

dōTERRA
**BO
GO**

Summer Refresh

July 2026



Summer Refresh

*July 20-24, 2026**

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*Offers available while supplies last.



Introduction

Summer has a way of bringing us back to the moments that matter: early mornings before the day gets going, afternoons outside, road trips with family, and quiet evenings as the sun sets.

The dōTERRA Summer Refresh collection features thoughtfully paired products designed to support those everyday moments—making summer feel easier, brighter, and more refreshing.

Thoughtfully paired. Naturally connected.

Make the most of your summer days with these refreshing BOGO pairings:

**The
After-Sun Trio**

BUY **Helichrysum Touch** 10 mL, GET FREE **Lavender Touch** 10 mL and **Peppermint Touch** 10 mL

**A Moment
of Stillness**

BUY **Adaptiv** 15 mL, GET FREE **dōTERRA Balance** 15 mL

Sunny Side

BUY **Cheer** 5 mL, GET FREE **Grapefruit** 15 mL

Midday Clarity

BUY **Spearmint** 15 mL, GET FREE **Eucalyptus** 15 mL

Skin, Renewed

BUY **Frankincense Stick + Naio**, GET FREE **Copaiba Touch** 10 mL

175 PV GIFT

SPEND **175 PV**, GET FREE **Frankincense Boswellic Acid Complex**

Shop BOGO pairings individually or get the BOGO Bundle to save on shipping and get Frankincense Boswellic Acid Complex for free!

[Discover More](#)

The After-Sun Trio

BOGO 1

Buy

Get FREE





BUY



Helichrysum Touch

What's Helichrysum Touch?

This convenient roller combines Helichrysum essential oil with Fractionated Coconut Oil in a convenient roller bottle. Known for its skin-rejuvenating properties, Helichrysum oil is a favorite for promoting healthy-looking skin and supporting your skin after time outdoors.

How Do I Use Helichrysum Touch?



Topically

Apply to any areas of the skin that need care and support.



On the Go

Keep it in your summer travel bag or purse.

Tip!

Beach Bag Essential

Keep Helichrysum Touch in your beach or pool bag so it's always within reach after a day spent outside.



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SOURCING

| *Sourcing Spotlight*

Helichrysum essential oil is sourced from Albania, where the Mediterranean climate, mountainous terrain, and mineral-rich soils create ideal growing conditions that contribute to the oil's unique quality and chemical profile.

Discover Helichrysum Touch



Lavender Touch

What's Lavender Touch?

This blend combines Lavender essential oil with Fractionated Coconut Oil for easy topical application. Its calming aroma and skin-soothing properties make it a summer staple.

GET
FREE

How Do I Use Lavender Touch?



Topically

Apply to the pulse points, neck, or shoulders.



Evening Routine

Use before bed to create a peaceful nighttime ritual.

Tip!

Vacation Bedtime Routine

Bring Lavender Touch when traveling and apply to your pulse points before bed to make any hotel room feel a little more like home.



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| Sourcing Spotlight

Lavender essential oil is sourced from Bulgaria, France, Albania, and China, where each region contributes unique chemistry and aromatic qualities to create a balanced, consistent blend.

Discover Lavender Touch





Peppermint Touch

What's Peppermint Touch?

This delivers the refreshing benefits of Peppermint essential oil in a simple and effective roller bottle. Its cooling sensation makes it especially popular during warm weather like summer.

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How Do I Use Peppermint Touch?



Topically

Apply to the back of the neck or temples for a refreshing sensation.



During Travel

Keep nearby for long drives, flights, or busy days on the go.

Tip!

Afternoon Cool-Down

Apply Peppermint Touch to the back of your neck after outdoor activities for a refreshing sensation.



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| Sourcing Spotlight

Peppermint essential oil is sourced from Oregon, USA, and Uttar Pradesh, India, where each region's climate produces distinct chemistry that contributes to a balanced essential oil profile.

Discover Peppermint Touch



A Moment
of Stillness
BOGO 2

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Diffuser Blend:

Vacation Mode

3 drops Adaptiv
2 drops Wild Orange
1 drop Spearmint





Adaptiv®

What's Adaptiv?

Summer schedules can be busy. Adaptiv helps create moments of ease throughout the season.

Combining Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum essential oils, it delivers a calming, uplifting aroma.

BUY

Tip!

Road Trip Companion

Diffuse Adaptiv in the car during long summer drives to help foster a calm atmosphere for everyone along for the ride.



Aromatically

Diffuse throughout the day for a calming atmosphere.



Topically

Apply to the wrists or back of the neck.

Adaptiv DIY:

Summer Car Freshener

Materials:

- Wooden diffuser clip or felt diffuser
- 5 drops Adaptiv

Instructions:

1. Add the Adaptiv drops directly to the diffuser clip or felt pad.
2. Attach to your vehicle's air vent.
3. Refresh with additional drops as needed.
4. Enjoy a calming aroma during road trips, daily commutes, and summer adventures.



