



It's a match!

27-31 March 2023*



*Only available while supplies last

Some oils just go further together! Here at dōTERRA we have paired up oils and blends especially for you that complement and enhance each other, helping to create wonderful synergies. Explore this booklet and learn more about how you can integrate these products into your routine.

BUY Valerian* (15 ml), **GET** Copaiba Touch (10 ml)

BUY dōTERRA Serenity™ (15 ml), **GET** dōTERRA Balance™ (15 ml)

BUY On Guard™ Touch (10 ml), **GET** Caraway* (5 ml)

BUY Deep Blue™ (5 ml), **GET** Peppermint (15 ml)

BUY Roman Chamomile (5 ml), **GET** Tulsi (5 ml)

**Limited Time Offer Product*

The BOGO Bag is Back!

You can shop offers individually, or add the BOGO Bundle to your shopping cart to receive all of the pairings complete with a dōTERRA Branded Bag*! It's one swift click to get all the offers at once – you don't need to add the individual pairings to your shopping cart.

This stylish two-tone bag with gold zip detail includes an insert pouch that can hold four essential oil bottles securely. Remove the insert pouch to store a compact range of bottles, roll-ons or travel size products.

*The dōTERRA Branded Bag is not available for individual sale and is only available with purchase of the BOGO Bundle. Dimensions 17cm x 11 cm x 8 cm (L x H x W).



Valerian* & Copaiba Touch™

**Limited Time Offer Product*

From morning until night, this pairing will work to soothe, balance and support you. Available for the first time in Europe, Valerian is an essential oil known for its relaxing properties and can be used to help calm the body and mind before bedtime. The soothing and calming properties of Copaiba have endless applications and benefits. Enjoy its easy-to-apply Touch format to promote a clear, smooth complexion.

Sourcing Valerian

In co-operation with farmers, distillers and scientists, dōTERRA has discovered the best way of extracting the most potent and pure Valerian essential oil. Learn more about the impact Valerian essential oil is having in the rural area of Guizhou, China.



Watch Valerian Sourcing Video

RELAXING

HARMONY

SOOTHING



The Impact of Copaiba

By sourcing Copaiba in the state of Amazonas in Brazil, dōTERRA supports the livelihoods of 3,000 harvesters. Besides providing fair and reliable pay, dōTERRA Healing Hands™ has also funded several projects in the region:

In 2019

Established a dental clinic for 350 residents of seven remote Copaiba-harvesting communities.

In 2020 and 2021

Support for local hospitals and healthcare units as well as basic needs for families and individuals during COVID-19.

dōTERRA Serenity™ & dōTERRA Balance™

Sleep and rest are often overlooked as one of the main pillars of a healthy lifestyle. They require time and a consistent routine. dōTERRA Serenity™ & dōTERRA Balance™ provide dynamic support to create an environment where you can give your body and mind a chance to repair and renew. Enhance your bedtime routine with a few drops of dōTERRA Serenity and use dōTERRA Balance to start the day feeling grounded and in harmony.

Inside dōTERRA Balance™

Fractionated Coconut Oil	Blue Tansy
Spruce Leaf	Blue Chamomile
Ho Wood	Osmanthus
Frankincense	



REST

Inside dōTERRA Serenity™

Lavender	Vetiver
Cedarwood	Madagascar Vanilla
Ho Wood	Hawaiian Sandalwood
Ylang Ylang	
Marjoram	
Roman Chamomile	

Try this!

Reset & Restart
2 drops Wild Orange
2 drops dōTERRA Serenity™
2 drops dōTERRA Balance™



On Guard™ Touch & Caraway*

**Limited Time Offer Product*

Make it a habit to reach out for dōTERRA essential oils when you need support! On Guard™ Touch is perfect for both children and adults and can be applied topically to the chest and bottoms of feet when you feel like you need an extra protective boost, and to experience its energising, uplifting aroma.

Caraway has been historically used for its health benefits, with its two main chemical constituents being limonene and carvone.



Inside On Guard™ Touch

Fractionated Coconut Oil
Wild Orange
Clove
Cinnamon
Eucalyptus
Rosemary

WELLBEING

Caraway Works Well With

Cardamom, Coriander, Spearmint, Fennel and Peppermint

Did you know...

dōTERRA's Caraway essential oil is sourced in Finland.



Learn more about Caraway by watching this video



Deep Blue™ & Peppermint

Your body is made to move. Regular exercise strengthens the muscles and supports all body systems. Deep Blue™ can support the recovery period and ease feelings of tension. Peppermint is a powerful and energising essential oil with countless applications and a high menthol content; its cooling properties make it a key component of the Deep Blue blend.

Choco-Peppermint Protein Smoothie

235 ml coconut water or almond milk
1 scoop of a chocolate-flavoured protein mix of your choice
1 drop Peppermint essential oil
Ice (as desired)
Blend all ingredients until smooth



Learn more about Peppermint by watching this video



RELIEF



REFRESHING

When to use Deep Blue™ (5 ml)

For a long-lasting, deeper sensation, choose Deep Blue™ to soothe tired muscles after exercise or a long day. It is used during the soothing phase of the AromaTouch Technique™ because of its immediate tingling and cooling effect on the skin. We recommend using the 5 ml oil to provide a more intense sensation.

COMFORT

Roman Chamomile & Tulsi

The calming properties of Roman Chamomile and Tulsi (Holy Basil) make this duo the perfect company when coming home after a long, busy day. Sweet and floral, Roman Chamomile is a great addition to your bedtime routine, as well as your skincare and haircare routine. Consider adding a few drops to your shampoo or conditioner. Tulsi, the Queen of Herbs, is warm and comforting; use it to wind down and rest. Apply topically to keep the appearance of skin clean and healthy.

Sourcing Tulsi (Holy Basil)

dōTERRA sources Tulsi from India and works with approximately 5,000 harvesters and 10-12 distillers.



Try this!

Quiet & Comfortable
3 drops Tulsi
3 drops Clary Sage
2 drops Bergamot

TRANQUILLITY



GLOW



ENGAGING

Bedtime Bath Salts

250 g Epsom salts
30 ml Fractionated Coconut Oil
5 drops Roman Chamomile
5 drops Lavender

Instructions:

1. Combine the Epsom salts, coconut oil and essential oils
2. Mix well and use up to 150g for a relaxing bath before bedtime

Tip: Allow mixture to dissolve before getting into bath water.

dōTERRA™ | EUROPE



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dōTERRA Essential Oils Europe

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dōTERRA UK Office, Altius House, 1 North Fourth Street, Milton Keynes, MK9 1DG, United Kingdom | doterra.eu
dōTERRA Global Limited, 32 Molesworth Street, Dublin 2, Ireland

