



DIY

Upcycled Beauty Hacks

START HERE :

Choose either the Family Essentials Kit or the Home Essentials Kit. They contain the top 10 essential oils & blends—the “feel better” essentials. Family Essentials includes dōTERRA On Guard® & Peppermint Beadlets & FREE Enrollment Packet. Home Essentials includes the Petal Diffuser & FREE Enrollment Packet.

These kits include (5mL in the Family, 15mL in the Home) bottles of:

- Lavender
- Lemon
- Peppermint
- Melaleuca
- Oregano
- Frankincense
- Deep Blue®
- dōTERRA Breathe®
- DigestZen®
- dōTERRA On Guard®



Family Essentials



Home Essentials

THEN ADD :

- dōTERRA® Spa Hand & Body Lotion
- dōTERRA® Fractionated Coconut Oil
- Cedarwood
- Copaiba
- Eucalyptus
- Geranium
- Rosemary



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Hair Detangler

dōTERRA® Spa Hand & Body Lotion
5 drops each: Rosemary, Melaleuca & Lavender

In an empty 15mL Rosemary bottle, add oils. Fill to white CPTG® circle with Hand & Body Lotion. Top off with distilled water. Add spray top. Shake & spray damp hair.

Eye Makeup Remover

dōTERRA® Spa Hand & Body Lotion
2 drops Lavender

In an empty 15mL Lavender bottle, fill halfway with Hand & Body Lotion. Top off with distilled water. Add spray top. Shake & spritz on cotton pad or ball & wipe eye area to remove makeup.

Toilet Paper Spray

dōTERRA® Spa Hand & Body Lotion
10 drops dōTERRA Balance®

In an empty 15mL Balance bottle, fill halfway with Hand & Body Lotion. Top off with distilled water. Add spray top. Shake & spritz on toilet paper & wipe bum. Also great as an post-birth spray!

Face Serum

dōTERRA® FCO
2 drops each: Melaleuca, Lavender, Copaiba, Frankincense & Geranium

Add oils to an empty 5mL Frankincense bottle & top off with FCO. (May use 15mL bottle, but only fill 1/3 full with FCO.) Add spray top. Shake & spritz on palm. Spread on face (avoid eyes) for even coverage. Also great for nails & cuticles!

Root Stimulator

dōTERRA® FCO
3 drops each: Rosemary, Lavender, Peppermint, Cedarwood & Eucalyptus

Add oils to an empty 5mL Peppermint bottle. Top off with FCO. Add spray top. Spritz fingertips & massage into scalp.

“These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.”