

Blends 複方

Essential oil blends are usually mixed with more than three single essential oils. If you don't know the properties of each essential oils, do not blend single oils. It is much safer to add a layer of single oil on top of a layer of another single oil. Each blend has a specific function, so do not mix multiple blends together into a new blend.

複方精油通常由三種以上的單方精油調配而成。如果不了解各單方精油的屬性，不要自行調製複方，一層單方加一層另種單方是較安全的方式。複方精油有特定的功能，所以，不要混合多種複方成為新的複方。

Application Methods 使用方式

A: 薰香 Can be used aromatically

T: 外抹 Can be used topically

I: 內服 Can be used internally

Skin Sensitivity 皮膚敏感度

N: 不需稀釋 Can be used topically with no dilution (NEAT)

S: 幼兒或敏感者需稀釋 Dilute for young or sensitive skin (SENSITIVE)

D: 需稀釋 Dilute before using topically(DILUTE)

() means similar blends from [doTERRA or other companies](#)

()代表 [doTERRA 或其他公司](#)的類似複方

Massage Blend (AromaTouch)

*Basil, Grapefruit, Cypress, Marjoram, Peppermint, and Lavender

*relax muscles, calm tension, soothe irritated tissue, increase circulation, and smooth limbs

TN

芳香按摩複方 (芳香調理複方)

羅勒、葡萄柚、絲柏、馬鬱蘭、薄荷和薰衣草
放鬆、舒緩、活絡、放鬆肌膚，舒緩肌膚不適

Grounding Blend (Balance)

*Spruce, Rosewood, Frankincense, and Blue Tansy

*disconnectedness or anxiety

*The warm, woody aroma of grounding blend, creates a sense of calm and well-being.

ATN

平衡複方 (安定情緒複方、安定平衡複方)

雲杉、花梨木、乳香和藍艾菊

油溫馨木質的香味，能帶來平安幸福感。令全身放鬆，能帶給人寧靜穩定的感覺

Respiratory Blend (Breathe)

*Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, and Ravensara

*cleanses and soothes the airways, and can easily be applied topically to the chest, back, or bottom of feet

*Its pleasant aroma is calming to the senses and perfect for nighttime diffusion allowing for restful sleep.

ATS

呼吸複方 (順暢呼吸複方、順暢清新複方)

月桂葉、薄荷、尤加利樹、茶樹、檸檬、羅文莎葉

聞起來清新舒暢，順暢呼吸道，最適合在晚間用噴霧器噴灑在空氣中，讓您得到一夜安穩的睡眠

Invigorating Blend (Citrus Bliss)

*Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla

*elevating mood and reducing stress + cleansing properties

*Mixed with water, Citrus Bliss is a perfect solution for disinfecting countertops and other surfaces while emitting a fresh, sweet scent.

ATN

柑橘類精神鼓舞複方 (柑橘清新複方)

野橘、檸檬、葡萄柚、桔、佛手柑、橘子、柑橘和香草

將各類橘橙精油融合在一起。清潔和淨化空氣，舒緩壓力，提振心情，使您的身體更有活力

Monthly Essential Oil Blend (Clary Calm)

*Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa and Vitex

*balance hormones and manage symptoms of PMS and the transitional phases of menopause

*temporary respite from cramps, nausea, hot flashes, and the emotional swings which are sometimes associated with regular hormone cycles in women

ATN

婦女每月複方 (溫柔呵護複方)

快樂鼠尾草、薰衣草、佛手柑、羅馬洋甘菊、雪松、伊蘭伊蘭、天竺葵、茴香、胡蘿蔔種籽、玫瑰草和荊條(貞潔樹)

婦女專用複方精油，能幫助婦女在自然和有效的方式下，可舒緩每月週期影響之肌膚不適。

平衡荷爾蒙，能舒緩婦女每月週期影響的肌膚不適，使人身心放鬆

Topical Blend (Clear Skin)

*17 different oils:

Ho Wood(replacing Rosewood),Geranium,Litsea(replacing Lemongrass),Melaleuca and Eucalyptus

*globulus soothe and aid skin cell rejuvenation and contribute to an unfriendly environment for bacteria and microbes

*black cumin seed is an anti-oxidant that helps protect skin cells from internal and external factors

*ho wood supports balancing overactive sebaceous glands and has an astringent benefit for clarifying skin bacteria and microbes

*facial blemishes, itchy scalp, unsightly nail beds and feet, and other affected areas of the skin

ATN

局部潔膚複方 (清肌調理複方)

混合 17 種精油,包括紫檀、天竺葵、木姜子、茶樹、尤加利樹、和黑小茴香籽

促進健康的膚色和對皮膚有莫大益處。平衡肌膚油脂分泌，使皮膚質地更光滑、清晰，舒緩肌膚不適

Cellular Complex(DDR Prime)

*Frankincense, Lemongrass, Summer Savory, and Niaouli

*formulated to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can slow or be compromised by oxidative damage to cellular DNA. It provides antioxidant protection and support a healthy response to cellular stressors.