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| Sourcing Spotlight

Wild Orange is cold pressed from the fresh peel and sourced through long-term partnerships with citrus growers in southern Brazil.

Discover Adaptiv





dōTERRA Balance®

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What's dōTERRA Balance?

Perfect for quiet mornings and peaceful evenings, Balance offers a grounding aroma to complement your daily routine.

Its blend of Black Spruce, Ho Leaf, Frankincense, Blue Tansy, German Chamomile, and Osmanthus essential oils is diluted in Fractionated Coconut Oil for easy topical application.

How Do I Use dōTERRA Balance?



Aromatically

Diffuse during moments of rest or reflection.



Topically

Apply to the bottoms of the feet or pulse points.

Tip!

Start Summer Grounded

Apply dōTERRA Balance to the bottoms of your feet before heading out for a busy day.

dōTERRA Balance DIY:

Summer Wind-Down Bath

Materials:

- 1 cup Epsom salts
- 5 drops dōTERRA Balance

Instructions:

1. Add the Epsom salts to a bowl.
2. Mix in the dōTERRA Balance drops.
3. Add to warm bathwater after a long day outdoors and enjoy.

Diffuser Blend: Barefoot Morning

- 4 drops dōTERRA Balance
- 2 drops Wild Orange
- 1 drop Frankincense



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| Sourcing Spotlight

Black Spruce is responsibly harvested from Canada's boreal forests, where careful forestry practices help support healthy forests for generations to come.

Discover Balance

Sunny Side

BOGO 3



Tip!

Freshen Up Your Space

Diffuse Grapefruit while you get ready for a day of fun summer activities to help your home feel energized and clean.

Buy



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dōTERRA Cheer®

What's dōTERRA Cheer?

The aroma that feels just like summer. With a bright blend of citrus and spice oils, it captures the essence of sunshine-filled mornings, open windows, and long days outdoors.

Whether diffused during a slow morning or enjoyed throughout the day, dōTERRA Cheer helps create the sunny atmosphere that summer is known and beloved for.

BUY

Tip!

Open the Windows

Diffuse dōTERRA Cheer after opening the windows on a warm morning to make your home feel bright and refreshed.

How Do I Use dōTERRA Cheer?



Aromatically

Diffuse in the morning or afternoon.



Topically

Apply to the pulse points with a carrier oil.

Diffuser Blend: Sunshine State of Mind

4 drops dōTERRA Cheer
3 drops Wild Orange
1 drop Lemon

dōTERRA Cheer DIY:

Summer Linen Spray

Materials:

- 2 ounces distilled water
- 15 drops dōTERRA Cheer

Instructions:

1. Combine all the ingredients in a spray bottle.
2. Shake before use.
3. Mist on towels, linens, or outdoor cushions.



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| Sourcing Spotlight

Bergamot is carefully sourced from Calabria, Italy, where the region's coastal climate helps produce its distinctive, citrusy aroma.

Discover dōTERRA Cheer





Grapefruit

What's Grapefruit?

Known for its energizing and invigorating aroma, Grapefruit essential oil creates an uplifting environment when diffused or applied topically.

Grapefruit oil is also renowned for its cleansing and purifying properties. It's frequently used in skincare for its ability to promote clear, healthy-looking skin.

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How Do I Use Grapefruit?



Aromatically

Diffuse for a fresh, uplifting atmosphere.



Internally

Dilute one drop in at least four fluid ounces of liquid and drink to support a healthy metabolism.*



Topically

Apply to the pulse points. Avoid sunlight and UV exposure for at least 12 hours after applying.

Grapefruit DIY:

Summer Wind-Down Bath

Materials:

- 1 cup water
- 1 tablespoon white vinegar
- 10 drops Grapefruit

Instructions:

1. Combine all the ingredients in a spray bottle.
2. Shake well.
3. Spray onto countertops and wipe clean.

Diffuser Blend:

Citrus Splash

- 4 drops Grapefruit
- 3 drops Lime
- 1 drop Spearmint



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| Sourcing Spotlight

Grapefruit essential oil is sourced from the United States and South Africa, two of the world's leading grapefruit-producing regions known for producing abundant, high-quality fruit.

Discover Grapefruit



Midday Clarity

BOGO 4



Tip! Midday Reset

Diffuse Spearmint essential oil during the hot parts of the day for a fresh, uplifting aroma.

Diffuser Blend:

Deep Breath, Summer

3 drops Eucalyptus
2 drops Spearmint
2 drops Wild Orange

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Spearmint

What's Spearmint?

The crisp, refreshing aroma of Spearmint makes it a perfect companion for keeping things fresh throughout the day.

With a sweeter, gentler aroma than Peppermint, Spearmint has long been valued for its refreshing flavor and digestive benefits.*

BUY

How Do I Use Spearmint?



Aromatically

Diffuse during work, study, or afternoon routines.



Internally

Dilute one drop in at least four fluid ounces of liquid and drink to promote healthy digestion.*



Topically

Apply with a carrier oil as desired.

