



dōTERRA[®]
AUSTRALIA & NEW ZEALAND

Your guide to
better sleep & beauty
dōTERRA beyond Convention 2024

THE IMPORTANCE OF SLEEP

Good sleep is one of the most essential elements of a healthy life. Unfortunately, sleep is one of the most undervalued parts of modern schedules. In this busy world, it's all too easy to sacrifice sleep to other pursuits like work and family responsibilities, social time, and even technological distractions.

It may seem like a lot to spend a third of your life sleeping, but the consequences of cutting your shut-eye short are a lot more significant than just feeling tired. Sleep deprivation has been linked to several health challenges.

Sleep affects how well you think, react, work, learn, and get along with others. It affects your hormones and reproductive system, heart and circulatory system, metabolism, emotional response, respiratory system, and immune system.

During sleep, your body is hard at work rebuilding and repairing itself. It's mending

blood vessels, balancing hormones, and maintaining or even boosting the immune system. As you rest, your brain processes the events of the day and prepares itself for another day of learning. Exercising, eating right, and finding healthy ways to deal with emotions and stress are all fundamental to good health. But sleep is essential to the effectiveness and efficiency of every one of those habits.

In today's day and age, far too many people aren't thriving because of lack of sleep. And it's no wonder. Outside of the potential health consequences, it's simply too difficult to maintain a healthy lifestyle when your brain and body are fatigued.

The good news is, because sleep has such a broad, comprehensive impact on our health, adequate rest can improve our lives in so many ways!



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Essential oils & sleep

How can essential oils be used to improve sleep?

Essential oils are an incredible, natural tool to help you sleep. There are many different ways they can be used to benefit sleep and a couple of key reasons why they're effective.



Sleep Hygiene

You may have heard of the term sleep hygiene. It refers to the bedroom environment and daily routines that promote consistent, uninterrupted sleep. It includes things like keeping a stable sleep schedule, making your bedroom comfortable and free of distractions, following a relaxing bedtime routine and more.

Using essential oils daily as part of your sleep hygiene routine can be an extremely powerful way to enhance your sleep. This is because when any ritual is used regularly and consistently your body begins to recognise what's happening and knows it's time for sleep. The sights, sounds, smells, and rituals of your routine can help your body and brain relax.



Positive Associations

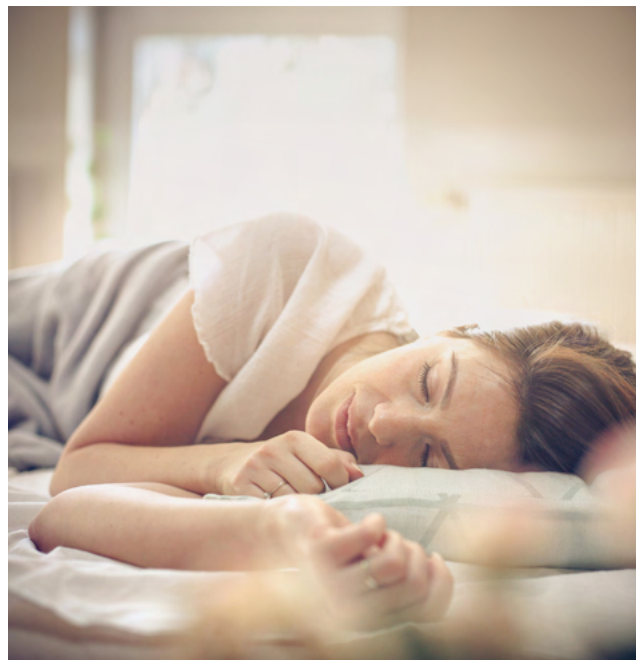
Another way essential oils are effective at helping you fall asleep is through what's called a positive association. When you want to use the power of aroma to help you sleep, you can simply anchor the aroma of certain essential oils with your bedtime routine.

Once established, aromatic cues from the oils send signals to your brain that it's time to sleep. This practice can dramatically improve not only the time it takes for you to fall asleep, but the quality of sleep you get once you drift off.

Chemical Components

Certain essential oils contain particular chemical constituents that are beneficial to relieve tension and promote relaxation and calm. Lavender is one of the best-known essential oils for sleep and its benefits are at least partially due to the chemical component linalool, which is known for its ability to soothe body and mind.

There are numerous other essential oils that contain the same, relaxation-inducing chemical elements as Lavender or other constituents that are equally as good at creating a tranquil and relaxing environment.



