

# BEDTIME BLISS

## *Wellness Box*







We all crave that feeling of a restful night's sleep - sometimes, we just need a little help to get there.

Don't worry, the Bedtime Bliss Wellness Box will give you the help you need!

This box of oils has just the right products to support a beautiful bedtime routine.

*Rest, rejuvenate, and take on the world!*

Not sure where to start? Then simply follow the comprehensive, easy to use Bedtime Bliss night time routine - all laid out for you on the enclosed Wellness Card which makes chasing those full eight hours - you guessed it - a dream!

Sit back, relax and experience our go to oils for a unique pre-bed wind down! Keep this e-guide handy for all the ways to use the oils in this wellness box.









# LAVENDER PEACE

doTERRA Lavender Peace Restful Blend has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced blend includes essential oils renowned for their soothing and calming properties. Cedarwood, Ho Wood, and Vetiver essential oils give doTERRA Lavender Peace a grounding and soothing aroma for a relaxing environment.

## Uses

- Diffuse at night to create a calming environment.
- Massage onto bottoms of feet at bedtime to help unwind before going to sleep.
- Inhale directly from hands or diffuse throughout the day for a soothing and calming aroma.
- Apply 1–2 drops to the back of the neck or on the heart to help promote feelings of calmness and peace.





Begin your night-time ritual with 2-3 drops in your diffuser to promote a calm, relaxed environment. Add 2-3 drops to your warm bath with Epsom salts to create a relaxing, renewing experience. Apply 2-3 drops to the back of the neck or the heart, then inhale the excess from your palms to quiet the mind and calm your emotions before a tranquil sleep.

## DIFFUSER BLENDS

### Relaxed Breath

3 drops Lavender Peace  
3 drops Easy Air  
2 drops Cedarwood

### Hit the Hay

2 drops Lavender Peace  
2 drops Cedarwood  
2 drops Vetiver

### Fairy Dreams

2 drops Lavender Peace  
2 drops Balance  
2 drops Purify

### Liquid Calm

2 drops Lavender Peace  
2 drops Balance  
2 drops Vetiver





# BALANCE

The warm, woody aroma of doTERRA Balance Grounding Blend helps create a sense of calm and relaxation. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance to help promote tranquility and relaxation. Spruce, one of the oils in doTERRA Balance, was used by Native Americans and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile aromas can provide a sense of calmness, while Frankincense aroma has grounding and balancing properties.

## Uses

- Begin your day by putting doTERRA Balance on the bottom of your feet to help promote a sense of calmness and tranquility to your day.
- doTERRA Balance is a great oil blend to use during an AromaTouch Hand Massage.
- Apply to your wrists or neck.
- Diffuse in your car during road trips to create a calming, soothing aroma.





A good night's rest begins with a calm and care-free day. Apply Balance to the bottom of your feet to promote feelings of calmness and tranquility throughout the day. Begin the calming process after dinner by adding 1-3 drops to your diffuser.

## DIFFUSER BLENDS

### Compose your Calm

3 drops Lavender Peace  
2 drops Balance  
2 drops Wild Orange

### Stress Less

2 drops Balance  
2 drops Vetiver  
2 drops Lavender

### Calm and Life

2 drops Balance  
2 drops Peppermint  
2 drops Coriander

### Meditation

3 drops Balance  
3 drops Cedarwood  
1 drop Siberian Fir







# BALANCE SHOWER TABLETS

Bath bombs have been all the rage recently, but if you prefer showers to baths, this DIY is for you. These grounding shower tablets add a luxurious aromatic experience to your shower and are easy to make.

Keep a stash of these tablets in your bathroom for easy access the next time you need some balance.

## Ingredients

- 1 ½ cups baking soda
- 15–20 drops doTERRA Balance
- ½ cup water

## Instructions

- Combine baking soda and water in a bowl and mix well.
- Add 15–20 drops of doTERRA Balance depending on your preferred potency and mix again.
- Using a spoon, tightly pack mixture into small silicone moulds and let dry overnight.
- To use, place one or two tablets in the back of your shower. (For best results, find a spot away from the direct flow of water).
- Allow tablets to dissolve gradually and release the calming aroma of doTERRA Balance.





