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Wishing you and your loved ones time to dream, find wonder, choose love, give thanks and countless reasons to smile this holiday season.

Holiday Peace 15mL (SKU 60203625)

Holiday Blend

Discover your grounding foundation in the delicate tones of Holiday Peace with the calming aromas of three firs—Siberian, Douglas, and Himalayan essential oils — complemented by Grapefruit, Frankincense, and Vetiver essential oils. Reflecting on the year that has passed with kindness and gratitude, Holiday Peace may help you find the calm during your busy holiday season.

Retail AU \$48.00 | NZ \$52.00 Wholesale AU \$36.00 | NZ \$39.00 PV 27.00

Holiday Joy 15mL (SKU 31450004)

Holiday Blend

The warm, sweet aroma of Holiday Joy creates a welcoming environment for holiday gatherings and is ideal to be enjoyed in the diffuser. Traditional holiday scents combining Wild Orange, Nutmeg, Pine, Cassia, Cinnamon Bark essential oils and Vanilla will help fill your home with new memories and embrace all who gather with you.

Retail AU \$56.67 | NZ \$52.00 Wholesale AU \$42.50 | NZ \$39.00 PV 27.50

Spirit of New Zealand Diffuser Blend

♦ ♦ ♦ Holiday Joy **♦ ♦** Douglas Fir

♦ ♦ Siberian Fir





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Stone Lava Rock Diffuser (SKU 60209770)

Set of two

Crafted from lava rock, this diffuser is the perfect way to enhance any setting. No water or electricity is needed so the diffuser is perfect for use on desktops, side tables, and is easy-to-pack for travel and comes in a set of two. A must-have this holiday season.

Retail AU \$24.00 | NZ \$25.33 Wholesale AU \$18.00 | NZ \$19.00 PV 0.00

Buddha Wood essential oil 5mL (SKU 60208531)

Eremophila Mitchellii

Buddha Wood is commonly known as Australian Desert Rosewood. This indigenous plant has a powerful, woody aroma and a rich amber colour.

Buddha Wood essential oil is often compared to Sandalwood, however has very different chemistry and aroma. This woody oil is great for a soothing and calming meditation, and blends well with Bergamot, Lemon, Wild Orange, Grapefruit, Petitgrain, Clove Bud, Patchouli, Cypress, Jasmine, Lavender, Neroli, Rose and Ylang Ylang essential oils.

Retail AU \$63.00 | NZ \$68.00 Wholesale AU \$47.00 ° PV 36.00 | NZ \$51.00 ° PV 35.00

Forest Beach Diffuser Blend

- **♦ ♦ ♦** Cypress
- **♦ ♦** Buddha Wood
- **♦** Cedarwood

- Juniper Berry
- **♦** Lemon Eucalyptus



Tive hope

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Aroma Diffuser & Litsea essential oil 15mL (SKU 60211662) Litsea cubeba

This Aroma Diffuser is hand made from the seed pod that grows on Australia's Native Banksia Tree. Each diffuser is a one off piece, finely crafted from the iconic and uniquely Australian Banksia Seed Pod, and is exclusive to Australia and New Zealand.

We have partnered this with Litsea, the lemon-like essential oil that when diffused provides a refreshing and uplifting aroma. The products come together in a beautiful gift box - this is a present you'll struggle to give away!

The Banksia Pod Aroma Diffuser works by soaking up your favourite essential oil. All you need to do is keep it topped up and the Banksia does the rest. As it is porous, we recommend that you sit the Banksia Pod on a coaster to protect your surfaces.

Retail AU \$53.00 | NZ \$58.67 Wholesale AU \$39.50 | NZ \$44.00 ° PV 18.00

Christmas Calm Diffuser Blend

♦ ♦ ♦ Litsea

♦ ♦ ♦ Lavender

♦ ♦ Cedarwood



Tive happiness

Walnut Brevi Diffuser & Harvest Spice 15mL (SKU 60208265) Gathering Blend

Utilising the contemporary shape of the Brevi diffuser, the Walnut look is sleek and modern.

