

Mighty Minis



Small but mighty blends for big wellness wins!



Mighty Minis

UP TO
30% OFF
Each Mini Pair

Balanced Bodies, Brave Hearts, Bright Minds.

Introducing the **Mighty Mini** pairs:



Active Wellness

Rescuer[®] 5mL & Steady[®] 5mL

Immunity

Stronger[®] 5mL & Tamer[®] 5mL





Emotional Wellbeing
Thinker® 5mL & Brave® 5mL

Active Wellness

Rescuer® 5mL & Steady® 5mL

Rescuer® Soothing Blend

Purpose: Muscle tension, growing pains, physical recovery

BLEND

Copaiba – calming and soothing to the skin and muscles

Lavender – relaxing and tension-reducing

Spearmint – cooling and refreshing

Zanthoxylum (Sichuan Pepper) – calming for occasional aches



Steady® Grounding Blend

Purpose: Calm emotions, ease overwhelm, help with transitions

BLEND

Amyris – grounding and supportive

Balsam Fir – promotes feelings of safety

Coriander – relaxing and emotionally balancing

Magnolia – calming and soothing





DIFFUSER BLENDS

Rescuer®

Flex & Refresh

3 drops Rescuer®
2 drops Copaiba
2 drops Eucalyptus

Stretch & Soothe

3 drops Rescuer®
2 drops Lavender
2 drops Lemongrass

Cool Down Vibes

3 drops Rescuer®
2 drops Peppermint
1 drops Siberian Fir

After Activity Calm

3 drops Rescuer®
2 drops Roman Chamomile
1 drops Blue Tansy



Steady®

Calm Cabin

3 drops Steady®
2 drops Cedarwood
2 drops Lavender Peace®

Ground & Glow

3 drops Steady®
2 drops Bergamot
1 drops Roman Chamomile

Evening Grounding

3 drops Steady®
2 drops Vetiver
2 drops Lavender

Little Peaceful Moments

4 drops Steady®
2 drops Frankincense
2 drops Wild Orange

DIYs

Rescuer® Post-Play Cooling Roll-On

Great for sore legs, sports days,
or growing kids at bedtime.

You'll need: 10mL roller bottle
8 drops Rescuer®
4 drops Copaiba
Fractionated Coconut Oil

To make: Add oils to the roller and fill the
rest with Fractionated Coconut Oil.

Apply to legs, back, or shoulders after activity.



Steady® Calm Down Dough Sensory Play

Perfect low-tox playdough that also supports emotional regulation.

You'll need:
1 cup plain flour
½ cup salt
1 tbsp cream of tartar
1 tbsp coconut oil
¾ cup boiling water (add slowly)
Natural food colouring (optional)
8–10 drops Steady®

To make:
Mix dry ingredients in a bowl.
Add oil and essential oils to boiling
water, then mix into dry ingredients.
Knead until smooth.
Store in an airtight container.

*Let your child squish, roll, and press
while breathing in the calm.*



Immunity

Stronger® 5mL & Tamer® 5mL

Stronger® Protective Blend

Purpose: Immune and skin support, resilience, protection

BLEND

Litsea – emotionally uplifting and purifying

Cedarwood – grounding and calming

Frankincense – immune and cellular support

Rose – nurturing and skin-loving



Tamer® Supportive Blend

Purpose: Tummy support, travel ease, digestive comfort

BLEND

Spearmint – gentle, uplifting, and digestive support

Japanese Peppermint – cooling, settles the stomach

Ginger – warming, aids digestion

Black Pepper – stimulates digestion and circulation

Parsley Seed – cleansing and purifying





DIFFUSER BLENDS

Stronger®

Immune Fortress

4 drops Stronger®
2 drops Tea Tree
2 drops Wild Orange

Winter Wellness

4 drops Stronger®
3 drops Lemon
2 drops Frankincense

Snuggle Season

3 drops Stronger®
3 drops Lavender
3 drops Copaiba

Back-to-School Boost

3 drops Stronger®
2 drops Spearmint
2 drops Litsea



Tamer®

Tummy Tamer

3 drops Tamer®
2 drops Spearmint
2 drops Cardamom

Gentle Breeze

3 drops Tamer®
2 drops Lavender
2 drops Lemon

Calm Car Rides

3 drops Tamer®
2 drops Ginger
2 drops Wild Orange

Settled & Serene

3 drops Tamer®
2 drops Green Mandarin
1 drops Roman Chamomile

DIYs

Stronger® Daily Immune-Supporting Roller

A gentle immune supporting roller
to support winter wellness.

5 drops Stronger®

2 drops Frankincense

Top with Fractionated Coconut Oil in a 10mL roller

Roll on spine and feet daily during winter



Tamer® Upset Tummy Time Massage Oil

A kid friendly roller to support
upset tummies.

2 drops Tamer®

½ tsp Fractionated Coconut Oil
in a 10mL roller

Massage tummy gently after meals

Emotional Wellbeing

Thinker® 5mL & Brave® 5mL

Thinker® Focus Blend

Purpose: Concentration, alertness, mental clarity

BLEND

Vetiver – grounding and deeply calming

Peppermint – energising and refreshing

Clementine – mood-lifting and light

Rosemary – supports memory and focus



Brave® Courage Blend

Purpose: Emotional resilience, self-belief, calm confidence

BLEND

Wild Orange – uplifting and energising

Amyris (West Indian Sandalwood) – calming and grounding

Osmanthus – emotionally supportive and floral

Cinnamon Bark – warming and strengthening





DIFFUSER BLENDS

Thinker®

Brain Boost

3 drops Thinker®
2 drops Peppermint
2 drops Lemon

Clarity Zone

3 drops Thinker®
2 drops Rosemary
2 drops Lime

After-School Focus

3 drops Thinker®
2 drops Vetiver
2 drops Wild Orange

Study Success

3 drops Thinker®
2 drops Bergamot
2 drops Cedarwood



Brave®

Find Your Brave

4 drops Brave®
2 drops Spearmint
2 drops Bergamot

Rise & Shine

4 drops Brave®
4 drops Lemon
2 drops Grapefruit

You've Got This

3 drops Brave®
2 drops Green Mandarin
2 drops Copaiba

Confidence Hug

3 drops Brave®
2 drops Lavender
2 drops Frankincense

DIYs

Brave® Pre-School Courage Spray

A magical 'confidence spray' kids can use before school, performances, or trying new things.

5 drops Brave®

3 drops Wild Orange

Fill 30mL spray bottle with water and a splash of witch hazel.

Spritz clothes or backpacks before school



Thinker® Homework Focus Balm

Perfect for the after-school routine or study time.

2 tsp coconut oil (firm)

4 drops Thinker®

Mix and store in a small tin or container.

Rub on temples and wrists

dōTERRA[®]

AUSTRALIA & NEW ZEALAND

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