

A watercolor illustration featuring various green leaves and clusters of small blueberries. The leaves are in shades of light green, lime green, and forest green, with some showing detailed vein patterns. The blueberries are small, round, and dark blue, hanging from thin brown stems. The entire illustration is set against a light, textured background.

Using the Taste of Summer Kit

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Table of Contents

LEMONGRASS

ALL ABOUT LEMONGRASS
EVERYDAY USES FOR LEMONGRASS
LEMONGRASS DIFFUSER BLENDS
LEMONGRASS RECIPES
A DEEPER DIVE INTO LEMONGRASS

RED MANDARIN

ALL ABOUT RED MANDARIN
EVERYDAY USES FOR RED MANDARIN
RED MANDARIN DIFFUSER BLENDS
RED MANDARIN RECIPES
A DEEPER DIVE INTO RED MANDARIN

GREEN MANDARIN

ALL ABOUT GREEN MANDARIN
EVERYDAY USES FOR GREEN MANDARIN
GREEN MANDARIN DIFFUSER BLENDS
GREEN MANDARIN RECIPES
A DEEPER DIVE INTO GREEN MANDARIN

KUMQUAT

ALL ABOUT KUMQUAT
EVERYDAY USES FOR KUMQUAT
KUMQUAT DIFFUSER BLENDS
KUMQUAT RECIPES
A DEEPER DIVE INTO KUMQUAT

All About Lemongrass



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 oil extend 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 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 rain fall in the area. A greater amount of rain fall 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, filtration, and blending. 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 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. 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 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 aromatic 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.

5 - FLAVOUR BOOSTER

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

6 - CONFIDENCE AND POSITIVITY

Another benefit of diffusing Lemongrass 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

DEEP BREATH

2 LEMONGRASS
3 HAWAIIAN
SANDALWOOD
1 SPIKENARD
1 MELISSA

TRUE TO THYSELF

2 LEMONGRASS
2 LAVENDER
3 SIBERIAN FIR
3 SPEARMINT

DEEPER CONNECTIONS

2 LEMONGRASS
2 GREEN MANDARIN
2 CEDARWOOD
2 PINK PEPPER

KNOW THYSELF

2 LEMONGRASS
3 TANGERINE
2 H. SANDALWOOD
2 CLARY SAGE
2 FRANKINCENSE

TODAY IS A NEW DAY

2 LEMONGRASS
2 EUCALYPTUS
3 RED MANDARIN
2 CYPRESS
1 YLANG YLANG

Rollerball Recipe

EMPOWERMENT

2 LEMONGRASS
4 BERGAMOT
3 GINGER
1 WINTERGREEN

combine with FCO in a 10ml rollerball
anoint your solar plexus

Lemongrass Diffuser Blends

ENLIVEN

2 LEMONGRASS
3 LIME
4 WILD ORANGE
2 ROSEMARY

SPACE TRANSFORMATION

3 LAVENDER
2 CLOVE
4 WILD ORANGE
2 GINGER

GET IT DONE!

3 LEMONGRASS
2 SPEARMINT
2 TANGERINE

MORNING JOY

3 TANGERINE
2 LEMONGRASS
2 CLARY SAGE
2 SANDALWOOD

AWAKEN TO LIFE'S GIFTS

2 LEMONGRASS
2 SPEARMINT
2 PEPPERMINT

Rollerball Recipe

BOOST & REFRESH

3 LEMONGRASS
4 LIME
3 PATCHOULI

combine with FCO in a 10ml rollerball

Lemongrass Recipes

RAW CAULIFLOWER RICE

INGREDIENTS - RICE:

- 1 cup of carrot, roughly chopped
- ½ cauliflower, roughly chopped
- ½ cup of spring onions, roughly chopped
- 1/3 cup of pepitas
- 1/3 cup of sunflower seeds
- 2 drops of Ginger essential oil
- 3 drops of Lemongrass essential oil
- 4 drops of Lemon essential oil

INGREDIENTS - SAUCE:

- 2 tomatoes
- 2cm of chilli
- 1 cup of parsley
- 1 cup of mint
- 1 spring onion
- ¼ carrot
- 6 drops of Lemon essential oil
- 2 tsp coconut aminos
- Herbamere to taste

METHOD:

Combine all rice ingredients and blitz in a food processor or Thermomix to desired consistency.

