

Mālama

NURTURING BLEND

Element of Water

Free sample with a 125 point loyalty order by the 15th

Mālama

nurturing blend

Like the breathtaking beauty and vibrant culture of the islands of Hawaii, Mālama Nurturing Blend captures the magic and energy of this land and its people. Blissfully fresh and warm, it is fruity, woody, slightly floral.

Emotional

Creates a bright, uplifting, and engaging atmosphere

Encourages a healthy perspective with an energizing aroma

Enhances and refreshes personal and work surroundings

Nurture and take care of yourself, your communities, and your environment



Uses

Mālama is a sparkling combination of bright citrus, enchanting floral, and centering wood aromas.

Diffuse 3-4 drops throughout the day.

Blend with a carrier oil for a comforting massage experience.

Put one to two drops onto your wrists or diffuser jewelry.

Add five to eight drops to dryer sheets or balls to add a delightful aroma to your laundry.

TO CARE FOR & PROTECT

The heart of dōTERRA® lies in the way we care for our partners, customers, communities, and the earth. We see this same mission—being good stewards and using the precious gifts of the earth to share hope and healing with others—in Hawaiian culture. In Hawaiian culture, the word for this is mālama.



Diffuse

Creates a bright, uplifting, and engaging atmosphere. Use three to four drops in the diffuser.

Ingredients

Wild Orange, Cedarwood, Coriander, Amyris, Lemongrass, Magnolia Flower, Ylang Ylang, Pepper Sichuan, Bucchu Aged, Naio Wood, and Hawaiian Sandalwood

Pure-Fume

Encourages a healthy perspective with an energizing aroma. Enhances and refreshes personal and work surroundings.

Like the breathtaking beauty and vibrant culture of the Hawaiian Islands, Mālama Nurturing Blend is an effervescent combination of tropical citrus, enchanting floral, and centering wood aromas. Delicious Wild Orange, warm Cedarwood, and soft Amyris are combined with fresh Coriander, zesty Lemongrass, minty Bucchu, and spicy Sichuan Pepper. Plus, Mālama contains sweet Magnolia, floral Cananga, and resonant 'Iliahi (Sandalwood) and Naio Wood. As all these essential oils come together, they create a vivacious, rich aroma.

10 WAYS TO USE MĀLAMA™

1. **Diffuse** throughout the home to freshen the air
2. Put one drop on your wrist and rub both wrists together for a great **everyday perfume**
3. Diffuse to **encourage a healthy perspective**
4. Make a **DIY Poopourri** mix by adding 10 drops with 10 drops of Purify to a spray bottle and topping with water.
5. Apply a few drops to lotion for a comforting **hand massage**
6. Add 15 drops to a spray bottle and top with water for a **DIY refreshing room spray**
7. **Inhale** directly from cupped hands
8. **Apply to wrists** with Balance®
9. Add two to three drops to **dryer balls** to add a refreshing aroma to your laundry
10. Add a few drops to **diffuser jewelry**



Mālama™

MAHALO

3 MĀLAMA
2 BERGAMOT

WINDING DOWN

3 MĀLAMA
3 LAVENDER

PAU HANA

2 MĀLAMA
2 LIME
2 PETITGRAIN

SELF LOVE

2 MĀLAMA
2 CYPRESS
1 SPEARMINT

ZEN TIME

2 MĀLAMA
2 CLARY SAGE
2 YLANG YLANG

BEACH VIBES

2 MĀLAMA
2 LEMON
2 TANGERINE



Diffuser Blends