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Spring Festival

Awaken the Senses, Embrace Seasonal Rituals



September 2025

Spring Festival

Gentle Renewal for the Season Ahead

This Spring Festival, we are honouring the beauty of intentional renewal: an opportunity to reconnect with yourself, your loved ones and the shifting energy of the seasons. To mark the occasion, we're celebrating with three exquisite essential oils that offer emotional depth and aromatic elegance: Angelica, Schisandra and Jasmine. Each are rare, revered and rich in both tradition and olfactory character.

These precious oils are known for their powerful aromas and supportive properties, perfect for self-care, seasonal rituals and emotional grounding. Whether you're nourishing your skin, or simply pausing to breathe, these oils can help you find your centre.



Emotional Benefits

ANGELICA 5mL

Known as: The Oil of Divine Grace

Botanical Name: *Angelica archangelica*

Aromatic Note: Earthy, herbaceous, slightly musky

KEY CONSTITUENTS

α -Pinene & -3-Carene – Known for calming and grounding properties.

Limonene – Offers uplifting and cleansing support.

β -Phellandrene – Can be emotionally invigorating.

MAY SUPPORT

Emotional balance during times of overwhelm.

Calm breathing and nervous tension.

Digestive and circulatory support.

Gentle skin clarity when used appropriately diluted.

EVERYDAY USES

- 1 drop in a diffuser blend for meditation or grounding.
- 1 drop with 1 tsp carrier oil as a chest rub during deep breathing.
- 1 drop mixed into body oil for grounding after work.
- 1 drop in a warm bath for emotional reset (always dilute).
- 1 drop in facial oil to soothe skin prone to redness (patch test first).
- Diffuse with Cedarwood and Frankincense for calm breathing.



SCHISANDRA 5mL

Known as: The Oil of Resilience and Adaptation

Botanical Name: *Schisandra chinensis*

Aromatic Note: Tart, berry-like, slightly balsamic

KEY CONSTITUENTS

Schisandrin-type lignans (in herbal use) – Adaptogenic and antioxidant.

β-Caryophyllene – Grounding and skin soothing.

Limonene – Bright, mood-enhancing

(Note: Most research is on the whole fruit, but aromatic benefits still apply).

MAY SUPPORT

Energy restoration and emotional adaptability.

Focus and clarity during transitions.

Bright, youthful-looking skin.

Gentle adrenal support when used topically.

PRACTICAL USES

- 1 drop in a body lotion for skin vitality.
- 1 drop in a focus roller with Lime and Peppermint.
- 1 drop mixed into a hair mask or oil for shine and antioxidant support.
- 1 drop in facial serum to promote glow and tone.
- Diffuse with Lime and Rosemary for focus.



JASMINE 2.5mL

Known as: The Oil of Pure Joy

Botanical Name: *Jasminum grandiflorum*

Aromatic Note: Rich, floral, sweet

KEY CONSTITUENTS

Benzyl acetate & linalool – Calming, floral aroma.

Farnesene – May help soothe the skin and ease emotional tension.

Indole – Sensual and slightly musky note that enhances complexity.

MAY SUPPORT

Confidence, sensuality and creativity.

Emotional release during seasonal transitions.

Hydration and radiance in skincare.

Gentle hormonal balance.

PRACTICAL USES

- 1 drop in facial oil or serum to support elasticity and glow.
- 1 drop on the hairline or ends for a beautiful fragrance and shine.
- 1 drop layered with unscented body oil as a natural perfume.
- Add to a bath oil blend for sensual, relaxing self-care.
- Diffuse with Wild Orange and Sandalwood for joyful calm.





DIY RECIPES & DIFFUSER BLENDS

DIYS

Moonlight Calming Mist

Grounding | Emotional Reset | Aromatic Calm

Angelica + Lavender + Bergamot

WHY IT WORKS

Angelica (-Pinene, Limonene): grounding, protective, calming to the nervous system.

Lavender (Linalool, Linalyl acetate): calming, soothing to skin and mind.

Bergamot (Limonene, Linalool): brightening, emotionally balancing.

YOU'LL NEED

- 50mL glass spray bottle
- 25mL distilled water
- 25mL witch hazel or (rose water for added skin benefit)
- 3 drops Lavender
- 2 drops Bergamot
- 1 drop Angelica

TO USE

Shake gently before each use. Mist around your body, bedding, or workspace when you need emotional centring or a mindful pause. Can also double as a light linen spray.



DIYS

Radiance Body Oil

Glowing Skin | Soft Floral Scent | Post-Shower Nourishment

Jasmine + Sandalwood + Lavender + Geranium

WHY IT WORKS

Jasmine (Benzyl acetate, Farnesene): enhances skin suppleness, romantic floral aroma.

Sandalwood (Santalol): deeply moisturising, grounding

Lavender (Linalool): skin-soothing, calming.

Geranium (Citronellol, Geraniol): balances sebum, encourages skin clarity.

YOU'LL NEED

- 30mL glass dropper bottle
- 6 drops Jasmine
- 6 drops Lavender
- 4 drops Geranium
- 3 drops Sandalwood
- Top with Fractionated Coconut Oil or Jojoba Oil

TO USE

Massage into damp skin post-shower for lasting hydration and a soft scent. It can be used as a perfume oil or to nourish elbows, décolletage, and shoulders.



DIYS

Gua Sha Cleansing Balm Booster

Glowy Skin | Evening Calm | Aromatic Ritual

Jasmine + Schisandra

WHY IT WORKS

Jasmine: promotes radiance and elasticity.

Schisandra: antioxidant-rich, helps brighten and tone skin.

YOU'LL NEED

- Your usual balm cleanser (e.g. dōTERRA IKISE™ Cleansing Balm)
- 1 drop Jasmine
- 1 drop Schisandra

TO USE

Add the oils and warm between fingertips. Massage into dry skin, then follow with your gua sha stone for lymphatic support and a deeply soothing ritual. Rinse off as usual.



DIFFUSER BLENDS

Stillness in Bloom

Grounding | Reflective | Supportive

- 💧 X 1 Angelica
- 💧 X 1 Cedarwood
- 💧 X 1 Roman Chamomile
- 💧 X 2 Lavender

Spring Moonlight

Romantic | Creative | Calming

- 💧 X 2 Jasmine
- 💧 X 2 Wild Orange
- 💧 X 1 Sandalwood
- 💧 X 1 Vanilla (or Lavender)

Focus Forward

Motivation | Mental Clarity | Spring Planning

- 💧 X 2 Schisandra
- 💧 X 2 Lime
- 💧 X 1 Peppermint
- 💧 X 1 Rosemary

Awakened Heart

Emotional openness | Feminine energy | Gentle confidence

- 💧 X 1 Angelica
- 💧 X 1 Jasmine
- 💧 X 1 Frankincense
- 💧 X 2 Bergamot





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AUSTRALIA & NEW ZEALAND

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