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Healthy Can Be
SIMPLE



DISCOVER TESTED, AFFORDABLE AND EFFECTIVE OPTIONS!

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



1 kg
Peppermint



15 mL
Bottle

Essential oils have provided simple and powerful solutions throughout history.



EXPERIENCE dōTERRA'S CPTG® CERTIFIED PURE TESTED GRADE QUALITY

POTENT



**Grown and
harvested in
ideal regions**

TESTED



**Rigorous
testing to
ensure purity**

PURE



**Free of fillers
or foreign
contaminants**

There are many ways to use dōTERRA essential oils. Whether it's as a flavorful ingredient in your favorite sweet or savory dish, as a support around the home, or an addition to your daily facial and skin care routine, you'll find the perfect use for each oil!



ENJOY

SIMPLE SUPPORT

The ZenGest® essential oil blend is a unique blend combining Ginger, Peppermint, Caraway, Coriander, Anise, Tarragon and Fennel essential oils.



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

ENERGY AND VITALITY

Developed by dōTERRA clinical and medical scientists, the MetaPWR® blend is formulated with specific balanced ratios of CPTG® Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils.*†

"MetaPWR® is a powerful support that boosts healthy lifestyle choices and we bring it to you with formulations, methods and research that've never been done before. This is the cutting-edge, groundbreaking science that's sets dōTERRA apart in our industry."

—Dr. Nicole Stevens Director of Clinical Research





SIMPLE WELLNESS

EXERCISE

Deep Blue® essential oil blend brings together eight essential oils known to comfort and cool joints and muscles.

"Deep Blue is my best friend. I use Deep Blue in massage to help with recovery after workouts."

—Tim Hightower,
NFL Running Back



SIMPLE SLEEP



Serenity® is a peaceful blend of essential oils that promotes tranquility and relaxation.

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 applied topically to promote feelings of relaxation and calm.





ENERGIZING AND UPLIFTING

One of dōTERRA's most popular blends, On Guard® is a must-have because of its incredible benefits. It possesses an energizing and uplifting aroma and can help invigorate the body when applied on the bottoms of feet.

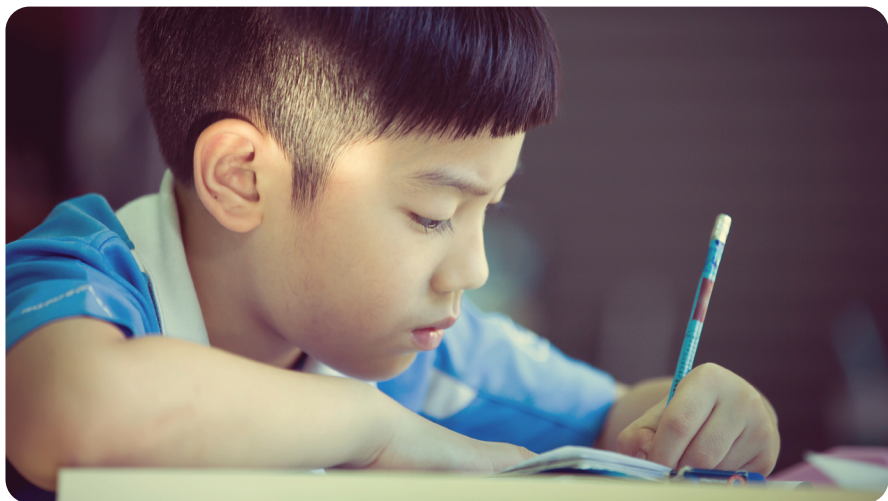


SIMPLE SUPPORT AROUND THE HOME

"No more reading labels at the grocery store! I love cleaning my clothes, home, and hands with dōTERRA's nontoxic, plant-based products. They are super effective!"

—Betty Torres





SIMPLE SUPPORT

Adaptiv® provides a relaxing and uplifting aroma.



"As a professional in the wellness field, I have seen the Adaptiv® essential oil blend help so many children feel calm at school.

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

—Danielle Daniel

RELAX AND UNWIND

"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.



EVERYDAY SUPPORT

"Designed to be the perfect complement to a balanced, whole food diet, the dōTERRA Lifelong Vitality Pack® is a product that everybody should be familiar with."

—Dr. Damian Rodriguez,
DHSc, MS



dōTERRA Lifelong Vitality Pack® is a trio of power-packed supplements—essential oil-infused vitamins, and omegas – that provide a vitality-promoting foundation.

Frankincense, often called “the King of Oils,” is one of the essential oils every home needs because of its variety of beneficial uses.



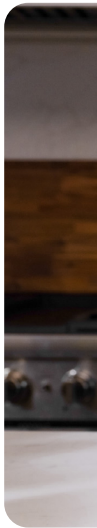
**FEEL
GREAT!**



STEADY SUPPORT



Balance™ provides
a relaxing, tranquil
atmosphere



SIMPLE SUPPORT



Designed specifically for women, ClaryCalm® helps balance mood and soothe heightened emotions throughout the month.



SEASONAL SUPPORT

"I love spring flowers and beautiful weather, but seasonal changes often leave me feeling less than ideal. That's why I like to follow this routine to give me the support I need: a little Easy Air under my nose throughout the day, and Eucalyptus at night."

—Christa Dietzen,
USA Olympic Women's Volleyball Team Captain



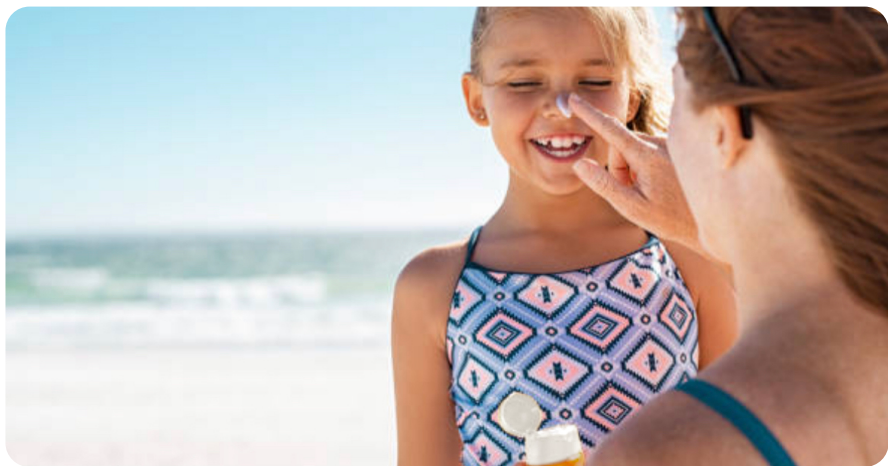


ENJOY THE GREAT OUTDOORS!

"I believe that dōTERRA essential oils can be a powerful tool for helping people support their overall wellbeing. 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





FUN IN THE SUN

Every dōTERRA sun product is vegan-friendly, reef-safe, and free of synthetic ingredients— including phthalates, oxybenzone and synthetic fragrances.



TRAVEL



Peppermint can give a refreshing boost.





Invigorating Support

Wild Orange oil can be helpful and invigorating while studying or doing tedious tasks. Try using Wild Orange throughout the day during periods of low energy for a quick boost. Or use Peppermint topically for an afternoon pick-me-up.



IMAGINE YOUR LIFE EMPOWERED

There are so many possibilities available to you by using dōTERRA solutions. With dōTERRA, supporting a healthy and balanced lifestyle is 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: _____



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