

dōTERRA®

Healthy Can Be

Simple



ō

discover

SAFE, AFFORDABLE, AND EFFECTIVE NATURAL SOLUTIONS!

Essential oils are extracted from different parts of a plant and are 50–70 times more powerful than herbs.



Essential oils have provided simple and powerful solutions throughout history.



1 DROP = 28 CUPS

EXPERIENCE dōTERRA'S SUPERIOR QUALITY

POTENT



Grown and harvested in ideal regions

PURE



Extensive third-party testing

SAFE



Beyond organic—free of fillers and foreign contaminants

THREE EASY WAYS TO USE

AROMATIC



Breathe in directly or use diffuser

TOPICAL



Apply to bottoms of feet or specific areas

INTERNAL



Place a drop under tongue, in gel cap, or in water



enjoy SIMPLE DIGESTIVE SUPPORT

DigestZen® essential oil blend provides effective digestive support and calms the stomach, combining the therapeutic benefits of Ginger, Peppermint, Caraway, Coriander, Anise, Tarragon, and Fennel essential oils.

“For years, DigestZen has helped me and my children maintain healthy digestion. Research shows the stomach and intestines are the second brain, which is why this unique combination of oils brings ‘zen’ to your heart and mind.”

—Monica Hsiung



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HEALTHY WEIGHT

dōTERRA Slim & Sassy® promotes healthy metabolism, helps manage hunger cravings, and calms the stomach.

“Looking my best is important to me, so I chose to be consistent with using Slim & Sassy for the last three months. Now I look and feel incredible.”

—Allyse Sedivy



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EXERCISE and
HEALTHY WEIGHT

EXERCISE

Deep Blue® Rub provides comforting support to problem areas with a natural cooling and warming sensation.

“Deep Blue is my best friend. I use Deep Blue in massage to help with recovery after workouts.”

—Tim Hightower,
NFL Running Back



SIMPLE *sleep*



*“I love using Lavender on my pillow.
It reminds me of home and helps
put me to sleep.”*

—Alev Kelter,
USA Olympic Women’s Rugby Player



Serenity® promotes deep relaxation and restful sleep by blending together soothing aromas like Lavender, Cedarwood, and Vetiver essential oils.

SELF-CARE

“As a mom of seven spirited children, it’s easy to feel depleted. At the end of a long day, I put a few drops of AromaTouch oil on my neck and shoulders to relax before bed. (Some call it a massage in a bottle.) With dōTERRA, my self-care is simple and effective, so I can take care of myself as well as my family.”

—Natalie Goddard

AromaTouch® can be rubbed into the neck and shoulders to promote feelings of relaxation and to lessen tension.





“On Guard oil is a mom’s best friend! I keep a little shot glass near our kitchen sink as a reminder to gargle and swallow a drop of On Guard oil to help support healthy immune function, soothe dry and scratchy throats, and protect from environmental threats each day. I also diffuse it in my home during the winter for added protection.”

—Natalie Rigby

IMMUNE SUPPORT

dōTERRA On Guard® is an effective alternative to synthetic options, boosting the immune system and protecting against environmental threats.



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GREEN CLEANING

“No more reading labels at the grocery store! I love cleaning my clothes, home, and hands with dōTERRA’s nontoxic, plant-based On Guard cleaning products. They are super effective, and the best part is I don’t have to compromise my family’s health or add to the toxic load in the environment!”

—Betty Torres



dōTERRA On Guard® cleaning products are a nontoxic alternative for cleaning in the home.



SIMPLE *focus*

InTune® enhances and sustains a sense of focus and clarity.



“As a professional in the mental health field, I have seen the InTune oil blend help so many children with focus and attention in school. Even the teachers report the noticeable change in behavior and ask them what they are doing different! As a doctoral student as well, I apply this oil every time I sit down to do homework, and it clears my mind, increases my concentration, and helps me get my assignments done.”

—Danielle Daniel

RELEASE TENSION

"I love to apply PastTense to my neck and shoulders. It helps me relax and gives me an energy boost, especially at the end of the day when I need it most! It is my go-to oil on the rare occasion that I have low back discomfort or tension. PastTense is one of the oils I cannot leave home without! I find that if there is a day that I don't need to use it, I am either with someone or I meet someone who really needs it. So I am always prepared!"