# CEDARWOOD

Known for its rich hue and warm, woody scent, Cedarwood essential oil provides a myriad of benefits. It is native to cold climates, thriving in high altitudes and growing up to 100 feet. Reminiscent of its size and strength, Cedarwood has a grounding aroma that evokes feelings of spiritual and emotional wellbeing. When applied topically, Cedarwood has clarifying properties. Additionally, Cedarwood is frequently used in massage therapy to help soothe the body during a relaxing massage.

## Uses

- After a difficult day, diffuse to create a relaxing environment.
- During your facial routine, add one to two drops to your facial toner or moisturiser to help promote clear, healthy looking skin.
- Place a drop on a cotton ball and place in closet to freshen the smell.



# DIFFUSER BLENDS

## Ocean Breeze

3 drops Cedarwood  
2 drops Lemon  
2 drops Rosemary

## Out like a light

2 drops Cedarwood  
2 drops Lavender  
2 drops Vetiver

## Room Freshener

2 drops Cedarwood  
2 drops Tea Tree  
2 drops Wild Orange

## Stress Away

2 drops Cedarwood  
2 drops Lavender  
2 drops Frankincense

## Citrus Dreams

2 drops Wild Orange  
2 drops Frankincense  
2 drops Cedarwood

## Elevate

4 drops Cedarwood  
3 drops Lavender  
2 drops Frankincense







# SOURCING CEDARWOOD

doTERRA Cedarwood is distilled from the wood of the hardy Red Cedar tree, which reaches heights up to 100 feet and thrives under difficult conditions. The aromatic, brownish-red wood is a remarkable material with powerful properties that come from tree's essential oil content. Red cedar is purifying to the air and repels moths. Like the resilient tree it comes from, Cedarwood essential oil evokes feelings of stability, determination, and vitality.

doTERRA sources its Cedarwood essential oil from South-Eastern USA. doTERRA's Cedarwood is made from by-products of the lumbar industry, making it a waste-free sustainable sourcing option.

Approximately 225g of Cedarwood is used to produce a 15ml bottle of essential oil.





# DEEP HAIR CONDITIONER

Dry, damaged hair? Millions of people can relate. Buying deep hair conditioning products or getting a conditioning treatment at a spa can be expensive, and most treatments contain unnatural ingredients. This homemade deep hair conditioner is easy to make and will leave your hair soft and smooth.

## Ingredients

- 3 tablespoons coconut oil
- 1 tablespoon olive oil
- 8 drops doTERRA essential oils

A few great essential oils for your hair include: Lavender, Cedarwood, Peppermint, Rosemary, Geranium, and Clary Sage. You can use one or all of these essential oils in your deep conditioner.

## Instructions

- Put coconut oil, olive oil, and essential oils in mixing bowl.
- Mix on medium/high speed for five minutes or until ingredients are whipped to a thick and creamy consistency.
- Once whipped, apply to clean, dry hair.
- Comb through with wide tooth comb to evenly distribute.
- Let sit 15–20 minutes. Rinse, shampoo and style as desired.
- Repeat once a week or as often as desired.





# HOW TO USE YOUR OILS



## Aromatic Application

The sense of smell is a tool that can elicit powerful responses. Smell can affect emotions, behaviour, and memory. For this reason, essential oils can be quite powerful.

Some essential oils induce uplifting or invigorating effects, while others are more calming. Diffusion is one of the simplest methods for using essential oils aromatically. Diffusers that use cold air or water are ideal. However, using essential oils aromatically does not require any special diffusing devices.

You can achieve the same benefits by simply placing a few drops of essential oils in the palm of your hand, bring to your nose and inhale.

## Topical Application

Topical application is a very effective method for applying essential oils. Because essential oils have low molecular weights and are lipid soluble, they can stay on your skin.

To decrease the likelihood of developing a skin sensitivity, especially for sensitive skin, it is advisable to use a carrier oil (such as Fractionated Coconut Oil) to dilute oils and when trying an oil for the first time. The recommend dilution ratio is typically one drop of essential oil to three drops of carrier oil.