Better Sleep Can Change Your Life

Imagine what your life would be like if you woke up feeling refreshed every day.

Instead of lying awake at night counting sheep, take control of your sleeping habits and discover what can happen when sleep stops feeling like a luxury and more like a necessity.



Get the Rest you Deserve

dōTERRA Two-Step Sleep System:

- 1 dōTERRA Valerian essential oil
- 2 dōTERRA Lavender Peace® Stick + Valerian

You can do a lot to improve your chances of sleeping through the night. And when you combine healthy sleeping habits with the power of the dōTERRA Two-Step Sleep System, you create the ultimate relaxing atmosphere. Rather than spending another day (or sleepless night) wishing you felt rested, take charge of your sleep habits right away and see how doing so can change your life.



Anchoring the aroma of certain essential oils with your bedtime routine can impact not only the time it takes to fall asleep, but the quality of sleep you get once you drift off.

STEP 1:

VALERIAN

Valeriana officinalis 5mL

Warm, woody, balsamic, earthy

One of the oldest and most studied benefits of Valerian essential oil is its ability to improve the quality of sleep. The plant name Valerian comes from the Latin *valere* meaning 'to be well'.



What is Valerian?

Valerian is an herb native to Asia and Europe, but it can also be found in North America. The plant's root contains multiple versatile compounds that may impact the human brain and body.

What can you use Valerian essential oil for?

Valerian essential oil is steam distilled from valerian root, rich in sesquiterpenes and sesquiterpenols, known for their soothing properties. Valerian essential oil can be used aromatically and topically for its calming and easing properties.

Top Benefits

- Provides a grounding, earthy aroma.
- Complements a healthy sleep regimen when diffused or used topically with a carrier oil.
- Creates a warm, tranquil and comforting atmosphere.

Usage Tips

- Diffuse as part of your nighttime routine by adding three to four drops to a diffuser.
- Dilute with a carrier oil and apply topically on the back of the neck or bottoms of the feet at bedtime.
- Add a few drops to bathwater for a relaxing soak.

Sweet Dreams

- 💧 x 4 Valerian
- 💧 x 3 Lavender
- 💧 x 2 Roman Chamomile

Relaxation Oasis

- 💧 x 4 Valerian
- 💧 x 3 Frankincense
- 💧 x 2 Ylang Ylang

Peaceful Slumber

- 💧 x 4 Valerian
- 💧 x 3 Roman Chamomile
- 💧 x 2 Sandalwood

Dreamy Meadows

- 💧 x 4 Valerian
- 💧 x 3 Geranium
- 💧 x 2 Bergamot

Calming Citrus Bliss

- 💧 x 5 Valerian
- 💧 x 3 Wild Orange
- 💧 x 1 Lemon

Serenity Blend

- 💧 x 5 Valerian
- 💧 x 3 Clary Sage
- 💧 x 1 Marjoram

Night-time Zen

- 💧 x 5 Valerian
- 💧 x 3 Patchouli
- 💧 x 1 Lavender

Mellow Evening

- 💧 x 5 Valerian
- 💧 x 2 Cedarwood
- 💧 x 2 Juniper Berry

STEP 2:

Lavender Peace Stick® + Valerian

Preparing for bedtime has never been easier with the convenience, quick absorption, and smooth application of the dōTERRA Lavender Peace® Stick + Valerian. Soothe mind and body and ground your emotions so you can settle into a restful night's sleep.



What essential oils are featured in the Lavender Peace® Stick?

Featuring the proprietary dōTERRA Lavender Peace® Restful Blend, which includes some of our best-known essential oils for relaxation including CPTG® Lavender, Ho Wood, Roman Chamomile and Vetiver alongside the incredible Valerian essential oil to help create an atmosphere that entices relaxation.

Why Valerian?

Valerian is a perennial flowering plant that has been used to support sleep since ancient Greek and Roman times. Adding Valerian supports and enhances the effects of the dōTERRA Lavender Peace® Stick, making the overall results even more powerful.

Top Benefits

- Delivers the sleep-enhancing benefits of Valerian essential oil and bestselling dōTERRA Lavender Peace® Restful Blend in a convenient, portable stick.
- Provides a soothing, calming and tranquil aroma when applied topically.
- Goes on smooth for a light, non-greasy feel.
- Free from parabens, phthalates, and synthetic fragrances.

