

# 30 Hacks in 30 Minutes doTERRA's Best Hacks Edition

## **FRACTIONATED COCONUT OIL**

THIS CAN ALSO BE USED AS A NATURAL MAKE UP REMOVER - EVEN WATER PROOF MAKE UP DOESN'T STAND A CHANCE WITH THIS!

## **ROOT TO TIP SERUM**

IS A REALLY EFFECTIVE CUTICLE CONDITIONER AND IS SOOTHING TO DRY AND CRACKED SKIN (THINK HEELS, ELBOWS AND KNEES).

## **SPA MUD MASK**

APPLY TO BLEMISHES ANYWHERE ON THE BODY, SWOLLEN BUG BITES OR ANY SKIN ISSUE. BENTONITE CLAY INCREASES CIRCULATION AND HEALING.

APPLY TO ARMPITS TO DETOX ESPECIALLY WHEN CHANGING DEODORANTS OR FOR TIMES WHEN YOU FEEL EXTRA STINKY.

## **ON GUARD TOOTHPASTE**

IT MAKES A GREAT POLISH FOR TARNISHED SILVER JEWELLERY OR ITEMS.

APPLY A DAB TO THOSE BIG FESTERY PIMPLES BEFORE BED TO DRY AND DISINFECT.

USE TO CLEAN GLASS COOKTOP STOVES.

APPLY TO NAILS BEFORE BUFFING FOR AN EFFECTIVE NAIL SCRUB.

## **ON GUARD FOAMING HANDWASH**

A GREAT FRUIT AND VEGE WASH - SIMPLY ADD TO SOME WATER AND SOAK AND RINSE OFF AND DRY ONCE DONE. CLEANING WITH ON GUARD ACTUALLY EXTENDS THE LIFE OF FRESH PRODUCE.

A GREAT MAKE UP BRUSH CLEANER - ADD A TINY SQUIRT TO SOME WATER AND POP YOUR BRUSHES IN AND WASH AND DRY AS NORMAL.

A GREAT TOY CLEANER - NON TOXIC AND A TINY AMOUNT IN WATER WORKS JUST LIKE ON GUARD CLEANING CONCENTRATE.

## **ON GUARD CLEANING CONCENTRATE**

THE BEST EVER STAIN REMOVER - NON TOXIC AND SO EFFECTIVE. JUST APPLY TO STAINS AND LEAVE FOR A FEW HOURS OR OVER NIGHT AND WASH AS NORMAL. A SPRAY OR ROLLER BOTTLE BOTH WORK WELL.



# 30 Hacks in 30 Minutes doTERRA's Best Hacks Edition

## **VERAGE TONER**

CLEAN AND PACKED FULL OF SKIN LOVING OILS THIS LITTLE GEM CAN ALSO BE USED AS A MAKE-UP SETTING SPRAY.

SPRITZ YOUR HAIR TO CREATE A SOFT HOLD AND A BEACH WAVES LOOK.

## **PROTECTING SHAMPOO & SMOOTHING CONDITIONER**

EITHER OF THESE PRODUCTS CAN BE USED AS A NATURAL SHAVING CREAM THAT LEAVES THE SKIN SMOOTH AND NOURISHED.

SQUIRT A BIT OF CONDITIONER INTO A SPRAY BOTTLE OF WATER AND SPRITZA HAIR FOR A DETANGLER OR LEAVE IN CONDITIONING SPRAY.

## **DEODORANTS**

ROLL ON INTUNE OR HD CLEAR FOR DEODORANT.

ARBORVITAE AND ELEVATION MIXED TOGETHER CAN ALSO BE AN EFFECTIVE DEODORANT.

SPA DEODORANT CAN BE USED FOR SKIN BLEMISHES, APPLY TO AREA OF CONCERN.

THE SPA DEODORANT ALSO MAKES A GREAT PREGNANCY BELLY BALM - EASY TO APPLY AND HELPS WITH SKIN ELASTICITY.

## **PAST TENSE**

A PERFECT REMEDY FOR BEE OR INSECT STINGS.

