

# EASY AIR®

Clear Blend 15 mL

## Breathe

Aromatic description: Minty, fresh, airy

Breathe easy with dōTERRA Easy Air®

dōTERRA Easy Air® is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus and Tea Tree. Ancient Greeks made headdresses of laurel leaves to crown winning sportsmen, warriors and scholars. The refreshing aroma of Easy Air® helps promote feelings of clear and easy breathing. It can be applied topically, or diffused before a restful night's sleep.

### PRIMARY BENEFIT

The Eucalyptus within dōTERRA Easy Air® may help with seasonal threats. Take a deep breath and inhale for feelings of relaxation and clearer breathing.

### SECONDARY BENEFIT

The Laurel Leaf within dōTERRA Easy Air® may help to promote feelings of easy breathing.

### TERTIARY BENEFIT

dōTERRA Easy Air® contains relaxing Ravintsara which can be used in meditation for its relaxation properties. Its fresh and earthy scent may be used to prepare for a restful night's sleep.

### PRODUCT DESCRIPTION

Easy Air® can be applied topically to the chest, back or bottom of feet, or diffused at night time to help calm the senses before a restful night's sleep.

### USES

- Diffuse, inhale directly from palms, or rub on chest or feet when environmental threats are high.
- Use when outdoors at times of seasonal threats.
- Diffuse at bedtime for a restful environment.

### INGREDIENTS

Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf and Ravensara Leaf essential oils.

### DIRECTIONS FOR USE

#### DIFFUSION:

Use three to four drops in a diffuser of your choice.

#### TOPICAL USE:

Apply one to two drops to desired area. Dilute with carrier oil to minimise any skin sensitivity.

*See additional precautions below*

#### CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. 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. Avoid sunlight and UV rays for at least 12 hours after applying product. Application to skin may increase sensitivity to sunlight.



Certified Pure Tested Grade

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# EASY AIR<sup>®</sup> CLEAR DROPS

## PRIMARY BENEFITS

- Can be used for a refreshing flavour
- Great tasting drops

## PRODUCT DESCRIPTION

dōTERRA's Easy Air<sup>®</sup> drops contain an essential oil blend that has been used to provide a refreshing sensation.

The combination of Lemon, Peppermint, Cardamom, Eucalyptus, Thyme and Melissa essential oils have been used by dōTERRA to assist with refreshing the senses with great-tasting drops.

## DIRECTIONS FOR USE

Dissolve one drop slowly in the mouth. Repeat every two hours as needed.

Not suitable for children.

## INGREDIENTS

Cane Sugar, Brown Rice Syrup, Lemon Oil, Peppermint Oil, Cardamom Oil, Eucalyptus Oil, Thyme Oil, Melissa Oil.

## NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: 30 | SERVING SIZE: 4

	Quantity per 4g serving	Quantity per 100g (or 100mL)
Energy	kJ	kJ
Protein	0g	0g
Fat, total	0g	0g
- saturated	0g	0g
Carbohydrates	4g	
- sugars	2.5g	
Sodium	0mg	0mg





# THERAPEUTIC RANGE

AUS ONLY SKU: 60213473

## dōTERRA® EUCALYPTUS

*Eucalyptus globulus* leaf oil essential 1 mL/mL

*Camphoraceous, airy*

*Aromatic description*

### PRIMARY BENEFITS

#### INHALATION:

- Traditionally used in Aromatherapy to:
  - Relieve symptoms of common cold
  - Relieve cough

#### TOPICAL:

- Traditionally used in Western herbal medicine to:
  - Reduce or relieve mild rheumatic aches and pains
  - Stimulate blood flow to skin
  - Reduce/ relieve the severity of symptoms of mild upper respiratory tract infection

THIS PRODUCT MAY NOT BE RIGHT FOR YOU. READ THE WARNINGS BEFORE PURCHASE. ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL.



