

# Sunsational Flavors Kit

Four 5 ml bottles

dōTERRA® EUROPE

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure  
Therapeutic Grade®

## SPEARMINT

Spearmint has been used for centuries for its digestive benefits. Its sweet, refreshing aroma is cleansing and uplifting, making it ideal to evoke a sense of focus and positive mood. Spearmint is very different from Peppermint, making it a milder option to use on children and those with sensitive skin. In cooking, Spearmint is frequently used in salads, drinks, and desserts.

- Diffuse to uplift mood
- Apply to toothbrush before brushing teeth for fresh breath
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring and to promote digestion\*
- For occasional stomach upset, add 1–2 drops to water and drink\*

## Sunsational Flavors Kit

4 items

Part Number: p008601

Wholesale: £18.00 / 22.50 PV  
22,00 € / 19,50 PV



## DILL

Dill essential oil has many health benefits with its main benefit being the ability to support digestion by stimulating digestive juices in the stomach.\* Its distinct aroma and taste also stimulate the salivary glands to further assist the digestion process.\* Dill has been used for centuries to enhance the flavor of vegetables, meats, and seafood.

- Diffuse with Bergamot and Lemon to lessen stress and anxious feelings
- Add to marinades, soups, and salads to enhance flavor
- Use when canning to help preserve garden vegetables
- Add 1–2 drops to an herbal tea before bedtime to promote a restful sleep\*

## CUMIN

Traditional uses for Cumin include promoting digestive health and circulation. Cumin has a powerful aroma and its nutty, spicy taste packs a powerful punch to recipes, so only a small amount of Cumin essential oil is needed for cooking.

- Add 1–3 drops to stews, soups, and curries for a spicy flavor
- Dilute and apply topically for a warming sensation
- Add one drop to 125 ml of water and gargle for an effective mouth rinse

## TANGERINE

Tangerine has a sweet, tangy and uplifting aroma, similar to other citrus oils. Tangerine is known for its cleansing properties, and for supporting a healthy immune and respiratory system.\*

- Add 2–3 drops as a flavoring in cake and cookie recipes
- Add 1–2 drops in water, smoothies, teas, or lemonade for flavoring
- Apply to flex points or abdomen to promote feelings of happiness; dilute with Fractionated Coconut Oil to minimize sensitivity if needed

\*This product is not intended to diagnose, treat, cure, or prevent any disease.