

*Natural Beauty
with Doterra*





BEFORE YOU GET STARTED, A NOTE ON SAFETY. PLEASE READ CAREFULLY.

All recipes, unless otherwise specified, are for adults use only.

Please refer to the dilution chart by age to make up recipes for children or older people.

Safe dilution chart by age (per 10ml rollers):

Newborn-6 months: 1-2 drops of EO

6 months- 2 years: 1-3 drops of EO

2-5 years: 2-5 drops of EO

5-12 years: 5-10 drops of EO

12 years and up: 15-20 drops of EO

Adults: up to 40-50 drops of EO

INTERNAL USE

Not all Doterra Essential oils can be ingested, so please ALWAYS refer to the specific Oil's label for that (if an Oil can be ingested, the label will contain info called "Supplements Facts"). If using hot oils internally (only in a veggie cap), take them on a 10 days on/10 days off basis.

When making DIY products and remedies using EO, always use dark glass bottles, never clear containers, and never plastic. Make sure to thoroughly wash and dry your jars and containers before using them.

Shelf life of DIY products containing water is very short, due to the possibility of contamination. Always use distilled or cooled, boiled water. Always discard those products after 2 weeks max.

If the DIY products don't contain water, then discard after 6 months max.

Always avoid getting Essential Oils and DIY products in your eyes and mouth.

EO that come from Citrus fruits and Berries are photosensitive and therefore you should avoid exposing your skin to direct sunlight for at least 12 hours after applying them.

Oils that are photosensitive:

SINGLE OILS: Bergamot, Grapefruit, Lemon, Lime, Wild Orange, Tangerine, Cumin.

OIL BLENDS: Aromatouch, Breathe (Air), Cheer, Motivate, Forgive, Citrus Bliss, Elevation, In Tune, On Guard, Purify, Smart and Sassy, Zendocrine.

(NB: Despite the name, Lemongrass EO is NOT photosensitive).

ABBREVIATIONS:

EO: Essential Oils;

FCO: Fractionated Coconut Oil;

ACV: Apple Cider Vinegar;

Tbsp: Tablespoon;

Tsp: Teaspoon.

Natural Beauty with Doterra

Among their many uses, Doterra Essential Oils have vast applications for personal care, including beautifying the skin and hair, and other uses for general hygiene. Because each Essential Oil has a unique chemical profile that provides different benefits, it is easy to use Oils for a wide variety of tasks that relate to personal hygiene.

Since ancient times, Essential Oils have been used to promote healthy skin, strong nails, shiny hair and more.

Not only do natural cleansing, soothing, and purifying properties make Essential Oils an ideal choice for personal care, but you can also enjoy their aromatic power while using them.

Doterra Essential Oils provide a pure, non-toxic way to care for the body, and are easy to incorporate into your daily routine.

If you are wondering what is the benefit of using Essential Oils for personal care as opposed to other products on the market, remember that all of the Doterra EO are extracted from pure, natural sources in the earth, which means they don't contain synthetic fillers or toxins.

While many cosmetics and hygienic products on the market today contain synthetic ingredients that can be potentially harmful to the body, EO are natural and powerful, yet still safe for the body.

Taken from plants, plant materials, and fruits, Essential Oils provide an effective way to care for the skin, hair, and the rest of the body because they are safe, natural, and pure.

If you want to feel comfortable knowing exactly what you are using on your body, choosing Essential Oils over other commercial products can give you that peace of mind.

ESSENTIAL OILS VS. OTHER COSMETIC AND HYGIENIC PRODUCTS

Essential Oils	Other Hygiene Products
Consist of natural ingredients taken from pure sources	Often contain synthetic or mysterious ingredients
Potent and powerful, so you use less	More product is required to achieve desired effect
You only need a small amount of oil, so it lasts longer and is more cost-effective over time	Need to re-stock product more often
Provides a natural way to care for the body, offering peace of mind	You may not know exactly what you are putting on your body

In addition to the benefits above, many people use Essential Oils in their daily hygiene or beauty routine because it is easy to tailor certain Oils to your personal preferences. As mentioned, each EO has a unique chemical makeup, which provides countless applications. A single Oil can have several different uses and provide a variety of benefits, depending on its chemical design. Some chemical components will make an EO useful for cleansing and purification, while other components provide soothing or beautifying properties. Because each EO has a different combination of chemical constituents, it is easy to find one that will fit into your hygiene regimen based on your personal preferences.

