

dōTERRA

Simple Solutions

Using essential oils is **simple.**



Breathe it in. | A

First, try using essential oils aromatically. To do this, put a drop of essential oil in your palms, rub your hands together, cup them over your nose, and breathe in deeply. Different essential oils provide different aromatic benefits. Let's experiment!

- For an energizing aroma, use **Lemon** essential oil.
- For a calming aroma, use **dōTERRA Serenity**®



Lemon | 15mL

Cleanses surfaces, adds flavor, stimulating aroma

- A Diffuse in the morning
- I Add a drop to a glass of water
- T Put on sticky residue and wipe away



dōTERRA Serenity | 15mL

Soothes soul, relaxes environment, calming aroma

- A Drop on pillow
- A Diffuse at nighttime
- T Massage into bottoms of feet

Try each to see how you can have unique aromatic experiences depending on the essential oil you use.

APPLICATION METHODS

- A Can be used aromatically | I Can be used internally | T Can be used topically



Take a sip. | I

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

For a sweetly balanced experience, try adding a drop to a spoonful of honey instead!

On Guard | 15mL

Cleanses surfaces, tastes energizing, spicy aroma

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



Put some on. | T

Now, apply **Deep Blue® Rub** topically. Put a small amount in your palms, rub them together, and massage into your neck and shoulders. How do you feel?

Deep Blue Rub Lotion

Feels comforting, cools skin, invigorating aroma

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



Every dōTERRA essential oil is powerfully pure, potent, and effective. Safe to use for the whole family, these naturally sourced, nonsynthetic, everyday essentials can transform your home.

For ideas and instructions on using your new products, visit doterra.com/CA/en/simple-solutions

