



Know your BOGOs!

Essential oil information & usage tips



Wednesday 24th to Friday 26th February 2021

February



Deals



BUY Turmeric 15 ml
GET Peppermint 15 ml



BUY Pink Pepper 5 ml
GET Black Pepper 5 ml



BUY Green Mandarin 15 ml
GET Yellow Mandarin 5 ml





BUY ZenGest™ 15 ml
GET Wintergreen 15 ml



BUY Blue Tansy 5 ml
GET Roman Chamomile 5 ml
and Lavender 15 ml

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Turmeric

SKU 60208112

Meet Turmeric

Turmeric is an aromatic plant in the ginger family that has been used for centuries in China, India, and Sri Lanka. Turmeric has a warm, spicy taste that gives a great burst of flavour in your favourite savoury meals, smoothies and lattes.

Did you know...

Turmeric is the "golden spice" that gives curry its colour.

Turmeric Sourcing

doTERRA's Turmeric is sourced in Nepal and India. Since starting to partner with doTERRA, local farmer Ramekwal has been able to grow 40 times more turmeric than before. The dream of Ramekwal and his wife, to provide their children with access to education, has been realised. All eight of their children are able to attend school and are one step closer to achieving their own dreams.

Pairs well with

Cinnamon Bark, Ginger, Cardamom, and Grapefruit

Spiced Gold Turmeric Latte

Ingredients:

- 1 can (470ml) coconut milk
- 1 cup (240ml) vanilla almond milk (can also use unsweetened almond milk)
- ½ teaspoon pure vanilla extract
- ½–1 tablespoon honey or maple syrup (to sweeten)
- 1–2 drops of Turmeric essential oil
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground turmeric
- Pinch of ground nutmeg
- 1 toothpick swirl of Cardamom essential oil
- 1 toothpick swirl of Black Pepper essential oil
- Ground turmeric for garnish

Instructions:

1. In a small saucepan, combine the coconut milk, almond milk, vanilla, honey and spices.
2. Whisk together and bring ingredients to a boil, then reduce heat to low and simmer for 3–5 minutes to reduce the mixture a bit. Stir occasionally.
3. Remove the saucepan from direct heat. Add the Turmeric essential oil. Dip one end of a toothpick into both Cardamom and Black Pepper essential oils, swirl dipped toothpicks into mixture. Stir.
4. Pour the mixture into two small mugs and then sprinkle a little of the ground turmeric on top. Enjoy!





Peppermint

SKU 60204658

Meet Peppermint

Consistently one of doTERRA's best sellers, Peppermint is always a useful oil to have on hand. A high menthol content – like that found in doTERRA Peppermint essential oil – distinguishes the best quality Peppermint oil from other products. Peppermint adds a refreshing, minty taste to many dishes and is also frequently used in toothpaste and chewing gum for oral care.

Did you know...

Peppermint's scientific name is *Mentha piperita*. This name comes from ancient Greek mythology. Minthe (or Mentha), was a nymph transformed into a sweet-smelling mint plant by Queen Persephone.

Peppermint Sourcing

Peppermint is sourced in Oregon in the United States of America. The Pacific Northwest is an ideal climate to grow peppermint because of its high and consistent amounts of rainfall each year. This contributes to a high menthol content, which gives peppermint its minty aroma and flavour.

Pairs well with

Oregano, Marjoram, Grapefruit, Juniper Berry, Lemon, and Rosemary

Peppermint Black Bean Brownies

Ingredients:

- 1 can (425g) black beans, drained and rinsed
- 2 large eggs
- ¼ cup (25g) cocoa powder
- ⅔ cup (225g) honey
- ⅓ cup (80ml) coconut oil
- ½ teaspoon baking powder
- Pinch of salt
- 1–3 drops Peppermint essential oil
- ¾ cup (120g) chocolate chips

Instructions:

1. Preheat oven to 175°C.
2. Place all ingredients, except for chocolate chips, in blender or food processor and blend until smooth.
3. Pour batter into large bowl and stir in ½ cup (85g) chocolate chips.
4. Pour into greased 20x20cm pan and top with the rest of the chocolate chips.
5. Bake 30–35 minutes or until a toothpick comes out clean.