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**AUST L 336052**

dōTERRA THERAPEUTIC

AUS ONLY SKU: 60213473

# dōTERRA® EUCALYPTUS

*Eucalyptus globulus* leaf oil essential 1 mL/mL

## Camphoraceous, airy

*Aromatic description*

### PRODUCT DESCRIPTION

Eucalyptus trees are tall, evergreen trees that can grow up to 150 metres in height and are also known as Gum Trees. The main chemical components of *Eucalyptus globulus* leaf oil are eucalyptol, limonene and alpha-pinene, making it an ideal to diffuse for a distinct fresh and clean scent of Eucalyptus leaf oil.

Eucalyptus leaf oil has been traditionally used in Western herbal medicine via inhalation to relieve cough and symptoms of common cold. It has also been used topically in traditional Western herbal medicine to relieve mild rheumatic aches and pains, stimulate blood flow to skin and relieve the severity of symptoms of mild upper respiratory tract infection.

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### DIRECTIONS FOR USE

Adults only. For inhalation and topical use only.

FOR INHALATION USE: add 0.48-0.72 mL oil (8-12 drops) in a vaporiser or hot water and inhale slowly and deeply. Use up to 3 times per day. Alternatively, add 0.06-0.12 mL oil (1-2 drops) onto a tissue, hold near the nose and inhale. Use up to 3 times per day.

FOR TOPICAL USE: dilute 1-2 drops of oil with 2-4 drops of carrier oil and apply to affected area up to 3 times per day.

### WARNING

NOT TO BE TAKEN. KEEP OUT OF REACH OF CHILDREN.

Adults only. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PLANT PART: Leaf

EXTRACTION METHOD:  
Steam distillation

MAIN CHEMICAL COMPONENTS:  
Eucalyptol, limonene, alpha-pinene



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**AUST L 336052**  
dōTERRA THERAPEUTIC

# LAVENDER

*Lavandula angustifolia 15 mL*

*Powdery, floral, light*

*Aromatic description*

## PRIMARY BENEFITS

- Relax and recover. Create the perfect environment for a restful and quality night's sleep by diffusing the peaceful aromas of Lavender in your bedroom.
- Prepare and promote. Add a few drops of Lavender essential oil to your pillows, bedding, or the soles of your feet, to relax and prepare for a restful night's sleep.
- Create a calm and tranquil atmosphere. Lavender's relaxing and soothing aromas are thought to calm anxiety and quieten your mind during stressful periods.

## PRODUCT DESCRIPTION

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits.

In ancient times, the Egyptians and Romans used Lavender for for bathing, relaxation, cooking and as a perfume. its aromatic properties in cooking. Its calming and relaxing qualities continue to be Lavender's most notable attributes.

Applied topically, Lavender essential oil is frequently used to reduce the appearance of skin imperfections.

Add to bath water to soak away stress or apply to the temples and the back of the neck.

Add a few drops of Lavender essential oil to pillows, bedding or bottoms of feet to relax and prepare for a restful night's sleep.

Due to Lavender's versatile properties, it is considered the must-have essential oil to have on hand at all times.

## USES

- Keep a bottle of Lavender essential oil on hand to soothe skin.
- Freshen your linen closet or room by diffusing three or four drops.
- Use in cooking to soften citrus flavours and add a flavourful twist to marinades, baked goods and desserts
- Add a few drops of Lavender to pillows and bedding for a calming aroma.

## DIRECTIONS FOR USE

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

See additional precautions to the right.

## 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.

**PLANT PART:** Flower/Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Linalool, linalyl acetate



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# TEA TREE

*Melaleuca alternifolia 15 mL*

*Herbaceous, green, leathery*

*Aromatic description*

## PRIMARY BENEFITS

- Cool and cleansing. Tea Tree is known for its antibacterial properties; it can be applied to the skin when necessary
- Tea Tree essential oil contains a compound known to naturally repel insects.
- Tea Tree's antibacterial effects make it a good alternative to traditional cleaners. Add a few drops to a spray bottle with water and use on surfaces around the home.

## PRODUCT DESCRIPTION

Tea Tree essential oil has over 92 different compounds and limitless applications.