Combine all sauce ingredients and puree until smooth.

Pour sauce over cauliflower rice and top with fresh chopped tomatoes and fresh mint.



Lemongrass Diy Recipes

DIY ALL-PURPOSE SPRAY

INGREDIENTS:

Makes 500ml

2/3 cup isopropyl alcohol or vodka*
1/2 cup white distilled vinegar
3/4 cup distilled water
20 drops Lemongrass essential oil
20 drops Tea Tree essential oil
500ml glass or metal spray bottle
*substitute 1 Tbsp epsom salts if you prefer

METHOD:

Pour the alcohol, vodka or epsom salts, vinegar and water into the bottle.

Add your essential oils and shake well.

Use in kitchens and bathrooms to keep them sparkly clean and fresh smelling.



DIY ALL-PURPOSE SPRAY

INGREDIENTS:

1 cup Epsom salt
1/2 cup sea salt
5 drops Lemongrass essential oil
10 drops Green Mandarin essential oil
5 drops Marjoram 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 bath, pour a few teaspoons of the bath salts into the water while filling the tub.



A Deeper Dive into Lemongrass

CUTTING THE TIES

The shape of Lemongrass in nature lends itself to resembling a sword.

Consider aligning with this oil to cut ties of relationships, habits and thoughts that no longer serve you.

OIL MAGIC:

Visualise whatever is challenging you.

Take a deep inhalation of the invigorating Lemongrass aroma and visualise your troubles dissolving.

ANCHOR WITH AFFIRMATION:

"I trust and release what no longer serves me, making way for the new."



PURITY

Use the invigorating aroma of Lemongrass to refresh your space during difficult times. Try Lemongrass to uplift your senses or clear your chakras of energies that no longer serve you.

OIL MAGIC:

Add a few drops of Lemongrass to a spritzer bottle and fill with purified water. Walk around your home or space misting the area and visualise the density leaving for good.

ANCHOR WITH AFFIRMATION:

"I create a home and life that I love moment after moment."

CLARITY

Open the mind to new opportunities, broaden new horizons and highlights exciting adventures ahead with Lemongrass. It is an oil of conscious action & enables you to move forward without the baggage of the past in a refreshed, cheerful lighthearted manner.

OIL MAGIC:

Lemongrass opens the mind to new opportunities, broadens new horizons and highlights exciting adventures ahead. Lemongrass is an oil of conscious action & enables you to move forward without the baggage of the past and a refreshed, cheerful lighthearted manner.

ANCHOR WITH AFFIRMATION:

"I am inspired by life, the way is made clear for me as I embark on new adventures in new landscapes."

All About Red Mandarin



AROMATIC USE | TOPICAL USE | FOOD FLAVOUR USE

Known as the sweetest of all citrus fruits, the red mandarin from the *Citrus reticulata* tree is usually peeled and eaten whole or used in salads and desserts, but its rind also contains a wonderfully unique essential oil. Although it is similar to the tangerine—in fact, mandarins are often referred to as tangerines interchangeably in some parts of the world—the fruit and the essential oil of Red Mandarin is quite unique in the citrus world. Whether experienced aromatically, topically, or as a flavour, Red Mandarin essential oil can provide a multitude of benefits.

WHAT MAKES RED MANDARIN UNIQUE?

While Green Mandarin essential oil comes from the unripened fruit of the mandarin tree, Red Mandarin—also known as Tangor and Temple Orange—comes from mature mandarin fruit. doTERRA Red Mandarin essential oil is sourced in Brazil.

Citrus oils are uplifting, energising, and cleansing to the senses; Red Mandarin is no exception. You can take advantage of this energising and invigorating aroma by diffusing, breathing it from your hands, or even applying to your skin. Additionally, the refreshing flavour of Red Mandarin allows for a variety of uses in the kitchen—from desserts to herbal beverages, Red Mandarin will add a pop to any recipe!