It's always advisable to use several small doses throughout the day rather than a single large dose. Start with the lowest possible dose (1–2 drops). A topical dose can be repeated a couple of times a day. Because every individual is unique, the dose can vary between individuals based on size, age, and overall health status.







# HOW TO USE YOUR OILS



## Flavouring Use

Certain flavours have a rich culinary history and some essential oils can be used as food flavours. When you sip a mug of peppermint tea, or add fresh herbs to your pasta, you are actually consuming some aromatic essential oil compounds. These uses are safe when oils are used in appropriate quantities, in accordance with product labels.

Essential oils contribute many flavouring and aromatic properties to foods. However when used for food flavourings, essential oils should be added in very limited amounts due to their concentration and potency.

Essential oils are highly concentrated, so a little goes a long way. It is recommended that 1-2 drops is ideal to flavour food.

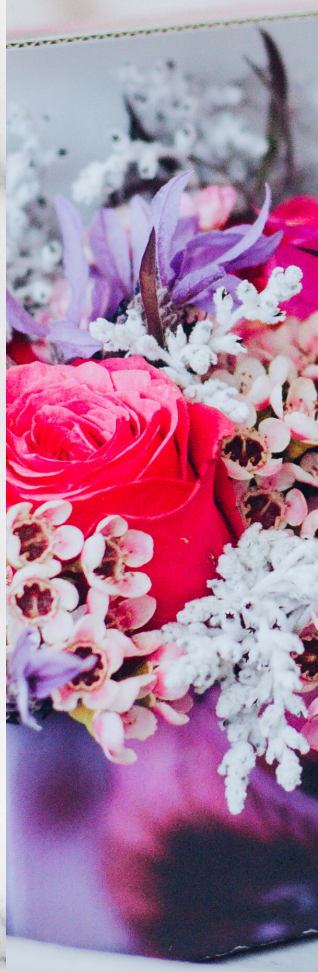
*doTERRA essential oils for food flavouring meet the requirements of the Australia and New Zealand Food Standards Code for food additives.*

## Effective Ways to Flavour Food

- Use oils in recipes for cooking or baking to replace fresh or dried herbs and spices
- Remember that essential oils are much more potent than dried or fresh herbs and spices, so start with a very small amount
- For more potent oils, it may be better to add these by toothpicks (dip the end of a clean toothpick into the oil and then add to the food) rather than drops
- Add essential oils to water, smoothies, milk, tea, or other drinks
- Add a small amount of food flavour to yoghurt

*\*Oils for food flavouring meet the needs of the Australia and New Zealand food standards code for food additives.*

*Always look at the product label or Product Information Page (PIP) on the website for how each essential oil can be used.*







*Sleep is the  
best meditation.*

- Dalai Lama





# PEACE TOUCH

In today's fast-paced society, it's easy to feel overwhelmed and unbalanced, no matter your age. doTERRA Peace Touch Reassuring Blend of floral and mint essential oils is a positive reminder you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect with the composed, collected you. Use doTERRA Peace Touch Reassuring Blend to promote feelings of contentment, composure, and reassurance when you are feeling overwhelmed.

Leave all of your worries behind and recapture the composed, collected you and apply dōTERRA Peace® Touch by gently rubbing into your temples before bed. Apply to the bottom of the feet before bed, and keep near your bed for peace of mind throughout the night.

## Uses

- Give yourself peace of mind by rubbing doTERRA Peace Touch Reassuring Blend into your temples.
- Apply doTERRA Peace Touch Reassuring Blend to tense shoulders.
- A calming scent massaged into the bottoms of feet is ideal during feelings of restlessness or emotional upset.





# VETIVER

Vetiver, a member of the grass family, is grown for many reasons. Unlike other grasses, the root system of Vetiver grows down, making it ideal for helping to prevent erosion and providing soil stabilisation. Vetiver has a rich, exotic, complex aroma that is used extensively in perfumes. Due to Vetiver's calming, grounding effect on the emotions, it is an ideal oil to use in massage therapy. It can also be rubbed on the feet before bedtime to promote a sense of relaxation, can be used to flavour drinks and be taken internally.

