

200PV
FREEBIE!
UNTIL 31/03



Using Ice Blue & Lemongrass

125PV
FREEBIE!
UNTIL 15/03



CREATED BY:



TEAM ALCHEMY

All about Ice Blue



AROMATIC USE • TOPICAL USE

doTERRA Ice Blue is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus work together to soothe and cool. After long hours on the computer, try rubbing Ice Blue essential oil Soothing Blend blend on your fingers, wrists, shoulders, and neck. A few drops of Ice Blue diluted in a carrier oil can be part of a cooling and comforting massage.

THE MAGIC OF ICE BLUE

doTERRA Ice Blue Soothing Blend is the origin of doTERRA's popular line of Ice Blue products. Since the creation of Ice Blue, the blend and its offspring products have been a favourite among doTERRA customers due to Ice Blue's powerful and effective nature. The Ice Blue essential oil blend can be applied topically to provide a soothing and cooling sensation that is perfect for a comforting massage. It is well used by athletes and exercise enthusiasts and can be applied topically to soothe muscles and relax the body after strenuous activity.

The Ice Blue Soothing Blend is made up of selected CPTG Certified Pure Tested Grade essential oils; this means that each essential oil that makes up the Ice Blue soothing blend has been tested through the CPTG protocol. This protocol contains a series of strict tests that assess the purity of each batch of doTERRA essential oils. When the essential oils pass this protocol, they are deemed pure essential oils. The CPTG essential oils in doTERRA Ice Blue Soothing Blend is part of what makes Ice Blue so effective and powerful.

To make Ice Blue's soothing benefits more accessible, doTERRA created an Ice Blue product line that has increased its accessibility as well as enhanced its uses and benefits. The following products are part of the doTERRA Ice Blue product line.

- Ice Blue Soothing Blend: This blend is formulated to soothe and cool using a safe and natural blend of essential oils.
- Ice Blue Rub (120ml): One of doTERRA's most popular products, Ice Blue Rub is a topical cream infused with Ice Blue Soothing Blend, natural plant extracts, and other helpful ingredients. When applied topically to problem areas, Ice Blue Rub provides a cooling and soothing sensation. This cream is non-greasy and leaves skin moisturised.



<http://bit.ly/IceBlueSports>

Paul Ovens shares
how to use
Ice Blue Rub

Everyday Uses for Ice Blue

1 - POST WORKOUT BLISS

Ice Blue essential oil blend contains strong soothing and cooling properties. These properties can offer comfort before and after exercise and are ideal for massages. Use Ice Blue essential oil blend or Ice Blue Rub topically, to obtain these soothing and cooling benefits.

2 - REWARD YOUR BODY

Ice Blue is a perfect companion for a massage. Give your body a relaxing break and get a massage using Ice Blue Soothing Blend. This blend can be combined with doTERRA Fractionated Coconut Oil to increase fluidity of massage strokes, enhance the reach of the Ice Blue essential oil blend, and help protect sensitive skin.

3 - GROWING SPURTS ARE TOUGH

Growing can cause discomfort and may cause restless nights. To assist your growing child during their growing spurts, combine the Ice Blue essential oil blend with a few drops of Fractionated Coconut Oil and massage into your child's legs before bedtime. This will bring a cooling and soothing feeling that will help ease these occasional discomforts.

4 - HOUSEWORK HERO

Cleaning can be quite the workout, and the constant movement of arms and legs can leave you tired. After a day of cleaning, give your body a well-deserved reward. Rub Ice Blue essential oil blend or Ice Blue Rub onto your arms and legs for a soothing and relaxing massage.

5 - GARDENING GURU

Have a green thumb and a love for gardening? Make sure to give your body the relaxation it needs after a fun day of pruning and planting by applying Ice Blue essential oil blend or Ice Blue Rub to your hands and feet after gardening. This application will help relax your muscles and prepare them for your next gardening adventure.

6 - FOR THE KEYBOARD WARRIOR

Typing on the computer may seem like minimal activity for just your wrists and fingers, but the act of typing influences and tenses many other upper body parts. After long hours on the computer, rub Ice Blue essential oil blend or Ice Blue Rub on your fingers, wrists, shoulders, and neck. This will help soothe, cool, and relieve affected areas.