Red Mandarin contains 65–75 percent limonene in its composition. Limonene is a chemical component found in high concentrations in most citrus oils—it accounts for citrus oils' cleansing and uplifting aroma. However, Red Mandarin also includes gamma-Terpinene (γ -terpinene), which is found in Tea Tree.

Red Mandarin is a unique oil that comes to us through a co-operative partnership in Brazil. Through this partnership small scale farmers are able to offer their crops for essential oil production getting a far better pay than the fruit juice industry had provided.

To learn more about this co-operative, watch this video on Wild Orange:



Together we are taking care of our little orchard.

<http://bit.ly/2RUc6yn>

Learn more about
the Brazilian
citrus cooperative

Everyday uses for Red Mandarin

1 - BRIGHTEN UP YOUR BEVERAGES

Red Mandarin's fresh flavour is a welcomed addition to all your summer beverages. Consider adding 2-3 drops to your fresh juices, iced teas or water bottle and reap the flavour benefits of Red Mandarin.

2 - NOT A MORNING PERSON?

Diffuse Red Mandarin, an energising and uplifting aroma first thing. It's uplifting scent is sure to bring a smile to your face and add pep to your step.

3 - CITRUS FRESH

Switch up your nighttime skincare routine with the addition of Red Mandarin. Add a drop or two to either the Essential Skincare toner or Veráge™ toner for additional toning benefits to your daily beauty routine.

4 - BLISSFUL BEDTIME

Create a simple bedtime drink by combining 1 drop of Red Mandarin in 250ml of warm water. Let the worries of the day slip away as you inhale the aroma and savour the comforting flavour of Red Mandarin, drinking this treat as a bedtime tea.

5 - OVERINDULGED?

Summer barbeques and sausage sizzles abound this time of year. If you've had more than your fair share of snags consider Red Mandarin for its refreshing flavour twist or pair with DigestZen® to support a feeling of satisfaction after eating.

6 - DAILY ROUTINE FLAVOUR BOOSTER

For those using Frankincense and Copaiba as part of their daily routine you may want to add Red Mandarin flavour into the mix. Red Mandarin's chemistry is an ideal partner to compliment both Frankincense and Copaiba.

Red Mandarin Diffuser Blends

INNER CHILD

3 RED MANDARIN
2 FRANKINCENSE
4 SIBERIAN FIR

JOYFUL DANCE

3 RED MANDARIN
3 FRANKINCENSE
4 SPEARMINT

REVITALISE

4 RED MANDARIN
3 BERGAMOT
2 BASIL

PILLOW TALK

3 RED MANDARIN
2 H. SANDALWOOD
1 CINNAMON BARK
2 YLANG YLANG

I AM MAN

3 RED MANDARIN
2 CEDARWOOD
2 LITSEA
4 BERGAMOT

Rollerball Recipe

SOUL'S DESIRE

5 RED MANDARIN
4 MAGNOLIA
3 JUNIPER BERRY

combine with FCO in a 10ml rollerball

Red Mandarin Diffuser Blends

A WOMAN'S WORTH

3 RED MANDARIN
2 ROSE
1 MYRRH

JUST FOR HIM

3 RED MANDARIN
3 PATCHOULI
2 ARBORVITAE

HEART SONG

3 RED MANDARIN
3 SANDALWOOD
2 ROSE
1 GERANIUM

ABUNDANCE

4 RED MANDARIN
2 BERGAMOT
1 ROMAN
CHAMOMILE

SWEET PERSPECTIVE

2 RED MANDARIN
2 DOUGLAS FIR
1 YLANG YLANG

Rollerball Recipe

QUIET MOMENT

4 RED MANDARIN
4 FRANKINCENSE
2 ROMAN
CHAMOMILE
2 SPIKENARD

combine with FCO in a 10ml rollerball

Red Mandarin Recipes

CITRUS SPICE CHOCOLATE MOUSSE

INGREDIENTS:

500g raw cashew nuts, soaked 2 hours
2 ripe bananas
1/4 cup raw cacao powder
3/4 tin coconut milk
1 drop Cassia essential oil
1 drop Cinnamon essential oil
3 drops Red Mandarin essential oil
4 drops Wild Orange essential oil

METHOD:

Drain off the cashews and rinse.

