is one of the most useful. Due to its high content of the chemical constituent cedrol, Cedarwood possesses a grounding scent profile that stands on its own and blends beautifully with most other essential oils. High concentrations of the compounds cedrene and thujopsene allow Cedarwood to notably improve the appearance of the skin, making Cedarwood an ideal oil to use in skincare.



Tip: *Grounding Diffuser Blends*

Whether you're waking up a room with scents of citrus or want to impress with fragrant florals, include the warm, woody aroma of Cedarwood as a base note to invite the perfect grounding element when creating your own diffuser blend.



Lavender

What is Lavender?

Sourced in its native Europe, Lavender essential oil is distilled from the freshly harvested flowering tops of the true lavender plant (also known as English lavender) from farms in Bulgaria, France, and other areas of the world. Though often used at bedtime, Lavender creates an equally calming atmosphere during the day.

How Do I Use Lavender?

Aromatically

You can use Lavender aromatically the same way as any other essential oil aromatically. You can diffuse it, breathe it in, or enjoy it some other way. Put a drop on your pillow at night or use it to keep your linen closet smelling calm and fresh.

Topically

If used topically, Lavender can help keep the skin and scalp soothed and looking clean and healthy. You can apply it directly to your scalp, use a drop with your shampoo or conditioner, or run a drop through your hair, which also creates a lovely aromatic diffusion effect.

Lavender can soothe dry skin. Great for just about all things related to skin, Lavender can help maintain healthy-looking skin. You can apply it directly to targeted areas of the skin or dilute it if you'd like to increase absorption and reduce potential skin sensitivity.

Internally

When used in cooking, Lavender essential oil can add a unique and floral depth of flavour to dishes, especially to meats and fish, citrus beverages, and desserts. Start by adding one drop to spice up a recipe, and experiment with adding more drops for flavour to taste.

When Should I Use Lavender?

Lavender is one of those essential oils that's useful just about anytime, anywhere. Keep it on hand for occasional skin dryness or whenever someone's skin might need a little soothing.

Lavender is helpful in many daily routines. Use it topically as part of your morning or evening skincare. Use it both aromatically or for flavour at bedtime. Make a cup of Lavender tea, add a drop to a warm evening bath, or diffuse throughout the night. Lavender makes an excellent addition to children's nightly routines too. Give your child a gentle foot massage with Lavender and Fractionated Coconut Oil before bed and put a drop on his or her pillow to smell before drifting off to sleep.

Another great time to use Lavender essential oil is in the kitchen. Use in cooking to soften citrus flavours and add a delicious twist to marinades, baked goods, and desserts.

Do It Yourself with Lavender: After-Sun Soothing Spray

Sun exposure is good, but we all know it's nice to have a little skin-soothing after. The next time you've enjoyed some fun in the sun, try this after-sun soothing spray after. While this recipe includes Lavender, Tea Tree, and Peppermint essential oils for extra cooling and soothing power, you can make it with just Lavender, and it'll still provide all the skin-soothing benefits you need.



Ingredients:

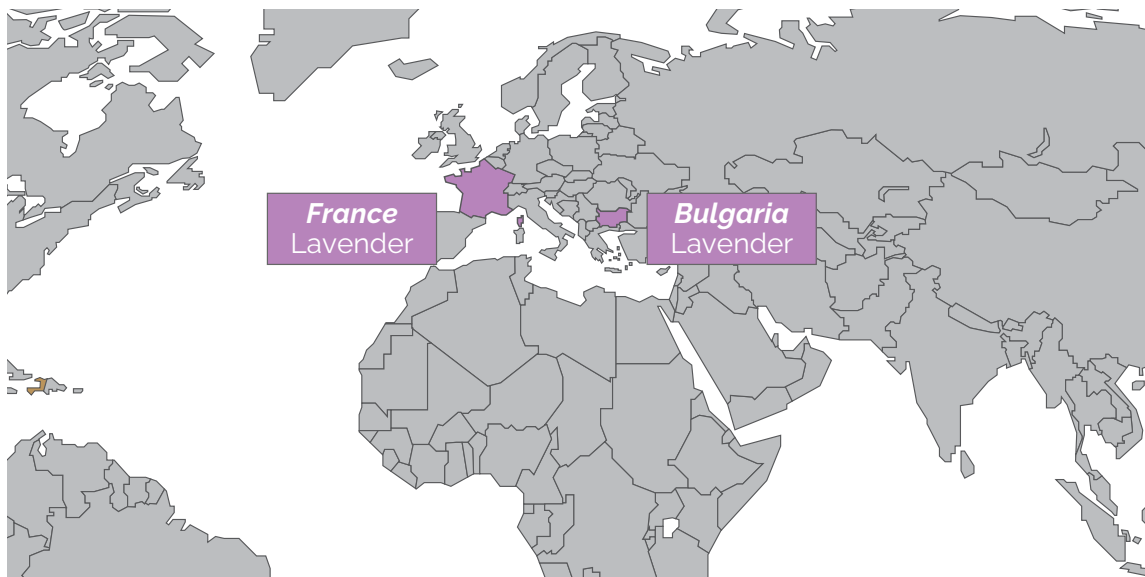
- 1 cup aloe vera juice
- ¼ cup Fractionated Coconut Oil
- 1 teaspoon vitamin E
- 8 drops Lavender oil
- 8 drops Tea Tree oil
- 8 drops Peppermint oil