—Zia Nix



PastTense® eases feelings of tension and helps reduce stress and anxiousness.



CELLULAR SUPPORT

“I have taken many supplements my entire life, the majority of which I noticed little or no change or improvement. On day three of using dōTERRA Lifelong Vitality, my life changed. I have energy, vitality, stamina and so much more! Now I can keep up with my eight boys. It is extraordinary how the human body responds when you feed it the nutrition it needs!”

—Justin Harrison



dōTERRA Lifelong Vitality Pack® is a trio of power-packed supplements—essential oil-infused vitamins, minerals, omegas, and cellular support—that provide the foundation for daily energy and healthy mood balancing.

Frankincense, often called “the King of Oils,” is one of the essential oils every home needs because of its variety of beneficial uses.



feel great!



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PREGNANCY and BABY

“dōTERRA Lifelong Vitality® can help during pregnancy. It’s a whole food-based supplements, so your body knows exactly what to do with the nutrients. When you are ready to give birth, I recommend two oils be in your birth bag: Wild Orange and dōTERRA Balance. Both are incredible at easing anxiousness.”†

—Stephanie Fritz

dōTERRA Balance® promotes a whole-body sense of relaxation, as well as feelings of tranquility for all stages of life.



simple

WOMEN'S
HEALTH



ClaryCalm® is the best oil for your worst week. Period. This blend is especially for women who need some extra comfort.



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SEASONAL SUPPORT

“I love spring flowers and beautiful weather, but seasonal changes often leave me feeling less than ideal. I like to use a triple threat to help me maintain feelings of clear airways with a dōTERRA TriEase Softgel in the morning, place a little dōTERRA Breathe under my nose throughout the day, and diffuse Eucalyptus at night.”

—Christa Dietzen,
USA Olympic Women’s Volleyball Team Captain



OUTDOOR RELIEF

TerraShield® is a great natural blend to take camping and on hiking trips.

Purify is a great blend to keep in your hiking backpack for soothing your skin.



ENJOY
the GREAT
outdoors!

When used together, Lemon,
Lavender, and Peppermint
protect against seasonal
elements and promote clear,
easy breathing.



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A photograph of a person running on a beach, splashing water, with a dog running alongside them. The scene is bright and sunny, with water droplets visible in the air. The person is wearing patterned shorts. The dog is a medium-sized, fluffy breed, possibly a Shetland Sheepdog, running towards the left. The background shows the ocean and a clear sky.

fun in the SUN!

“Spending time for myself in nature energizes me, and I never leave the house without my Peppermint water spritz. In addition to being a natural bug deterrent, the Peppermint mist cools me down while at the beach or on a hike. Another secret of mine is Lavender—not only does it soothe my sun-kissed skin, but it also keeps me calm during my self-care ritual of deep breathing in nature. Use both for an energizing calm that can lift your mood for a day of fun outdoors.”

- Mariza Snyder

Travel

“We don’t travel without Peppermint, dōTERRA On Guard, and DigestZen. Thanks to dōTERRA, we enjoyed 95 days of healthy travel through Europe, riding subways, trains, and buses and drinking native water wherever we went. Travel is more fun and less stressful now with our oils.”

—Matthew Anderson



Peppermint can give a refreshing boost when feeling low on energy during travel.



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A drop of Wild Orange and Peppermint inhaled from your hands is the perfect afternoon pick-me-up.

ENERGY SUPPORT

“Exercise is a key part of my day, but I need energy to get through work as well. Mito2Max is my daily energy boost that I know won’t make me crash.”

—Jessica Moultrie

Mito2Max® naturally supports cellular energy production, aerobic capacity, and stamina.



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IMAGINE YOUR HEALTH and LIFE

empowered

There are so many possibilities available to you by using dōTERRA solutions. Living healthy really can be simple.



Connect with the person who gave you this guide to learn more.

experience

dōTERRA ESSENTIAL OILS

Essential Oil: _____

Supports: _____

How to Use: _____

Essential Oil: _____

Supports: _____

How to Use: _____

NOTE: Dilute for sensitivity. Don't use in eyes or ears.

I'M HERE TO SUPPORT YOUR

simple HEALTH

Name: _____

Phone: _____

Website: _____

Email: _____

