

Making your own essential oil diffuser blends is as **easy as 1, 2, 3.**

1. Pick your purpose.

Essential oil aromas affect your atmosphere. When creating a diffuser blend, start with this basic question as your first step: how do I want my environment to feel?

2. Choose your oils.

Next, choose between two and five essential oils for your diffuser blend. Every essential oil has a unique aroma, so you can mix-and-match scents to customize your atmosphere! Here is a quick cheat sheet on choosing your essential oil aroma:

 **Citrus:** uplifting, bright

 **Floral:** soft, calming

 **Wood:** earthy, grounding

 **Herbal:** invigorating, clear

 **Spice:** warm, sharp

3. Decide your amounts.

Hold the bottles of the essential oils you've chosen to your nose and breathe in deeply. What aromas do you want to highlight in your blend? Which do you want to play a more subtle role? Add more drops of the ones you want to emphasize and less of those you don't. Try using between one and four drops of each essential oil.

Did you know you can do more than just diffuse your essential oils? Scan this QR code to learn more about the different ways you can use your essential oils safely and effectively.



Your purchase changes lives.

The mission of dōTERRA is to change the world one drop at a time. When you buy from dōTERRA, you are supporting sustainable sourcing practices that help communities around the globe.

Take your essential oil use to the next level. **Try these products!**



Deep Blue® Rub Lotion
Infused with Deep Blue essential oil, this topical lotion brings a cooling and warming comfort to desired areas.



dōTERRA Lifelong Lifelong Vitality® Convenience Pack*
Give your body maximum nutrition for sustained energy levels, maintenance of good health, and overall wellbeing with this convenient pack of three supplements.



On Guard® Mist
Take the benefits of the On Guard blend wherever you go with this surface and hand cleansing travel spray.

*NPN 80075879 (Microplex VMz®), 80074456 (xEO Mega®), 80082975 (Alpha CRS+®)

Scan the collection QR code in this brochure to learn how you can have wellness and free dōTERRA products delivered to your door each month.

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dōTERRA Aroma Essentials Collection



Introducing your aromatic essentials.

Transforming your environment has never been easier with essential oils and essential oil-infused products. With dōTERRA®, you can be confident that your products are:

- Pure and ethically sourced
- Potent, powerful, effective
- Safe to use for the whole family.



On Guard® | 5 mL
Aroma: warm, spiced, fortifying



Wild Orange | 5 mL
Aroma: bright, citrusy, sweet



Peppermint | 5 mL
Aroma: minty, fresh, cooling



Citrus Bloom™ | 5 mL
Aroma: sweet, floral, tangy



Balance® | 5 mL
Aroma: grounding, meditative, tranquil



Northern Escape | 5 mL
Aroma: crisp, soothing, piney

Choose everyday aromas that are naturally sourced and nonsynthetic.



dōTERRA Serenity® | 5 mL
Aroma: calm, soothing, gentle



Easy Air® | 5 mL
Aroma: invigorating, clear, revitalizing



Adaptiv™ | 5 mL
Aroma: centering, sweet, balanced



dōTERRA Cheer® | 5 mL
Aroma: bright, spiced, uplifting

Laluz™ Diffuser

Sleek essential oil diffuser

- Create the aromatic environment of your choosing in the office or home

Get creative!

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



Bath

Add three to four drops of the oil of your choice to a warm bath to fully immerse yourself in the aroma. Optionally, add the oil to Epsom Salts and store for your next bath.

Try: dōTERRA Serenity®, Balance®, Citrus Bloom™, Adaptiv™



Steam Inhalation

Add one to two drops of the oil of your choice to a steaming mug or bowl of hot water, cup your hands around the rim, and breathe in deeply.

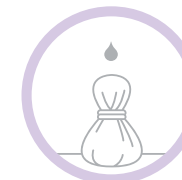
Try: Peppermint, Easy Air®, On Guard®



Linen Mist

In a 30 mL amber spray bottle, add five to seven drops of the oil of your choice and top off with water. Optionally, add ¼ tablespoon witch hazel.

Try: dōTERRA Cheer®, Citrus Bloom, Northern Escape, dōTERRA Serenity



Air-Freshener

Place one to three drops of the oil of your choice to a cotton ball and place in a closet, drawer, car or any other place in need of freshening.

Try: Peppermint, Adaptiv, dōTERRA Cheer, Wild Orange



Foot Massage

Add a few drops of the oil of your choice to a small amount of Fractionated Coconut Oil or unscented lotion and massage into the bottoms of your feet.

Try: Balance, Northern Escape, On Guard

For more ideas, tips, and instructions about using your new products, visit dotterra.com/CA/en/aroma-essentials.

