

# Wellness Glow

23-29 February 2024\*



\*Offer(s) only available while supplies last



dōTERRA EUROPE  
**BO  
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# Wellness Glow

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When you think about wellness, what first comes to mind? A balanced diet, exercising, feeling energised? The truth is wellness is a multitude of things, so it's important to look at it holistically; as a whole.

The Wellness Glow BOGOs are specially paired to align with different layers of wellbeing. Each offer can help support your mind, body and soul in a specific way. Which one will you try first?

- ✦ BUY **Rose Touch** (10 ml), GET **Geranium** (15 ml)
- ✦ BUY **Helichrysum Touch** (10 ml), GET **Magnolia Touch** (10 ml)
- ✦ BUY **Roman Chamomile** (5 ml), GET **Northern Escape\*** (15 ml)
- ✦ BUY **dōTERRA abode™** (15 ml), GET **dōTERRA Purify™** (15 ml)
- ✦ BUY **Citrus Spring\*** (15 ml), GET **dōTERRA Motivate™ Touch** (10 ml)

*\*Limited Time Offer Product*

Shop offers individually or select the **BOGO Bundle** and receive all of the pairings, complete with a **FREE Wellness Glow BOGO Bag!**

Convenient and reliable, the Wellness Glow BOGO Bag can be used again and again! Made from a lightweight 100% recyclable Tyvek® fabric, it's capable of resisting stains, making it the ideal choice for travelling or on-the-go storage.

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 [Shop Now](#)

[FAQs](#) 








# Rose Touch & Geranium

*Unleash your feminine power*

Floral essential oils are delicate and soothing. They can be a wonderful support to your skin, hair and mood. Rose, one of the most precious essential oils in the world, is a great addition to a nurturing self-care routine. Geranium is a go-to for any beauty regimen.

## Tips to Use Rose Touch

-  **Combine with your night-time moisturiser and apply to the face**  
Rose essential oil can help promote an even skin tone and healthy-looking complexion.
-  **Apply to wrists, neck and temples**  
With its harmonising and rejuvenating properties, Rose Touch can create an uplifting atmosphere. Apply topically to enjoy a floral aroma.
-  **Use as a personal fragrance**  
Carry its romantic scent throughout the day! Rose Touch can be used on its own, but also combines well with Hawaiian Sandalwood, Magnolia and Jasmine.

Want more on Rose Touch? Watch this video!



## Stimulating Hair Blend

### Ingredients:

4 drops Lavender essential oil  
2 drops Geranium essential oil  
4 drops Ylang Ylang essential oil  
1 drop Rosemary essential oil  
Fractionated Coconut Oil

### Instructions:

1. Add all the essential oils into a 10 ml roller bottle and top with Fractionated Coconut Oil.
2. Shake well before use.
3. Rub a small amount between your fingers and run through your hair to enhance its shine, smoothness, volume and fragrance.
4. You only need a small amount; a little goes a long way!

## Top dōTERRA Products for Women's Wellbeing

-  ClaryCalm™
-  Bone Nutrient Essential Complex
-  Phytoestrogen Essential Complex



# Helichrysum Touch & Magnolia Touch

*Irresistible skin care*

Found in dōTERRA skin care products for its rejuvenating abilities, Helichrysum essential oil is effortless to incorporate into your routine with the simple Touch roll-on application. With its fruity, floral aroma, Magnolia Touch can be used as a personal fragrance that also soothes and moisturises the skin. The relaxing and calming properties of Magnolia make it a key essential oil in various blends including dōTERRA Adaptiv™ and dōTERRA Steady™.

dōTERRA sources Helichrysum from Albania.  
Click here to watch the video and learn more  
about Helichrysum.



## Skin Care Powered by Nature

Find the right essential oil to complement your skin type and make the change from over-the-counter products to natural solutions. Always remember to dilute essential oils when applying topically.

### For Dry Skin

- ✦ Rose
- ✦ Sandalwood
- ✦ Magnolia



### For Oily Skin

- ✦ Geranium
- ✦ Cedarwood
- ✦ Tea Tree



### For Mature Skin

- ✦ Frankincense
- ✦ Helichrysum
- ✦ Myrrh



### For All Skin Types

- ✦ Helichrysum
- ✦ Lavender
- ✦ Roman Chamomile



## Combine essential oils with these dōTERRA skin care basics!



Fractionated Coconut Oil



Hand & Body Lotion



dōTERRA™ sun



# Roman Chamomile & Northern Escape\*

*\*Limited Time Offer*

## *Calm the mind*

Use this pairing to bring that relaxed 'Sunday' feel to any day of the week. Chamomile is famous for its relaxing properties and creating a restful environment, making it an ideal addition to your bedtime routine. Northern Escape blends Black Spruce, Siberian Fir, Balsam Fir, Lavandin, Cedarwood, Cypress, Hinoki, Frankincense, Nootka, Cananga and Clove essential oils to create a beautiful outdoor ambience in your home.