## Uses

- Add 1–2 drops to tea or hot drinks during winter time.
- Use as a massage oil to calm emotions.
- Diffuse with Lavender, doTERRA Lavender Peace, or doTERRA Balance to provide a sense of balance while calming emotions.
- Use a toothpick to help get the desired amount out of container if Vetiver is too thick to get out of the bottle. A little goes a long way.





Due to its calming, grounding effect on the emotions, Vetiver is an ideal oil to use in massage therapy; dilute with Fractionated Coconut Oil and apply to your body in long, soothing strokes. Add 1-2 drops to a warm bath for deep relaxation.

## DIFFUSER BLENDS

### Good Night

1 drop Vetiver  
2 drops Bergamot  
2 drops Juniper Berry

### Breathe Easy

2 drops Vetiver  
2 drops Lavender  
1 drop Lemon

### Sleep In

2 drops Lavender Peace  
2 drops Vetiver  
2 drops Balance

### Sunday Nap

2 drops Vetiver  
2 drops Lavender Peace  
1 drop Sandalwood  
1 drop Ylang Ylang





# SOURCING VETIVER

The doTERRA Co-Impact Sourcing initiative in Haiti provides Vetiver farmers with a stable income, an organised sourcing cooperative, and improved resources that encourage self-reliance.

## Vetiver in Haiti

In the 1930s, the perfume industry introduced Vetiver grass to Haiti. Surprisingly, Vetiver can grow amidst Haiti's harsh conditions, even in areas where nutrient-deficient soil makes it difficult to grow food. Today, the Vetiver root produces a complex essential oil, used commonly for fragrances.

For Vetiver farmers in Haiti, harvesting and producing Vetiver oil is a labor-intensive process. After allowing the roots to mature for 16 to 18 months, farmers must dig the plant out of the ground and beat any excess dirt out of the roots—leaving only the pure Vetiver root. Farmers gather 500 bales of Vetiver to fill 20-foot stills, which will produce one gallon of oil once it is harvested. Using this system, it takes most farmers roughly two weeks to produce a single gallon of Vetiver oil—that's with five farmers working for about 15 days to complete the process.



## Vetiver Farmers

Due to a struggling economy and natural disasters in years past, many Haitian farmers can barely make a living from their Vetiver plots. Some of the lowest income families of Haiti live in the foothills, where the depleted soil doesn't allow any food to be grown—making Vetiver the only source of income for many families. Though Vetiver should be harvested during the dry season, many farmers are in need of immediate cash, which causes them to harvest the Vetiver before it is fully mature, leading to a lower quality oil grade. Because of the nature of the Vetiver harvest season, farmers only receive payments during limited months of the year, and often don't receive payment for their work at all. Although it is strenuous work, harvesting Vetiver does not provide growers with a steady stream of income throughout the year, as they struggle to feed their families, provide clothing, or send their children to school.

Aside from a lack of stable income, there is also the issue of disorganisation among small scale farmers in Haiti. There is plenty of potential for farmers to make a profit within the Vetiver market, however, without proper organisation and sharing of knowledge between growers, much of that potential is lost. Since some farmers don't know the correct time to harvest Vetiver, they can't produce the high-quality oil that buyers want. The Vetiver farming system also lacks organised personnel to ensure that the farmers receive fair and favourable payment for the roots they harvest. doTERRA's Co-Impact Sourcing Initiative in Haiti







doTERRA International launched a Co-Impact Sourcing Initiative in the Haitian commune of Les Cayes, by starting a cooperative for raw materials. The Co-Impact Sourcing Initiative in Haiti aims to solve the issue of disorganisation among farmers, by forming cooperatives for growers in the area. These cooperatives provide training for growers, which will allow them to produce high-quality Vetiver oil. With the help of an exclusive distiller partner, doTERRA also established a fair payment schedule for the farmers, allowing them to receive payment during all stages of production—planting, pre-harvest, and harvest.

### Healing Hands Foundation Involvement

The doTERRA Healing Hands Foundation has provided an official Vetiver office in Les Cayes, which allows members of the cooperative to gather for trainings and discussions, and a Vetiver warehouse, which provides a safe place to store harvested Vetiver and necessary equipment. With a common meeting point, harvest collection and delivery times will improve, allowing the growers to receive premium payment for their high-quality oil.