Tip: You can find aloe vera juice at your local health food store.

Instructions:

1. Combine all the ingredients in a glass spray bottle.
2. Shake to combine.
3. Before each use, shake again to reincorporate all the ingredients. Spray onto your skin as needed and enjoy!

Where Lavender Comes From



Why Lavender

Linalool—one of the main chemical constituents of Lavender—is what gives this essential oil its floral scent and topical cleansing benefits. Lavender is also rich in linalyl acetate, which is also a large contributing factor to Lavender's classic, relaxing aroma we all know and cherish.



Tip: Hair, Skin, and Nails

Give your hair, skin, and nails the floral treatment with Lavender. Add a drop to your scalp and work it through your hair after showering. Use a drop with your favourite moisturizer and lotion each evening. And gently massage a small amount of Lavender into your eyebrows and nail beds a few times each week.



MetaPWR™

What's MetaPWR™?

Developed closely with doTERRA clinical researchers, MetaPWR essential oil blend contains expertly balanced ratios of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. Together, these five powerhouse oils create one of the most breakthrough blends in the doTERRA Collection, specifically intended for dietary use. While MetaPWR blend provides a unique, sweet taste, it also offers an energizing, inspiring scent that is ideal for regular aromatic and topical use.

How Do I Use MetaPWR™?

Aromatically

Nobody can resist the bright, stimulating aroma of the MetaPWR essential oil blend. Diffuse MetaPWR throughout your home, office, or workout space to surround yourself with a scent that is citrusy-yet-minty, spicy-yet-sweet, and altogether energizing as you make strides toward your personal goals. For a quick aromatic pick-me-up, simply breathe in the stimulating fragrance straight from the bottle at key points throughout your day.

Topically

To complement any massage, combine MetaPWR blend with your carrier oil of choice and rub gently into targeted areas of the skin such as the neck, shoulders, back, or feet. As you do, further empower yourself by holding strong self-affirmations in your mind and take deep breaths to enjoy the supportive aroma of MetaPWR.

Internally

One of the best things about MetaPWR is its unique and delicious taste. MetaPWR is an expert blend of all your favourite flavour profiles—citrus, spice, mint, and sweet. Enhance an ordinary glass of water with a drop of MetaPWR or add to your other favourite beverages and smoothies for a burst of refreshing flavour. A drop of MetaPWR also makes the perfect add-in to morning yogurt, oatmeal, or smoothie bowls.

When Should I Use MetaPWR™?

Because MetaPWR is specifically designed with dietary use in mind, it is easy to make it part of your everyday routine. Start your day on a sweet, delicious note by adding a drop or two to your morning smoothie or shake. Continue enjoying the refreshing taste of MetaPWR all day long by adding a drop to your daily water bottle for a flavourful boost as you crush those hydration goals.

MetaPWR essential oil blend also makes a great addition to your exercise routine, meditation, or yoga practice. Diffuse MetaPWR as you're exercising or practicing yoga to create a stimulating, uplifting atmosphere that sets the tone for a productive workout. Upon completing your exercise routine, treat yourself to a post-workout massage using MetaPWR as your massage oil of choice.



Do it yourself with MetaPWR: Tasty Tropical Smoothie

Send your tastebuds on a tropical island getaway with this tasty tropical smoothie flavoured with MetaPWR essential oil blend. With notes of fresh citrus and a hint of sweet spice, a glass of this blended bliss is sure to help you start your day with a smile.