Add to food processor or Thermomix with the bananas and process until fine.

Add cacao and slowly add the coconut milk until a smooth and fluffy mousse is created.

Garnish with berries or a dusting of cacao.

Note: add more cacao for a darker chocolate mousse.



Red Mandarin Diy Recipes

DIY ALL-PURPOSE SPRAY

INGREDIENTS:

250ml spritzer bottle
¾ cup strong organic green tea
1 tsp. cup raw apple cider vinegar
5 drops Red Mandarin essential oil
2 drops Lemon essential oil

METHOD:

Pour the green tea and apple cider vinegar into the spritzer bottle.

After cleansing your face apply your homemade toner by misting the face with a few spritzes.

Pat gently with your hands or use cotton wood to tone the face.

Apply your moisturizer as usual.



DIY ALL-PURPOSE SPRAY

INGREDIENTS:

¼ cup olive oil
¼ cup vinegar
10 drops Red Mandarin essential oil
5 drops Wild Orange essential oil

METHOD:

Add olive oil and vinegar to glass spray bottle.

Add essential oils.

Shake well before each use.

Apply to microfiber cloth and wipe wood surfaces clean. Repeat every two to three months or as often as needed.



A Deeper Dive into Red Mandarin

CREATIVITY

Red Mandarin may awaken your creativity by reminding you of the joy of playfulness. Through play you can explore and find solutions as you open yourself to different potentials.

OIL MAGIC:

How can you make a decision or creative endeavour fun? Put Red Mandarin in your diffuser and do some doodling, role play, or play the one word game with a colleague, trying to find a solution.

ANCHOR WITH AFFIRMATION:

"I joyfully and playfully explore creative solutions and ways to expand."



SWEET PRESENCE

Try Red Mandarin if you are feeling stagnant, stuck or procrastinating. Perhaps the invigorating and energising aroma is just what is needed to help bring clarity, focus and fill you with contentment, bringing you back to living in the moment.

OIL MAGIC:

Become present with the breath. Sit peacefully with your Red Mandarin and count your breaths. One for the first inhalation, two as you exhale, three for the next and so on. If you become distracted, start from the beginning. Each time you reach the 10 breaths, begin your next round inhaling Red Mandarin.

ANCHOR WITH AFFIRMATION:

"I consciously create my reality breath by breath."

WISDOM

Through enhancing your creativity and awareness of what is happening in your life, you are able to make wiser decisions. Try Red Mandarin for a fresh aroma boost, it may just be a refreshing catalyst to help recognise what will work, and what will not, and when it is the best time to dive in and explore a new situation.

OIL MAGIC:

Anoint your third eye chakra with Red Mandarin, this is the centre of understanding and applying knowledge into the practical world. The oil's vibration will dance with this energy centre supporting you to find wise solutions.

ANCHOR WITH AFFIRMATION:

"I am creating a life I love."

All About Green Mandarin



AROMATIC USE | TOPICAL USE | FOOD FLAVOUR USE

Emotionally uplifting and blissfully fragrant aroma, Green Mandarin is unique among citrus oils and offers a wide variety of uses. Its fruity aroma has a subtle floral undertones, making it a desirable addition to natural perfumes and cosmetics.

EXPLORING GREEN MANDARIN

Green Mandarin essential oil is pressed from the unripened fruit of the mandarin tree, while Red Mandarin essential oil comes from a more mature fruit.

Limonene, one of the main chemical components of Green Mandarin essential oil, is renowned for its cleansing properties. Create a bright and energised environment while diffusing the sweet, refreshing aroma of Green Mandarin throughout your home or workplace.

Green Mandarin is a wonderful oil that is providing the mandarin growers in Brazil with a second stream of income. To grow the best quality red mandrins seventy percent of the fruit is removed from the tree while it is immature or green. Previously these fruits were left to waste until doTERRA saw both the need to create income for the growers during slow season and the need for Green Mandarin oil to its customers. Now the growers enjoy extra income from fruits that were once waste product.

