

ō

HEALTHY CAN BE
SIMPLE



DISCOVER

SAFE, AFFORDABLE, & EFFECTIVE NATURAL SOLUTIONS

Essential oils are extracted from different parts of a plant and have many benefits.



**3 lbs.
Peppermint**



**15 mL
Bottle**

Essential oils have provided simple and powerful solutions throughout history.

EXPERIENCE THE SUPERIOR QUALITY OF dōTERRA



POTENT

Grown and harvested
in ideal regions



PURE

CTPG Certified
Pure Tested Grade®



SAFE

Extensive third-
party testing

3 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



"I've used DigestZen for years to encourage healthy digestion for my whole family."

—Monica Hsiung,
doTERRA Wellness Advocate

Whether you're on a long road trip, recovering from a large meal, or experiencing a touch of queasiness, DigestZen® essential oil blend offers soothing support.†

ENJOY

SIMPLE DIGESTIVE SUPPORT

† See individual labels for ingredients, cautions, and instruction for use.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



dOTERRA
DigestZen®
Digestive Blend

dOTERRA
DigestZen®
Digestive Blend
Dietary Supplement
60 Softgels

HEALTHY WEIGHT

dōTERRA MetaPWR® Metabolic Blend supports a healthy metabolism when ingested by curbing cravings and promoting mindful eating, helping you avoid unnecessary snacking. It can also help reduce adipose fat cells.†

*“Looking great moving into our sixties is important to both of us. The MetaPWR blend is a real game changer!”**

—Jerry & Laura Jacobs
dōTERRA Wellness Advocates



†More confirming clinical research is needed.

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SIMPLE

EXERCISE AND WEIGHT MANAGEMENT



EXERCISE

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

“Deep Blue is my best friend. I never recover from a workout without it!”

—Tim Hightower,
dōTERRA Performance Advocate



*"Lavender is a big star
when it comes to bedtime."*

—Nicole Stevens,
dōTERRA VP, Clinical Research

SIMPLE SLEEP

dōTERRA Serenity® creates a restful environment by blending together soothing aromas like Lavender, Cedarwood, and Vetiver essential oils.



When you feel worn down or sore, rub AromaTouch® onto your neck and shoulders for a relaxing self-care ritual.

SO SELF CARE



"At the end of a long day, I put a few drops of AromaTouch oil on my neck and shoulders to relax before bed."

—Natalie Goddard,
doTERRA Wellness Advocate

*"dōTERRA On Guard oil
is a mom's best friend!"*

—Natalie Rigby,
dōTERRA Wellness Advocate

IMMUNE SUPPORT

Effective, natural immune support that's safe
for the whole family.*



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GREEN CLEANING

abode® cleaning products are so safe, your children can use them.



"I love cleaning my clothes, home, and hands with dōTERRA's nontoxic, plant-based abode cleaning products."

—Betty Torres,
dōTERRA Wellness Advocate

SIMPLE SUPPORT

InTune® is an essential oil blend with an earthy, uplifting aroma that creates the ideal space for concentration.

SOOTHE & COMFORT

"I love to massage it into the pressure points along my head, neck, and shoulders. It feels wonderful!"

—Eliza Bacot,
dōTERRA Wellness Advocate



PastTense® provides a calming and cooling sensation on the skin with a comforting aroma.



"I have seen the InTune oil blend help so many children.

As a doctoral student as well, I apply this oil every time I sit down to do homework."

—Danielle Daniel,
dōTERRA Wellness Advocate



dōTERRA VMG+™ and EO Mega®+ are daily supplements that provide vitamins, minerals, omegas, and essential oils for your foundational wellness, including increased energy, cellular support, and healthy mood balancing.*

FOUNDATIONAL WELLNESS

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FEEL GREAT

"Taking VMG and EO Mega gives me more energy and mental clarity. It helps me easily keep up with my younger kids."

- Tina Wong,
dōTERRA
Wellness Advocate



PREGNANCY AND BABY

"I find a lot of women begin using essential oils during pregnancy and they become a really beautiful solution."

—Christine Russell,
dōTERRA Wellness Advocate

SIMPLE WOMEN'S HEALTH

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



Bone Nutrient Essential Complex includes bioavailable nutrients—vital vitamins and nutrients—for bone health for women from adolescence through menopause.*

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SEASONAL SUPPORT

OUTDOOR RELIEF

"This incredible blend is sure to become your new summer favorite."

—Samantha Lewis,
dōTERRA Senior Global Product Manager

Stay protected, during all your outdoor adventures, with Purify.

Take TerraShield® on all your camping and hiking trips to naturally keep mosquitoes at bay.





ENJOY THE GREAT OUTDOORS!

When consumed together, Lemon, Lavender, and Peppermint promote clear, easy breathing.*

"I have seen firsthand the benefits of using essential oils outdoors, and I am a strong advocate for their use."

—Dr. David Hill,
doTERRA Founding Executive



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Whether home or abroad dōTERRA
PB Restore is a great travel companion.

TRAVEL

FUN IN THE SUN

dōTERRA® sun protects your body and skin with moisturizing and effective products free of harsh ingredients.



*"dōTERRA hit their
sunscreen out of
the park."*

- Rigel Smith,
dōTERRA Wellness Advocate



ENERGY SUPPORT

A drop of Wild Orange and Peppermint inhaled from your hands is the perfect afternoon pick-me-up. Mito2Max[®] naturally supports cellular energy production, aerobic capacity, and stamina.*



"Mito2Max is my daily energy boost that I know won't make me crash."

—Jessica Moultrie,
dōTERRA Wellness Advocate



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A man and a woman are sitting on a couch, smiling and looking at each other. In front of them on a wooden coffee table is a dōTERRA diffuser. The woman is holding a small bottle of dōTERRA essential oil and pouring it into the diffuser. The man is looking at the diffuser. The background shows a staircase and a wall with a light switch.

IMAGINE YOUR HEALTH AND LIFE EMPOWERED

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

*When you use natural dōTERRA solutions,
healthy living really is that simple.*

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: _____



"King of Oils"

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