7 - SAY "I LOVE YOU"

Want to connect with your nan or grandad and give them a treat they are sure to enjoy? Next time you're with them, give them a hand massage with the Ice Blue essential oil blend diluted in Fractionated Coconut Oil. The soothing effect of Ice Blue oil will help relax their hands. Massages are also a great way to create meaningful connection and show that you care.

Ice Blue Diffuser Blends

I AM STRONGER

3 ICE BLUE
6 SIBERIAN FIR
2 TEA TREE
4 LEMON

I AM MAGICAL

1 ICE BLUE
3 JUNIPER BERRY
1 BLUE TANSY
3 FRANKINCENSE
6 TANGERINE

I AM AT PEACE

2 ICE BLUE
2 LAVENDER
4 FRANKINCENSE

I AM WONDER-FULL

2 ICE BLUE
3 YLANG YLANG
1 MELISSA OR
LITSEA

I AM JOY

2 ICE BLUE
6 WILD ORANGE
4 DOUGLAS FIR

Rollerball Recipe

I AM LOVE

3 ICE BLUE
2 YLANG YLANG
6 WHISPER
2 H. SANDALWOOD
1 ROSE [OPTIONAL]

combine with FCO in a 10ml rollerball

Ice Blue Aromatic Dressing Blends

I CREATE WITH JOY

1 ICE BLUE
2 SPEARMINT
2 TANGERINE

I AM AWAKENED!

2 ICE BLUE
1 LEMON
2 WILD ORANGE

I SURRENDER TO THE DIVINE

2 ICE BLUE
1 WINTERGREEN
2 ARBORVITAE
2 FRANKINCENSE

I EMBRACE LOVE

1 ICE BLUE
2 YLANG YLANG
3 WHISPER

I SLEEP DEEPLY

2 ICE BLUE
2 MARJORAM
1 CEDARWOOD

I CELEBRATE LIFE

1 ICE BLUE
1 SPEARMINT
1 DOUGLAS FIR
2 WILD ORANGE
1 YLANG YLANG

How to aromatically dress?

CHOOSE THE BLEND YOU DESIRE AND DILUTE IT IN 10ML OF FRACTIONATED COCONUT OIL. RUB LOVINGLY ALL OVER YOUR BODY AFTER A SHOWER OR BATH WHILE GIVING YOUR BODY LOVING TOUCH AND LOVING WORDS.

Ice Blue DIY Recipes

GROWING UP SUPPORT SPRAY

INGREDIENTS:

Makes one 30ml spritzer

10 drops Lavender essential oil
10 drops Ice Blue essential oil
10 drops Frankincense essential oil
Fractionated Coconut Oil

METHOD:

In a 30ml spritzer bottle, combine the essential oils and Fractionated Coconut Oil.

With the lid on the spritzer, shake well to combine.

Apply as needed before bed.



RELAXING FOOT BATH

INGREDIENTS:

1/2 cup Epsom salts
1/2 cup magnesium salts
10-15 drops of Ice Blue essential oil

METHOD:

Combine salts in a small glass or metal bowl. Add your essential oils to the salt mixture and mix well.

Transfer mixture to an airtight container such as a mason jar for storage.

To use in a foot bath, add 1/4-1/2 cup of the salts into the water while filling the foot bath.

**Do not use in a standard bath as Ice Blue may irritate sensitive areas of the body.*



All about Lemongrass



FREE IN
MARCH 2019 BY
PLACING A SINGLE
125PV LRP ORDER
BEFORE
15/03

AROMATIC USE • TOPICAL USE • FOOD FLAVOUR USE

Grown by family farmers in Southern India, lemongrass produces a refreshing, citrus essential oil that offers a variety of benefits. For years, lemongrass has been used in Asian cuisine for soups, teas, curries, and seafood. However, the uses for Lemongrass essential oil extends far beyond the kitchen. With a crisp aroma, Lemongrass essential oil is a favourite for massage, just combine with carrier oil for an soothing massage. It can also be added as a food flavour to foods and beverages for a refreshing twist. Whether applied topically, used aromatically, or used as a food flavour, the uses of Lemongrass essential oil are widely diverse.

