



SKIN CARE

CLEANSING

Fractionated Coconut Oil all over face and eyes.
Wipe off with warm damp cloth/pads.

SKIN TONIC

Glass spray bottle. Add 1/4 full witch hazel.
15 drops Lavender + 5 Melaleuca.
Top up with water. Shake before use.

MOISTURISING

10ml glass roller ball.

Fractionated Coconut Oil. (Great for hands too)
Combination 20 drops of any of the following
essential oils.

Lavender, Frankincense, Copaiba,
Blue Tansy, Yarrow Pom, Geranium, Roman
Chamomile, Cedarwood.

MOUTHWASH

Glass Bottle

15 drops Peppermint + 5 drops Melaleuca
Top up with cold water
Shake before use - rinse and sloosh!

CELLULITE

Dry brush + plus a few drops of either
Lemongrass or Grapefruit. Brush!

Only recommend using **doTERRA Essential Oils**
on your skin.