

dōTERRA™

Healthy Can Be

*Simple*



ō

# discover

TESTED, AFFORDABLE, AND EFFECTIVE OPTIONS!

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



Essential oils have provided simple and powerful solutions throughout history.



1 DROP = 28 CUPS

# EXPERIENCE dōTERRA'S CPTG CERTIFIED PURE TESTED GRADE™ QUALITY

## POTENT



Grown and harvested in ideal region

## PURE



Extensive third party testing

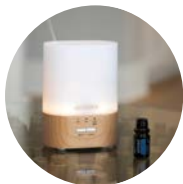
## TESTED



Free of fillers or foreign contaminants

## 3 EASY WAYS TO USE

### AROMATIC



Breathe in or use diffuser

### TOPICAL

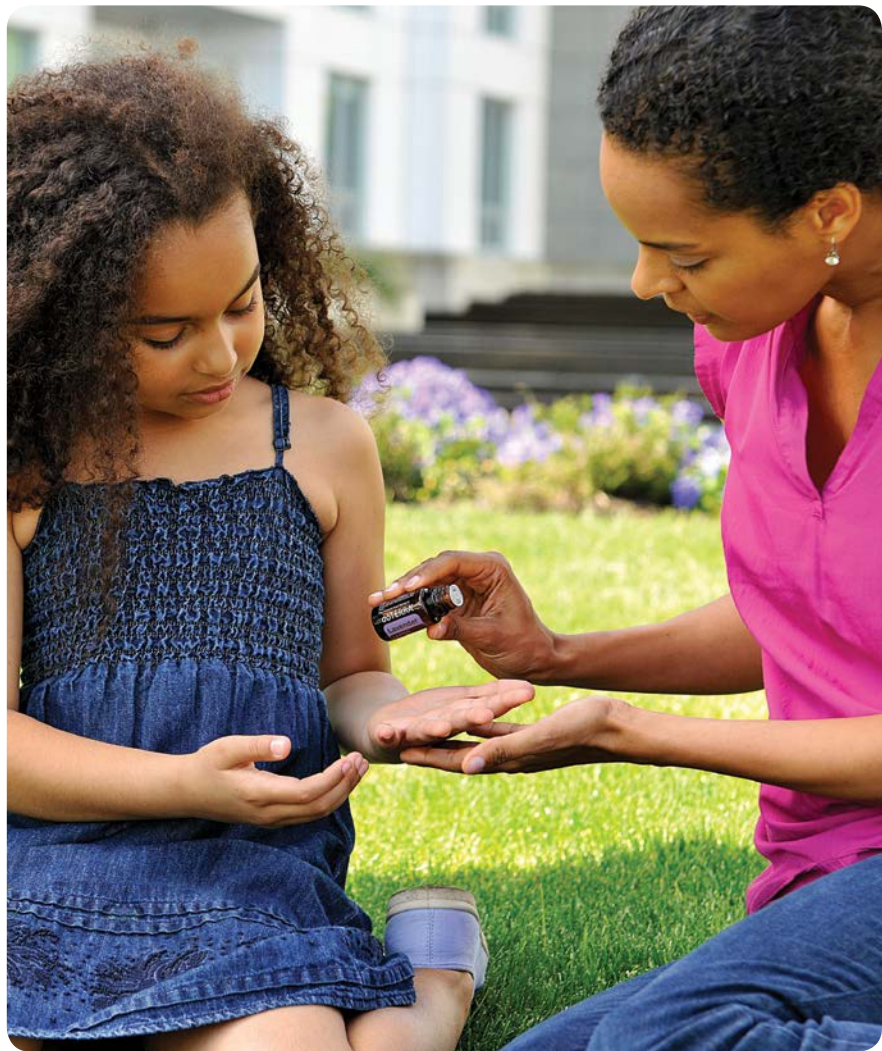


Apply to bottoms of feet or specific areas

### INTERNAL



Drop under tongue, in gel cap, or in water



# enjoy SIMPLE STOMACH SUPPORT

The ZenGest™ Supportive Blend is well-known for its ability to soothe occasional stomach upset, combining the benefits of Ginger, Peppermint, Caraway, Coriander, Anise, Tarragon, and Fennel essential oils.

*“For years, ZenGest™ 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



## ENERGY AND VITALITY

dōTERRA Smart & Sassy™, a proprietary blend of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon, helps manage hunger cravings and calms the stomach.

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

- Allyse Sedivy





simple  
WELLNESS

## EXERCISE

Deep Blue™ 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 American Football Player







## SIMPLE *Sleep*

*“The quality of our sleep is often overlooked as a priority, but the medical research is clear: deep, restorative sleep is essential to our emotional and physical health. dōTERRA oils such as Lavender and dōTERRA Serenity™ can help reduce tension and stressful emotions, which supports restful sleep in a safe, natural way.”*

- Dr. Robin Fawcett

General Practitioner and International Speaker on TEDx

dōTERRA Serenity promotes deep relaxation and a restful sleeping environment.





## SELF CARE

*“As a mother to 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 calm.





*“On Guard™ oil is a mum’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 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 for boosting the immune system and protection against environmental threats.



# simple

## GREEN CLEANING

*“No more reading labels at the grocery store! I love cleaning my clothes, home, and hands with dōTERRA's non-toxic, 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 non-toxic alternative for cleaning in the home.



## SIMPLE *focus*

*“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 behaviour 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



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

## RELAX AND UNWIND

*“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™ promotes grounding and balanced emotions.



## EVERY-DAY 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 Pack™, 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 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!*







SIMPLE *Support*

WOMEN

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



## PARENTHOOD

*“dōTERRA Lifelong Vitality Pack™ can help during pregnancy. It’s a whole food-based supplement, 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.



## 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, a little dōTERRA Air™ under my nose throughout the day, and diffusing Eucalyptus at night.”*

Christa Dietzen – USA Olympic Women’s  
Volleyball Team Captain



## OUTDOOR RELIEF

Terrashield™ is a great protective blend that helps to keep nature’s threats at bay, so you can enjoy your outdoor activities. Purify is the ideal blend to keep in your hiking backpack for soothing your skin.



ENJOY  
THE GREAT  
*outdoors!*

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





# Travel

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

- Matthew Anderson



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



A vibrant, sun-drenched photograph of a person running on a beach. The person is shirtless and wearing patterned shorts, splashing water. A small, fluffy white dog is running alongside them, also splashing. The background is a bright, hazy sky with soft, glowing light spots, suggesting a sunny day. The overall mood is energetic and joyful.

# Fun IN THE SUN!

*“Spending time for myself in nature energises 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 energising calm that can lift your mood for a day of fun outdoors.”*

- Mariza Snyder



## 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 energy production, aerobic capacity, and stamina.

A drop of Wild Orange and Peppermint in your diffuser is the perfect afternoon pick-me-up.





IMAGINE YOUR LIFE

*empowered*

*There are so many possibilities available to you by using dōTERRA solutions. Living a healthy lifestyle 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: \_\_\_\_\_