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



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

Discover the fresh
aroma of
Green Mandarin

Everyday uses for Green Mandarin

1 - ENERGISE YOUR ENVIRONMENT

Create a bright and energized environment by diffusing the sweet, refreshing aroma of Green Mandarin throughout your home or workplace. Add three to four drops in your diffuser.

2 - BEAUTY BOOSTER

Freshen your beauty routine. Add a few drops of Green Mandarin to witch hazel for a mild skin toner and clarifier.

3 - DETOX YOUR CLEANING ROUTINE

The limonene found in Green Mandarin is known for its cleansing properties. Make your own counter spray by adding 10 drops of Green Mandarin to a spray bottle filled with water to freshen the surfaces of your kitchen.

4 - REFRESH!

Diffuse Green Mandarin in your home for a clean, crisp and refreshing aroma. Add three to four drops in your diffuser. Green Mandarin blends well with Basil, Spearmint, Sandalwood, Lavender, or any of the citrus oils.

5 - NATURAL PUREFUMES

Create your own customised perfume blends with Green Mandarin and a few other oils. You can try blending it with wood oils, Lavender, Spearmint, or other citrus oils to experience the positive, uplifting aroma. Use the Rollerball Recipes on the following pages for inspiration.

6 - MAKE HYDRATION EASIER

Increase your water intake by incorporating Green Mandarin flavour into your beverages. Add 1-2 drops to sparkling water for a summer spritzer or 1-2 drops into your nighttime tea for a refreshing post dinner drink.

7 - FLAVOUR BOOSTER

Incorporate Green Mandarin in your cooking as a natural flavour in recipes calling for a subtle citrus flavor. Consider adding it into salad dressings, raw chocolates or other desserts that call for a zingy citrus flavour. Summer punches and mocktails benefit from the addition of this flavoursome citrus oil. Consider adding two drops of Green Mandarin and one drop of Juniper Berry to flavour your water.

Green Mandarin Diffuser Blends

PLAYFULNESS

3 GREEN MANDARIN
2 FRANKINCENSE
1 SPIKENARD

PURE DELIGHT

3 GREEN MANDARIN
1 LITSEA
2 LIME
3 H. SANDALWOOD

GUARDIAN

3 GREEN MANDARIN
2 GERANIUM
2 PINK PEPPER

MOTHER'S ARMS

3 GREEN MANDARIN
3 MARJORAM
2 YLANG YLANG
1 JUNIPER BERRY

WISDOM

2 YLANG YLANG
1 ARBORVITAE
2 MYRRH

Rollerball Recipe

ASLEEP IN THE WOODS

3 GREEN MANDARIN
3 JUNIPER BERRY
2 MYRRH
2 SPEARMINT

combine with FCO in a 10ml rollerball

Green Mandarin Diffuser Blends

DELICIOUSNESS

6 GREEN MANDARIN
2 CLARY SAGE
3 YLANG YLANG

SUMMER SONG

3 GREEN MANDARIN
3 PINK PEPPER

CELEBRATION

4 GREEN MANDARIN
1 LEMON MYRTLE
3 SPEARMINT
2 DOUGLAS FIR

GRATITUDE

3 GREEN MANDARIN
1 SPIKENARD
3 CASSIA
4 WILD ORANGE

PROSPERITY

3 GREEN MANDARIN
2 TANGERINE
2 GINGER

Rollerball Recipe

ENTER THE DREAMSCAPE

5 GREEN MANDARIN
4 LAVENDER
4 JUNIPER BERRY

combine with FCO in a 10ml rollerball

Green Mandarin Recipes

HUMMUS WITH GREEN MANDARIN, LEMON AND BLACK PEPPER

INGREDIENTS:

2 small cloves garlic
1 cup cooked or tinned chickpeas.
1 tbsp tahini
3 tbsp coconut cream
Salt to taste
1 tbsp hemp oil
½ orange, juiced
3 drops Green Mandarin essential oil
1 drop Black Pepper essential oil
10 drops Lemon essential oil
Optional: herbs and seeds of your choice

METHOD:

Combine all ingredients together in a food processor or Thermomix and puree together until desired consistency achieved.

