Using essential oils is as **easy as 1, 2, 3.**

Breathe it in. | Ⓐ

First, try using **Peppermint** aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.

Take a sip. | Ⓘ

Next, use **Lemon** internally. Put a drop in a glass of water and take a refreshing sip.

Put some on. | Ⓣ

Now, apply **Deep Blue®** topically. Put a drop in your palms, rub them together, and massage into your neck and shoulders. How does that feel?

It is important to use your new essential oils safely. Use the collection QR code in this brochure to learn the best practices for using essential oils in the home.

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.

Did you enjoy your products? **Try these next!**

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

On Guard® Foaming Hand Wash
Naturally sourced On Guard-infused hand wash cleans and softens hands.

dōTERRA Lifelong Vitality® Convenience Pack*
Conveniently packed with three supplements, give your body maximum nutrition for sustained energy levels, maintenance of good health, and overall well-being.

*NHP# 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.

dōTERRA®

© 2020 dōTERRA Holdings, LLC. All words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC.

v1   60213493

dōTERRA™
Healthy Essentials
Collection

Introducing your
healthy essentials.

Transforming your mind, body, and home 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, and effective
- 💧 Safe to use for the whole family

Choose wellness with
naturally sourced, nonsynthetic, everyday essentials.

Lavender* | 15mL
Calms nerves, soothes skin, relaxes environment
- Ⓐ Drop on pillow
- Ⓘ Add to nighttime tea
- Ⓣ Apply to skin

Copaiba | 15mL
Beautifies skin, invigorates senses, grounding aroma
- Ⓐ Diffuse during daily activity
- Ⓐ Add to warm bath
- Ⓣ Mix with moisturizer

Easy Air® | 15mL
Clear aroma, promotes vitality, invigorates senses
- Ⓐ Diffuse during winter
- Ⓐ Add to hot water and inhale steam
- Ⓣ Massage into chest or back

ZenGest® | 15mL
Feels soothing, tastes sweet, calming aroma
- Ⓐ Diffuse during road trips
- Ⓘ Add to water after large meal
- Ⓣ Massage into stomach

Peppermint* | 15mL
Soothes stomach, alleviates muscle pain, relieves colds
- Ⓐ Add to the floor of your shower
- Ⓘ Put a drop in your tea
- Ⓣ Massage into temples

Lemon | 15mL
Cleanses surfaces, adds flavor, stimulating aroma
- Ⓐ Diffuse in the morning
- Ⓘ Add a drop to a glass of water
- Ⓣ Put on sticky residue and wipe away

Deep Blue® | 5mL
Feels comforting, cools skin, invigorating aroma
- Ⓣ Massage into lower back
- Ⓣ Apply before or after a workout
- Ⓣ Rub on neck after a long workday

*NHP# 80061370 (Peppermint)

Balance® | 15mL
Calms environment, promotes harmony, peaceful aroma
- Ⓐ Diffuse during yoga or meditation
- Ⓣ Massage into bottoms of feet
- Ⓣ Apply to back of neck

*NHP# 80061038 (Lavender)

Adaptiv™ | 15mL
Soothes environment, promotes ease, tranquil aroma
- Ⓐ Diffuse for a comforting aroma
- Ⓣ Apply to wrists mid-day
- Ⓣ Massage into shoulders

On Guard® | 15mL
Cleanses surfaces, tastes energizing, spicy aroma
- Ⓐ Diffuse during fall and winter
- Ⓘ Add to warm water with honey
- Ⓣ Massage into bottoms of feet

Petal Diffuser® 2.0
User-friendly oil diffuser
- Create the aromatic environment of your choosing in the office or home

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

APPLICATION METHODS   Ⓐ Can be used aromatically | Ⓣ Can be used topically | Ⓘ Can be used internally