THE COMPLEX SOURCING OF LEMONGRASS

Harvesting lemongrass is a labour-intensive process, but for families in Southern India, it has been a way of life for generations. doTERRA chose Southern India as a sourcing location because of the high levels of rainfall in the area. A greater amount of rainfall creates a higher citral content in the lemongrass, which makes it superior for essential oil use.

During harvest time, farmers hike 8+ kms up a steep mountain and work for roughly seven days to harvest a 100-acre plantation. Lemongrass is harvested by hand, using a sickle—which is part of what makes the harvesting process so physically demanding. Once the lemongrass is harvested and gathered, the farmers walk the 8 km back down the mountain, each carrying a lemongrass bundle on top of their head.

After the lemongrass is harvested, it goes through the process of steam distillation. Once distilled, the crude oil is passed on to a manufacturer who produces the Lemongrass oil. While the oil is with the manufacturer, it goes through stages of refining and filtration. The oil then undergoes a series of tests before it qualifies for export—the oil must be of the highest quality to be acceptable to distribute. Though the process of harvesting and producing Lemongrass essential oil requires hard labour and attention to detail, this process matches the high standards that doTERRA has for producing quality essential oils.

To learn more about how doTERRA Lemongrass is sourced, watch this video:



<http://bit.ly/2S7Q4ra>

Journey to India
to learn more
about Lemongrass

Everyday Uses for Lemongrass

1 - SOOTHING MASSAGE

After a big gym session or after a hard day of work, reach for Lemongrass essential oil. Dilute it in Fractionated Coconut Oil and consider pairing it with Ice Blue or Black Pepper and Marjoram for a soothing and blissful massage.

2 - SPORTY MUMS AND DADS LISTEN UP!

After you or the kids have had a big run or a day out on the field, Lemongrass is a great essential oil. Dilute and consider combining with AromaTouch for a gentle massage.

3 - RADIANCE FROM WITHIN

Consider aromatically dressing with Lemongrass, known for its invigorating aroma and clarifying and toning skin properties. With Geranium, Lavender, Sandalwood, or Cedarwood, your skin will thank you.

4 - A TASTE OF ASIA

For many years, Lemongrass has been a common ingredient to add flavour to Asian soups, curries, beef, fish, teas, and more. Next time you are creating a dish or salad dressing, add a bit of Asian flair with one or two drops of Lemongrass essential oil.

5 - FLAVOUR BOOSTER

A happy tummy means a happy mind and body. Try flavouring your favourite dish with Lemongrass essential oil or add 1-2 drops to your water bottle for a refreshing burst of flavour.

6 - CONFIDENCE AND POSITIVITY

Another benefit of diffusing Lemongrass essential oil is the refreshing, herbaceous aroma of the oil. If you want to experience the aromatic benefits of Lemongrass essential oil but don't have time to diffuse it, place one drop in the palm of your hand, rub your hands together, and inhale softly for up to 30 seconds or longer as desired, to give you a sense of heightened awareness and positivity.

Lemongrass Diffuser Blends

ISLAND BREATH

1 LEMONGRASS
2 LAVENDER
3 HAWAIIAN
SANDALWOOD

TEARS OF SURRENDER

1 LEMONGRASS
2 WINTERGREEN
2 GERANIUM
4 WHISPER

JOYOUS CONNECTIONS

2 LEMONGRASS
6 GREEN MANDARIN
2 CEDARWOOD

PLAYTIME

2 LEMONGRASS
2 WILD ORANGE
3 YLANG YLANG

AWAKEN TO THE DREAM

1 LEMONGRASS
6 SIBERIAN FIR
2 BLUE TANSY

Rollerball Recipe

WORLDLY WARRIOR

2 LEMONGRASS
4 FRANKINCENSE
5 DOUGLAS FIR
6 TANGERINE

combine with FCO in a 10ml rollerball

Lemongrass Aromatic Dressing Blends

RELEASE

2 LEMONGRASS
2 BLACK PEPPER
1 WINTERGREEN

EASY MOVING

1 LEMONGRASS
2 FRANKINCENSE
3 COPAIBA

BACK TO IT!