Pour hummus into a bowl and drizzle additional oil on top.
Garnish with additional herbs and seeds as desired.



FRANKINCENSE AND GREEN MANDARIN RAW CHOCOLATES

INGREDIENTS:

¾ cup coconut oil, liquified
¾ cup cacao powder
¾ cup maple syrup (or to taste)
½ tsp Himalayan salt
Dash of vanilla powder
6 drops Frankincense essential oil
11 drops Green Mandarin essential oil

METHOD:

Combine all ingredients together and gently stir. Taste and adjust as needed.

Pour into moulds and set in refrigerator or freezer for 30 minutes.

Notes: Raw chocolates need to be kept cool as they melt quickly. This also makes a beautiful chocolate sauce for sweets, as a dipping sauce or for a fondue.

Green Mandarin Diy Recipes

SUGAR LIP SCRUB

INGREDIENTS:

4 teaspoons brown sugar
3 teaspoons virgin coconut oil
3 teaspoons honey
2 drops Green Mandarin essential oil
2 drops Spearmint essential oil
Small airtight container(s)

METHOD:

Mix brown sugar, coconut oil, and honey in small bowl.

Add desired essential oils.

Stir until ingredients are combined.

Put contents into container(s) of your choice.

Apply to lips as needed.



NATURAL FLAVOURED MOUTHWASH

INGREDIENTS:

250ml distilled water
40 grams sodium bicarbonate
20 drops Peppermint essential oil
10 drop Green Mandarin essential oil

METHOD:

Combine water and sodium bicarbonate in a large glass bottle.

Add essential oils and mix well.

Swish mixture around in mouth for one minute before spitting into the sink.



A Deeper Dive into Green Mandarin

SHIFT PERSPECTIVE

When the past has not been kind leaving you feeling tender, hurt or sad, you need to free the heart from pain and suffering.

Try nurturing the child within and try Green Mandarin.

OIL MAGIC:

Decide to do something fun today that would delight your inner child. Apply Green Mandarin topically to your wrists and heart and embrace a playful attitude. Ride your bike, build a sandcastle or fly high on a swing.

ANCHOR WITH AFFIRMATION:

"I joyously receive life's gifts."



JOYFUL PRESENCE

Open the heart in a joyous and expansive way, try Green Mandarin. Deepen compassion for others and for ourselves, creating a safe space for relationships to flourish.

OIL MAGIC:

Sit before a mirror with your Green Mandarin. Anoint a drop over your heart and inhale the sweet aroma. Look yourself in the eyes and allow a smile to form across your face. Feel the joy return to your heart. Sense the light from your heart touching souls and illuminating the world.

ANCHOR WITH AFFIRMATION:

"I am a conscious creator, my compassionate heart shines a light out onto the world. Relationships expand and deepen in the presence of this light."

ABUNDANCE

When the heart is open the universe responds. Fill your heart with joy and gratitude and the universe will bring you a flood of abundance. Align with Green Mandarin.

OIL MAGIC:

To add a sparkle to your day add a drop of Green Mandarin to your left wrist. Open the way for prosperity.

ANCHOR WITH AFFIRMATION:

"I invite prosperity into my life and gratefully accept the miracles I attract."

All About Kumquat



AROMATIC USE | TOPICAL USE | FOOD FLAVOUR USE

Indigenous to Asia, the Kumquat fruit is the size of a large olive and can be eaten whole with the peel. The peel has been described as being sweet, and the flesh sour. The peel produces a versatile essential oil known to have cleansing properties as well as aromatic benefits. Also known as *Citrus japonica*, kumquat is filled with limonene—the same main chemical component as Lemon, Lime, Wild Orange, and other citrus essential oils. Because of this, they share many of the same features and benefits, and can often be used interchangeably. The aroma of Kumquat is uplifting, invigorating and refreshing.