## **AROMA TOUCH**

HELPS THE CIRCULATION OF FLUIDS IN EARS. APPLY TO FRONT AND BACK OF EARS AS A PREVENTATIVE. START AT THE FIRST SIGN OF BLOCKAGE AND ALSO WHEN FLYING WITH LITTLES TO HELP WITH THE AIR PRESSURE.

BLEND ALONG FACIAL SINUS AREAS FOR INTENSE PRESSURE.

## **CLOVE**

WIPE DOWN KITCHEN KNIVES WITH CLOVE OIL TO STOP THEM FROM RUSTING. THIS CAN ALSO BE USED ON LAWN MOWERS AND OTHER EQUIPMENT.

## **DDR PRIME, TEA TREE OR GERANIUM**

ADD ONE OF THESE TO A VASE OF FRESH FLOWERS TO KEEP THEM FRESH LONGER.



# 30 Hacks in 30 Minutes doTERRA's Best Hacks Edition

## **MOTIVATE**

A BLEND OF PEPPERMINT, WILD ORANGE, CLEMENTINE, LEMON, ROSEMARY, CORIANDER, BASIL, SPEARMINT, LEMONGRASS, TONKA BEAN, CARDAMOM, MELISSA, VANILLA ABSOLUTE THAT NOT ONLY INSPIRES MOTIVATION BUT CAN ALSO PROVIDE SUPPORT FOR HEADACHES, LACK OF FOCUS AND GASTRO DISCOMFORT.

## **CHEER**

A BLEND OF WILD ORANGE PEEL, CLOVE BUD, STAR ANISE FRUIT/SEED, LEMON MYRTLE LEAF, NUTMEG KERNEL, VANILLA BEAN EXTRACT, GINGER RHIZOME, CINNAMON BARK, ZDRAVETZ HERB THAT IS EFFECTIVE IN SOOTHING INFLAMMATION AND SUPPORTING WOMENS' CYCLES.

## **FORGIVE**

A BLEND OF SPRUCE, BERGAMOT, JUNIPER BERRY, DISTILLED LEMON, MYRRH, ARBORVITAE, NOOTKA, THYME, AND CITRONELLA ESSENTIAL OILS THAT CAN BE USED FOR CONGESTION AND RESPIRATORY SUPPORT.

APPLY TO SHOULDERS AND NECK AREA TO EASE TENSION.

## **CONSOLE**

A BLEND OF FRANKINCENSE RESIN, PATCHOULI LEAF, YLANG YLANG FLOWER, LABDANUM STEM/TWIG, AMYRIS BARK, SANDALWOOD WOOD, ROSE FLOWER, OSMANTHUS FLOWER WHICH MAKE THIS A PERFECT BLEND FOR SKIN REPAIR, EDEMA AND BOWEL SUPPORT

## **PEACE**

A BLEND OF VETIVER ROOT, LAVENDER FLOWER, YLANG YLANG FLOWER, FRANKINCENSE RESIN, CLARY SAGE FLOWER, MARJORAM LEAF, LABDANUM LEAF/STALK, SPEARMINT HERB WHICH ARE IDEAL FOR SUPPORTING FERTILITY AND AFTERBIRTH CARE.

## **ZENGEST / DIGESTZEN**

APPLIED ACROSS THE NOSE AND SINUS AREAS AND IT REGULATES YOUR SINUSES - STOPS A RUNNY NOSE AND OPENS A BLOCKED NOSE.

## **PURIFY**

APPLY NEAT TO PIMPLES TO DRY OUT AND CLEAR SKIN.



# 30 Hacks in 30 Minutes dp TERRA'S Best Hacks Edition

## **ON GUARD**

INHALE ONCE AND PLACE AN OPEN BOTTLE OF ON GUARD ON THE CHOPPING BOARD WHEN CUTTING ONIONS TO PREVENT CRYING.

## **ZENDOCRINE**

CAN BE USED WITH TEA TREE TO EASE CRAMPING.

IS A GREAT SUBSTITUTE FOR ON GUARD.

## **TEA TREE**

PLACE A DROP OFF TEA TREE ON YOUR FINGERS WHEN BAITING YOUR FISHING HOOK - IT REMOVES HUMAN SCENT!

