

# dōTERRA® Simple Solutions Starter Pack

## How to Guide



## Enjoying essential oils is simple.

Discover simple and effective ways to naturally support your health and wellbeing with our Simple Solutions Starter Pack. Featuring a combination of four bestselling essential oils, blends and personal care products, it's the perfect way to start your essential oil journey with all the basics covered.

This Starter Pack contains dōTERRA® CPTG Certified Pure Tested Grade® essential oils and blends, a rich, topical cream infused with pure essential oils and a list of suggested uses for each product.

Our Simple Solutions Starter Pack contains:

- Lavender Peace™ Restful Blend
- Lemon essential oil
- On Guard® Protective Blend
- Ice Blue® Rub

### 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.

## dōTERRA Lavender Peace™ Restful Blend | 15mL

Find your peace amidst the soothing properties of Cedarwood, Ho Wood and Vetiver essential oils. The calming aromas of this restful blend help balance your emotions and ground anxious feelings, so you can re-centre, relax and prepare for a more restful night's sleep. **A T N**



### *Calming, Soothing, Relaxing.*

- Diffuse at bedtime to create a relaxing environment.
- Inhale directly from hands for a soothing and calming aroma.
- Apply 1-2 drops to the back of the neck or on the heart to help promote calm, peaceful feelings.

## dōTERRA On Guard® Protective Blend | 15mL

With a warm, spicy and woody aroma, our bestselling On Guard® Protective Blend combines Wild Orange, Clove and Cinnamon essential oils to create a cleansing and uplifting combination that showcases the power and versatility of essential oils. **A T F S**



### *Invigorating, Cleansing, Uplifting.*

- Add 5-10 drops to a spray bottle of water and use as a non-toxic cleaner.
- 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.

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.

## dōTERRA Lemon essential oil | 15mL

This versatile bestseller's clean, crisp and uplifting aroma energises the spirit, making any task a joy. Give your household chores a citrusy boost or bring the lightness of lemon into the kitchen to refresh your daily rituals and revive a lagging spirit.



### *Cleansing, Clarifying, Uplifting.*

- Add 1-2 drops to recipes for a citrusy boost.
- Add a few drops to olive oil to polish wood finishes.
- Add 5-10 drops to your DIY multi-purpose spray cleaner.

## dōTERRA Ice Blue® Rub | 120mL

Target sore or aching muscles with this rich, topical cream infused with the Ice Blue® Athletic Blend of essential oils and a proprietary combination of powerful plant extracts to deliver cooling and comforting sensations to problem areas.



Our top-selling Ice Blue® Athletic Blend combines Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum, Ylang Ylang and Osmanthus essential oils.

Our Ice Blue® Rub is the choice of massage therapists and sports practitioners who currently use Ice Blue® Athletic Blend in their practice.

### *Cooling, Soothing, Comforting.*

- Massage onto problem areas to target tension.
- Rub into neck and shoulders to ease the stresses of your day.
- Rub into tired or overworked muscles after exercise.

# 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.



## Add to your bath.

Mix three to four drops of Lavender Peace™ Restful Blend with a small amount of Fractionated Coconut Oil and add to a warm bath with ¼ cup of Epsom salts. Soak away the day as you enjoy the aroma.



## Take a sip.

Put a drop or two of Lemon essential oil in a glass of water and take a refreshing sip.



## Try some DIY.

Add five to ten drops of On Guard® Protective Blend to a 250mL spray bottle of water and use to refresh and uplift your space as you clean surfaces.



## Take it with you.

Pack Ice Blue® Rub in your gym bag. Target problem areas by rubbing a small amount into muscles before and after exercise.

## Why not add a diffuser to your next order?



# 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.

## 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.

## 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.



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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