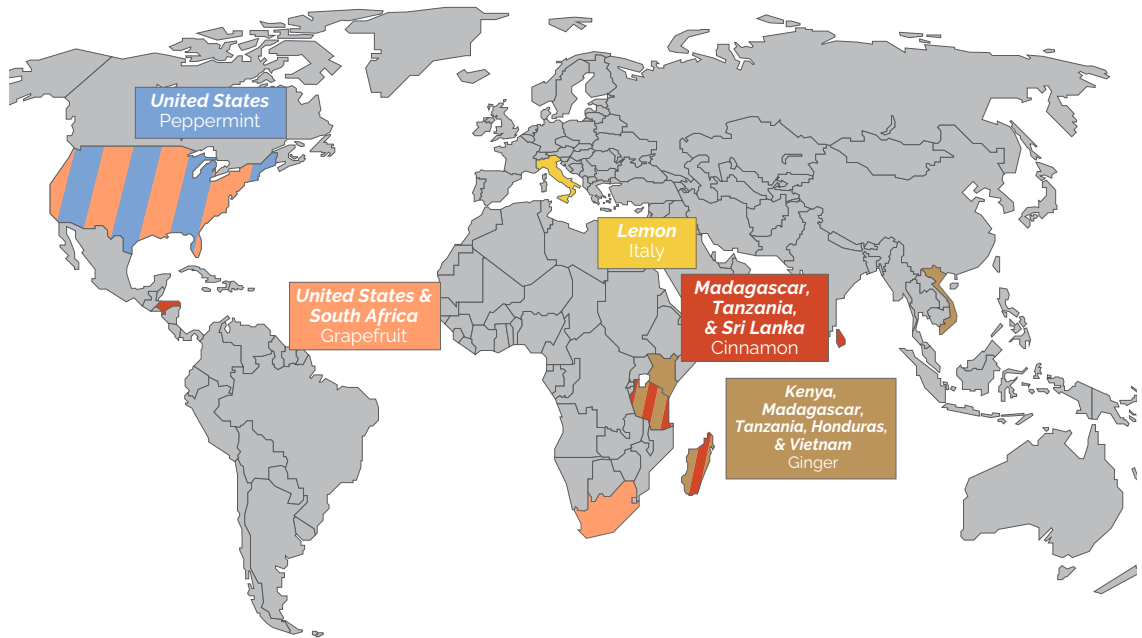
Ingredients:

- 1 cup unsweetened almond milk
- ½ cup frozen pineapple
- ½ cup frozen mango
- ½ cup coconut Greek yogurt
- 1 banana
- 1-3 drops MetaPWR essential oil blend

Instructions:

1. Add all ingredients to a blender. Blend well, pour in a frosty glass, and enjoy!

Where MetaPWR Comes From



Why MetaPWR?

Each of the five essential oils that makeup MetaPWR blend all have long histories in dietary use, specifically for their well-known flavours and distinct scent profiles. Grapefruit and Lemon are known for their bright, citrusy flavour and fragrance, often found in popular recipes and beverages. Peppermint, Cinnamon Bark, and Ginger really wake up the taste and scent of this blend, presenting a warm, unique dimension of flavour unlike any other doTERRA blend!



Why MetaPWR?

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Tip: *Water Warrior*

Add a drop of MetaPWR to your favourite reusable water bottle and drink up for a deliciously sweet flavour that quenches your thirst and helps you stay on top of your daily hydration goals. Keep a bottle handy so you can refill and replenish your water with the refreshing taste of MetaPWR anytime you need. • Eat a well-balanced whole-food diet.



PB Assist+®

What's PB Assist+®?

PB Assist+ is a naturally sourced probiotic supplement in a unique, timed-release, double-capsule delivery system. The outer vegetarian capsule protects the sensitive probiotic cultures from stomach acid, allowing the inner capsule to dissolve after passing through the stomach and deliver its probiotic package directly into the GI tract where they will do the most good for your body! The proprietary formula introduces six essential strains of probiotics to promote a favourable gut flora for long term support of your gastrointestinal health.

How Do I Use PB Assist+®?

Internally

It's recommended to take one-double layer PB Assist+ capsule three times daily with food for 10 days each month. Doing so helps promote a regular balance of favourable gut flora, which is supportive of overall intestinal/gastrointestinal health.

When Should I Use PB Assist+®?

