



# Dr. Katie DeGroot

## Naturopathic Doctor

#304–383 Oliver Street, Williams Lake, V2G 1M4  
 #228–475 Birch Avenue, 100 Mile House, V0K 2E0

Contact me at (250) 305 9188 or [info@drkatiedegroot.ca](mailto:info@drkatiedegroot.ca)  
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### NOW Foods Essential Oils – Order Form (March-April 2020)

Most products are available by specialty order with no minimum order size. Orders placed before Friday 4:00pm usually arrive by the following Thursday morning. Prices are subject to change without notice, although notice will be provided as best as possible prior to each order being placed. Essential oils marked with a \* indicate a tester is available at the office.

Essential Oils, 100% Pure	Price		
Anise Oil ( <i>Illicium verum</i> ) 30mL	\$10.38	Lemongrass Oil ( <i>Cymbopogon flexuosus</i> ) 30mL	\$11.19
Atlas Cedar Oil ( <i>Cedrus atlantica</i> ) 30mL	\$14.90	Lemongrass Oil ( <i>C. flexuosus</i> ) 118mL	\$29.25
*Balsam Fir Needle Oil ( <i>Abies balsamea</i> ) 30mL	\$17.46	*Lime Oil ( <i>Citrus aurantifolia</i> ) 30mL	\$11.85
Basil Oil ( <i>Ocimum basilicum</i> ) 30mL	\$19.37	Marjoram Oil ( <i>Thymus mastichina</i> ) 30mL	\$21.36
*Bergamot Oil ( <i>Citrus bergamia</i> ) 30mL	\$23.57	Myrrh Oil ( <i>Commiphora myrrha</i> ) 30mL	\$63.48
Black Pepper Oil ( <i>Piper nigrum</i> ) 30mL	\$18.74	*Nutmeg Oil ( <i>Myristica fragrans</i> ) 30mL	\$20.19
Camphor Oil ( <i>Cinnamomum camphora</i> ) 30mL	\$8.49	*Orange Oil ( <i>Citrus sinensis</i> ) 30mL	\$6.89
Carrot Seed Oil ( <i>Daucus carota</i> ) 30mL	\$42.27	*Orange Oil ( <i>Citrus sinensis</i> ) 118mL	\$17.93
Cedarwood Oil ( <i>Juniperus virginiana</i> ) 30mL	\$9.92	Oregano Oil ( <i>Origanum vulgare</i> ) 30mL	\$25.64
Chamomile Oil ( <i>Anthemis nobilis</i> ) 10mL	\$47.69	Patchouli Oil ( <i>Pogostemon cablin</i> ) 30mL	\$24.42
Chamomile Oil ( <i>Anthemis nobilis</i> ) 30mL	\$116.93	Pennyroyal Oil ( <i>Mentha pulegium</i> ) 30mL	\$14.76
Cinnamon Bark Oil ( <i>C. zeylanicum</i> ) 30mL	\$62.01	*Peppermint Oil ( <i>Mentha piperita</i> ) 30mL	\$10.90
*Cinnamon Cassia Oil ( <i>C. cassia</i> ) 30mL	\$15.09	*Peppermint Oil ( <i>Mentha piperita</i> ) 118mL	\$28.62
*Citronella Oil ( <i>C. winterianus</i> ) 30mL	\$9.06	*Pine Needle Oil ( <i>Pinus sylvestris</i> ) 30mL	\$13.11
Clary Sage Oil ( <i>Salvia sclarea</i> ) 30mL	\$26.63	*Rosemary Oil ( <i>Rosmarinus officinalis</i> ) 30mL	\$11.85
Clove Oil ( <i>Eugenia caryophyllus</i> ) 118mL	\$29.79	*Rosemary Oil ( <i>Rosmarinus officinalis</i> ) 118mL	\$34.11
Clove Oil ( <i>Eugenia caryophyllus</i> ) 30mL	\$11.42	Sage Oil ( <i>Salvia officinalis</i> ) 30mL	\$20.52
*Cypress Oil ( <i>Cupressus sempervirens</i> ) 30mL	\$17.61	Spearmint Oil ( <i>Mentha spicata</i> ) 30mL	\$11.85
Lemon Eucalyptus Oil ( <i>E. citriodora</i> ) 30mL	\$13.35	Tangerine Oil ( <i>Citrus reticulata</i> ) 30mL	\$7.19
*Eucalyptus Oil ( <i>E. globulus</i> ) 30mL	\$8.17	Tea Tree Oil ( <i>Melaleuca alternifolia</i> ) 118mL	\$36.03
*Eucalyptus Oil ( <i>E. globulus</i> ) 118mL	\$22.57	Tea Tree Oil ( <i>Melaleuca alternifolia</i> ) 30mL	\$12.54
*Eucalyptus Oil ( <i>E. globulus</i> ) 473mL	\$77.99	White Thyme Oil ( <i>Thymus vulgaris / zygis</i> ) 30mL	\$25.49
Eucalyptus Radiata Oil ( <i>E. radiata</i> ) 30mL	\$14.33	*Wintergreen Oil ( <i>G. procumbens</i> ) 30mL	\$18.68
Frankincense Oil ( <i>Boswellia carterii</i> ) 30mL	\$43.13	Ylang-Ylang Extra Oil ( <i>Cananga odorata genuina</i> ) 30mL	\$50.82
Geranium Oil ( <i>Pelargonium graveolens</i> ) 30mL	\$32.60		
Ginger Oil ( <i>Zingiber officinale</i> ) 30mL	\$18.15	<b>Organic Essential Oils, 100% Pure</b>	<b>Price</b>
*Grapefruit Oil ( <i>Citrus paradisi</i> ) 30mL	\$16.28	Organic Citronella Oil ( <i>C. winterianus</i> ) 30mL	\$15.57
Hyssop Oil ( <i>Hyssopus officinalis</i> ) 30mL	\$61.56	Organic Eucalyptus Oil ( <i>E. globulus</i> ) 30mL	\$13.16
Juniper Berry Oil ( <i>Juniperus communis</i> ) 30mL	\$36.39	Organic Lavender Oil ( <i>L. angustifolia</i> ) 30mL	\$33.69
*Lavender Oil ( <i>Lavandula angustifolia</i> ) 30mL	\$13.55	Organic Lemon Oil ( <i>Citrus limon</i> ) 30mL	\$17.82
*Lavender Oil ( <i>Lavandula angustifolia</i> ) 118mL	\$44.92	Organic Lemongrass Oil ( <i>C. flexuosus</i> ) 30mL	\$13.50
Spike Lavender Oil ( <i>Lavandula latifolia</i> ) 30mL	\$17.48	Organic Orange Oil ( <i>Citrus sinensis</i> ) 30mL	\$10.49
*Lemon Oil ( <i>Citrus limon</i> ) 30mL	\$8.58	Organic Peppermint Oil ( <i>M. piperita</i> ) 30mL	\$24.75
*Lemon Oil ( <i>Citrus limon</i> ) 118mL	\$25.35	Organic Rosemary Oil ( <i>R. officinalis</i> ) 30mL	\$22.82
		Organic Tea Tree Oil ( <i>M. alternifolia</i> ) 30mL	\$22.71