The leaves of the Tea Tree tree were used by the Aboriginal and Torres Strait Islander peoples for centuries. They would apply crushed leaves directly to the skin for a cooling effect.

Tea Tree essential oil is best known for its cleansing properties. It can be used to cleanse and clarify the skin and nails and to support a healthy looking complexion. Diffusing Tea Tree essential oil will help freshen the scent of the air.

## USES

- For topical skin application, apply one or two drops of Tea Tree essential oil in a carrier oil onto area.
- Combine one or two drops with your facial cleanser, as Tea Tree is known for its cleansing properties, or apply to skin after shaving.

- Apply to fingernails and toenails after showering to cleanse and keep nails looking healthy.
- Add a few drops to a spray bottle with water and use on surfaces as a cleaner around the home.

## DIRECTIONS FOR USE

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

**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. NOT TO BE TAKEN. 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. Application to skin may increase sensitivity to sunlight.

**PLANT PART:** Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Terpinen-4-ol,  $\gamma$ -terpinene,  $\alpha$ -terpinene



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# THERAPEUTIC RANGE

AUS ONLY SKU: 60209189

## dōTERRA® PEPPERMINT

*Mentha X piperita* herb oil essential 1 mL/mL. 15ml

### PRIMARY BENEFITS

#### INHALATION:

- Traditionally used in Aromatherapy to:
  - Support cognitive or mental function
  - Help reduce and relieve symptoms of mild head tension or headache
  - Reduce and relieve flatulence,
  - Reduce/relieve cough

#### ORAL:

- Traditionally used in Western herbal medicine to reduce/relieve:
  - Colic
  - Flatulence
  - Abdominal discomfort
  - Digestive spasms
  - Vomiting
  - Nausea
  - Mild throat inflammation
  - Symptoms of sore throat
- Supports general health and wellbeing

#### ORAL APPLIED (DIRECTLY TO MOUTH CAVITY):

- Traditionally used in Western herbal medicine to reduce/relieve:
  - Toothache

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**AUST L 332583**

dōTERRA THERAPEUTIC



# THERAPEUTIC RANGE

AUS ONLY SKU: 60209189

## dōTERRA® PEPPERMINT

*Mentha X piperita* herb oil essential 1 mL/mL. 15ml

*Minty, fresh, herbaceous*

*Aromatic description*

### PRODUCT DESCRIPTION

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753.

A high menthol content—like that found in the dōTERRA® Peppermint essential oil—distinguishes the best quality Peppermint from other products.

Peppermint oil has been traditionally used in Aromatherapy to relieve cough, support mental function and help relieve the symptoms of mild tension headache.

In traditional Western herbal medicine, Peppermint oil has been taken orally to relieve abdominal discomfort, relieve nausea, relieve vomiting, relieve symptoms of sore throat, relieve mild throat inflammation and applied orally (directly to the mouth cavity) to relieve toothache.

ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL.

### DIRECTIONS FOR USE

Adults only. Use up to 3 times per day.

FOR INHALATION USE: Add 0.18 -0.24mL oil (3-4 drops) in a vaporiser or hot water and inhale deeply. Alternatively, add 0.3mL (5 drops) onto a tissue, hold near the nose and inhale.

FOR ORAL USE: Dilute 0.06 mL oil (1 drop) in a glass of water or tea and drink immediately.

FOR DIRECT ORAL APPLICATION: Apply 0.06mL oil (1 drop) to the affected area of the mouth.

### CAUTIONS

ADULTS ONLY. KEEP OUT OF REACH OF CHILDREN. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf/stem

EXTRACTION METHOD:  
Steam distillation

MAIN CHEMICAL COMPONENTS:  
Menthol, menthone, eucalyptol



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AUST L 332583  
dōTERRA THERAPEUTIC



# dōTERRA TOUCH® EASY AIR®

Clear Blend 10 mL Roll-On

*Minty, fresh, airy*

*Aromatic description*

## PRIMARY BENEFITS

- Cooling and soothing to the senses
- Calming aroma promotes a restful environment
- Equipped for seasonal threats

## PRODUCT DESCRIPTION

Experience a cooling sensation on inhalation of dōTERRA Easy Air® essential oil blend in a Touch version for quick topical application.

dōTERRA Touch® Easy Air® combines Fractionated Coconut Oil with Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara and Ravensara essential oils for a calming aroma on inhalation.

