

dōTERRA®

Healthy Can Be

Simple



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discover

AFFORDABLE AND EFFECTIVE NATURALLY
SOURCED SOLUTIONS!

Essential oils are extracted from different parts of the plant and are 50–70 times more powerful than herbs!



Essential oils have provided simple and powerful solutions throughout history.

EXPERIENCE dōTERRA'S SUPERIOR QUALITY

POTENT



Grown and harvested in ideal region

PROVEN



Extensive third party testing

PURE



Free of fillers and foreign contaminants

3 EASY WAYS TO USE*

AROMATIC



Breathe in or use diffuser

TOPICAL



Apply to bottoms of feet or specific areas

INTERNAL



Use in water or to flavor food

*Not all dōTERRA essential oils are labeled for internal use. Always read and follow individual labels for specific dosing instructions and safety information.



enjoy SIMPLE
DIGESTIVE
SUPPORT

Ginger can be used
for symptomatic relief of
digestive discomfort.*



*NHP#: 80060954 (Ginger)

HEALTHY HABITS

Smart & Sassy® can lift your look, promote a healthy appearance, and energize and revitalize your skin.

“Looking my best is important to me, so I chose to be consistent with using Smart & Sassy® for the last three months. Now I look and feel incredible.”

- Allyse Sedivy





simple

EXERCISE and
HEALTHY HABITS

EXERCISE

Deep Blue® provides comforting support with a natural cooling and warming sensation.

“Deep Blue is my best friend. I use Deep Blue in massage to help me relax after workouts.”

- Tim Hightower
NFL Runningback



SIMPLE *relaxation*



"I love using Lavender on my pillow. It reminds me of home and helps me relax."

- Alev Kelter
USA Olympic Women's Rugby Player



Lavender promotes deep relaxation and creates a sense of harmony in the body and mind.

SELF CARE

“As a mom of seven spirited children, it’s easy to feel depleted. At the end of a long day, I put a few drops of AromaTouch® oil on my neck and shoulders to relax before bed. With dōTERRA, my self-care is simple and effective, so I can take care of myself as well as my family.”

- Natalie Goddard



AromaTouch® can be rubbed into the neck and shoulders to promote feelings of relaxation and instill a sense of well-being.





WELLNESS SUPPORT

Tea Tree and Clove are known to help relieve coughs and colds.*



NHP #: 80073542 (Clove), NHP #: 80060950 (Tea Tree)

GREEN CLEANING

“I love cleaning with dōTERRA® products. They are so powerful and effective on anything—laundry, surfaces, dishes, and more! I am really comforted knowing that I have a cleaner, purer home.”

- Jenny Crawford



On Guard® cleaning products are a naturally sourced alternative for cleaning in the home.



SIMPLE *focus*



InTune creates a sense of harmony in both body and mind.

“My seven-year-old grandson has struggled recently with being easily frustrated, making friends, and staying focused on his school work. His mom started using InTune®, Balance®, and Vetiver. He’s doing so much better now. When his mom checked in with his teacher, she said, ‘Whatever you are doing, keep doing it.’”

- Rosie Kolditz

*“At the end of a long day or
when a difficult situation arises,
I reach for PastTense.®”*

- Quinn Curtis



PastTense helps promote
a sense of well-being and
relaxation when used in
massage.



VITALITY SUPPORT

“I have taken many supplements my entire life, the majority of which I noticed little or no change or improvement. On day three of using the dōTERRA Lifelong Vitality™ products, I felt great. It is extraordinary how the human body responds when you feed it the nutrition it needs!”

- Justin Harrison



dōTERRA Lifelong Vitality is a convenience pack of supplements—essential oil-infused vitamins, minerals, and omegas— that provide foundations for overall wellness.

Frankincense, often called “the king of oils,” is one of the essential oils every home needs because of its variety of beneficial uses.



feel great!



RAISING a FAMILY

“The two oils that are best at instilling peace and relaxation for me are Wild Orange and Balance. They are incredible!”†

- Ashley Carey

Balance® promotes a whole-body sense of relaxation as well as feelings of tranquility for all stages of life.



simple

WOMEN'S
HEALTH



ClaryCalm® is the best oil for your worst week. This blend is just for women who need some comfort.

† Before adjusting diet or supplements while pregnant, consult your physician.



FAMILY ACTIVITY

TerraShield® is a great blend to apply to your family's arms and legs for a great indoor and outdoor scent. doTERRA Purify® is a great blend to keep in your hiking backpack.





ENJOY
THE GREAT
outdoors!

Lavender, Lemon, and Peppermint are known to help relieve coughs and colds. Keep these oils on-hand when spending time outdoors during seasonal changes.*



*NHP #: 80061038 (Lavender), NHP #: 80060961 (Lemon), NHP #: 80061370 (Peppermint)

A vibrant, warm-toned photograph of a person and a dog running on a beach. The person, on the left, is shirtless and wearing patterned shorts, splashing through shallow water. The dog, a small, fluffy, light-colored breed, is running towards the right, also splashing. The background shows a bright blue sky and a calm sea. The overall mood is joyful and summery.

Fun IN THE SUN!

"Spending time for myself in nature energizes me. I never leave the house without my Peppermint water spritz to cool me down while at the beach or on a hike. Another secret of mine is Lavender to soothe my dry skin."

-Mariza Snyder

Travel

“We don’t travel without Peppermint, On Guard®, and ZenGest®. Thanks to dōTERRA® oils, we enjoyed 95 days of travel through Europe riding subways, trains, and buses wherever we went. Travel is more fun and less stress now with our oils.”

- Matthew Anderson



Peppermint can provide relief for digestive discomfort, cough, or cold.*



*NHP #: 80061370 (Peppermint)



DAILY SUPPORT

"Wild Orange and Peppermint are one of those combinations that teaches you about the power of essential oils. When you breathe them in together you instantly feel ready to make today the best day ever."

- Ange Peters

A drop of Wild Orange and Peppermint inhaled from your hands is the perfect afternoon pick-me up.



IMAGINE YOUR HEALTH and LIFE

empowered

There are so many possibilities available to you by using dōTERRA's solutions. Living healthy really can be simple.



Connect with the person who gave you this guide to learn more.

experience

dōTERRA® ESSENTIAL OILS

Essential Oil: _____

Supports: _____

How To Use: _____

Essential Oil: _____

Supports: _____

How To Use: _____

NOTE: Dilute for sensitivity. Don't use in eyes or ears.

I'M HERE TO SUPPORT YOUR

simple HEALTH

Name: _____

Phone: _____

Website: _____

Email: _____

