

dōTERRA® Nature's Solutions Starter Pack

How to Guide



Nature provides the essentials.

Harness the inherent power of nature to heal and support you through all aspects of life. Our Nature's Solutions Starter Pack features a comprehensive selection of our bestselling essential oils and essential oil products to naturally support your health and wellbeing and transform your mind, body and home.

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

- Lemon 15mL
- Lavender 15mL
- Peppermint 15mL
- Eucalyptus 15mL
- Tea Tree 15mL
- Oregano 15mL
- Ice Blue® Athletic Blend 5mL
- Frankincense 15mL
- dōTERRA Adaptiv™ Tranquil Blend 15mL
- ZenGest™ Supportive Blend 15mL
- Easy Air® Clear Blend 15mL
- Lavender Peace™ Restful Blend 15mL
- Citrus Bloom® Springtime Blend 15mL
- Wild Orange 15mL
- dōTERRA Balance® Grounding Blend 15mL
- PastTense® Roll On
- On Guard® Protective Blend 15mL
- On Guard® Cleansing Toothpaste
- On Guard® Sanitising Mist
- On Guard® Foaming Handwash with 2 Dispensers
- On Guard® Cleaner Concentrate
- Peppermint Beadlets
- Fractionated Coconut Oil 115mL
- Roller bottles x 6
- Petal Diffuser 2.0
- Wooden Box

Transform your wellbeing with natural, non-toxic products.

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 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.



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.



dōTERRA 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.



dōTERRA 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.



Fractionated Coconut Oil | 115mL

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.



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.



ZenGest™ Supportive 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.



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.



ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Essential Oil Blends

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**

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



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 essential oil.
- Rub Ice Blue on lower back muscles after a day of heavy lifting.
- Apply to feet and knees before and after exercise.



dōTERRA Adaptiv™ Tranquil Blend | 15mL

Support your body, mind and spirit through life's more stressful moments. **A T N**

- Calming aromas and uplifting energies.
- Assists with centering and promotes a tranquil, balanced environment.



PastTense® Relaxation Blend | 10mL

A distinctive blend of essential oils known for their grounding and balancing effect on the emotions. **T N**

- Massage into shoulders or rub into temples and back of neck to settle the emotions.
- Roll onto wrists during travel for a sense of ease and calmness.



On Guard®

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.



On Guard® Cleansing Toothpaste | 125g

A natural, multi-purpose, topical ointment infused with CPTG® essenti oil.

- Fluoride-free
- Unique cinnamon-mint flavour mixed with xylitol to help leave your breath fresh and clean.



On Guard® Sanitising Mist | 27mL

Perfect for quick and effective hand sanitising.

- Infused with moisturising apple extract to leave hands feeling soft and smooth.
- Uplifting citrus, spice aroma of dōTERRA On Guard® Protective Blend in a convenient mist.



On Guard® Foaming Hand Wash | 473mL

Keep your hands clean and protected with this gentle alternative to harsh soaps, fortified with dōTERRA On Guard® Protective Blend.

- Conveniently packaged in a 473mL bottle that refills 236mL dispensers.
- Leaves hands feeling soft, with a fresh, citrusy aroma.



On Guard® Cleaner Concentrate | 355mL

The ideal low-tox cleaner, fortified with dōTERRA On Guard® Protective Blend.

- Safe, non-toxic formula.
- Perfect for cleaning surfaces in the kitchen and bathroom.



Personal Care

Peppermint Beadlets | 125 beadlets

Experience a refreshing, invigorating burst of Peppermint essential oil. **F**

- Dissolve one beadlet in the mouth for a fresh minty burst.
- Take after meals for a refreshing flavour.
- Carrageenan free.



ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

- 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.

Your Starter Pack also features these complementary items:

dōTERRA Logo Engraved Wooden Box
Keep all your go-to oils in one place with this lightweight and compact dōTERRA® branded storage box.



Roller Bottle 6-pack

Create customised DIY blends perfect for sharing with these quality steel roller and amber glass 10mL bottles.



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.



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

Get creative!

Looking for other ways to make the most of your new, beautiful aromas? Here are a few suggestions to get you started.



Breathe from your hands.

The simplest way to experience the aromatic benefits of an essential oil. Add one to two drops of your essential oil of choice to your palm. Rub your hands together, cup them over nose and take three deep breaths.

Try: **Peppermint, Lavender Peace, doTERRA Adaptiv™ Tranquil Blend, doTERRA Balance® Grounding 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 ZenGest™ Supportive Blend, On Guard® Protective Blend or Lemon essential oil in a mug of hot water and enjoy a naturally supportive tea.

Try: **Lavender, Lemon, Peppermint, Wild Orange essential oils, ZenGest™ Supportive Blend, On Guard® Protective Blend.**



Try some DIY.

Creating natural home cleaning solutions can be simple and cost effective. Try adding 1 tablespoon of On Guard® Cleaner Concentrate to a 250ml spray bottle of distilled water and add 10 drops of Lemon, On Guard® Protective or Eucalyptus essential oils. Use this multi-purpose spray to cleanse and purify your space.

Try: **Lemon, Tea Tree, Eucalyptus, Wild Orange essential oils and On Guard® Protective Blend.**

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.

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 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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