

# 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 your oil of choice to your palm. Rub your hands together, cup them over your nose, and take three deep breaths.

Try: Peppermint or Frankincense essential oils.



## Take a sip

Some essential oils are perfect to experience in a warm or cool drink. Put a drop of Lemon or Wild Orange essential oil in a glass of chilled water and take a refreshing sip. Put a drop of DigestZen®, On Guard® or Lavender essential oil in a mug of hot water and enjoy a naturally supportive tea.

Suggested essential oils include: Lavender, Lemon, Peppermint, DigestZen®, On Guard®, Wild Orange.



## Try some DIY

Create a natural fabric softener by filling a glass jar with vinegar and adding 20 drops of your chosen essential oil. Use ⅓ 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!

Suggested essential oils include: Lavender, Eucalyptus, Lemon or OnGuard®.



## Add to your bath

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

Try: Lavender essential oil or dōTERRA Balance®.

# Did you enjoy your products?

Why not try these ones next:

## 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



Australia



New Zealand

## dōTERRA

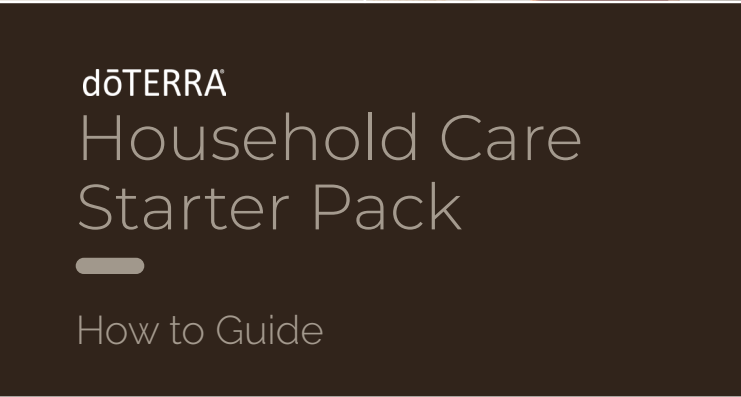
For more ideas, tips and inspiration on how to use your new products visit [www.doterra.com/AU/en\\_AU](http://www.doterra.com/AU/en_AU) in Australia or [www.doterra.com/NZ/en\\_NZ](http://www.doterra.com/NZ/en_NZ) in New Zealand. Use the Starter Pack QR code in this brochure to learn the best practices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



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# 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.





Live well in your home.

Care for your home and family with essential oils. Our Household Care Starter Pack features a comprehensive selection of our bestselling single essential oils, blends and nurturing personal care products to naturally support your health and wellbeing and transform your mind, body and home.

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

- Ginger 15mL
  - Lavender 15mL
  - Lemon 15mL
  - Lemongrass 15mL
  - Frankincense 15mL
  - Oregano 15mL
  - Peppermint 15mL
  - Tea Tree 15mL
  - Wild Orange 15mL
- Eucalyptus 15mL
  - dōTERRA AromaTouch® 15mL
  - dōTERRA Balance® 15mL
  - dōTERRA DigestZen™ 15mL
  - dōTERRA Ice Blue® 5mL
  - Citrus Bloom® 15mL
  - dōTERRA Easy Air® 15mL
  - dōTERRA Lavender Peace® 15mL
  - dōTERRA On Guard® 15mL
- Yarrow|Pom 30mL
  - ClaryCalm® 10mL
  - Correct-X®
  - dōTERRA On Guard® Beadlets
  - Petal Diffuser 2.0
  - Fractionated Coconut Oil 115mL
  - dōTERRA Wooden Box

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	Sensitive Skin	Therapeutic Wellness
<div><div>A</div>Can be used aromatically</div>	<div><div>N</div>Can be used with no dilution (neat)</div>	<div><div>TW</div>Learn traditional uses in the Therapeutic Wellness Sharing Guide.</div>
<div><div>T</div>Can be used topically</div>	<div><div>S</div>Dilute for young or sensitive skin (sensitive)</div>	
<div><div>F</div>Can be used as food flavouring</div>	<div><div>D</div>Dilute before using topically (dilute)</div>	

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.

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.

Household must haves

Easy Air® Clear Blend | 15mL 

A T S

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.



