

## 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, Lemon, Lavender 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 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: A combination of On Guard® Protective Blend + Lavender or Lemon + 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. *\*Always mix essential oils with a carrier like Fractionated Coconut Oil, dōTERRA® Body Wash or Epsom Salts when adding to a bath.*

Try: Lavender or Frankincense essential oil.

## 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.



Australia



New Zealand

dōTERRA

For more ideas, tips and inspiration on how to use your new products visit [www.doterra.com/AU/en\\_AU](http://www.doterra.com/AU/en_AU) in Australia or [www.doterra.com/NZ/en\\_NZ](http://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.

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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:

- dōTERRA Easy Air®

Frankincense

dōTERRA Ice Blue®

Lavender

Lemon

dōTERRA On Guard®

Oregano

Peppermint

Tea Tree

dōTERRA DigestZen®

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.

Transform your wellbeing with natural, non-toxic products.

Easy Air® Clear Blend | 5mL

- Airy, Relaxing, Fresh.
- 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.



Ice Blue® Athletic Blend | 5mL

- Soothing and Cooling Effects on the Skin.
- Features Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract.
  - Rub Ice Blue® on your lower back, feet, and knees before and after physical activity or heavy lifting.
  - Massage Ice Blue® with carrier oil onto kids' legs before bedtime.



Frankincense Boswellia carterii, sacra, papyrifera, & frereana essential oil | 5mL

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



Lavender Lavandula angustifolia essential oil | 5mL

- Calming, Soothing, Relaxing.
- 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.



Lemon Citrus limon essential oil | 5mL

- Cleansing, Clarifying, Uplifting.
- 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.



Peppermint Mentha piperita essential oil | 5mL

- Refreshing, Cooling, Invigorating.
- 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.



On Guard® Protective Blend | 5mL

- Invigorating, Cleansing, Uplifting.
- 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.



Tea Tree Melaleuca alternifolia essential oil | 5mL

- Cleansing, Cooling, Antibacterial.
- 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.



Oregano Origanum vulgare essential oil | 5mL

- Potent, Powerful with Traditional and Modern Uses.
- Carvocol: a constituent, may have antimicrobial properties.
  - Provides natural support for healthy respiration during winter months.
  - Oregano contains antioxidants known to reduce damage caused by free radicals.
  - Used as a powerful cleansing and purifying agent.
  - Assist with minor cuts and scratches.



DigestZen® Essential Blend | 5mL

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



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.



dōTERRA® Petal Diffuser 2.0

- The Petal Diffuser is a small, user-friendly diffuser that delivers aromatic benefits to your family and home.
- Simple usage: 3-piece diffuser is easy and convenient.
  - Multiple time settings: 2 or 6 hour continuous and 12 hour intermittent (5 minutes, on, 5 minutes, off).
  - Optional light settings: nightlight or light-free.
  - Dispersion: Ultra-fine mist reaches up to 30m².
  - 12 month warranty.

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.

Intrduction 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.

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.

dōTERRA Lifelong Vitality Pack®

dōTERRA Lifelong Vitality Pack supplements are full of essential nutrients, metabolism benefits and powerful antioxidants designed to help promote energy, health and lifelong vitality.

Dietary Supplements including:  
Alpha CRS+, Microplex VMz, and xEO Mega

30-day supply

Made with SLS-free vegetable capsules