PB Assist+ is designed to be taken with food. With a regular diet of three meals a day, you can take one PB Assist+ capsule at breakfast, lunch, and dinner. When you do, you not only get to enjoy a well-rounded diet of foods you love, but you also get the added benefit of knowing that you are supplying your digestive system with an added dose of support it needs to be in good health. For added probiotic support, consider adding foods that are rich in probiotics, like yogurt, kefir, miso, and kombucha to your diet.

Why PB Assist+®?

Your gastrointestinal (GI) tract is responsible for digesting and absorbing the nutrients in the foods you eat, while also helping eliminate waste products from your body. A healthy intestinal tract is critical for optimal digestive function and your overall wellness! Probiotics play an important role in keeping the intestinal tract balanced and working at its best. PB Assist+ is a convenient, effective, and naturally sourced probiotic option that supports the important function of your gastrointestinal tract for good overall intestinal health.



Tip: *Keep it in the Kitchen*

It's a good idea to keep PB Assist+ in the kitchen so you can easily reach for its gastrointestinal support as you sit down and enjoy your favourite meals. We recommend keeping it at the front of your supplements cabinet or on the counter beside your sink, fruit bowl, or blender for easy access when you are food-prepping or grabbing a snack for on-the-go.



doTERRA Serenity® Restful Complex

What is doTERRA Serenity® Restful Complex?

doTERRA Serenity Restful Complex is a specialty supplement designed to support healthy sleep practices. Encapsulated in a vegetarian softgel, this unique, proprietary formula combines Lavender essential oil with L-Theanine and melissa (lemon balm), passionflower, and chamomile to create a naturally sourced sleep aid that promotes relaxation when you need it most.

How Do I Use doTERRA Serenity® Restful Complex?

For best results, adults should take two (2) softgels per day, thirty minutes before going to bed.

When Should I Use doTERRA Serenity® Restful Complex?

doTERRA Serenity Restful Complex goes hand in hand with your regular nighttime routine. About a half hour before you turn in for the night, take two softgels as recommended. Making this the first step in your bedtime ritual is an excellent way to set a restful trajectory for the rest of the evening while you fill the next thirty minutes with intentional actions of peace, self-care, and relaxation.*

Why doTERRA Serenity® Restful Complex?

Sleep plays a critical role in your overall wellness. During sleep the body is hard at work rebuilding and maintaining its many systems and functions, preparing for a new day of activity and learning. In short, without proper rest, your body has a harder time supporting you in all the things that you need to live a happy, healthy life! That is why it is especially important to prioritizing getting enough high-quality sleep every night.

When trying to improve your bedtime experience, you can rest easy knowing you are using a naturally sourced sleep aid with doTERRA Serenity Restful Complex. Trusted ingredients like Lavender essential oil and naturally sourced plant extracts work in peaceful synergy to gently encourage relaxation from the inside.



Tip: *Sweet Serenity Dreams*

Elevate your bedtime routine by using the complementary benefits of both doTERRA Serenity Restful Complex and doTERRA Serenity® essential oil blend in harmony.

Thirty minutes before bed, take your doTERRA Serenity Restful Complex softgels with a glass of water and press 'Start' on your diffuser with a few drops of doTERRA Serenity oil inside to create the perfect restful environment. We recommend keeping your bottle of softgels next to your nighttime diffuser to make remembering easier!



Spearmint

What is Spearmint?

Though related Peppermint, Spearmint essential oil is chemically distinct and contains only a hint of the menthol that dominates Peppermint's flavour. Spearmint is a milder and sweeter mint—a great topical option for children or those with sensitive skin. This refreshing herb is used as a classic flavouring worldwide.

How Do I Use Spearmint?

Aromatically

The aroma of Spearmint essential oil is fresh and cool, yet soft and delightfully sweet. Diffuse Spearmint at home or work, enjoy its scent straight from the bottle, or use it in a room spray to refresh the air and uplift the atmosphere of any space.

Topically

One of the most effective ways to enjoy the benefits of Spearmint is to use it topically. During a long day of work or study, try applying a small amount to your temples and the back of your neck. If desired, dilute with Fractionated Coconut Oil to minimize potential skin sensitivity, as well as increase absorption. Diluting Spearmint will also help its scent and cooling sensation linger longer on your skin.

Another powerful topical use of Spearmint is oral care. Spearmint essential oil is commonly used in dental products because of its gentle cleansing properties and promotion of fresh breath. Add a drop to your toothbrush or toothpaste before brushing your teeth for a minty boost. You can also add a couple drops to a small glass of water for a refreshing mouthwash.