Through the Co-Impact Sourcing Initiative in Haiti, doTERRA and the Healing Hands Foundation strive to ensure that Vetiver farmers in Les Cayes receive fair payment, training and education, and help from other growers to produce high-quality Vetiver oil.





# FRACTIONATED COCONUT OIL

doTERRA Fractionated Coconut Oil is a carrier oil that readily absorbs into the skin, making it an ideal oil for topical delivery. Its feather-light emollient effect provides a soothing barrier without clogging pores and is ideal for dry skin. It leaves skin feeling silky smooth and nongreasy. Fractionated Coconut Oil is completely soluble with all essential oils and is colourless, odourless, and will not stain.

## Uses

- Apply topically to help hydrate skin without interfering with your perfume or essential oil blends.
- Mix with calming oils and massage into neck and shoulders for deeper relaxation.
- Use to dilute stronger oils and apply to the skin. Combine 1-3 drops each of your favourite calming aromatic oils to an empty roller bottle, and top up with Fractionated Coconut Oil to create your own, personalised Bedtime Bliss blend.





# CO-IMPACT SOURCING

doTERRA is committed to providing only the highest quality essential oils to every household throughout the world. Accomplishing such a goal requires extensive research to identify the best sources of these oils. Sourcing essential oil comes from.

There are complexities and nuances that affect the quality of an oil produced by the plant. Identifying the specific genus and species must be coupled with also identifying the best soil and environment to grow that plant, the best part of the plant and the best time to harvest, and the most effective means of distilling the oil from the plant.

Once the specific plant and the proper environment have been identified, doTERRA goes to work finding the experts who have built their lives around those plants—many of whom have been doing so for generations. That expertise is irreplaceable, and sets doTERRA products apart from every other product out there.

Co-Impact Sourcing is so much more than just getting oils. Rather, Co-Impact Sourcing develops long-term, mutually beneficial partnerships.

With over 100 **essential oils** on the market, doTERRA sources its oils from **40 countries**. Of those countries, **23 are developing countries** that do not enjoy many of the basic amenities that we so often take for granted. In these cases, and in many cases in developed countries, doTERRA's need for essential oils is elevating communities out of poverty and desperate need. This initiative is called **Co-Impact Sourcing**.





Through Co-Impact Sourcing, doTERRA helps to provide the resources and education needed to improve the economy—and even sometimes create an economy—in these communities. Jobs are created as the need for an essential oil is met. Additionally, farming and distilling equipment as well as training are also provided. Additionally, farmers and distillers enter into agreements that assure them of fair and timely pay that they can rely on. But that's not all. doTERRA's non-profit, charitable organisation, the Healing Hands Foundation™, also plays a role in Co-Impact Sourcing. The Healing Hands Foundation steps in to help the rest of the community, providing education, building schools, and working to provide the necessities of life, such as portable water and needed infrastructure.

This commitment to not only source the highest quality essential oils but to also improve the lives of the communities results in a great deal of trust. As doTERRA has grown, that trust has resulted in many essential oil cooperatives entering into exclusive agreements with doTERRA. Word has also spread, and many more farmers and distillers are beginning to reach out to doTERRA to enter into their own agreements.

**Throughout it all, doTERRA's commitment has remained the same—changing lives throughout the world with the precious gift of essential oils.**





# HEALING HANDS FOUNDATION

The Healing Hands Foundation is an incredible way that people who purchase oils from doTERRA or partner with them in their businesses can give back. When the founders came together to bring the purest essential oils to the world and individual homes they wanted to also influence and have an impact on communities around the world to enhance as many lives as possible. They want to be known as the company that gets the most people out of debt and this extends way past the wellness advocates and leaders building businesses with doTERRA, it also extends to the growers, distillers and harvesters.

The doTERRA founders aspired to serve people and communities with the resources they had. Initially, this meant donating to charities, fundraisers, and community projects, but it eventually grew to be much more.