Along with a wide variety of EO and chemical constituents to choose from, there are also several application methods that make it easy to incorporate Oils into your unique beauty routine. Essential Oil application methods can be changed to accommodate people with sensitive skin, different hair types, and varying cosmetic or hygienic needs. Typically, there is only one single way to use a cosmetic or hygienic product, but when you use Essential Oils for personal care, you can select specific Oils and application methods that work with your personal preferences.

SKIN CARE



Skin care is one of the most important areas of good hygiene, and the natural, powerful properties of Essential Oils are useful for promoting clean, smooth, and healthy-looking skin.

There are many characteristics of EO that make them useful for skin, including cleansing properties, soothing properties, and nurturing properties.

Depending on the Oil, you can help moisturise the skin, provide toning properties, or promote a healthy-looking glow. Some Essential Oils can even be used to reduce the appearance of wrinkles and fine lines by nourishing the skin and promoting an even skin tone.

While Essential Oils have been proven both safe and effective, it is important to use them correctly to ensure safe use. Just like any product you would put on your skin, you must follow the directions, use proper quantities, and make adjustments if you have sensitivities. On the skin, only use EO that have been approved for topical use, and remember that using high quality Oils tends to yield the best results.

Because EO are so potent, it is often wise to dilute an Oil before applying it to the skin. Dilution is especially important when

applying particularly potent Oils to areas like the face, and even more important for those with sensitive skin.

While EO are extremely potent, their cleansing and soothing nature makes them useful for those who struggle with skin sensitivity. Oftentimes, commercial cleansers and lotions can be extremely irritating for people with sensitive skin because they contain chemicals or harsh ingredients. By taking a natural approach, and allowing the gentle yet effective nature of EO to cleanse and soothe the skin, those with a history of sensitive skin can easily transform their skincare routine.

If you have sensitive skin, be sure to dilute EO every time before applying them topically. It is also wise to use Essential Oils in smaller doses to avoid irritating the skin by overpowering it with too much of an Oil at a time.

Whether you have sensitive skin or not, you should always avoid applying Essential Oils to areas of the skin like the inner ears and nose, eyes and skin around the eyes, and broken or damaged skin.

Let's have a look at some of the best EO for skin care.

- Yarrow Pom: revitalises ageing skin, reduces blemishes, boosts skin hydration.
- Neroli: regenerates skin cells, tightens skin, improves elasticity.
- Ylang Ylang: rich in antioxidants that prevent free radicals.
- Geranium: skin tightening, promotes skin elasticity and circulation.
- Frankincense: excellent for wrinkles, age spots and scars.
- Clarycalm: use typically for hormonal acne.
- Zencrine: apply typically on spots and red areas at bed time.
- Melaleuca (Tea Tree): helps to tone skin and clear bacterias.

- Copaiba: excellent to help with dry skin, acne, eczema. Anti-ageing, helps to promote collagen production, anti wrinkles.
- Lavender: helps with scars, sunburn, healthy complexion.
- Rose: helps with scars, wrinkles, facial capillaries and redness

OILS FOR OILY SKIN

Lemon

Geranium

Cypress

OILS FOR DRY SKIN

Roman Chamomile

Cedarwood

Myrr

Geranium

Before having a look at the recipes below, let me explain why some of the ingredients are used.

- 1) Jojoba Oil: I always choose Jojoba Oil in all of my DIY skin products cause it has a low comedogenic value, which means that it is an Oil safe to use on every skin type, and it will not cause breakouts and blemishes when applied on oily and acne prone skin.
- 2) Vitamin E Oil: this is an excellent addition to any home made skin care products cause it provides extra soothing and nourishing benefits, and it is incredible to help reduce scarring on the skin (acne scars or stretch marks).



HOMEMADE MAKE UP REMOVAL PADS

In a 120 ml (4 oz) jar add about 15-20 cotton pads (the round ones work very well for this recipe).

Separately, mix:

1 Tbsp of Jojoba Oil;

2 drops of Lavender;

1 Tbsp of alcohol free Witch Hazel.

Add 1/4 cup of hot distilled water (or boiled tap water) to the mix, and stir well to combine. Pour the hot mixture in the jar, over the cotton pads. Close lid and let it sit to cool down.

To use, take a pad and rub over face to remove make up.

FACE WASH

In a 250 ml foaming pump dispenser (the Doterra ones are perfect for this recipe) add:

60 ml (1/4 cup) of pure Castile soap;

180 ml (2/3 cup) distilled (or cooled, boiled) water;

1 tsp Jojoba Oil;

1 tsp Vitamin E Oil;

5 drops of Lavender;

5 drops of Melaleuca (Tea Tree);

5 drops of Frankincense.