It also comes with our Harvest Spice essential oil blend. Made for gatherings of people, it may just awaken your nostalgia while creating new and joyful memories. Enjoy the warm, comforting aroma which is sweet and spicy combining Cassia Bark, Clove, Nutmeg, Cinnamon with Cedarwood and Eucalyptus essential oils.

Retail AU \$86.00 | NZ \$93.00 Wholesale AU \$65.00 | NZ \$70.00 PV 22.00

Gathering Diffuser Blend

♦ ♦ Harvest Spice

♦ ♦ ♦ Citrus Bliss® ♦ Black Pepper





Amāvī® Touch 10mL (SKU 60206533)

Fortifying Blend

Soothing to the skin with an aromatic scent, this blend can be used to promote uplifting feelings and a sense of refocus throughout the day. Earthy and grounding, it is a fusion of Buddhawood, Balsam Fir, Black Pepper, Hinoki and Patchouli with an indulgent hint of cocoa extract: made for men, loved by women!

Retail AU \$36.00 | NZ \$37.00 Wholesale AU \$27.00 | NZ \$28.00 PV 20.50

Amāvī® Onyx Balance Bath Bar (SKU 60206834)

This handmade-looking bath bar is formulated with the ever popular doTERRA Balance® blend. The Onyx Balance Bath Bar is an African Black soap with Vitamin E and includes artisanal and plant derived ingredients. It possesses a unique combination of shea nut butter, coconut oil and palm kernel oil.

The Onyx Balance Bath Bar is formulated to help refresh the body with both its cleansing and moisturising properties. Outside of the shower, the Onyx Balance Bath Bar is also perfect to use for that close shave.

Retail AU \$13.00 | NZ \$15.00 Wholesale AU \$10.00 ° PV 5.75 | NZ \$11.00 ° PV 5.50

Amāvī® Aftershave Lotion (SKU 60206795)

Featuring Buddha Wood, Tea Tree, Balsam Fir, Peppermint and Litsea essential oils, dōTERRA Amāvī® After Shave Lotion is a light, non-greasy formula, leaving skinfeeling smooth and moisturised. Apply evenly to freshly shaven face and neck morning or night.

Retail AU \$32.00 | NZ \$33.33 Wholesale AU \$24.00 ' PV 17.00 | NZ \$25.00 ' PV 16.00







Floral Storage Case (SKU 60209707)

SOLD OUT

Created with versatility in mind, this beautiful floral printed storage case with handle and gold zipper can hold up to 22 of your favourite essential oils. Six 10mL roll-ons tuck securely in the top bands of the lid with 16 essential oils in the base (5ml, 10mL or 15mL bottles).

Beautiful, stylish and very practical – you will love how this packs in your suitcase or hand luggage, ready to go wherever you do!

Retail AU \$32.00 | NZ \$33.33 Wholesale AU \$24.00 | NZ \$25.00 PV 00.00

Lemon Eucalyptus essential oil 15mL (SKU 60210188) Eucalyptus citriodora

SOLD OUT

Lemon eucalyptus essential oil has a refreshing and unique aroma, it is ideal to create a clean scented and invigorating environment.

Add it to your diffuser blends to balance the sweetness of floral or the intensity of citrus aromas.

Retail AU \$24.00 | NZ \$25.33 Wholesale AU \$18.00 ' PV 14.00 | NZ \$19.00 ' PV 13.00

Fresh Diffuser Blend

♦ ♦ ♦ ♦ Lemon Eucalyptus

♦ ♦ ♦ Patchouli

♦ ♦ Bergamot



Festive House Spray

♦ ♦ ♦ ♦ ♦ ♦ ♦ Tangerine

♦ ♦ Douglas Fir

♦ ♦ Clove

♦ Cinnamon

Boil 300mL of water and allow to cool. Add oils and use in a glass spray bottle.