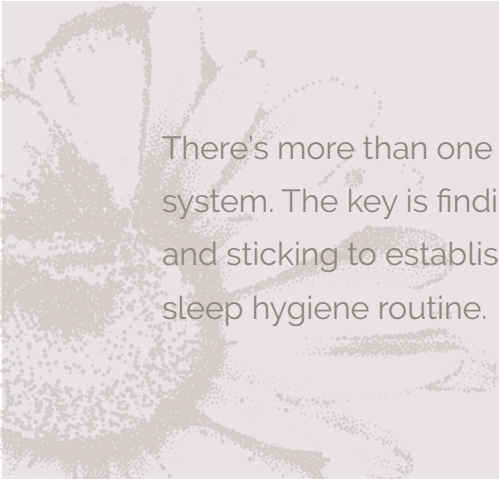
Usage Tips

Use daily to anchor the aromas to your night time routine and establish healthy bedtime rituals. May be applied to the inside of wrists, back of neck, chest or bottoms of feet as needed when preparing for rest.

Goes on smooth for a light,
non-greasy feel.



How to start using the sleep system



There's more than one way to implement the two-step sleep system. The key is finding what works for you and your family and sticking to established rituals each night as part of a good sleep hygiene routine.



Create a new habit

Apply the stick to your neck, shoulders, and wrists before bed. Inhale the calming scent and drift off for a restful sleep. Alternatively, diffuse dōTERRA Valerian in the evening and rub a drop on your hands to inhale before bedtime. Finish by applying the stick to your feet and neck. Choose one method or customise the two-step system to suit your needs.



The key is finding what works for you and your family and sticking to established rituals each night.

Introducing Limited-Edition Products







Dreamy Night Mask

Essential Skin Care

Get ultra-hydrated, radiant looking skin while you sleep.



This all-in-one gel night mask infuses your complexion with a dreamy infusion of vitamins and nourishing natural oils including jojoba seed oil and antioxidant-rich Frankincense essential oil to help combat the effects of environmental stress and revitalise your complexion overnight.

Top Benefits

- Infuses complexion with skin-loving essential oils and intensive natural moisture.
- Complements a healthy sleep hygiene routine.
- Antioxidant formulation to help protect the skin from free radical damage and environmental stresses.
- Vitamin-rich natural oils to nourish.

Usage Tips

- Apply to face and décolletage as part of your evening routine.
- Leave on overnight to deliver nutrients and help defend against environmental damage.
- Can also be applied used during the day in place of your moisturiser for an intensive moisture boost.



dōTERRA Silk Eye Mask

100% Mulberry Silk

Prepare for sweet slumber. dōTERRA has created a luxurious beauty-sleep essential, the limited-edition, 100 percent pure, Mulberry Silk Eye Mask.



Sumptuously soft, Mulberry silk is the highest-quality silk available, made from the cocoons of Mulberry silkworms. Mulberry silk fibres are stronger, smoother and lighter than any other type of silk in the world. The mask is naturally cooling, lightweight and gentle on the skin.

Top Benefits

- Hypo-allergenic
- Lightweight
- Machine-washable
- Comfortable, elasticised back
- Blocks out light
- Comes with pure cotton storage pouch.

Usage Tips

- Add a drop or two of your favourite sleep-time essential oil to the inside of the mask to enhance the benefits.
- The ideal travel companion to use on planes, trains or anywhere the outside world poses a distraction.



Fragonia

Agonis Fragrans Oil 5mL

A limited-edition native oil sourced in Western Australia through dōTERRA Co-Impact Sourcing® initiatives.



Fragonia essential oil has similar cleansing and purifying properties to CPTG® Tea Tree essential oil with notes similar to Eucalyptus, but Fragonia has a much softer and sweeter aroma profile than either of these oils. Considered a balancing oil with fresh, floral notes, Fragonia's primary chemical constituents encourage easy breathing. Fragonia is soothing when inhaled or diffused. It has been known to help ease the symptoms of jet lag and can also be used on tired muscles, or to calm the skin.

Top Benefits

- Provides a fresh, calming aroma.
- Encourages easy breathing when inhaled or diffused.
- Helps ease tired muscles and reduce the symptoms of jet lag.
- Soothes irritated skin.

Usage Tips

- Add 3 or 4 drops to a diffuser of your choice.
- Mix with a carrier oil or cream for a deep-tissue massage.
- Apply topically to irritated skin areas.
- Dilute with carrier oil and rub onto tired muscles after flying.