Put all the ingredients in the pump and shake to mix.

Shake well before each use.

Use in place of your store-bought face wash, AM and PM.

FACE TONER

In a bottle put half part Apple Cider Vinegar and half part distilled (or cooled, boiled) water.

For every 60 ml (2 oz) of liquids, add 5 drops each of Lavender and Frankincense.

Shake well to combine, and before each use.

If your skin is very sensitive, lessen the amount of Apple Cider Vinegar used.

Use AM and PM after washing your face, and before applying your moisturiser.



ALOE VERA NIGHT CREAM

In a 120 ml (4 oz) glass jar add:

- 10 drops of Lavender;
- 10 drops of Frankincense;
- 10 drops of Melaleuca (Tea Tree);
- 1 tsp of Jojoba Oil.

Fill the rest of the jar with pure, organic Aloe Vera Gel.

Mix well till it forms a turbid cream.

Use every evening as a moisturiser.

ACNE GEL

In a 60 ml (2 oz) glass jar add:

1/4 cup of organic pure Aloe Vera gel;

10 drops of Melaleuca (Tea Tree);

8 drops of Lavender;

Combine all ingredients in the jar (mix well till a turbid cream forms).

Apply on freshly washed face at night.

BLEMISHES-BE GONE ROLLER

In a 10 ml roller add:

3 drops of Oregano;

6 drops of Purify;

9 drops of Zendocrine;

10 drops of Cedarwood;

Top with FCO.

When you see a spot or blemish appear on your face, start applying (2-4 times daily), till the skin clears.

PORE CLEANSING FACIAL STEAM

You will need:

4 cups of boiling water;

3 drops of Lavender;

3 drops of Melaleuca (Tea Tree);

Large heat-proof bowl;

Bath towel.

Wash face before starting.

Pour the hot water into the bowl and sit it on a table or a stable surface. **Be very careful when handling hot liquids!**

Add the EO to the water.

Cover your head and shoulders with the towel, and position your face about 30 cm from the bowl.

Keep your eyes closed and enjoy the relaxing steam from the scented water for about 10-15 minutes.

Avoid facial steams if you have very sensitive skin or skin conditions such as rosacea.

DIY FACE MASK

You will need:

2 Tbsp of Flour (plain, oats, rice);

3 Tbsp of plain Yogurt;

1/2 tsp of pure organic Honey;

3-5 drops of EO (Lavender, Frankincense, Turmeric, Melaleuca, Copaiba, Cedarwood, Green Mandarin...).

Mix all ingredients to make a paste. Apply a thin layer of the paste on your face. Let it dry for 20 minutes. Rinse and dry your face well. Follow up with your regular moisturiser.

DARK CIRCLES GO AWAY

In a 10 ml roller add:

10 drops of Immortelle (Salubelle);

10 drops of Cypress;

10 drops of Yarrow Pom;

Top with FCO.

Roll under your eyes as needed.

This combo helps to reduce the appearance of puffy eyes, dark circles and bags under your eyes.

You could keep it in the fridge for better results.

NATURAL MOISTURISER CREAM

1/2 cup of Shea Butter (or Cocoa Butter);

2 Tbsp of Jojoba Oil;

5 drops of Lavender;

5 drops of Frankincense;

5 drops of Geranium;

5 drops of Copaiba (optional but recommended).

On a double boiler, slowly melt together Shea Butter (or Cocoa Butter) and Jojoba Oil.

Remove from heat and allow to cool slightly. Add EO.

Once it's hardened, you can whip it up with a hand mixer.

Suitable for AM and PM.

Especially good in winter.

EYE SERUM

In a 10 ml roller add:

10 drops of Frankincense;

10 drops of Yarrow Pom;

10 drops of Cypress;

10 drops of Copaiba;

Top with Jojoba Oil.

Apply AM and PM, after applying your face serum and moisturiser.

GLOW SERUM

In a 30ml dropper bottle (an empty Yarrow Pom bottle works perfectly), add:

10 drops of Lavender;

10 drops of Frankincense;

10 drops of Copaiba.

Top with Jojoba oil.

Use AM and PM as part of your daily skincare routine. Apply on face AFTER your usual moisturiser.



HAIR CARE

The same cleansing, nourishing, and beautifying properties that make Essential Oils useful for skin care, also make them useful for hair care.