KUMQUAT. A CITRUS WITH A TWIST

As one of the five original ancestral citruses, Kumquat descends from an ancient history appearing as early as the 12th century in Chinese literature. The kumquat fruit has been revered in traditional Chinese medicine for its benefits. Native to Southeast Asia, the kumquat is the size of an olive and grows on a small, compact evergreen tree. Kumquat translates to “golden orange” for its colour.

Depending on the harvesting conditions, Kumquat essential oil is anywhere from 70%-95% limonene, but of its other 105 known constituents, 46 have not been found in any other essential oil! So, while Kumquat does offer the same surface cleansing benefits of its limonene-containing counterparts, many of its properties are all its own. This is what makes Kumquat a standout amongst other citruses.

The Kumquat aroma is very uplifting and energising to the senses. If you need a morning boost to get out of bed, or an afternoon pick-me-up, Kumquat may help get you going. It combines beautifully with On Guard® to help boost your household cleaners. The rich scent adds a remarkable fresh aroma to a stale room while creating a positive environment.

Bringing a burst of joyful sunshine, try Kumquat to clear out the post holiday blahs, or putting a pep in your step when completing household tasks.

To learn more about doTERRA's Italian citrus growers, watch this video:



<http://bit.ly/2W9UUnf>

In Italy citrus
oil is a
family tradition

Everyday uses for Kumquat

1 - INCREASE YOUR GLOW

Kumquat can be included in your daily bathroom routine. Consider adding 1-2 drops to your shampoo, facial cleanser or even your toothpaste for a citrus boost.

2 - A TART TWIST

Consider combining Kumquat with other citruses like Lemon, Lime, Wild Orange or even Bergamot for a refreshing citrus drink or uplifting diffuser melody.

3 - KUMQUAT 'KLEANSER'

Homemade cleansers are a great way to use your essential oils. Combine 250ml of distilled water, 2 tablespoons of white vinegar along with 2-3 drops of Kumquat in a glass or metal spray bottle to create a squeaky clean cleanser with a citrus kick. Consider adding Siberian Fir to your cleanser.

4 - MAESTRO IN THE KITCHEN?

Kumquat essential oil brings a unique taste to a range of dishes. Consider adding it to your favourite salad dressing, use a couple of drops for icing your homemade baked goods or flavour ice cream, sparkling water or your other favourite beverage, giving it a unique twist.

5 - SUMMER SUPERHERO

For overall wellness, Kumquat like other citrus oils can be included in a regular regime. Consider using it with On Guard® to add a unique summer twist to the classic On Guard® blend.

6 - CALM AMONGST THE STORM

Life can be overwhelming at times. Citrus oils, like Kumquat have invigorating, refreshing, and breezy aromas. Sometimes a bit of brightness to the day is all that is needed. Combine Kumquat with Siberian Fir or Douglas Fir in Fractionated Coconut Oil to create a blend that you can apply topically to the wrists, back of neck and bottoms of feet to feel anchored.

7 - WORKOUT BUDDY

Big New Year's resolutions? Remember your Kumquat! Adding a drop or two to your water bottle is a great way to increase your water intake. If you are looking to enhance your current healthy weight management plan consider pairing it with Smart & Sassy® or Green Mandarin. Now go break a sweat and have fun!