Diffuser Blend:

Midday Reset

4 drops Spearmint
2 drops Eucalyptus
2 drops Lemon

Spearmint DIY: Cooling Towel Spray

Materials:

- 2 ounces distilled water
- 10 drops Spearmint

Instructions:

1. Combine all the ingredients in a spray bottle.
2. Shake well.
3. Lightly mist on a towel before outdoor activities.



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| Sourcing Spotlight

Spearmint essential oil is sourced from rural northern India, where the climate and annual growing cycle create a unique chemical profile for the plant.

Discover Spearmint



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Eucalyptus

What's Eucalyptus?

Whether you're returning from a hike, workout, or day spent outdoors, Eucalyptus creates a crisp, refreshing atmosphere.

Distilled from the leaves of the eucalyptus tree, it is known for its clean, herbaceous aroma.

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How Do I Use Eucalyptus?



Aromatically

Diffuse for a crisp, refreshing atmosphere.



Topically

Apply with a carrier oil before or after activity.

Tip!

Post-Adventure Refresh

Diffuse Eucalyptus essential oil after hiking, biking, or spending time outside to create a rejuvenating atmosphere.

Eucalyptus DIY: Shower Steamer

Materials:

- 1 cup baking soda
- ¼ cup water
- 8 drops Eucalyptus

Instructions:

1. Mix all the ingredients together.
2. Press into silicone molds.
3. Let dry overnight.
4. Place on the shower floor before showering.



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| Sourcing Spotlight

dōTERRA Eucalyptus essential oil is sourced from Australia, South Africa, Eswatini, and Rwanda, where five eucalyptus species contribute unique chemistry to create a more complex essential oil blend.

Discover Eucalyptus

Skin, Renewed
BOGO 5

Buy





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Tip!

Evening Wind-Down

Make Frankincense Stick + Naio part of your regular evening skincare routine after a long day out in the sun.



Frankincense Stick + Naio

BUY

What's Frankincense Stick + Naio?

Whether you're spending the day outdoors or caring for your skin after the sun, this convenient stick helps restore the look of healthy skin and support the skin's natural barrier.

Combining Frankincense and Naio essential oils in a clean, mess-free stick, this formula promotes the appearance of renewed, healthy-looking skin.

How Do I Use Frankincense Stick + Naio?



Topically

Apply directly to any areas of concern.



Evening Routine

Use as part of your nighttime skincare ritual.



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| *Sourcing Spotlight*

Frankincense trees thrive in rugged, arid landscapes where skilled harvesters carefully collect the resin used to produce this treasured essential oil.

Discover Frankincense Stick + Naio





Copaiba Touch

What's Copaiba Touch?

Whether you're winding down after a day outdoors or enjoying a quiet summer evening, Copaiba Touch offers a warm, grounding aroma to complement your routine.

Combining Copaiba essential oil with Fractionated Coconut Oil, this convenient roller provides soothing topical support with easy, on-the-go application.

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How Do I Use Copaiba Touch?



Topically

Apply directly to the skin.



Evening Routine

Use before bed as part of a calming end-of-day ritual.

Tip!

Quiet Summer Evenings

Apply Copaiba Touch before reading, journaling, or relaxing on a patio at the end of the day.



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| Sourcing Spotlight

Copaiba essential oil is sourced from the Amazon rainforest in Brazil, where year-round warmth, abundant rainfall, and high humidity provide ideal growing conditions for copaiba trees.

Discover Copaiba Touch



FREE GIFT at
175 PV



Tip!

Consistency Matters

Summer schedules are often different day to day. Keeping your supplements in a visible spot can help make daily wellness habits easier to keep going.



FREE
GIFT



Frankincense Boswellic Acid Complex

What's Frankincense Boswellic Acid Complex?

Whether you're keeping up with your wellness routine at home or taking it on summer adventures, Frankincense Boswellic Acid Complex is an easy addition to your day.

Combining Frankincense essential oil and frankincense resin in a liquid-based microbead capsule, it supports joint comfort, healthy cellular function, and a healthy inflammatory response.*

How Do I Use Frankincense Boswellic Acid Complex?



Internally

Take as directed on the product label as part of your daily supplement routine.



On the Go

Keep with your travel essentials so your wellness habits are maintained wherever summer takes you.



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| *Sourcing Spotlight*

Frankincense resin is carefully harvested by making small cuts in the tree's bark, allowing the aromatic resin to naturally harden before it is collected.



Discover Frankincense Boswellic Acid Complex

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Enjoy Your Summer Refresh

Get the full Summer Refresh collection in one simple order.

The BOGO Bundle brings every thoughtfully paired favorite together, making it easy to enjoy products for summer mornings, outdoor days, and evening wind-downs while reaching **175 PV, qualifying for free Frankincense Boswellic Acid Complex, saving on shipping**, and enjoying up to **\$186 in savings**.

It's the simplest way to shop the complete Summer Refresh lineup.

All
BOGO
Pairs

Summer Refresh
BOGO Bundle

FREE

Up To
\$186
Savings

Thoughtfully paired. Naturally connected.

Discover More