

## 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: 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 + Lemon 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 essential oil.

### Fresh Start (Diffuse)

2 drops Peppermint  
2 drops Lemon  
1 drop Tea Tree

#### 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.

**Always read the label and the follow directions for use.**

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dōTERRA  
Five Faves  
Starter Pack  
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Introducing the favourites



## Introducing the favourites.

A simple collection of must-have essential oils to support daily wellness for the whole family.

This curated set features five dōTERRA CPTG Certified Pure Tested Grade® essential oils, chosen for their versatility across home care, self-care, and everyday routines.

### Includes 15mL bottles of:

- Lavender
- Lemon
- dōTERRA On Guard®
- Peppermint
- Tea Tree

Designed to help create a calmer, cleaner, and more supported home, starting with the oils you will use every day.

### 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.

### Lavender *Lavandula angustifolia* essential oil | 15mL

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 | 15mL

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.



### On Guard® Protective Blend | 15mL

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.



### Peppermint *Mentha piperita* essential oil | 15mL

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.



### Tea Tree *Melaleuca alternifolia* essential oil | 15mL

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.



### 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.

### 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**.

### 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.

### 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.