Apply topically to the chest, back, or bottom of feet before a restful sleep. May also be used before enjoying the outdoors.

dōTERRA Touch® Easy Air® with its convenient roll-on application can be applied anytime.

## USES

- A great blend to apply to the chest and feet during the winter months.
- Use before spending time outdoors, ideal for enjoying the environment.
- Rub on neck, chest, back, or bottom of feet before a restful sleep.

## DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area.

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. Avoid sunlight or UV rays for up to 12 hours after applying product.

## INGREDIENTS

Fractionated Coconut Oil, Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf



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# ON GUARD® SANITISING MIST

27 mL

## PRIMARY BENEFITS

- Infused with moisturising apple extract
- On Guard® Protective Blend provides an invigorating citrus spice aroma

## PRODUCT DESCRIPTION

We all know the protecting power of dōTERRA's On Guard® essential oil blend and the wonders it does for us in helping our families and homes with environmental threats. Handy, convenient and easy to use On Guard® Sanitising Mist is great to have on hand when you are on-the-go.

Our Sanitising Mist cleanses hands by killing bacteria on the skin through an extremely fine, quick drying mist. Infused with a natural apple extract, the moisturising formula will not dry out the skin and leaves hands feeling soft and smooth.

On Guard® blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® essential oils provides an uplifting citrus spice aroma and its protective benefits.

## DIRECTIONS FOR USE

Shake well before use. Pump one or two mists directly to hands; rub together until dry.

## CAUTIONS

Flammable. Keep away from flame, spark, or temperatures above 40°C (104° F).

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. For external use only. When using this product, avoid contact with eyes. Stop use and ask a doctor if irritation and redness develop.

## INGREDIENTS

ACTIVE INGREDIENT: Ethyl Alcohol 64%

INACTIVE INGREDIENTS: Water (Aqua), Pyrus malus (Apple), Fruit Extract, Glycerin, Eucalyptus globulus Leaf Oil, Citrus aurantium dulcis (Orange) Peel Oil, Eugenia caryophyllus (Clove) Bud Oil, Cinnamomum zeylanicum Leaf Oil, Cinnamomum zeylanicum Bark Oil, Rosmarinus officinalis (Rosemary) Leaf Oil, Citric Acid



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# dōTERRA TOUCH® ON GUARD®

*Protective Blend 10mL Roll-On*

*Warm, spicy camphoraceous, woody*

*Aromatic description*

## PRIMARY BENEFITS

- Equips for seasonal threats
- Provides an energising, uplifting aroma
- Cleansing to the skin

## PRODUCT DESCRIPTION

A proprietary blend of essential oils dōTERRA Touch® On Guard® provides a gentle and convenient application method for dōTERRA's proprietary On Guard® essential oil blend.

Perfect for the whole family, dōTERRA Touch® On Guard® can be applied topically to the chest and bottoms of feet when seasonal threats are high and to experience its energising, uplifting aroma.

The essential oils of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary in this blend are known for their cleansing properties to the skin.

## USES

- Apply to chest or feet before spending time outdoors.
- Use on palms of hands as it is cleansing to the skin.
- Apply to wrists or pulse points for an energising aroma throughout the day.

## DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area. Dilute with a carrier oil to minimise. See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. 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. Avoid sunlight or UV rays for up to 12 hours after applying product.

FIRST AID: "For advice, contact a Poisons Information Centre (e.g. phone Australia 13 11 26; New Zealand 0800 764 766) or a doctor (at once)".

If swallowed, do NOT induce vomiting.

## INGREDIENTS

Fractionated Coconut Oil, Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf essential oils



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