



5 COOL WAYS
TO USE
ESSENTIAL OILS
THIS

Summer





Make a Mojito

Make a refreshing virgin mojito with dōTERRA Lime essential oil.

Crush some mint leaves, together with 1 tsp of maple syrup or honey and place in a tall glass with some crushed ice. Add 10 drops of Lime essential oil and top with sparkling water. Stir well and enjoy!

Soothe your Skin

Create a super soothing skincare spray using dōTERRA Lavender essential oil.

Add 100 ml aloe vera juice, 50 ml dōTERRA Fractionated Coconut Oil and 1 teaspoon vitamin E to a small amber spray bottle. Add 20 drops of Lavender oil, shake well and spray on skin to soothe.



Travel in Comfort

Use dōTERRA Peppermint essential oil to keep travel queasiness at bay.

Add a few drops of dōTERRA Peppermint essential oil to a car diffuser when travelling, or simply inhale a couple of drops from the palms of your hands for an enjoyable journey.





Wild Orange Popsicles

Make delicious Wild Orange & vanilla Popsicles for those warm Summer days.

Blend 200 ml orange juice, 200 ml full-fat coconut milk, one tsp vanilla extract until smooth. Add 3 drops Wild Orange and mix.

Pour into popsicle moulds and freeze for 5-6 hrs. Enjoy!

Nourish your Locks

Use dōTERRA Geranium essential oil to bring dry, dull hair back to life.

Add a few drops of Geranium essential oil to your favourite natural conditioner and leave for 10 minutes. Rinse with warm water and towel dry. Not only will your hair look and feel great, it will smell fabulous too!



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Have an Oily,
Happy, Summer!

