

dōTERRA® Emotional Wellness Starter Pack

How to Guide



Wellness is essential.

Harness the power of essential oils to improve your mood and emotional wellbeing. Our Emotional Wellness Starter Pack features five, nurturing essential oils and blends thoughtfully curated to help transform your mind, body and spirit.

This Starter Pack contains 15mL bottles of our dōTERRA® CPTG Certified Pure Tested Grade® essential oils along with our dōTERRA® Petal Diffuser and a list of suggested uses for each oil:

- Lavender Peace™ Restful Blend 15mL
- dōTERRA Adaptiv™ Tranquil Blend 15mL
- dōTERRA Balance® Grounding Blend 15mL
- Citrus Bliss® Invigorating Blend 15mL
- Clementine essential oil 15mL

CPTG Certified Pure Tested Grade®

dōTERRA CPTG Certified Pure Tested Grade® essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants or other chemical residues.

dōTERRA CPTG Certified Pure Tested Grade® essential oils represent the safest and most beneficial oils available in the world today.

- dōTERRA essential oils are safe and simple to use to help care for your entire family.
- Ethically sourcing essential oils of the highest possible purity is dōTERRA's number one priority.
- dōTERRA essential oils are potent, powerful and effective.

Transform your wellbeing with natural, non-toxic products.

dōTERRA Lavender Peace™ Restful Blend | 15mL

Feel relaxed and rested with dōTERRA Lavender Peace™ Restful Blend. **A T N**

- Features Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute and Hawaiian Sandalwood essential oils.
- Creates a perfect escape with its calming and renewing fragrance.
- Creates a restful environment at bedtime.
- Inhale directly from hands or diffuse throughout the day for a soothing and calming aroma.



Citrus Bliss® Invigorating Blend | 15mL

This harmonious blend of Citrus Bliss combines the powerful, mood-enhancing benefits of popular citrus essential oils. **A T N**

- Brings together Wild Orange, Lemon, Grapefruit, Bergamot, Red Mandarin, Green Mandarin, Lime, Litsea and Tonka Bean with a hint of Vanilla Absolute.
- Diffuse to help shift your mood and uplift your state of mind.
- Evokes feelings of happiness and positivity.
- Its cleansing properties can be used to enliven home cleaning and freshen the air with a balanced citrus, sweet aroma.



dōTERRA Adaptiv™ Tranquil Blend | 15mL

When feelings of fatigue, restlessness, indecisiveness, or irritability appear, dōTERRA Adaptiv™ Tranquil Blend is here to support your body, mind and spirit through life's more stressful moments. **A T N**

- Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum have calming aromas and uplifting energies.
- Assists with centering and promotes a tranquil, balanced environment.



Clementine essential oil | 15mL

A natural hybrid of mandarin and sweet orange, this versatile citrus essential oil is fresh, sweet and zesty in aroma and abundant in the chemical constituent limonene. **A T N**

- Diffuse to uplift and energise a lagging spirit.
- Ideal for cleansing the air of unwanted odours.
- Elevate your cleaning routine by adding a couple of drops to your DIY surface cleanser.



dōTERRA Balance® Grounding Blend | 15mL

Create an atmosphere of calmness and wellbeing with the warm, woody aroma. **A T N**

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil.
- Creates a calming atmosphere and helps bring harmony to mind and body.
- Add to a relaxing massage.



ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Diffusing essential oils is as simple as 1,2,3.

- 1 Add water to your diffuser.
- 2 Add four or five drops of essential oil, slightly more or less depending on your preference.
- 3 Press the 'on' button and enjoy the aromatic benefits anytime, day or night.

Get creative!

Looking for other ways to make the most of your new, beautiful essential oils? Here are a few suggestions to get you started.



Breathe from your hands.

Add one to two drops of the oil of your choice to your palm. Rub your hands together, cup them over your nose, and take three deep breaths.

Try: dōTERRA Lavender Peace™ Restful Blend or dōTERRA Citrus Bliss® Invigorating Blend.



Apply topically to support your wellbeing.

Combine a small amount of Fractionated Coconut Oil and your choice of essential oil and gently apply to the insides of your arms, your neck and the soles of your feet.

Try: dōTERRA Balance® Grounding Blend.



Add to your bath.

Mix 3-4 drops of the oil of your choice with Fractionated Coconut Oil and ¼ cup of Epsom salts. Add to a warm bath. Soak away the day as you enjoy the aroma.

Try: dōTERRA Adaptiv™ Tranquil Blend, dōTERRA Lavender Peace™ Restful Blend or dōTERRA Balance® Grounding Blend.

Choose wellness with everyday essentials.

It is important to use your new essential oils safely.

Look for the following symbols by the essential oil product descriptions in this booklet to help you understand the application methods appropriate for each oil and for recommendations on how to apply each one to sensitive skin.

INTRODUCTION TO SYMBOLS:

Application Methods

- A** Can be used **aromatically**
- T** Can be used **topically**
- F** Can be used as **food flavouring**

Sensitive Skin

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

Increase the benefits topically

Many of our dōTERRA pure CPTG® essential oils can be used topically to produce a profound overall wellness experience.

To increase the benefits you experience with our CPTG® essential oils, try adding a few drops of the oil of your choice to a small amount of Fractionated Coconut Oil or unscented lotion and massage into the skin.

Petal Diffuser 2.0

Create ambience and the aromatic atmosphere of your choice with the Petal Diffuser 2.0. Small, convenient and feature-packed, it's the perfect way to enjoy the benefits of essential oils.

Features:

- Sleek, modern design
- Simple and easy to use
- 2, 6 or 12-hour continuous or intermittent misting
- Ultra-fine mist reaches up to 30m²
- Optional soft white, ambient light

Included in the Emotional Wellness Starter Pack



dōTERRA®

For more ideas, tips and inspiration on how to use your new products visit www.doterra.com/AU/en_AU in Australia or www.doterra.com/NZ/en_NZ in New Zealand. Use the Starter Pack QR code in this brochure to learn the best practices for using essential oils in the home.



Australia



New Zealand

Your purchase changes lives.



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

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