



EASY AIR® 5mL ESSENTIAL OIL BLEND



dōTERRA Easy Air® is a remarkable blend of Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Ravensara, Lemon, Cardamom, and Ravintsara essential oils.

USES

- Diffuse, inhale directly from palms, or rub on chest or feet
- Diffuse at bedtime to create a restful environment

DIRECTIONS FOR USE

- Diffusion: Use 3–4 drops in the diffuser of your choice
- Topical use: Apply 1–2 drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity



ON GUARD® 5mL ESSENTIAL OIL BLEND



dōTERRA On Guard® is a proprietary essential oil blend that can be used on surfaces throughout the home as a non-toxic cleaner. When diffused, dōTERRA On Guard® helps eliminate odor, and can be very energizing and uplifting.

USES

- Combine with Fractionated Coconut Oil for a powerful hand cleanser

DIRECTIONS FOR USE

- Diffusion: Use 3–4 drops in the diffuser of your choice
- Topical use: Apply 1–2 drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity



LAVENDER 5mL ESSENTIAL OIL



Lavender has been used and cherished for centuries for its unmistakable aroma and benefits. Due to Lavender's versatility and its soothing properties for dry skin, it is considered a must-have oil.

USES

- Add a few drops to pillows, bedding, or bottoms of feet at bedtime
- Keep a bottle on hand to soothe skin
- Apply to the temples and the back of the neck to ease headaches

DIRECTIONS FOR USE

- Diffusion: Use 3–4 drops in the diffuser of your choice
- Internal use: Dilute one drop in 115 mL of liquid
- Topical use: Apply 1–2 drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity



TEA TREE 5mL ESSENTIAL OIL



Best known for its cleansing properties, Tea Tree can be used to cleanse the skin and nails and to support a healthy complexion. Tea Tree is frequently used to soothe dry skin.

USES

- Apply 1–2 drops to sooth dry skin or apply after shaving
- Combine 1–2 drops with a facial cleanser or moisturizer

DIRECTIONS FOR USE

- Diffusion: Use 3–4 drops in the diffuser of your choice
- Topical use: Apply 1–2 drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity



PEPPERMINT 5mL ESSENTIAL OIL



A high menthol content—like that found in the dōTERRA Peppermint essential oil—distinguishes the best quality Peppermint from other products. Frequently used in toothpaste and chewing gum.

USES

- Use a drop of Peppermint with Lemon in water for a refreshing mouth rinse
- Apply Peppermint to the palms of hands and deeply inhale for an energizing aroma.

DIRECTIONS FOR USE

- Diffusion: Use 3–4 drops in the diffuser of your choice
- Internal use: Dilute one drop in 115 mL of liquid
- Topical use: Apply 1–2 drops to desired area, dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity



DEEP BLUE® RUB SOOTHING LOTION

Deep Blue® Rub is a rich, topical cream infused with the Deep Blue® Soothing Blend of CPTG Certified Pure Tested Grade® essential oils including Wintergreen, Camphor, Peppermint, Ylang-Ylang, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus. This proprietary blend of plant extracts and other powerful ingredients provide a comforting sensation of cooling and warmth.

PRIMARY BENEFITS

- Perfect for the athlete in your life, Deep Blue® Rub is blended in a base of moisturizing emollients that leaves your skin soft and non-greasy

WHAT ARE ESSENTIAL OILS?

If you have ever enjoyed the scent of a rose, you've experienced the aromatic qualities of essential oils. These volatile aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. In addition to giving plants their distinctive smells, essential oils provide plants with protection against predators and disease and play a role in plant pollination. Essential oils have long been used for food preparation, beauty treatment, and healthcare practices.

HOW DO I USE ESSENTIAL OILS?

Essential oils are used for a wide range of wellness applications. They can be used a single oil at a time or in complex blends in one of three methods:

A AROMATIC

Certain essential oils, when diffused, can be very stimulating, while others can create a calming and soothing environment. Diffusing essential oils can also purify air of unwanted odors.

T TOPICAL

Essential oils are easily absorbed by the skin and can be applied topically in accordance with label directions.

I INTERNAL

Essential oils can also be used as food flavoring.

SKIN SENSITIVITY

- N** Can be used topically with no dilution (NEAT)
- S** Dilute for young or sensitive skin (SENSITIVE)
- D** Dilute before using topically (DILUTE)

dōTERRA

For people who care about improving their health and that of their loved ones, we provide solutions derived from nature that enhance well-being.

Our pure essential oils are revolutionizing the way families manage their well being. We harness nature's most powerful elements and share these gifts through our global network of Wellness Advocates.

www.doterra.com/CA/en

Since the spring of 2008, dōTERRA has been providing essential oils and essential oil infused products to the world. Adhering to the strict standards of the CPTG Certified Pure Tested Grade® quality protocol, dōTERRA oils are known for their purity, potency, and efficacy. In the few short years since its inception, dōTERRA has grown to become the international leader in essential oils. To learn more about dōTERRA, essential oils, or to find Wellness Advocates near you, please visit www.doterra.com/CA/en.

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