In June 2012, they created the doTERRA Healing Hands Foundation an official 501(c)(3) non-profit organisation. This was created as another way to make an impact and reach out serve communities in need. They do this by partnering with organisations and doTERRA Wellness Advocates to offer hope to millions around the world. Through the foundation's efforts, lives are freed of disease and poverty, and communities are empowered with the tools needed to become self-reliant.





Common with many non-profit organisations, maintaining a constant flow of money and resources can be difficult. In order to provide sufficient funds for the doTERRA Healing Hands Foundation, the founders of doTERRA conceived a plan to sustainably raise money for the new organisation and maximise its effect on individuals and communities worldwide. Donations to the doTERRA Healing Hands Foundation can be made via Paypal, regular donations through LRP orders, one off donations through the online order system, sales from the Rose Oil Lotion and Hope Oil blend (100% of these goes to the Healing Hands Foundation).

Because of its many benefits and its intense extraction process, Rose oil is rare and valuable. doTERRA chose this Rose oil infused lotion to donate and represent the doTERRA Healing Hands Foundation because it embodies the value of the Foundation.

**The aim of the Healing Hands Foundation seeks to bring healing and hope to the world, for lives free of disease and poverty, and to ultimately empower impoverished communities with the tools needed to become self-reliant.**





# BATH SALTS

## You will need:

- Jar
- Epsom Salts
- Essential oils of your choice

Fill jar with epsom salts, pour into a mixing bowl then add drops of essential oils, mix together then put back into jar and wrap or tie a ribbon around the top

## Oil combinations:

- Lavender Peace and Balance,
- Lavender Peace and Cedarwood
- Orange and Ylang Ylang
- Vetiver, Lavender Peace and Balance





# SUGAR BODY SCRUB

## You will need:

- Jar
- Sugar
- Fractionated Coconut Oil
- Essential oils of your choice

Fill jar almost to the top with sugar, pour into a mixing bowl then add drops of essential oils, mix together, add fractionated coconut oil until it is a good consistency then put back into jar and wrap or tie a ribbon around the top

## Oil combinations:

- Lavender and Wild Orange
- Lavender Peace and Balance
- Cedarwood and Lavender



# Bedtime Bliss

## Balance®

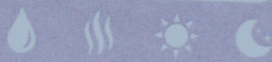
Grounding  
Blend 15mL



A good night's rest begins with a calm and care-free day. Apply Balance® to the bottom of your feet to promote feelings of calmness and tranquility throughout the day. Begin the calming process after dinner by adding 1-3 drops to your diffuser.

## Vetiver

Vetiveria  
zizanioides 15mL



Due to its calming, grounding effect on the emotions, Vetiver is an ideal oil to use in massage therapy; dilute with Fractionated Coconut Oil and apply to your body in long, soothing strokes. Add 1-2 drops to a warm bath for deep relaxation.

## Fractionated Coconut Oil

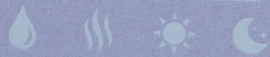
Cocos  
nucifera 115mL



Use to dilute stronger oils and apply to the skin. Combine 1-3 drops each of your favourite calming aromatic oils to an empty roller bottle, and top up with Fractionated Coconut Oil to create your own, personalised Bedtime Bliss blend.

## Cedarwood

Juniperus  
virginiana 15mL



Blend 1-3 drops with Balance®, or solo to create a relaxing environment after a difficult or action packed day. Begin your night-time routine by adding 1-2 drops to your toner or moisturiser to leave your skin silky smooth, while enjoying the relaxing and grounding aroma.

## Lavender Peace®

Restful  
Blend 15mL



Begin your night-time ritual with 2-3 drops in your diffuser to promote a calm, relaxed environment. Add 2-3 drops to your warm bath with Epsom salts to create a relaxing, renewing experience. Apply 2-3 drops to the back of the neck or the heart, then inhale the excess from your palms to quiet the mind and calm your emotions before a tranquil sleep.

## Peace® Touch

Reassuring  
Blend 10mL



Leave all of your worries behind and recapture the composed, collected you and apply dōTERRA Peace® Touch by gently rubbing into your temples before bed. Apply to the bottom of the feet before bed, and keep near your bed for peace of mind throughout the night.

Aromatic Use 
 Topical Use 
 Daytime Use 
 Evening Use