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### Essential Oils, pre-diluted (not 100%)

Frankincense Oil 20% ( <i>Boswellia carterii</i> ) 30mL	\$15.93
Helichrysum Oil 10% ( <i>H. italicum</i> ) 30mL	\$44.93
Jasmine Absolute 7.5% ( <i>J. grandiflorum</i> ) 30mL	\$47.24
Jasmine Fragrance Oil 30mL	\$13.59
Lavender & Tea Tree Oil 30mL	\$15.87
Lemon & Eucalyptus Oil Blend 30mL	\$22.02
Myrrh Oil 20% ( <i>Commiphora myrrha</i> ) 30mL	
Neroli Oil 7.5% ( <i>Citrus aurantium</i> ) 30mL	\$42.24
Rose Absolute 5% ( <i>Rosa damascena</i> ) 30mL	\$29.75
*Sandalwood Oil 14% ( <i>Santalum album</i> ) 30mL	\$47.09
*Vanilla Oil 1% ( <i>Vanilla planifolia</i> ) 30mL	\$31.52

### Essential Oils, Specialty Blends

	Price
*Bottled Bouquet EO Blend 30mL	\$23.55
*Cheer Up Buttercup Essential Oil Blend 30mL	\$19.49
*Clear the Air Essential Oil Blend 30mL	\$19.49
*Focus Essential Oil Blend 30mL	\$19.49
Lemon & Eucalyptus Oil Blend 30mL	\$11.16
*Morning Sunshine EO Blend 30mL	\$13.49
*Naturally Loveable Essential Oil Blend 30mL	\$19.49
Nature's Shield Protective Blend 30mL	\$29.70
*Outdoor Living Essential Oil Blend 30mL	\$14.39
*Peace & Harmony Essential Oil Blend 30mL	\$19.49
*Peaceful Night Essential Oil Blend 30mL	\$19.49
*Power to Flowers EO Blend 30mL	\$28.13
*Smiles for Miles EO Blend 30mL	\$19.19

### Essential Oil Kits

	Price
Let It Be Organically EO Kit 4x10mL of Org Lavender, Org Lemon, Org Peppermint, Org Tea Tree	\$36.14
Love at First Scent EO Kit 4x10mL of Naturally Loveable Blend, Cinnamon Cassia, Rose Absolute, Bergamot	\$36.14
Peace & Quiet EO Kit 4x10mL of Eucalyptus, Lavender, Peaceful Sleep (Night), Peppermint	\$36.14
Pep In Your Step EO Kit 4x10mL of Cheer Up Buttercup, Grapefruit, Lemon, Orange	\$36.14
Seasonal Changes EO Kit 4x10mL of Tea Tree, Eucalyptus Radiata, Clear The Air, Nature's Shield	\$36.14

### Essential Oil Diffusers

	Price
Ceramic Vase (White) - NEW	\$48.64
Dual Mist	\$45.44
Faux Wood 2 in 1 mini humidifier	\$66.93
*Metal Touch (Black)	\$59.53
Real Bamboo	\$62.82
Tear Drop Shape	\$50.17
USB	\$32.05
USB Glass Swirl	\$44.33
USB Portable	\$29.16
USB Sleepy Puppy	\$48.64

Dr. Katie DeGroot is not an aromatherapist, nor does she suggest or recommend essential oils for any medical use. Any and all essential oils sold by Dr Katie are to be used only for non-medicinal purposes. Essential oils are highly concentrated, so be sure to always follow the label instructions. Some essential oils are unsafe for children and pets while others may interact with prescribed medications or be unsafe for those with specific medical conditions. Not all essential oils are safe for topical use (even when diluted), and even for those which are considered "skin safe", an allergy or hypersensitivity reaction may develop. If you have any health or safety concerns, please don't hesitate to ask Dr Katie for more information.