Kumquat Diffuser Blends

MAN CAVE

3 KUMQUAT
2 H. SANDALWOOD
2 RED MANDARIN
1 CEDARWOOD

PLEASANT SURPRISE

3 KUMQUAT
2 CARDAMOM
1 CLOVE

SEEKER

3 KUMQUAT
2 GINGER
1 LITSEA
1 STAR ANISE

READY TO GO

2 KUMQUAT
2 BERGAMOT
2 GINGER
2 TANGERINE

GOLDEN KISS

3 KUMQUAT
2 DOUGLAS FIR
1 CINNAMON BARK
1 LEMON

Rollerball Recipe

THE QUEEN

4 KUMQUAT
3 YLANG YLANG
2 MYRRH
1 BLUE TANSY

combine with FCO in a 10ml rollerball

Kumquat Diffuser Blends

LIGHT & BRIGHT

2 KUMQUAT
2 PEPPERMINT
1 MELISSA OR
LITSEA

LADY LUCK

3 KUMQUAT
2 ARBORVITAE

INSPIRED

4 KUMQUAT
3 LIME
2 MANUKA

STRENGTH

2 KUMQUAT
3 SIBERIAN FIR
1 R. CHAMOMILE
2 FRANKINCENSE

PEACEFUL NIGHTS

2 KUMQUAT
1 VETIVER
2 PETITGRAIN

Rollerball Recipe

SNUGGLE WITH ME

4 KUMQUAT
4 LAVENDER
2 CEDARWOOD
1 LITSEA

combine with FCO in a 10ml rollerball

Kumquat Recipes

RAW ZESTY FUDGE

INGREDIENTS:

1 cup raw cacao powder
1 cup coconut oil, liquified
1/2 cup maple syrup
1 Tbsp hemp seeds
1 Tbsp lemon zest
6 drops Kumquat essential oil
6 drops Lemon essential oil
4 drops Lime essential oil
1 drop Cassia essential oil
1 drop Cardamom essential oil
Pinch of Himalyan or Celtic salt
1 cup whole pistachio nuts, deshelled

METHOD:

Line a slice tray with baking paper.

Combine all the ingredients, except for the pistachio nuts, in a food processor or Thermomix. Blend on high speed until the mixture is smooth.

Add the whole pistachio nuts into the mixture and stir by hand to ensure the nuts remain whole.

Pour onto the prepared slice tray and refrigerate for one hour or until set.

Remove and slice into bite sized pieces before serving.



Kumquat Diy Recipes

SUMMER LOVIN' MASSAGE OIL

INGREDIENTS:

115ml Fractionated Coconut Oil
10 drops Kumquat essential oil
10 drops Lavender essential oil
10 drops Frankincense essential oil
10 drops Whisper® essential oil

METHOD:

Combine the essentials oils with the Fractionated Coconut Oil.

Decant into smaller vials for gifts if desired.

To use, massage lovingly on to the skin.

* Avoid UV rays for 12 hours after using this massage blend



SOOTHING BODY BALM

INGREDIENTS:

1 cup coconut oil (not melted)
1 tsp vitamin e oil (optional)
3-5 drops of Patchouli essential oil
3-5 drops of Kumquat essential oil

METHOD:

Combine all ingredients in a mixing bowl.

With a hand mixer whip on high for 5-7 min.
until mixture is a whipped, fluffy consistency.

Decant in to a glass jar and store at room temperature or in the refrigerator.



A Deeper Dive into Kumquat

FULL PICTURE

Kumquat may help you see that life will always be both sweet and sour. He helps you remain gracious and humble in times of success. When times are tough, call on Kumquat to help you see the silver lining.

OIL MAGIC:

When times are tough, sit down inhaling Kumquat and list all that is going wrong. Now next to each one, can you list the benefits? See there's always a flip-side!

ANCHOR WITH AFFIRMATION:

"I am aware I create my reality, and that I have the ability to change it!"



AUTHENTICITY

Kumquat helps you deal with feeling the need to show a cheerful but inauthentic persona to the world. He helps honour the full spectrum of human experiences and guides you on how to express them in appropriate ways.

OIL MAGIC:

Apply Kumquat to your wrists and when you feel like you can't express what you're truly feeling or thinking, inhale the aroma and look for the best way to get it out.

ANCHOR WITH AFFIRMATION:

"I am a precious gift to myself and others just as I am."

UNEXPECTED ABUNDANCE

Manifest new opportunities and abundance in your life. Kumquat's uplifting aroma and spirit helps keep you in a vibration of gratitude and openness, ready to accept what the universe has to offer. When working with Kumquat expect the unexpected, as he may help you attract what you need through less conventional means and unexplored options.

OIL MAGIC:

Anoint a golden candle with Kumquat and light it for a few minutes each day. As the candle burns, say "Like moths to a flame, my abundance I now claim".

ANCHOR WITH AFFIRMATION:

"I am constantly attracting abundance and opportunity."