Internally

Because of its distinctly sweet, minty taste, Spearmint can be used to flavour desserts, smoothies, and other favourite recipes. Add a drop of Spearmint in a beverage like water, tea, coco, or coffee for a refreshing flavour, or add to heartier dishes and sauces for a unique and delicious flavour profile.

When Should I Use Spearmint?

Spearmint is perfect for diffusing anytime you want to create an atmosphere that's fresh and welcoming. Spearmint's cool aroma is helpful in places like the kitchen or bathroom, which also makes it a perfect choice to use while cleaning these rooms. You can add a few drops to a spray bottle with water to make your own effective surface cleanser. To up its cleaning power, add some Lemon or Lime as well. The minty citrus scent will leave your home smelling amazing and clean!



Morning and night, employ Spearmint during your oral care routines. Swish a drop or two in your mouth with water for fresher breath and supportive cleansing benefits. Or just put a drop on your toothbrush each morning or evening when brushing.

When you could use an extra dose of a sweet, comforting aroma, such as after a large meal, try massaging Spearmint on the abdomen in gentle circles.

Do It Yourself with Spearmint: Citrus and Spearmint Garbage Disposal Refreshers

No one likes a smelly garbage disposal. These citrus and Spearmint garbage disposal refreshers clean and deodorize your disposal in one easy use. You'll be wishing you'd known how to make them sooner!

Ingredients:

- 2 cups baking soda
- 1 cup salt
- ½ cup water
- ¼ cup liquid Castile soap
- 15 drops at dōTERRA citrus oil
- 15 drops Spearmint oil

Instructions:

1. Combine the baking soda and salt in a bowl.
2. Add the Castile soap and essential oils to the mixture.
3. Add water, one tablespoon at a time, while stirring until it has the consistency of damp sand. (It should stay together when you press it. If you add too much water, include more baking soda and salt until the consistency is right.)
4. Pack the mixture tightly into a small silicone mold. If you don't have a silicone mold, grab a tablespoon measuring device and scoop packed spoonfuls onto parchment paper.
5. Let the mixture dry for 24 hours or until hard.
6. Put into a glass jar and use the next time you're doing dishes. Place one or two refreshers into the garbage disposal and turn it on.



Where Spearmint Comes From



Why Spearmint?

The chemistry of Spearmint and Peppermint essential oils is distinct in a number of ways, meaning their benefits are distinct as well. One of Spearmint's primary constituents is limonene, which is responsible for many of the powerful cleansing benefits of citrus oils and does not exist in high quantities in Peppermint.



Tip: *Spice Things Up with Spearmint*

Spearmint is popular as a seasoning in marinades, desserts, candy, condiments, and summertime drinks like mint lemonades and mojitos. Try adding it to your own recipes for a refreshing change in flavour.



TerraZyme®

What is TerraZyme®?

TerraZyme is an essential dōTERRA daily supplement that targets and supports healthy digestion. Each serving delivers a curated blend of digestive enzymes that are often deficient in our modern diets of heavily cooked and processed foods. The enzymes present in this supplement specifically aid in the proper digestion of proteins and carbohydrates, help prevent gastrointestinal intolerance of certain compounds found in those foods, and help reduce gas production. Meanwhile, naturally sourced peppermint leaf, ginger, and caraway seeds offer the additional support you need to always enjoy the foods you love.

How Do I Use TerraZyme®?

It is recommended to take one to three TerraZyme capsules with meals throughout the day. As a good rule of thumb, if your meal includes lots of fresh vegetables or raw, uncooked foods, take only one capsule. If your meal includes cooked or processed foods, very rich or carb-heavy foods, or food products known to cause specific GI discomfort, take two to three capsules with your meal.

When Should I Use TerraZyme®?

TerraZyme should be taken with your first bite of food or shortly before eating. It's a good idea to make a habit of taking TerraZyme capsules before sitting down to the dinner table. This way, once the meal begins, all you have to think about is enjoying your food.

It's especially important to take TerraZyme whenever you are eating food prepared outside your home, such as going out to eat at a restaurant or grabbing something to-go for lunch. To make sure you are never without the digestive support you need, keep a bottle in your bag or purse for easy reach.

Why TerraZyme®?