TIN

肌因修護複方(完美修護複方)

乳香、檸檬草、百里香、夏季香薄荷、綠花白千層

減少 DNA 及其他主要細胞結構的氧化壓力，

支持健康的細胞增生與生命週期。

維持細胞健康的凋亡與新生

Soothing Blend (Deep Blue)

*Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum and Osmanthus

*achy joints and sore muscles

TS

深藍安撫複方(舒緩複方)

冬青、樟樹、薄荷、藍艾菊、德國洋甘菊、永久花和桂花

有助於舒緩肌膚疲勞及不適，增加清爽活絡感

Digestive Blend (Digest Zen)

*Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise

*powerful agents to help restore normal balance, soothing digestive relief

ATIN

消化複方(樂活複方)

生薑、薄荷、龍艾、茴香、藏茴香、胡荽、大茴香

舒緩消化不良

Joyful Blend (Elevation)

*Lavandin, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, and Sandalwood

*revitalize, elevate your mood and increase your vitality

ATN

提升活力複方(活力甦醒複方、活力複方)

醒目薰衣草、橘子、欖香脂、檸檬香桃木、香蜂草、伊蘭伊蘭、桂花和檀香木

是心情需要特別鼓舞的時候最適合的配方。能調整情緒、增加體力、提振活力和保持清新的香氣

Anti-Aging Blend (Immortelle)

*Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum and Rose

*reduce inflammation—a major contributor to the aging process

*helps sustain smoother, more radiant, and youthful skin

TN

煥膚抗老化複方 (花漾年華複方)

乳香，夏威夷檀香，薰衣草，沒藥，永久花，和玫瑰

延緩老化和保護皮膚光滑，時刻保持容光煥發和青春的膚色。減少面部的細紋和皺紋，有助於舒緩及修護肌膚，讓肌膚充滿青春的光澤和水分，使肌膚更加健康

Focus Blend (InTune)

*Sandalwood, Frankincense, and Lime contribute to clarity and focus +

*Amryis, Patchouli, Ylang Ylang and Roman Chamomile are calming and soothing.

*for difficulty paying attention and staying on task

*focus and support healthy thought processes

ATN

集中注意複方 (全神貫注複方、全新嚮往複方)

夏威夷檀香、乳香、萊姆、阿米瑞斯樹皮、廣藿香葉、依蘭依蘭、和羅馬洋甘菊

幫助人們保持平靜和專注。增加和保持專注力，能幫助心平氣和也能增加警覺力

Protective Blend (On Guard)

*Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary

*immune support, eliminating and controlling pathogens due to the potency of its constituents

*use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing

ATIS

防衛複方 (保衛複方)

野橘、丁香、肉桂、尤加利樹和迷迭香

清香，自然，和有效的方法來增強免疫力。支持健康的防護功能，特別適合季節轉換時，可強化肌膚的防護力。可作為一種無毒的清潔劑來清潔檯面，或通過噴霧器擴散來淨化空氣

Tension Blend (PastTense)

*Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile

*tension and the discomfort associated with headaches

TN

放鬆緊張複方 (舒壓複方)

冬青、薰衣草、薄荷、乳香、胡荽、馬鬱蘭、羅馬洋甘菊、羅勒和迷迭香，減少緊張和壓力所帶來的不適。舒緩頭部和頸部的肌膚不適，有助於減輕壓力和焦慮

Cleansing Blend (Purify)

*Lemon, Lime, Pine, Citronella, Melaleuca, and Cilantro

*bug bites, sneezes, to eliminate odors and other contaminants

ATN

清潔淨化複方 (淨化清新複方)

檸檬、萊姆、松樹、香茅、茶樹和胡荽

去除臭味或其他的污染。可去除不良氣味、淨化空氣和環境

Calming Blend (Serenity)

*Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Sandalwood and Vanilla Bean

*calming, relaxation, aromatic diffusion or apply to the bottom of the feet at bedtime, add to a warm bath

ATN

平靜複方 (神氣複方、幸福恬靜複方)

薰衣草、馬鬱蘭、羅馬洋甘菊、伊蘭伊蘭、檀香木和香草豆

具安定作用的精油所調配成的，能帶給人幸福、放鬆的感覺。幫助入睡，通過噴霧器擴散到空氣裡、塗抹腳底、滴入浴缸，可達到芳香調理的功效

Metabolic Blend (Slim & Sassy)

*Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon

*8 drops to 16 oz. of water and drink between your healthy meals

*manage hunger, calm your stomach, and lift your mood

ATIS

新陳代謝複方 (輕盈複方)

葡萄柚、檸檬、薄荷、生薑和肉桂

幫助維持您體重的必需品。8 滴入 16 Oz 的飲水中，兩餐之間飲用。

平息憤怒，安撫和提升情緒

Repellent Blend (Terrashield)

*15 oils: Melaleuca, Lavender,

Lemon, Eucalyptus (Eucalyptus Citriodora), Citronella (Cymbopogon Nardus), and Lemongrass (Cymbopogon Flexuosus).

*repel insects, last up to 6 hours

ATN

驅蚊蟲複方 (不怕叮複方)

混合 15 種精油:月桂茵芋、貓薄荷、香樹油、非洲紫檀、香脂木、野橘皮、和更多

只需少量的超濃縮不怕叮複方精油，提供了長達六個小時的強大保護，出外旅遊時必備，家中每個成員都可安心使用

Blend for Women (Whisper)

*Rose, Jasmine, Bergamot, Cinnamon, Cistus, Vetiver, Ylang Ylang, Cocoa, Vanilla, Sandalwood, and Patchouli

*appealing essences, a beautiful and unique personal fragrance

ATN

女性複方 (仕女複方)

玫瑰、茉莉、佛手柑、肉桂、岩薔薇、岩蘭草、伊蘭伊蘭、可可、香草、檀香木、廣藿香

一個美麗而又獨特的個人香水。淡淡的香味會和您結合，創造出美麗、獨特、專屬個人的香味

Liver Detoxification Blend (Zendocrine)

*Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro

*healthy liver function

ATIN

清甘排毒複方 (元氣複方)

柑橘，迷迭香，天竺葵，杜松子和芫荽

滌清並過濾肝臟、腎臟、直腸、肺臟和皮膚的功能。