Whether you want to cleanse the hair and scalp, or promote soft, shiny strands, using EO during your daily haircare routine will provide a number of benefits that can help improve the overall look and feel of your hair.

Everyone's hair is a little different, which means everyone's hair care needs will vary. Thankfully, because of their unique chemical design, EO provide several benefits for the hair, depending on your needs.

In addition to cleansing properties that promote a clean head of hair, some Essential Oils also have nourishing elements that will help the hair look softer, shinier, or smoother.

Whether you have frizzy, curly or fine and straight hair, there is most likely an Essential Oil out there that can help promote the soft, shiny head of hair you want. Some EO can be used to smooth out frizzy ends, while others can be applied at the roots to promote a thick, full head of hair. No matter your haircare needs, the nourishing, fortifying, and soothing properties of certain EO can provide a tailored solution.

Not only are the cleansing and nourishing benefits of EO useful for benefitting the hair, but they can help promote a clean, healthy scalp as well. A healthy head of hair often starts with the scalp, so using EO is a good way of ensuring you have shiny, smooth, and nourished hair.

Because of these benefits, EO are commonly used for scalp massages, that will help invigorating the hair follicles, cleanse the scalp, and even promote relaxation.

Let's have a look at some of the best EO for skin care.

- 1) Rosemary, Thyme and Lavender: can stimulate hair growth;
- 2) Chamomile: promotes soft and shiny hair;
- 3) Clary Sage and Lemon: good for oily hair;
- 4) Peppermint: good for dry scalp;
- 5) Juniper Berry: good for dry or brittle hair;
- 6) Cedarwood: good for dry hair and also promotes hair growth;
- 7) Ginger: when massaged on scalp, it promotes a fast hair growth;
- 8) Tea Tree (Melaleuca): very good when used to fight head lice infestation.

*For an easy hair growth mask, use a little bit of FCO, add 1 or 2 drop of Rosemary and Lavender and massage your scalp. Do this at bed time, leave on overnight, and wash your hair in the morning.

DRY SHAMPOO RECIPE

You will need:

4 Tbsp of Arrow Root Powder;

3 drops of Wild Orange;

2 drops of Clementine;

1 drop of Rosemary.

N.B. for dark hair, replace 2 Tbsp of Arrow Root Powder with 2 Tbsp of Cocoa Powder.

Put Arrow Root Powder and Cocoa Powder (if using), and EO in a glass jar and shake well to combine.

To use, apply a little amount on your hair using a makeup brush.

SHAMPOO BAR

You will need:

1 pound of “Melt and Pour” soap base (choose one depending on your hair type);

2 Tbsp of Cocoa Butter;

2 tsp of Olive Oil;

2 tsp of Vitamin E oil;

25-30 drops of EO of your choice.

On a double boiler, gently melt the soap base. Add the Cocoa Butter. Once melted, remove from heat and add Olive Oil and Vitamin E Oil. Let it cool slightly before adding EO. Mix all ingredients well. Pour into soap moulds and let it cool till completely hardened. When fully hardened, remove soap bars from the moulds. Store in airtight container.

LEAVE-IN CONDITIONER

You will need:

250 ml (8 oz) spray bottle;

10 drops of Rosemary;

10 drops of Lavender;

1 Tbsp of Coconut Milk (or regular conditioner);

Distilled (or cooled, boiled) water.

Add conditioner and EO to bottle. Fill to the top with water and shake well to combine. Shake well before each use.

HOME MADE HAIR CONDITIONER

You will need:

2 Tbsp of Cocoa Butter;

2 Tbsp of Coconut Oil;

1 tsp of pure, organic Aloe Vera;

1 Tbsp of Argan Oil (or Jojoba Oil);

15 drops of EO of your choice.

On a double boiler, slowly melt together the Cocoa Butter and Coconut Oil. Once melted, remove from heat and let it cool down for a few minutes.

Add the Argan Oil (or Jojoba Oil), Aloe Vera and EO.

Stir well and pour into an airtight jar.

Use as you would any hair conditioner.

NATURAL SHAMPOO

You will need:

1/4 cup of pure Castile soap;

1tsp of Argan (or Jojoba Oil);

10 drops of EO of your choice;

Distilled (or boiled, cooled) Water.

Mix the Castile soap, Argan Oil (or Jojoba Oil), and EO in a bottle (an empty shampoo bottle will do) and top up with water.

Shake well to mix, and before each use.