Frankincense Boswellia carterii, sacra, papyrifera, & frereana

essential oil | 15mL 

A T F N TW

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.



Ice Blue® Athletic Blend | 5mL 

T S

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.



Lavender Lavandula angustifolia

essential oil | 15mL 

A T F N TW

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 

A T F N TW

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 

A T F S

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.



Oregano Origanum vulgare

essential oil | 15mL 

A T F D TW

Potent, Powerful with Traditional and Modern Uses.

- Supports healthy winter respiration and helps soothe minor cuts and scratches.
- Oregano contains antioxidants known to reduce damage caused by free radicals.
- Used as a powerful cleansing and purifying agent.



Peppermint Mentha piperita

essential oil | 15mL 

A T F S TW

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 

A T N TW

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.



DigestZen® Essential Blend | 15mL 

A T F N

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.



Fractionated Coconut Oil 

T N

Combine dōTERRA® Fractionated Coconut Oil with your favourite dōTERRA essential oils for easy and effective topical distribution that is readily absorbed into the skin.

- Feather-light, won't clog pores.
- Odourless, colourless and non-staining.



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.



Health and wellbeing

Ginger Zingiber officinale

essential oil | 15mL 

A T F S

Ginger has a hot, fragrant flavour used in many dishes from around the world.

- During a long car ride, diffuse or place a drop of ginger essential oil in the palm of your hand and inhale.
- Add one or two drops to flavour food.
- Diffuse for a fragrant, soothing aroma.
- Stimulating aroma ranging from fruity to earthy.



Lemongrass Cymbopogon flexuosus

essential oil | 15mL 

A T F S

With a subtle lemony flavour and aroma, Lemongrass boasts many wellness benefits.

- Use to flavour meals and meat dishes, especially Asian inspired dishes and salads.
- Combine with a carrier oil for a soothing massage.
- Blends well with Basil, Cardamom, or Spearmint essential oils in the diffuser.



Eucalyptus Eucalyptus globulus

essential oil | 15mL 

A T F S TW

Cooling, Clearing, Airy.

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



AromaTouch® Spa Blend | 15mL

A proprietary massage blend featuring soothing and relaxing aromas.

- A combination of Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender.
- Add to a massage oil or a hot bath.
- Try a hand massage using the AromaTouch Hand Technique.



Home SOS

On Guard® Beadlets | 125 beadlets 

A T F N TW

An easy way to obtain the breath-freshening benefits of dōTERRA On Guard® Protective Blend.

- Provides a convenient consumption method for dōTERRA On Guard® Protective Blend.
- Carrageenan free.



Correct-X® Essential Oil Ointment | 15mL

A natural, multi-purpose, topical ointment infused with CPTG® essential oils.

- Keeps skin clean while recovering from distress.
- Enriched with Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender to help soothe and purify skin.



Emotional wellness

Wild Orange Citrus sinensis

essential oil | 15mL 

A T F N

Versatile Wild Orange essential oil releases an energising, citrusy aroma.

- 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.



dōTERRA Balance® Grounding Blend | 15mL

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 into hands, wrist or neck.



Lavender Peace® Restful Blend | 15mL

Feel relaxed and rested with 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.
- Inhale directly from hands or diffuse throughout the day for a soothing and calming aroma.



Citrus Bloom® Springtime Blend | 15mL 

A T N

Welcome spring with a fusion of citrus peels layered with fresh cut florals.

- Provides a bright, spring-like aroma.
- Promotes a positive, calming atmosphere.
- A combination of Wild Orange, Grapefruit, Lavender, Roman Chamomile, and Magnolia.



Women's beauty

ClaryCalm® Monthly Blend for Women | 10mL

ClaryCalm® is a proprietary blend of essential oils especially designed for women. 

T N

- Apply to abdomen to experience a soothing and calming massage.
- Roll on to back of the neck, temples, and soles of your feet for relaxation and harmony.



Yarrow|Pom Botanical Duo | 30mL 

T F N

A powerhouse blend of Yarrow essential oil and cold-pressed pomegranate seed oil to help revitalise the skin.

- Add a few drops to your moisturiser every morning to promote smooth, glowing and healthy-looking skin.
- Create a soothing massage experience with a few drops of Yarrow|Pom.

