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Healthy Can Be  
**SIMPLE**



# DISCOVER

## AFFORDABLE AND EFFECTIVE NATURALLY SOURCED SOLUTIONS!

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



3 lbs.  
Peppermint



15 mL  
Bottle

Essential oils have provided simple and powerful solutions throughout history.



## EXPERIENCE dōTERRA'S TOP QUALITY

### POTENT



Grown and harvested in ideal regions

### PURE



CPTG Certified Pure Tested Grade®

### PROVEN



Extensive third-party testing

## THREE EASY WAYS TO USE

### AROMATIC



Breathe in or use diffuser

### TOPICAL



Apply to bottoms of feet or specific areas

### INTERNAL



Use in water or to flavour food



# ENJOY

## SIMPLE SOOTHING

ZenGest® essential oil blend provides a soothing and supportive scent, combining the benefits of Ginger, Peppermint, Caraway, Coriander, Anise, Cardamom, and Fennel essential oils.\*

ZenGest® Softgels provide digestive support and relief from mild or occasional stomach discomfort and nausea.\*



\*See individual labels for ingredients, cautions, and instruction for use.

ZenGest® Softgels (NPN 80078533)

# HEALTHY HABITS

MetaPWR™ essential oil blend helps support your mindful eating choices as an oil, beadlets, and chewing gum.

Explore even more supportive solutions with the complete MetaPWR™ Collection.





# SIMPLE EXERCISE AND HEALTHY HABITS

## EXERCISE

Deep Blue® Rub provides comforting support to targeted areas with a 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 RELAXATION



*"I love using Lavender on my pillow.  
It reminds me of home and creates a  
relaxing environment before bed."*

—Alev Kelter,  
USA Olympic Women's Rugby Player



dōTERRA Serenity® creates a restful environment 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 as part of a relaxing massage.





*Create a supportive environment in your home by using On Guard® blend for cleaning and diffusion or add a drop to a warm drink to sip during colder months.*

## WELLNESS SUPPORT



On Guard essential oil blend is a versatile combination of Wild Orange, Clove Bud, Cinnamon Bark, Eucalyptus, and Rosemary, for a fortifying scent that's perfect for any season.



## GREEN CLEANING

*"I love cleaning with dōTERRA® products. They are so powerful and effective on anything—laundry, surfaces, dishes, and more! I am really comforted knowing that I have a cleaner, purer home."*

—Jenny Crawford



On Guard® and abode™ cleaning products offer effective, naturally sourced, and eco-friendly solutions for cleaning your home.



## SIMPLE SUPPORT

InTune® provides a relaxing and uplifting aroma.



Designed to support you during moments of focus and concentration, InTune is a blend of clarifying, grounding aromas with soothing topical properties.

Apply to the neck, temples, or wrists to help create the perfect atmosphere for work or study.

## SOOTHE SKIN

*"I love to apply PastTense to my neck and shoulders, especially at the end of the day when I need it most! 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® provides a soothing sensation on the skin and comforting aroma.



# VITALITY SUPPORT

*"It is extraordinary how the human body responds when you feed it the nutrition it needs!"*

—Justin Harrison

Your wellness can flourish when you give your body the nutrients it needs to thrive. The dōTERRA Lifelong Vitality® Pack makes taking the first step toward lifelong wellness both easy and affordable.

Designed to be used in conjunction with regular healthy habits, each product in this convenient supplement trio offers benefits that are critical to lifelong vitality. Essential vitamins, minerals, omegas and antioxidant support help lay the foundations for overall wellness.\*



\*Alpha CRS (NPN 80082975); Microplex VMz (NPN 80075879);  
xEO Mega (NPN 80074456).

**FEEL  
GREAT!**



## RAISING a FAMILY

*"Parenthood is a thing of beauty, but it also comes with its challenges. Using essential oils can help you find peace and balance amidst even the most hectic moments of family life."*

—Ashley Carey

Balance® provides a relaxing, tranquil atmosphere for all stages of life.





# SIMPLE WOMEN'S WELLNESS



ClaryCalm® is cooling and soothing to the skin. Period. This blend is perfect for women who need some extra comfort.



# ALL-SEASON SUPPORT

With so many fresh scents and comforting topical benefits to choose from, essential oils make great companions for all your family's favourite outdoor adventures.



## FAMILY ACTIVITY

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

dōTERRA Purify® is a great blend to keep in your hiking backpack because of its topical cleansing properties.





# ENJOY THE GREAT OUTDOORS!

*"I believe that dōTERRA essential oils can be a powerful tool for helping people connect with nature and improve their overall well-being. I have seen firsthand the benefits of using essential oils outdoors, and I am a strong advocate for their use."*

—Dr. David Hill, Founding Executive, Science and Healthcare

Lavender, Lemon, and Peppermint are natural health products known to help relieve coughs and colds. Keep these oils on-hand so that you're prepared for whenever the need arises.\*



\*Lavender NHP (NPN 80061038), Lemon NHP (NPN 80060961), Peppermint NHP (NPN 80061370).



## FUN IN THE SUN

dōTERRA® sun protects your skin with moisturizing and effective products free of synthetic ingredients.\*



*"Spending time for myself in nature energizes me, and I never leave the house without my Peppermint water spritz. 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, "*

—Mariza Snyder

\*Face + Body Mineral Sunscreen Stick (NPN 80120620);  
Body Mineral Sunscreen Spray (NPN 80120827);  
Face + Body Mineral Sunscreen Lotion (NPN 80120826)

# TRAVEL



On Guard® provides a supportive scent for travel.

ZenGest® can offer a soothing aroma during long flights or car rides.





## Daily Support

*"Wild Orange and Peppermint are one of those combinations that teaches you about the power of essential oils. When you breathe them in together you instantly feel ready to make today the best day ever."*

— Ange Peters

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



# IMAGINE YOUR 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

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Website: \_\_\_\_\_

Email: \_\_\_\_\_