1 LEMONGRASS
2 ICE BLUE
1 FRANKINCENSE
+LAYER ICE BLUE RUB

UP AND AT 'EM

2 LEMONGRASS
3 MOTIVATE

RELINQUISH & REVIVE

2 LEMONGRASS
2 EUCALYPTUS
2 COPAIBA

DEEP RELIEF

1 LEMONGRASS
1 BLACK PEPPER
2 COPAIBA
1 WINTERGREEN

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RUB LOVINGLY ALL OVER YOUR BODY AFTER A SHOWER OR BATH
WHILE GIVING YOUR BODY LOVING TOUCH AND LOVING WORDS.

Lemongrass DIY Recipes

ROOM REFRESHENER SPRAY

INGREDIENTS:

Makes 30ml

8 drops Lemongrass essential oil
10 drops Wild Orange essential oil
6 drops Cedarwood essential oil
Distilled water
Pinch of Epsom salts

METHOD:

In a 30ml spritzer bottle, combine the essential oils, distilled water and pinch of Epsom salts.

With the lid on the spritzer bottle, shake well to combine.

Spritz in laundry, bathroom or wherever in the home you need a refresh. Great for gym bags and stinky shoes too!



PURIFYING AND SPACE CLEANSING SPRITZER

INGREDIENTS:

6 drops Lime essential oil
4 drops Lemongrass essential oil
6 drops Rosemary essential oil
10 drops Patchouli essential oil
Distilled water
Pinch of Epsom salts

METHOD:

In a 30ml spritzer bottle, combine the essential oils, distilled water and pinch of Epsom salts.

With the lid on the spritzer bottle, shake well to combine.

Spritz around you or in an area that you need to clear the energy or when you need a boost!



Lemongrass DIY Recipes

LOVE AND CONNECTION BEDROOM SPRAY

INGREDIENTS:

Makes 30ml

4 drops Lemongrass essential oil
8 drops Hawaiian Sandalwood essential oil
6 drops Cinnamon Bark essential oil
10 drops Whisper essential oil
4 drops Tangerine essential oil
Distilled water
Pinch of Epsom salts

METHOD:

In a 30ml spritzer bottle, combine the essential oils, distilled water and pinch of Epsom salts.

With the lid on the spritzer bottle, shake well to combine.

Spritz around bedroom, on manchester or on yourself before intimacy.



NATURAL NAIL LAQUER REMOVER

INGREDIENTS:

10 drops Lemongrass essential oil
60ml white vinegar or isopropyl alcohol

METHOD:

Add the Lemongrass essential oil to a 60ml glass bottle and fill the remainder of the bottle with white vinegar or isopropyl alcohol.

Shake to combine.

Add the solution to a cotton ball and rub onto nails to remove polish.

Once polish is removed, wash hands before applying new polish.



Lemongrass Recipe

COCONUT LEMONGRASS RED LENTIL SOUP

INGREDIENTS:

2 tablespoons coconut oil
2 large onions, peeled and chopped
4 cloves garlic finely chopped or pressed
1 tablespoon fresh ginger root, minced
1-2 drops Lemongrass essential oil
4 tablespoons tomato paste
4 carrots, peeled and chopped
4 tablespoons curry powder
1 teaspoon crushed chilli flakes
8 cups vegetable broth
2 cans coconut milk
4 cups fresh tomatoes, chopped
3 cups dried red lentils
4-6 handfuls baby spinach
Salt and pepper to taste



METHOD:

Heat coconut oil over medium heat; add onion, garlic, and fresh ginger. Cook until onion is translucent then add carrots and sauté five to seven minutes.

Add tomato paste, curry powder, and crushed chilli flakes; cook for another one to two minutes stirring constantly until all vegetables are coated and flavors combined.

Add vegetable broth, coconut milk, diced tomatoes, and lentils. Cover and bring to a boil on medium-high heat; reduce to simmer (low heat).

Add Lemongrass essential oil and cook for approximately 30 minutes until lentils are cooked through. Season with salt and pepper to taste.

Add spinach and stir until wilted.

Garnish with one tablespoon fresh chopped coriander if desired.

Recipe courtesy of doterra.com