NATURAL HAIR MASK

Mix 2 Tbs of Coconut Oil with 2 drops each of Cedarwood, Lavender and Clary Sage. Massage all over your hair and let it sit for at least 30 minutes (or overnight for best results) before washing. Double up amounts if you have very long hair.

LUSCIUS LOCKS SPRAY

In a 120 ml (4 oz) spray bottle, add:

30 drops of Cedarwood;

30 drops of Lavender;

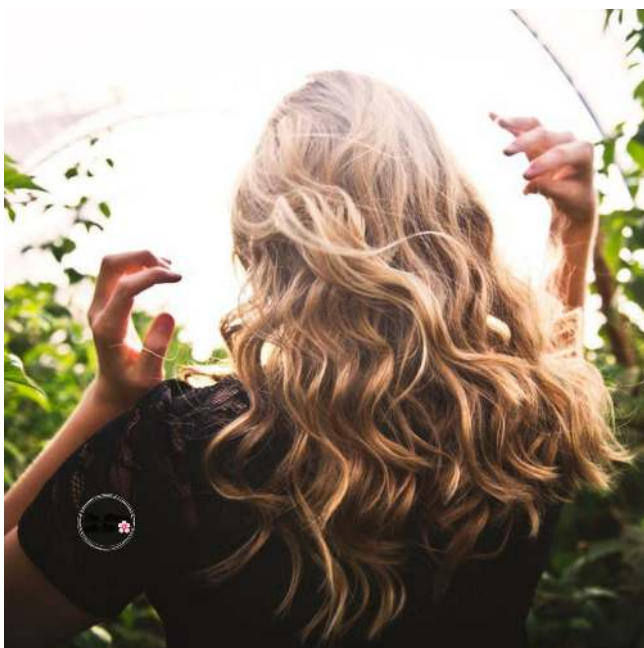
20 drops of Rosemary;

10 drops of Geranium;

Fill the rest with Witch Hazel.

Shake well before each use.

Spray on roots and work through hair daily.



NATURAL HAIR SPRAY

You will need:

1 cup of Water;

2 Tbsp of White Sugar;

1 Tbsp of Alcohol (perfumers alcohol or vodka will do);

10 drops of EO of your choice.

Bring the water to boil and slowly add the sugar.

Stir continuously till the sugar is fully dissolved.

Remove from the heat and allow to cool.

Once cooled, add alcohol and EO and mix well.

Pour into a spray bottle for storage.

Shake well before using.

N.B. Only use white sugar for this recipe, as other types of sugar or substitutes will not work.

HAIR GROWTH SPRAY

In a 60 ml (2 oz) spray bottle, add 15 drops each of Geranium, Cedarwood, Lavender, Rosemary and Peppermint.

Top with FCO.

Apply on your hair at night, massaging well, and wash it in the morning as per usual.

You could also use this combo on your hair in the morning as a styling spray (just dry a little bit if the hair feels a bit too wet).

HAIR DETANGLES SPRAY

You will need:

1/2 cup of ACV;

1/2 cup of distilled (or cooled, boiled) water;

1 tsp of Argan Oil (or Jojoba Oil);

10 drops of EO of your choice.

Add all ingredients in a spray bottle and shake well to mix.

Shake well before each use.

To use, just spray on dry hair before brushing.

BROWS MAGIG ROLLER

In a 10 ml roller add:

10 drops of Rosemary

10 drops of Lavender

10 drops of Cedarwood

Top with Castor or Argan Oil.

Apply every evening on your eyebrows to promote growth.

This combo works wonders to promote eyelashes growth as well.

Just put ingredients in an empty mascara container and apply!

HEAD LICE

OVERNIGHT TREATMENT

You will need:

- 2 drops each of Lavender, Melaleuca (Tea Tree), Eucalyptus and Rosemary.

- 1/4 to 1/2 cup of Coconut Oil, depending on length of hair.

Mix all ingredients and apply all over the head and along the hair, making sure to cover it all.

Cover the head with a towel or a shower cap and leave the mixture on overnight. The next morning wash your hair as per usual.

Repeat application for a few days, till the lice infestation is cleared. Repeat for a day more, just to be sure.

EVERY DAY SPRAY OR ROLLER

In a 10 ml roller, add 5 drops each of Rosemary, Melaleuca (Tea Tree), Lavender and Arborvitae. Top with FCO.

Apply daily at the base of the head and under the ears.

This recipe could be made into a spray using Witch Hazel instead of FCO.

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