Pink Pepper

SKU 60207995

Meet Pink Pepper

The pink peppercorn, while similar in name and appearance to black peppercorn, is closely related to the cashew. Its mildly fruity and peppery flavour is also more subtle than that of Black Pepper oil. The "molle," or pink peppercorn tree, was considered a sacred tree to ancient Incans who used all parts of the tree.

Did you know...

Ancient Incans used the oil from the feather-like leaves of the pink peppercorn tree in early mummification techniques.

Pink Pepper Sourcing

Sourcing Pink Pepper in both Peru and Kenya provides additional economic opportunities for harvesters and their communities. In Kenya, agriculture remains central to the economy. The fertile soil, varied landscapes, and 12 hours of daylight throughout the year make Kenya an ideal location for numerous crops.

Pairs well with

Spearmint, Black Pepper, Lemon, Grapefruit, and Tangerine

Pink Pepper & Lime Fajitas Marinade

Ingredients:

- ½ cup (120ml) BBQ Sauce (homemade or additive free)
- 1 teaspoon smoked paprika
- ½ teaspoon cumin
- ½ teaspoon dried coriander
- 2 drops Pink Pepper essential oil
- 4 drops Lime essential oil

Instructions:

1. Mix all ingredients together.
2. Marinate the protein of your choice for at least one hour before cooking.



Black Pepper

SKU 60204673

Meet Black Pepper

Black Pepper is a well-known cooking spice. Described as hot, sharp, fruity and spicy, Black Pepper essential oil can be added to meats, soups, entrées and salads to enhance flavour.

Did you know...

In ancient Greece and Rome, black pepper was extremely popular and was even used as a medium of exchange.

Black Pepper Sourcing

doTERRA sources black pepper from Madagascar, which has an ideal climate for the plant. The black pepper vine has fruit clusters, known as "drupes," that can grow up to about 15 cm long. When mature, the fruit changes from green to dark red. Fruits turn even darker, appearing black, after being harvested and dried. Usually, the fruit is dried to be used as a spice (peppercorn). Black pepper is sometimes called the "King of Spices."

Pairs well with

Bergamot, Clove, Juniper Berry, and Lime

Lunch Wrap for One

Ingredients:

- 1 whole wheat tortilla
- Turkey or ham slices (to your liking)
- Lettuce (to your liking)
- Sliced cucumber (to your liking)
- Sliced avocado (to your liking)
- Sliced bell peppers (to your liking)
- 2-3 tablespoons cream cheese
- 1 drop Lime essential oil
- Toothpick swirl Black Pepper essential oil

Instructions:

1. In a bowl place cream cheese and add 1 drop of Lime oil. Next, use a toothpick to add in a very small amount (just a toothpick tip) of Black Pepper essential oil. Mix together until well combined.
2. Spread the cream cheese on the whole wheat tortillas.
3. Layer all other ingredients inside the tortilla.
4. Roll up and enjoy!



Green Mandarin

SKU 60207996

Meet Green Mandarin

Pressed from the unripe fruit of the mandarin tree, Green Mandarin essential oil is unique among citrus oils in its flavour and uses. The sweet and slightly floral-scented Green Mandarin is a great way to add a refreshing taste to water, salads, and other dishes!

Did you know...

Even though the oil is distilled from unripe fruit, Green Mandarin's aroma is less sour than most citrus oils.

Green Mandarin Sourcing

Green Mandarin, like all other citrus essential oils, has a sustainable extraction process. Mandarin trees need to be thinned while the fruit is still young and unripe. Approximately 60-70% of the unripe fruit is removed during this thinning process. In the past, this unripe fruit was left on the ground to decompose. However, by using it to produce green and yellow mandarin essential oils farmers can now receive an additional source of income.

Pairs well with

Basil, Spearmint, Grapefruit, Tangerine, Lemon, Lime, and Bergamot.

Blood Orange & Green Mandarin Parfait

Ingredients:

- 1 blood orange
- 2 cups (475g) coconut yogurt
- ½ cup (55g) granola
- 2 tablespoons chia seeds
- 1-2 drops Green Mandarin essential oil

Instructions:

1. Peel and slice blood orange.
2. Mix 1-2 drops of Green Mandarin essential oil into yogurt.
3. In two bowls, place a layer of yogurt in each.
4. Sprinkle a layer of granola and chia seeds in each bowl.
5. Add a second layer of yogurt in each bowl.
6. Top with granola, chia seeds, and blood orange slices. Enjoy! (Serves 2).





