

From the book to the bottle

The blends from the book, with the name you will find on the label

In the book I call the blends by what they are, not by their brand name. That is deliberate: the book is about what essential oils can do for you, not about one brand. Standing in front of the choice yourself, though, a description gets you nowhere. Hence this overview.

The blends

In the book	On the bottle
Respiratory blend	dōTERRA Air <i>formerly Breathe</i>
Beauty blend	Salubelle <i>formerly Immortelle</i>
Calming blend	Adaptiv
Uplifting blend	Cheer
Grounding blend	Balance
Refreshing blend	Purify
Restful blend	Serenity
Renewing blend	Forgive
Soothing blend	Deep Blue
Massage blend	AromaTouch
Restart blend	Zendocrine
Women's blend	Whisper Touch <i>formerly Whisper</i>
Women's monthly blend	ClaryCalm
Protective blend	On Guard
Metabolic blend	MetaPWR <i>formerly Slim & Sassy</i>

Kids Collection

In the book	On the bottle
Grounding blend for children	Steady
Soothing blend for children	Rescuer
Protective blend for children	Stronger
Encouraging blend for children	Brave
Focus blend for children	Thinker
Restful blend for children	Calmer

Worth knowing

Every blend's composition is listed at the back of the book. Producers update their formulas from time to time, so the label always wins. A few blends carry a different name in Europe than in the United States; where that is the case, the earlier name is shown alongside.

And during pregnancy

For use during pregnancy, follow the guidance in the book. The women's monthly blend is not used during pregnancy or while breastfeeding.