Kitchen Spray

♦ ♦ ♦ Marjoram

♦ ♦ ♦ ♦ Basil

♦ ♦ ♦ ♦ Rosemary

♦ ♦ ♦ ♦ Oregano

♦ ♦ ♦ Thyme

♦ ♦ Peppermint

♦ ♦ Lemon

Boil 750mL of water and allow to cool. Add oils and use in a glass spray bottle.

Gratitude Roller Blend"

♦ ♦ ♦ Bergamot

♦ ♦ I emon

♦ ♦ Geranium

♦ Siberian Fir

Top with Fractionated Coconut Oil in a 10 mL roller bottle.

Smooth Sailing Roller Blend"

♦ ♦ ♦ Lavender

♦ ♦ ♦ Frankincense

♦ ♦ ♦ Bergamot

Top with Fractionated Coconut Oil in a 10 mL roller bottle.

Blissful Balance Roller Blend"

♦ ♦ ♦ ♦ ♦ ♦ Console

♦ ♦ Sandalwood

Top with Fractionated Coconut Oil in a 10 mL roller bottle.

Warm Embrace Roller Blend"

♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ Lavender

♦ ♦ ♦ ♦ Patchouli

♦ ♦ ♦ ♦ Geranium

Top with Fractionated Coconut Oil in a 10 mL roller bottle.

^{*}Note: Store in a clean dark glass bottle away from heat and direct sunlight. Product shelf life- approximately 2 weeks. Always check manufacturer's instructions for surface care.

^{**}Cautions: Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.





Tech bean Festive salad with zesty dressing (serves 4)

Ingredients

- · 300 g White Quinoa
- · 625 mL Water
- 2 Tablespoons Extra Virgin Olive Oil
- 300 g Green Beans blanched and trimmed
- · 1 Avocado Cut into Wedges
- 1 Cup Herbs or small parsley leaves

Lemon Dressing:

- 1 Tablespoon Lemon Juice
- 60 mL Extra Virgin Olive Oil
- · 2 Teaspoons Lemon Rind Finely Chopped
- 2 Teaspoons Honey
- 1 drop Fennel essential oil (optional) or Black Pepper essential oil
- 2 Drops Lime essential oil

Method

- Make the dressing by placing the lemon juice, oils, lemon rind, and honey in a bowl and whisk until combined.
- 2. Place the quinoa and water in a saucepan and allow to soak in the water for 15 minutes. Place over high heat and bring to the boil. Reduce the heat and cook covered on low for 15 minutes or until the water has been absorbed. Allow to cool.
- 3. Heat a frying pan over a high heat and add the olive oil and quinoa and cook stirring for 8 10 minutes or until the quinoa is light golden and crisp. Divide the quinoa between 4 bowls, top with the beans, avocado and herbs and serve with the dressing.

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brownie jars (one jar makes approx. 16-20 serves)

Ingredients

- 130 g Brown Sugar
- 110 g Caster Sugar
- · 75 g Cocoa Powder
- 75 g Plain Flour
- ¼ tsp Baking Powder
- 1 to 2 drops Wild Orange or Peppermint essential oil
- 100 g Dark chocolate buttons
- 100 g White chocolate buttons

Additional Items Required:

- 1 litre glass jar
- · 150 g Butter
- · 3 eggs
- 1 tsp Vanilla Extract

We all love home baked goods - they say thank you, come from the heart and are personalised. This is a time when you are inundated, so how good would it be to receive something you could bake later when it suits you? Then this is a gift that is almost too good to give away! Measure out the ingredients and layer them in a glass jar, pair it with an oil like the Wild Orange and you are giving a one of a kind gift that shares our amazing oil and a way to use it.

Cooking Method

- 1. Place the dry ingredients in a large bowl. Preheat the oven to 160°
- 2. Melt 150g butter in a bowl and add, 1 tsp vanilla extract, essential oil and 3 lightly beaten eggs and mix well
- 3. Pour the mix into a square baking tin lined with non-stick baking paper.Bake for 30 35 minutes or until firm.
- 4. Allow to cool in the tin, then cut into pieces and serve.



