

# ON GUARD®

*Protective Blend 15 mL*

*Warm, spicy, camphoraceous, woody*

*Aromatic description*

## PRIMARY BENEFITS

- With Wild Orange, Clove and Cinnamon essential oils, dōTERRA On Guard® is a powerful blend that protects against environmental and seasonal threats.
- The main essential oil in dōTERRA On Guard® is Wild Orange. Its refreshing aroma helps to create a cleansing and uplifting environment.
- Clove and Wild Orange essential oils give dōTERRA On Guard® its refreshing and clean scent, makes it ideal for use in your DIY surface cleanser for the home.

## PRODUCT DESCRIPTION

As one of dōTERRA's best selling brands, On Guard® can be used on surfaces throughout the home as a non-toxic cleaner. When diffused, On Guard provides a pure and uplifting aroma.

## USES

- Soak sliced apples in water and a few drops for a snack.
- Diffuse two or three drops for a refreshing and energising aroma.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of your choice.

**FOOD FLAVOUR use:** Add one or two drops to food.

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

**CLEANING USE:** Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions below.

## CAUTIONS

**KEEP OUT OF REACH OF CHILDREN.**  
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

## INGREDIENTS

Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf/ Flower essential oils.



Certified Pure Tested Grade

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# dōTERRA<sup>®</sup> aromatouch **TECHNIQUE<sup>®</sup>**

## ON GUARD<sup>®</sup>

### *Protective Blend 15 mL*

"When it came to choosing the essential oils for the AromaTouch Technique, dōTERRA On Guard<sup>®</sup> was the 'no brainer' to add. When we look at the chemistry of this blend we see a variety of chemical constituents, such as aldehydes, phenols, and alcohols, that each work to provide different kinds of support. This oil provides the AromaTouch Technique with the versatility and ability to impact more people in a variety of ways. It truly is the 'go-to' essential oil blend."- Dr. Hill



Oil Introduction

x3



Alternating  
Palm Slide

x3



Five-Zone Activation

x5



Thumb Walk

x3

## AROMATOUCH TECHNIQUE<sup>®</sup> RESOURCES

### **AromaTouch Technique Certification Course**

By purchasing this kit, you received access to the AromaTouch training course via email. Check the email address associated with your dōTERRA account for a unique access code to begin the training.

### **Follow Along**

Performing the AromaTouch Technique independently takes time and practice. Scan this QR code to watch a video and follow along as you learn to comfortably perform the technique. The video features soothing background music, making it the perfect addition to an AromaTouch experience.



Scan this QR code to access the video!



Discover the power of essential oils with the AromaTouch Technique and certification course.

Scan this QR code for more information

### **Refill Kit**

Need a refill? We have an AromaTouch<sup>®</sup> Refill Kit available for you. It includes all eight essential oils used in the AromaTouch Technique. Add it to your loyalty order so you never run out!

See individual labels for ingredients, cautions, and instructions for use.

