

ESSENTIAL OILS

made easy

3 cool things ABOUT ESSENTIAL OILS

1 PURE

- Extracted from plants
- Enhance overall wellness
- CPTG Certified Pure Tested Grade®: potent and pure



PEPPERMINT*

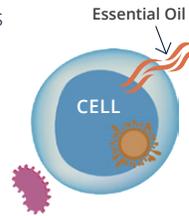
A T I

- Diffuse for an energizing aroma
- Dilute and rub on skin for a cooling effect
- Use in aromatherapy to promote clear breathing
- Use to relieve digestive discomfort

*NHP #80061370 (Peppermint)

2 EFFECTIVE

- Effective way to address the body's needs and root causes
- Essential oils permeate the cell membrane



ON GUARD®

A T I

- Mix with hot water for a soothing tea
- Diffuse for a fortifying aroma
- Use in cleansing hands or surfaces

3 AFFORDABLE

- \$6.5 trillion per year spent on global healthcare
- Essential oils are just pennies per dose
- Save money with naturally sourced solutions



LAVENDER*

A T I

- Apply to skin for a soothing, moisturizing effect
- Use to relieve headaches
- Use in aromatherapy to calm the mind

*NHP #80061038 (Lavender)

3 ways to use dōTERRA® ESSENTIAL OILS

A AROMATIC

Diffuse or inhale to:

- Create a welcoming environment
- Freshen the air



WILD ORANGE

A T I

- Diffuse for an energizing aroma
- Add to water for an invigorating flavor
- Use on hands or surfaces for a naturally sourced cleanser



EASY AIR®

A T

- Diffuse during changing seasons for an invigorating aroma
- Rub onto chest for a soothing massage
- Add to shower floor for a revitalizing steam treatment

T TOPICAL

Apply* to desired area to:

- Receive topical benefits
- Target specific, localized needs

*Dilute with Fractionated Coconut Oil for best results



DEEP BLUE®

A T

- Rub on muscles for a comforting massage
- Apply to lower back at the end of a long day
- Massage into feet and knees before or after exercise for an invigorating effect



FRANKINCENSE

A T

- Add to facial care routine to soothe and moisturize the skin
- Add a few drops to hot water for a relaxing bath
- Diffuse during meditation for a grounding aroma

I INTERNAL

Enjoy a few drops:

- In water
- In recipes
- In a soluble capsule*

*Refer to label for specific dosing instructions



LEMON

A T I

- Add a few drops to water for a refreshing beverage
- Apply to sticky spots for a simple residue remover
- Mix with water for a non-synthetic counter spray



ZENGEST®

A T I

- Add a few drops to water for a refreshing taste
- Rub on stomach for a soothing abdominal massage
- Diffuse during long car rides for a soothing aroma

ESSENTIAL OILS *made easy*

3 WAYS TO *purchase*

1

RETAIL

- Most expensive
- Only pay retail in professional settings

2

WHOLESALE

- Get the best products for the best prices!
- 25% discount from retail
- \$42 membership fee

3

BELOW WHOLESALE

- Deep savings BELOW wholesale when you begin with a starter kit
- Waives the \$42 fee!

3 TYPES OF *people*



live

THE WELLNESS LIFESTYLE



share

TO GET YOUR PRODUCTS PAID FOR



build

TO EARN INCOME AND MAKE AN IMPACT

TOP WELLNESS *concerns*

RECOMMENDED *protocols*

1

2

3

WELLNESS CONSULT DATE:



*NHP #80075879 (Microplex VMz®)
NHP #80082975 (Alpha CRS+®)
NHP #80074456 (xEO Mega®)

DOTERRA LIFELONG VITALITY® CONVENIENCE PACK*

- Provides antioxidants, omega-3 fatty acids, digestive enzymes, and other essential vitamins and minerals for the maintenance of good health
- Supports a healthy immune system
- Aids in the support of cardiovascular and cognitive health