

dōTERRA® Household Care Kit

How to Guide



Live well in your home.

Care for your home and family with essential oils. Our Household Care Kit 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 kit 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
- AromaTouch® 15mL
- dōTERRA Balance® 15mL
- ZenGest™ 15mL
- Ice Blue® 5mL
- Citrus Bloom® 15mL
- Easy Air® 15mL
- Lavender Peace™ 15mL
- On Guard® 15mL
- Yarrow|Pom 30mL
- ClaryCalm® 10mL
- Correct-X®
- On Guard® Beadlets
- Petal Diffuser 2.0
- Fractionated Coconut Oil 115mL

- 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.

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.

Transform your wellbeing with **natural, non-toxic products.**

Household must haves

dōTERRA Lavender essential oil | 15mL

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.



dōTERRA Lemon essential oil | 15mL

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 Peppermint essential oil | 15mL

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.



dōTERRA Tea Tree essential oil | 15mL

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.



dōTERRA Frankincense essential oil | 15mL

Peaceful, Relaxing, Restorative. **A T 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.



Oregano essential oil | 15mL

Oregano essential oil has many traditional and modern uses. **A T F D TW**

- Provides natural support for healthy respiration.
- Oregano contains antioxidants known to reduce damage caused by free radicals.
- Used as a powerful cleansing and purifying agent and to assist with minor cuts and scratches.



ZenGest™ Essential Blend | 15mL

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

- Add 1-2 drops to savoury dishes to enhance flavour.
- Diffuse before a plane or road trip for a calming aroma.
- Add 1 drop to water to promote feelings of satisfaction after eating.



Ice Blue® Athletic Blend | 5mL

Ice Blue provides soothing and cooling effects on the skin. **T S**

- Features Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus extract.
- Rub Ice Blue on lower back muscles after a day of heavy lifting.
- Apply to feet and knees before and after exercise.



On Guard® Protective Blend | 15mL

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.



Easy Air® Clear Blend | 15mL

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.



Fractionated Coconut Oil

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

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



Health and wellbeing

Ginger essential oil | 15mL

Ginger has a hot, fragrant flavour used in many dishes from around the world. **A T F S**

- 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 essential oil | 15mL

With a subtle lemony flavour and aroma, Lemongrass boasts many wellness benefits. **A T F S**

- 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.



dōTERRA Eucalyptus essential oil | 15mL

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

- 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. **T N**

- 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

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 essential oil | 15mL

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.



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

Welcome spring with a fusion of citrus peels layered with fresh cut florals. **A T N**

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



Women 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

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

- 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.



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.



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.

Did you enjoy your products?

Why not try these ones next:

dōTERRA Lifelong Vitality Pack®

As one of our most popular products, Lifelong Vitality Pack is full of essential nutrients, metabolism benefits and powerful antioxidants designed to help promote energy, health and lifelong vitality.



TerraZyme®

Our body needs certain enzymes to properly digest the food we eat, but maintaining a diet that is naturally high in the appropriate enzymes can be difficult. TerraZyme® can help support a healthy digestive system by delivering a powerful blend of those digestive enzymes naturally found in raw foods.

Get creative!

Looking for other ways to make the most of your new, beautiful aromas? Here are a few of 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 essential oil or Lavender Peace™ Restful Blend



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, ZenGest™, 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 1/3 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 oils include: Lavender, Tea Tree, Easy Air®, On Guard®.



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



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.

dōTERRA®

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 kit QR code in this brochure to learn the best practices for using essential oils in the home.



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