Yellow Mandarin

Limited Time Offer | SKU 60211345

Meet Yellow Mandarin

The mandarin tree is a small evergreen with a single trunk and many thin, drooping branches. The peel of the mandarin fruit is used to make three different Mandarin essential oils: Green Mandarin, Red Mandarin and Yellow Mandarin. These varieties of essential oils depend upon the ripeness of the fruit at the time of distillation. Yellow Mandarin is said to be the most floral of all mandarin essential oils.

Did you know...

While the three Mandarin oils are all similar in chemistry and uses, each is still slightly unique from the other because the ripening process subtly changes the chemical profile and aroma of the oil.

Yellow Mandarin Sourcing

To produce yellow mandarin essential oil, the oil is extracted by a sponging process. At one time, people would manually squeeze the peel of the mandarin (after scraping out the fruit) into a sponge that would collect the essential oil. This technique is now mechanised and the machines carefully "sponge" the outside of the mandarin to extract the essential oil.

Pairs well with

Basil, Cardamom, Cinnamon, Clove, Coriander, Spearmint, Lemon and Lime essential oils

Yellow Mandarin Chicken

Ingredients:

- 4 organic boneless chicken breasts
- 2 garlic cloves, minced
- 2 oranges
- 1 onion, chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon sugar
- 30 ml & 1 tablespoon olive oil (split)
- 5 drops Yellow Mandarin essential oil

Instructions:

1. Set oven to 200° C.
2. In a bowl, combine 30 ml olive oil, minced garlic, chopped onions, salt, pepper, and sugar.
3. Place chicken into a baking dish and pour oil mixture over the top.
4. Slice oranges and place on top of chicken.
5. Bake for 45 minutes to 1 hour or until you reach the desired texture.
6. In a small bowl, combine 1 tablespoon of olive oil and 5 drops Yellow Mandarin essential oil. Stir together.
7. Brush oil mixture over the top of chicken and serve. Enjoy! (Serves 4)





ZenGest™

SKU 60215235

Meet ZenGest™

This unique blend with Ginger, Peppermint, Caraway and Fennel essential oils is beneficial for stomach discomfort. A must-have oil on-the-go or at home!

Did you know...

ZenGest™ includes Ginger Rhizome/Root, Peppermint Plant, Caraway Seed, Coriander Seed, Anise Seed, Tarragon Plant and Fennel Seed

Pairs well with

Ginger, Fennel, Spearmint, and Peppermint

Zengest™ Usage Tips

- Add 1-2 drops to water or tea after large or heavy meals
- Add 1-2 drops to water or tea before flying or taking a road trip
- Pack ZenGest™ when travelling for convenient support at a moment's notice





Wintergreen

SKU 60204701

Meet Wintergreen

Wintergreen essential oil is derived from the leaves of a creeping shrub found in the rural mountains of Nepal. The soothing and stimulating properties of Wintergreen provide a fresh, uplifting environment. The main chemical component in Wintergreen, methyl salicylate, is used in topical creams and massage blends because of its soothing properties.

Did you know...

Wintergreen oil is one of the lowest yield essential oils. It takes over 2 kilos of wintergreen leaves to produce one 15 ml bottle of Wintergreen essential oil.

Wintergreen Sourcing

It's been several years since Nepal was hit with the devastating earthquake in 2015, yet many people are still working to rebuild their lives and recover. As of 2019, the doTERRA Healing Hands Foundation™ has donated nearly two million dollars for earthquake relief aid and community-benefitting social impact projects in Nepal.

Pairs well with

Blue Tansy, Helichrysum, and Ylang Ylang

Wintergreen Bath Salts

Ingredients:

- 340 g Epsom salts
- 165 g kosher salt
- 90 g baking soda
- 8 drops Wintergreen essential oil

Instructions:

1. Mix all ingredients in a large bowl until well combined
2. Store in a glass container and add 40 to 80 g to your next warm bath! Be sure to allow salts to fully dissolve before getting in.





