

dōTERRA®

Healthy Habits Starter Pack

How to Guide



Start building the rock-solid habits that lay the groundwork for better health and wellbeing. Our Healthy Habits Starter Pack features six of our bestselling essential oils and blends, alongside the wellness supplements and products you need for everyday wellbeing.

Introducing the essentials.

This Starter Pack contains dōTERRA Certified Pure Tested Grade® (CPTG®) essential oils and includes the following products:

- Lavender 5mL
- Wild Orange 5mL
- Ice Blue® Stick
- Microplex VMz®
- Frankincense 5mL
- On Guard® 5mL
- PB Assist®+
- xEO Mega®
- dōTERRA Balance® 5mL
- Easy Air® 5mL
- TerraZyme®
- Alpha CRS+®

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.

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.



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.



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.



PB Assist®+ | 30 Capsules

Probiotic Formula supports a healthy digestive system.

- Contains a blend of prebiotic and 6 probiotic strains.
- Probiotics support beneficial intestinal flora.
- Supports healthy gastrointestinal immune function.



Directions for Use - Adults: Take 1 capsule three times daily with water before meals or as directed by your healthcare professional.

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.



TerraZyme® | 90 Capsules

Support a healthy digestive system with dōTERRA TerraZyme®.

- A blend of seven enzymes and herbal ingredients.
- Can help with the digestion of carbohydrates, protein, lactose and fatty acids.



Directions for Use - Adults: Take 1 capsule three times daily with water before meals or as directed by your healthcare professional.

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.



Ice Blue® Stick | 48g

This easy-to-use stick creates a cooling sensation on skin.

- Includes Ice Blue Athletic Blend, Copaiba, and other natural ingredients.
- Provides maximum strength, plant-based menthol.
- Includes moisturising emollients to leave your skin soft and with a non-greasy feel.
- Creates a cooling and soothing sensation.



Wild Orange essential oil | 5mL

Versatile Wild Orange essential oil releases an energising, citrusy aroma. **A T F N**

- Great to use in a DIY cleanser.
- Place a few drops in your hands, rub together and inhale deeply.
- Add to food or water for a sweet and zesty burst of flavour.
- Diffuse to revitalise and eliminate unwanted odours.



Alpha CRS+® | 120 Capsules

Cellular Vitality Complex

- Contains antioxidants.
- Contains Coenzyme Q10 to support healthy immune function.



Directions for Use - Adults: Take 2 capsules twice daily with meals or as directed by your healthcare professional.

xEO Mega® | 120 Capsules

Essential Oil Omega Complex

- Contains fish oils to support brain and heart health and support cognitive function.
- Supports healthy immune system function.



MicroPlex VMz® | 120 Capsules

Food Nutrient Complex

- With antioxidant vitamins, C and E, to assist in protecting cells from free radical damage.
- Contains Vitamin D and E to support a healthy heart.



Directions for Use - Adults: Take 2 capsules twice daily with meals or as directed by your healthcare professional.

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 your daily routine.

- Begin your day by applying dōTERRA Balance® Grounding Blend to the soles of your feet.
- Supplement by including Alpha CRS+®, MicroPlex VMz®, xEO Mega® and PB Assist®+ with your breakfast.
- Turn your diffuser on!
Try this gorgeous morning blend: 2 drops Frankincense, 3 drops Easy Air® Clear Blend, 2 drop Wild Orange essential oil.
- Take a TerraZyme® after large meals.
- End your day with Ice Blue® Stick rolled over your neck, shoulders and soles of your feet.

Be innovative!

The beauty of essential oils is they're so simple to use! Try creating DIYs to naturally infuse clean products into your home.



All Purpose Surface Spray Add 10-15 drops of On Guard® Protective Blend to a glass spray bottle and top with distilled water!



Bathroom Ready Why not have a bathroom station with Lavender, dōTERRA Balance® Grounding Blend or Frankincense to create a gorgeous aromatic bathing experience!

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**)

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

Diffuser not included in Healthy Habits Starter Pack



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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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