

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



Breathe it in. | A

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



Take a sip. | I

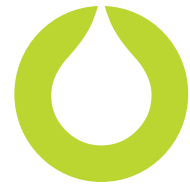
Next, use **Tangerine** internally. Put a drop in a glass of water and take a refreshing sip.



Put some on. | T

Now, apply **Deep Blue**® Rub Lotion topically. Put a drop in your palms, rub them together, and massage into your neck and shoulders. How do you 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!



Lumo™ Dream Collection

Create a restful environment for sleep with this sleek, modern essential oil diffuser and the calming aroma of dōTERRA Serenity®.



TriEase® Softgels*

A unique, proprietary blend of Lemon, Lavender, and Peppermint essential oils, TriEase is the ideal companion to carry with you for support while traveling or staying home through every season.



ZenGest®

This essential oil blend is perfect for a soothing abdominal massage.

*NHP# 80079883 (TriEase)

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

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dōTERRA
Healthy Habits Collection



A healthy life starts with healthy habits.

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



Balance® | 5 mL
Calms environment, promotes harmony, peaceful aroma

- Ⓐ Add to warm bath
- Ⓐ Diffuse during meditation
- Ⓣ Massage into bottoms of feet



Tangerine | 5 mL
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® Rub Lotion
Feels comforting, cools skin, invigorating aroma

- Ⓣ Massage into lower back
- Ⓣ Apply before or after a workout
- Ⓣ Rub on neck after a long workday

Choose wellness with naturally sourced, nonsynthetic, everyday essentials.



Lavender* | 5 mL
Calms nerves, soothes skin, relaxes environment

- Ⓐ Drop on pillow
- Ⓛ Apply to skin
- Ⓣ Add to nighttime tea



Frankincense | 5 mL
Beautifies skin, cleanses surfaces, peaceful aroma

- Ⓐ Diffuse while working or studying
- Ⓐ Add to warm bath
- Ⓣ Mix with moisturizer



On Guard® | 5 mL
Cleanses surfaces, tastes energizing, spicy aroma

- Ⓐ Diffuse during fall and winter
- Ⓛ Add to warm water with honey
- Ⓣ Massage into bottoms of feet



ZenGest® TerraZyme®*
An exclusive blend of enzymes that support the proper digestion of proteins and carbohydrates

- Take one capsule with meals containing fresh, raw foods or two to three capsules with meals containing highly processed foods



Veggie Caps
Customizable HPMC food-grade capsules made of inert vegetable ingredients

- Fill with desired NHP essential oils and consume

*NHP# 80061038 (Lavender), 80077027 (TerraZyme)

dōTERRA Lifelong Vitality® Convenience Pack: look, feel, and live younger, longer

Together these supplements provide maximum nutrition for sustained energy levels, maintenance of good health, and overall well-being.



Microplex VMz®*
Food nutrient formula of vitamins and minerals

Supports:

- Healthy metabolism
- Immune function
- Cellular energy



xEO Mega®*
Essential fatty acids and antioxidants

Supports:

- Healthy brain function
- Cardiovascular system
- Maintenance of bones and teeth



Alpha CRS+®*
Proprietary formula of naturally sourced botanical extracts

Supports:

- Normal liver function
- Cellular health
- Proper digestion



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

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



APPLICATION METHODS

Ⓐ Can be used aromatically | Ⓛ Can be used internally | Ⓣ Can be used topically