

dōTERRA® Family Essentials Starter Pack

How to Guide



Diffuser not included in Family Essentials Starter Pack

Introducing the essentials.

Take your entire family on a wellness journey with essential oils. Our Family Essentials Starter Pack features 10 nurturing essential oils and blends thoughtfully curated to help transform your mind, body and home.

This Starter Pack contains 5mL bottles of our dōTERRA CPTG Certified Pure Tested Grade® essential oils along with a list of suggested uses for each oil:

- Lavender
- Lemon
- Peppermint
- Tea Tree
- dōTERRA Balance®
- Frankincense
- dōTERRA Easy Air®
- ZenGest™
- Eucalyptus
- On Guard®

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.

Lavender essential oil | 5mL

Calming, Soothing, Relaxing. **A T F N TW**

- Add a few drops to bathwater to soak away stress.
- Massage into skin to ease minor irritation or sunburn.
- Add 1-2 drops to a soothing night-time tea.



Frankincense essential oil | 5mL

Peaceful, Relaxing, Restorative. **A T F N TW**

- Add a few drops to a massage oil and rub onto soles of feet.
- Diffuse a few drops during meditation or mindfulness practices.
- Apply 1-2 drops to a facial moisturiser to help minimise the appearance of imperfections.



Lemon essential oil | 5mL

Cleansing, Clarifying, Uplifting. **A T F N TW**

- Add 1-2 drops to drinking water for a refreshing citrus twist.
- Add a few drops to olive oil to polish wood finishes.
- Add 5-10 drops to your DIY multi-purpose spray cleaner.



dōTERRA Easy Air® Clear Blend | 5mL

Airy, Relaxing, Fresh. **A T S**

- Add a drop or two to the palms of hands and inhale.
- Add a few drops to a diffuser for feelings of clearer breathing.
- Diffuse at bedtime for a restful, relaxed environment.



Peppermint essential oil | 5mL

Refreshing, Cooling, Invigorating. **A T F S TW**

- Add a drop to drinking water to support healthy digestion.
- Massage a drop into temples to help ease a tension headache.
- Place 1-2 drops on your toothbrush.



ZenGest™ Essential Blend | 5mL

Flavourful, Settling, Soothing. **A T I N**

- Diffuse before a plane or road trip for a calming aroma.
- Add 1 drop to water to promote feelings of satisfaction after eating.



Tea Tree essential oil | 5mL

Cleansing, Cooling, Antibacterial. **A T N TW**

- Add a few drops to a DIY insect repellent.
- Add 5-10 drops to a spray cleaner to use on surfaces.
- Apply to finger and toenails to help keep them clean and healthy.



On Guard® Protective Blend | 5mL

Invigorating, Cleansing, Uplifting. **A T F S**

- Add 5-10 drops to a spray bottle of water and use to clean surfaces.
- Soak sliced apples in water and add 1-3 drops for a healthy snack.
- Diffuse 4-5 drops to help protect against environmental and seasonal threats.



dōTERRA Balance® Grounding Blend | 5mL

Calming, Relaxing, Harmonious. **A T N**

- Diffuse during meditation or mindfulness to help ground and centre emotions.
- Apply to the bottoms of the feet to help promote calm throughout the day.
- Add a few drops to a massage oil and rub onto hands, wrist or neck.



Eucalyptus essential oil | 5mL

Cooling, Clearing, Airy. **A T S TW**

- Add 8-12 drops to a bowl of water and inhale deeply to relieve common cold symptoms.
- Add 1-2 drops to a tissue or cotton ball and hold near nose to support clear breathing.
- Dilute 1-2 drops of oil with 2-4 drops of carrier oil, apply topically to help ease mild aches and pains.



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.



Create a non-toxic surface cleanser.

Fill a spray bottle with 1 teaspoon of On Guard® Cleaner Concentrate, 20 drops of your chosen essential oil (or combination of oils) and top up the rest of the bottle with distilled water.

Try: dōTERRA On Guard® Protective Blend, Tea Tree, Eucalyptus, Lemon or Peppermint essential oils.



Create a natural fabric softener.

Fill a large glass bottle with vinegar and add 20 drops of your chosen essential oil (or combination of oils). Use ½ cup of solution to replace your fabric softener, when washing your clothes. **You could even pop a drop in your washing powder for a naturally pure aroma!*

Try: dōTERRA Easy Air® Clear Blend, On Guard® Protective Blend, Lavender or Tea Tree essential oils.



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 Balance® Grounding Blend, Lavender or Frankincense essential oil.

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**)

Therapeutic Wellness

- TW** Learn traditional uses in the **Therapeutic Wellness Sharing Guide**.

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.

Why not add a diffuser to your next order?

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

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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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