### 3 Tips to Use Roman Chamomile

- 💧 Apply 1 to 2 drops to the bottom of feet before getting into bed.
- 🛁 Add 1 to 2 drops to your shampoo or conditioner for a smoothing effect.
- 🌿 Blend with other floral essential oils like Lavender, Ylang Ylang and Geranium.

### Forest Scented Candles

#### Ingredients:

- ✦ 3 tablespoons soy wax
- ✦ 1 tablespoon beeswax
- ✦ 1 tablespoon solid coconut oil
- ✦ 20 drops Northern Escape essential oil blend
- ✦ 10 drops Siberian Fir essential oil
- ✦ 1 wick
- ✦ Jar/container with a lid

*Tip: Double or triple the recipe as desired for a larger, longer burning candle.*

#### Instructions:

1. Melt the soy wax, beeswax and solid coconut oil in a glass bowl over a saucepan of hot water.
2. When the mixture has fully melted, remove from the heat. Mix in the essential oils for at least one minute to fully incorporate them.
3. Dip the bottom of the candle wick into the wax and use this to secure the wick to the bottom of the jar/container.
4. Prop the wick upright and pour the rest of the wax into the container.
5. Allow the wax to cool completely. Trim the wick to approximately 2 cm above the wax.

*Tip: To help preserve the candle's scent, cover the candle with a lid when not in use.*

### Find calm and relaxation with:

- 🛡️ dōTERRA Adaptiv™
- 🛡️ dōTERRA Serenity™
- 🛡️ dōTERRA Balance™

#### Try this!

- 💧 drop Roman Chamomile
- 🔴 drops Geranium
- 🟡 drops Lemon
- 💧 drops Ylang Ylang








# dōTERRA abode™ & dōTERRA Purify™

*Refresh your home*

Your home is your sanctuary and these two bright essential oils will make it sparkle! Formulated with essential oils known for their cleansing constituents including limonene, geranial and neral, this pairing will give a burst of freshness.

## Share and Compare!

 dōTERRA Purify™	Both	 dōTERRA abode™
Lemon Siberian Fir Citronella	Lime Tea Tree Cilantro	Litsea Cassia Lemon Eucalyptus Arborvitae Kochii Eucalyptus Lavender Lemon Myrtle
Invigoring Herbal 	Fresh Cleansing Purifying 	Citrusy 

Green cleaning and household products help create a healthy environment. dōTERRA has a selection of must-haves to help you create a fresh, thriving home. Have you tried the On Guard™ products?

-  On Guard™  
Cleaner Concentrate
-  On Guard™  
Foaming Hand Wash
-  On Guard™  
Laundry Detergent





# Citrus Spring\* & dōTERRA Motivate™ Touch

*\*Limited Time Offer*

Springtime has arrived early! Feel motivated and uplifted with this dynamic duo. Citrus Spring combines Wild Orange, Lavender, Bergamot, Douglas Fir, Cedarwood, Clary Sage and Litsea for a citrus and floral blend with a gentle, woody pine undertone. dōTERRA Motivate Touch, recently reformulated, combines Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamom, Melissa and Vanilla Absolute for a fresh, clean and minty blend that promotes feelings of confidence, optimism and determination.

## How to use Citrus Spring & Motivate Touch to Boost Your Mood!

Every essential oil influences wellbeing in its own way, but citrus oils uniquely have a reputation for their ability to uplift and energise.

### At Work

- ✦ Apply dōTERRA Motivate™ Touch to your neck or shirt collar to instil feelings of confidence before a presentation.
- ✦ Use Citrus Spring after lunch to invigorate and revitalise mood.
- ✦ Use dōTERRA Motivate™ Touch when working on a project to stay focused.

### At Home

- ✦ Welcome a new day with the vibrancy and brightness of Citrus Spring.
- ✦ Apply dōTERRA Motivate™ Touch when establishing new goals and practising affirmations.
- ✦ Mix Citrus Spring with Fractionated Coconut Oil or an unscented lotion and use as part of a relaxing massage.

## Essential Oils that make you smile

 Wild Orange  dōTERRA Cheer™  Citrus Bliss™





## Maximise BOGOs with the Loyalty Rewards Program (LRP)

Did you know you can earn Loyalty Reward Points with BOGOs and exchange them for future free products? Here's how:

1. Access your Loyalty Order from under the 'My Account' dropdown menu.
2. To add BOGO items to your Loyalty Order (LRP), click on 'Manage Order'.
3. From here, search BOGO offers by using the search box or explore the offers by clicking 'Browse'.
4. Once you have added your desired items to your Loyalty Order (LRP), click on 'Next Step' to proceed.

### Important!

If you are adding BOGO items to your Loyalty Order (LRP), you must process the order immediately to ensure that you receive the BOGO offers.

### New to our Loyalty Rewards Program (LRP)?

Find more information here!

**Loyalty Rewards Program**

**Shop Now**

**BOGO FAQs**







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dōTERRA Essential Oils Europe

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