The goal of any diet is to nourish your body so it can support you in living your best, healthiest life. However, you still want to be able to enjoy the foods you love to eat! TerraZyme is designed to help supplement your diet with important enzymes your body needs to digest carbs and proteins, meaning you can better enjoy your favourite meals more fully from start to finish.



Tip: *Bon Appétit*

Regardless of your specific food choices, taking at least one TerraZyme capsule daily with breakfast is a great way to provide your body with proactive digestive support.



doTERRA Touch® Vetiver

What is doTERRA Touch® Vetiver?

Steam distilled from the roots of the tall, thick Vetiver grass, doTERRA Touch Vetiver delivers the same treasured benefits as the 15 mL Vetiver essential oil, now beautifully purposed as a doTERRA Touch® 10 mL roller. With its smooth, gliding applicator, you can directly apply Vetiver essential oil to the skin with no mess, plus enjoy the moisturizing and absorption-boosting benefits of Fractionated Coconut Oil.

How Do I Use doTERRA Touch® Vetiver?

Aromatically

With an aroma that is celebrated worldwide for grounding and calming qualities, Vetiver essential oil is well deserving of nicknames like “fragrance of the soil” and “oil of tranquility.” You can enjoy doTERRA Touch Vetiver by taking a long, centering breath with the applicator directly beneath your nose, or you can wear it directly on your skin like a perfume to savour its soothing, grounding scent throughout your entire day.

Topically

doTERRA Touch Vetiver makes it easier than ever to take advantage of the remarkable topical benefits of Vetiver essential oil. Apply this precious oil to clean, targeted areas of the skin as a regular step in your nighttime or skincare routine. The Fractionated Coconut oil base helps moisturize and hydrate the skin while the Vetiver absorbs and further conditions your skin for a nourished, healthy-looking radiance.

Because doTERRA Touch Vetiver glides smoothly on the skin, you can easily apply it to the bottoms of your feet for a truly tranquil aroma as you prepare for bed or roll a generous application over your neck and shoulder as part of a nurturing massage at the day's end.

When Should I Use doTERRA Touch® Vetiver?

doTERRA Touch Vetiver has a special place in your regular bedtime routine. As you start winding down for the evening, roll doTERRA Touch Vetiver onto your wrists, temples, neck, or feet to support a calming atmosphere that helps set the scene for a good night's sleep.

The grounding properties of this oil also make it well suited for morning affirmations or afternoon meditations. As you center your thoughts and create a few minutes of stillness, invite the scent of doTERRA Touch Vetiver by holding the bottle in hand or apply gently to your pulse points to enjoy while you practice deep breathing.



Where doTERRA Touch® Vetiver Comes From



Why doTERRA Touch® Vetiver

Due to its high concentration of the chemical constituents carvone, isovalencenol, and khusimol, Vetiver brings a deeply earthy, grounding aroma that sets it apart from other root essential oils. Because of the clean, portable doTERRA Touch® design, you never have to go without the extraordinary benefits of Vetiver essential oil. Now prediluted in a base of Fractionated Coconut Oil, children and those with skin sensitivities can also more easily enjoy the enriching topical benefits of doTERRA Touch Vetiver.



Tip: *On-The-Go with Vetiver*

Take your skincare routine on-the-go by keeping doTERRA Touch Vetiver in your pocket or purse for easy access to its topical benefits when you're out and about. doTERRA Touch Vetiver is also the perfect companion to have by your side during busy work afternoons or after exercising. Keep in your gym bag for quick access to its soothing topical benefits as a part of an indulgent post-workout massage.



doTERRA Touch® ZenGest®

What is doTERRA Touch ZenGest®?

doTERRA ZenGest® essential oil blend is a proprietary formula that is sweet, minty, and supportive. The blend combines Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Anise essential oils to create an aromatic companion that's perfect for mealtimes and travel. doTERRA Touch ZenGest delivers this classic blend in a 10 mL doTERRA Touch® roller bottle and a base of Fractionated Coconut Oil, making it even easier to enjoy the benefits of ZenGest on the go and on your skin.

Unrivaled in its scent and targeted applications, we consider doTERRA Touch ZenGest a true doTERRA essential.

How do I use doTERRA Touch ZenGest®?

Aromatically

With its portable size and spill-resistant design, you can take the sweet, minty aroma of doTERRA Touch ZenGest and create a calming atmosphere anywhere. Roll it onto your wrists or your temples for an invigorating fragrance, even while in motion such as during busy days and long car rides. You can also simply untwist the cap and enjoy periodic breaths directly from the bottle whenever you feel the need, without worrying about spills!