Fragonia Face Serum

- 👉 x 3 Fragonia
- 👉 x 5 Lavender
- 👉 x 3 Frankincense
- 1 tbs Jojoba Oil
- 1 tbs Sweet Almond Oil

Fragonia Roller

- 👉 x 6 Fragonia
- 👉 x 6 Lavender
- 👉 x 4 Peppermint
- 👉 x 3 Roman Chamomile
- 1 x 10mL Roller





Jojoba Oil

Jojoba Seed Oil 100mL

A luxurious gift of nature, this precious botanical oil is extracted from the seeds of the desert shrub Jojoba and is colourless, odourless and the ideal complement to essential oils.



What is Jojoba Oil?

Jojoba Oil contains natural constituents similar to the sebum in our skin, making it easy to absorb.

This light and nourishing oil naturally helps balance moisture as it gently hydrates the skin, protecting it from dryness and leaving it feeling soft and smooth.

How do you use Jojoba Oil with essential oils?

Jojoba Oil may be used alongside essential oils to enhance your daily skin and haircare routine.

Naturally powerful at moisturising, Jojoba Oil's light texture is perfect when

blended with essential oils for a relaxing massage or added to skincare to enrich the benefits, helping essential oils easily absorb into the skin.

Jojoba Oil may also be used to help keep hair manageable and shiny and is beneficial when added to hair tonics featuring essential oils.

Usage Tips

- Jojoba Oil is colourless, odourless and an ideal complement to essential oils.
- Jojoba Oil contains natural constituents similar to the sebum in our skin, making it easy to absorb.
- Helps moisturise skin on face and body.



Discover what can happen
when you wake up feeling
refreshed every day.



Birch

Betula lenta 5mL

Exclusive opportunity for dōTERRA beyond Convention 2024 attendees only!

FREE LIMITED-EDITION BIRCH



What is Birch essential oil?

Birch (*Betula lenta*) is a tree native to Canada and the US, known for its peeling bark. Steam-distilling the bark produces Birch essential oil with a crisp aroma and powerful benefits.

What is Birch essential oil good for?

Birch essential oil contains methyl salicylate, which helps ease body aches and soothe sore muscles.

Ideal for recovery massages and revitalising skincare routines.

Can you diffuse Birch essential oil?

Yes, you can diffuse Birch essential oil. However, it's quite strong, so you'll only need a drop or two when you incorporate Birch into diffuser blends.

Is sourcing Birch essential oil difficult?

Sourcing pure, unadulterated Birch essential oil is challenging due to limited availability. Our dōTERRA Sourcing Team found a sustainable supplier in Pennsylvania, allowing us to offer Birch essential oil for you to enjoy.

Usage Tips

- Delivers a stimulating, refreshing aroma.
- Contributes to a soothing massage.
- Promotes healthy-looking skin.

Forest Walk

- 💧 x 3 Birch
- 💧 x 2 Cypress
- 💧 x 1 Cedarwood
- 💧 x 1 Eucalyptus

Fresh Start

- 💧 x 3 Birch
- 💧 x 3 Lemon
- 💧 x 2 Peppermint

Mountain Air

- 💧 x 3 Birch
- 💧 x 2 Douglas Fir
- 💧 x 2 Lavender
- 💧 x 1 Juniper Berry

Wintergreen Breeze

- 💧 x 3 Birch
- 💧 x 2 Wintergreen
- 💧 x 2 Spearmint
- 💧 x 1 Bergamot

Invigorating Blend

- 💧 x 3 Birch
- 💧 x 3 Grapefruit
- 💧 x 2 Frankincense

Relax and Restore

- 💧 x 3 Birch
- 💧 x 2 Roman Chamomile
- 💧 x 2 Ylang Ylang
- 💧 x 1 Lavender

Summer Fresh

- 💧 x 3 Birch
- 💧 x 3 Lime
- 💧 x 2 Basil

Energising Morning

- 💧 x 3 Birch
- 💧 x 2 Wild Orange
- 💧 x 2 Rosemary
- 💧 x 1 Peppermint

Peaceful Evening

- 💧 x 3 Birch
- 💧 x 2 Geranium
- 💧 x 2 Bergamot
- 💧 x 1 Marjoram



dōTERRA

beyond

every person, everywhere, every day

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