Blue Tansy

SKU 60204445

Meet Blue Tansy

Blue Tansy is a key ingredient in many doTERRA blends, including doTERRA Balance™ and Deep Blue™. This essential oil is also known to benefit the skin. Add to a hot bath, use with your favourite skin care products, or simply massage into skin!

Did you know...

Chamazulene, a chemical component in Blue Tansy, provides soothing benefits for skin and gives Blue Tansy essential oil its characteristic indigo colour.

Blue Tansy Sourcing

Blue Tansy is native to northern Morocco. It is sometimes called Moroccan Tansy or Moroccan Chamomile. Blue Tansy is an annual, yellow-flowered Mediterranean plant. It grows up to 40 cm in height. The essential oil is steam distilled from the aerial parts of the plant: the stem, flowers, and leaves.

Pairs well with

Geranium, Clary Sage, Petitgrain, Lavender, and Ylang Ylang

Post-Workout Massage Blend

Ingredients:

- 3 drops Blue Tansy
- 3 drops Cypress
- 2 drops Roman Chamomile
- 1 drop Helichrysum
- 2 tablespoons doTERRA Fractionated Coconut Oil

Instructions:

1. In a shallow bowl, combine the essential oils and doTERRA Fractionated Coconut Oil.
2. Mix well before each use. Use after a long day or strenuous workout in a relaxing and soothing massage.





Roman Chamomile

SKU 60204934

Meet Roman Chamomile

Roman Chamomile grows close to the ground, reaching only up to 30 cm in height. While the most common use for Chamomile is in tea, Roman Chamomile can also be found in face creams, hair dyes, shampoos, and perfumes. Roman Chamomile is often found in face creams for its ability to promote youthful-looking skin.

Did you know...

Ancient Romans used Roman Chamomile oil for courage during war.

Roman Chamomile Sourcing

Roman Chamomile can be difficult to cultivate because of its sensitivity to fluctuations in weather conditions. The high and regular amount of rainfall per year in the Pacific Northwest makes this area ideal for growing Roman Chamomile. The essential oil is steam distilled from the flowers, which should be harvested for distillation shortly after blooming.

Pairs well with

Lavender, Ylang Ylang, Patchouli, Clary Sage, and doTERRA Balance™

Evening Face Oil

Ingredients:

- 4 drops Lavender essential oil
- 2 drops Roman Chamomile essential oil
- 6 drops Geranium essential oil
- 95 ml doTERRA Fractionated Coconut Oil

Instructions:

1. Mix all the ingredients in a 100 ml glass bottle. Shake well before each use.
2. To use this face oil, apply as you would your normal cleanser.
3. Remove it from your face using a warm, wet cloth or moistened cotton wool pads.





Lavender

SKU 60204657

Meet Lavender

Lavender is one of the world's most popular essential oils because of its many benefits. Lavender is widely used in cosmetics and perfumes for its ability to promote healthy, clean skin. Additionally, its calming properties are often used to relax the body and improve mood.

Did you know...

A new lavender plant takes two years to mature from seed.

Lavender Sourcing

Most of the lavender used by dōTERRA comes from Bulgaria. In 2015 dōTERRA opened its Esseterre distillery in Dobrich, near the Black Sea. This facility, built and managed by a team of Bulgarians, has drastically changed the agricultural scene in the region.

By paying fair and on-time wages, introducing new industry standards for worker's rights and essential oil quality, Esseterre has grown to become the largest distillery in Bulgaria, with a total of 260 employees (permanent and seasonal) and working with 200 contacted farmers.

Pairs well with

Hawaiian Sandalwood, Roman Chamomile, Cedarwood, Ylang Ylang

Lavender Salt Scrub

Ingredients:

- 2 cups (440 grams) unrefined sea salt
- 180 ml Fractionated Coconut Oil
- 8–10 drops Lavender essential oil
- A handful of dry lavender
- Air-tight glass jar

Instructions:

1. In a glass bowl, mix sea salt, fractionated coconut oil and lavender essential oil until well-combined.
2. Add a handful of dry lavender.
3. Transfer to an airtight glass jar.

To use: While in the shower, take a small amount and massage the skin, giving yourself a wonderfully invigorating body scrub. Wash off with warm water. The salt scrub may make your shower slippery so take extra care about how much you use.

Changing the world

One drop

One person

One community

At a time

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