Topically

doTERRA Touch ZenGest is designed to specifically target the topical potential of doTERRA ZenGest. When applied to the skin, this blend provides a gentle cooling sensation that can be both pleasant and comforting. Whether before mealtimes, after eating, during travel, or anytime in between, you can roll a generous amount onto your stomach to infuse a comforting massage with its soothing scent and topical effects.

To best experience the minty topical properties of doTERRA Touch ZenGest, you can also apply it to your neck, temples, and shoulders to enhance a massage of those areas.

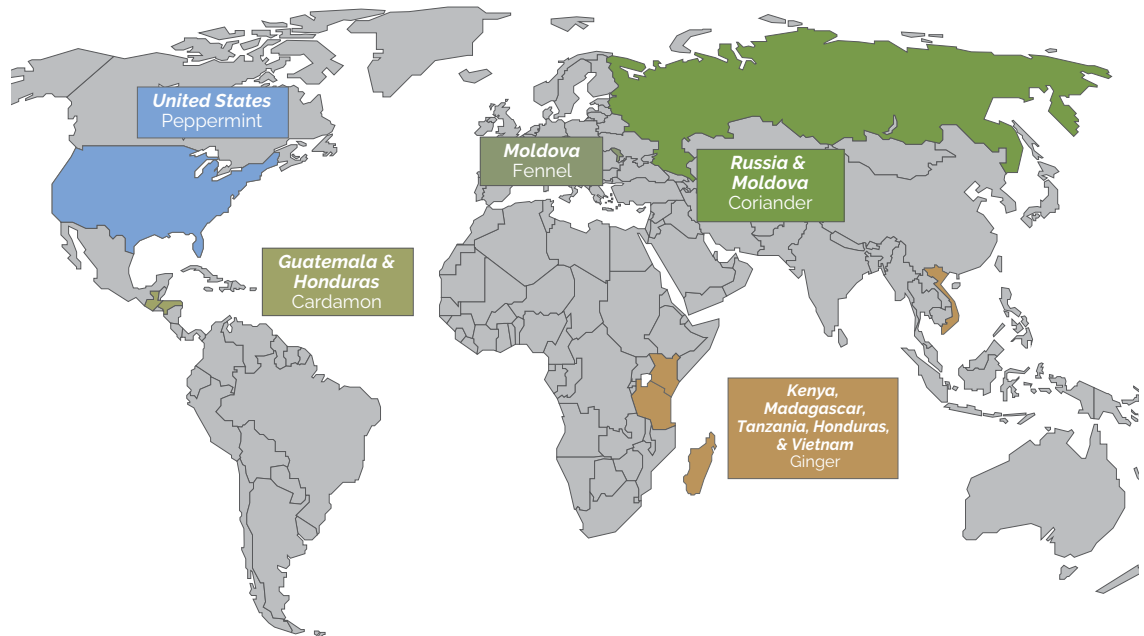
When Should I Use doTERRA Touch ZenGest®?

Travel and doTERRA Touch ZenGest go hand and hand. Whether you're traveling by plane or car, keep a bottle in an accessible location so its supportive aroma is always within reach. When flying, apply doTERRA Touch ZenGest to your temples, neck or stomach and treat yourself to a gentle self-massage before or during the flight as a simple ritual to make your travel time more pleasant.

With its soothing topical benefits and scent, doTERRA Touch ZenGest is like the icing on the cake after eating a large meal. Simply roll doTERRA Touch ZenGest onto the stomach to enjoy a comforting aroma during an after-dinner abdominal massage.



Where doTERRA Touch ZenGest® Comes From



Why doTERRA Touch ZenGest®?

Curated with the distinct, comforting aromas of Peppermint and other well-known spices, doTERRA Touch ZenGest provides perfect balance of minty, sweet, and soothing scents. The base of Fractionated Coconut oil creates a moisturizing experience when you use doTERRA Touch ZenGest topically. It also allows the essential oils in the blend to absorb more evenly and effectively into the skin while also providing a gentle buffer for those with more sensitive skin.



Tip: *Go Far with ZenGest*

Whenever you travel, make sure you're equipped with the support tools you need by packing doTERRA Touch ZenGest. Especially travel schedule becomes a little too fast paced for your liking, slow down, pause, and apply doTERRA Touch ZenGest to your temples or wrists and inhale deeply for a comforting aroma before your next destination.