

# dōTERRA Nature's Solutions Collection



# Using essential oils is as **easy as 1, 2, 3.**



## **Breathe it in.** | **A**

First, try using **Peppermint** aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.



## **Take a sip.** | **I**

Next, use **Lemon** internally. Put a drop in a glass of water and take a refreshing sip.



## **Put some on.** | **T**

Now, apply **Deep Blue® Rub Lotion** topically. Put a small amount in your palms, rub them together, and massage into the neck and shoulders.

It is important to use your new essential oils safely. Use the collection QR code in this brochure to learn the best practices for using essential oils in the home.

### APPLICATION METHODS

**A** Can be used aromatically | **T** Can be used topically | **I** Can be used internally

# Welcome to a life filled with **nature's solutions.**

Transforming your mind, body, and home has never been easier with essential oils and essential oil-infused products. With dōTERRA®, you can be confident that your essential oils are:

- 💧 Pure and ethically sourced
- 💧 Potent, powerful, and effective
- 💧 Safe to use for the whole family



## Peppermint\* | 15 mL

*Soothes stomach, alleviates muscle pain, relieves colds*

- Ⓐ Add to the floor of your shower
- Ⓛ Put a drop in your tea
- Ⓣ Massage into temples

\*NPN 80061370 (Peppermint)



## Lemon | 15 mL

*Cleanses surfaces, adds flavor, stimulating aroma*

- Ⓐ Diffuse in the morning
- Ⓛ Add a drop to a glass of water
- Ⓣ Put on sticky residue and wipe away



## Deep Blue® Rub Lotion

*Feels comforting, cools skin, invigorating aroma*

- Ⓣ Massage into lower back
- Ⓣ Apply before or after a workout
- Ⓣ Rub on neck after a long workday

For more ideas, tips, and instructions about using your new products, visit [doterra.com/CA/en/natures-solutions](https://doterra.com/CA/en/natures-solutions)



There are countless ways to use your new oils. **Here are a few ideas.**



**Lavender\* | 15 mL**

*Calms nerves, soothes skin, relaxes environment*

- A** Drop on pillow
- I** Add to nighttime tea
- T** Apply to skin



**Frankincense | 15 mL**

*Beautifies skin, cleanses surfaces, peaceful aroma*

- A** Diffuse while working or studying
- A** Add to warm bath
- T** Mix with moisturizer



**Tea Tree\* | 15 mL**

*Cleanses surfaces, freshens air, rejuvenates skin*

- A** Diffuse in stuffy rooms
- T** Apply to skin after shaving
- T** Massage into scalp or nail beds



**Wild Orange | 15 mL**

*Uplifting aroma, tastes sweet, energizes environment*

- A** Diffuse for an uplifting environment
- I** Add a drop to a glass of water
- T** Use as a topical surface cleanser



**Easy Air® | 15 mL**

*Clear aroma, provides cooling, invigorates senses*

- A** Diffuse during winter
- A** Add to hot water and inhale steam
- T** Massage into chest or back



**ZenGest® | 15 mL**

*Feels soothing, tastes sweet, calming aroma*

- A** Diffuse during road trips
- I** Add to water after a large meal
- T** Massage into stomach

\*NPN 80061038 (Lavender), 80060950 (Tea Tree)

**APPLICATION METHODS**

- A** Can be used aromatically | **T** Can be used topically | **I** Can be used internally

# Choose wellness with **everyday essentials.**



## **Balance® | 15 mL**

*Calms environment, promotes harmony, peaceful aroma*

- A** Add to warm bath
- A** Diffuse during meditation
- T** Massage into bottoms of feet



## **AromaTouch® | 15 mL**

*Promotes spa-like environment, comforting aroma, calm scent*

- T** Apply to neck and shoulders
- T** Add to a comforting massage
- T** Use with Epsom salts at bathtime



## **Fractionated Coconut Oil**

*Absorbent, light, and moisturizing carrier oil*

- Use to dilute essential oils before applying to young or sensitive skin



## **dōTERRA Serenity® | 15 mL**

*Soothes soul, relaxes environment, feels comforting, calm aroma*

- A** Diffuse at nighttime
- T** Add to an evening bath
- T** Massage into bottoms of feet



## **Wintergreen | 15 mL**

*Eases environment, feels cooling, invigorating aroma*

- A** Diffuse for an energizing aroma
- T** Apply to legs after working out
- T** Incorporate into soothing massage



## **Laluz™ Diffuser**

*Sleek essential oil diffuser*

- Create the aromatic environment of your choosing in the office or home

# Transform your home with **naturally sourced, nonsynthetic products.**



## On Guard® | 15 mL

*Cleanses surfaces, tastes energizing, spicy aroma*

- A** Diffuse during fall and winter
- I** Add to warm water with honey
- T** Massage into bottoms of feet



## On Guard® Foaming Hand Wash

*Essential oil-infused hand wash for all skin types*

- Work to a lather with warm water and rinse thoroughly

## On Guard® Mist

*Surface cleansing travel spray*

- Use to cleanse hands or surfaces when traveling and on-the-go



## On Guard™ Mouthwash

*Alcohol-free mouthwash to clean teeth and gums, freshen breath, and brighten the smile*

- Swish a small amount in the mouth, morning and night or after meals, for up to 60 seconds



## On Guard™ Whitening Toothpaste

*Flouride-free essential oil-infused toothpaste*

- Use in daily dental routine to reduce plaque, freshen breath, and whiten teeth



### **ZenGest® TerraZyme®\***

*An exclusive blend of enzymes that supports the proper digestion of proteins and carbohydrates*

- Take one to three capsules with meals containing fresh, raw foods or two to three capsules with meals containing highly processed foods



### **dōTERRA® SPA Hand & Body Lotion**

*Fragrance-free lotion for indulging the skin in hydrating moisture*

- Apply to hands and body to relieve dryness, and mix with an essential oil aroma of choice for a customized aromatic experience



### **Correct-X®**

*Naturally sourced, multi-purpose ointment for soothing and cleaning skin*

- Apply to desired areas of skin as needed

\*NPN 80077027 (TerraZyme)

# dōTERRA Lifelong Vitality® Convenience Pack: **look, feel, and live younger, longer.**

Together these supplements provide maximum nutrition for sustained energy levels, maintenance of good health, and overall well-being.



**Microplex VMz®\***  
*Food nutrient formula of vitamins and minerals*

**Supports**

- Healthy metabolism
- Healthy immune function
- Cellular energy



**xEO Mega®\***  
*Essential fatty acids and antioxidants*

**Supports**

- Healthy brain function
- Cardiovascular system
- Maintenance of bones and teeth



**Alpha CRS+®\***  
*Proprietary formula of naturally sourced botanical extracts*

**Supports**

- Normal liver function
- Cellular health
- Proper digestion

\*NPN 80075879 (Microplex VMz), \*NPN 80074456 (xEO Mega), \*NPN 80082975 (Alpha CRS+)



Your purchase  
**changes lives.**

The mission of dōTERRA is to change the world one drop at a time. When you buy from dōTERRA, you are supporting sustainable sourcing practices that help communities around the globe.

Scan the collection QR code in this brochure to learn how you can have wellness and free dōTERRA products delivered to your door each month.

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