

# Brave™

Courage Blend 10 ml Roll-on

dōTERRA® | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

**Ingredients:** Wild Orange, Amyris, Osmanthus, and Cinnamon in a base of Fractionated Coconut Oil

**Aromatic Description:** Warm citrus, floral, faintly spicy

## PRIMARY BENEFITS

- Energising and invigorating to the senses
- Supports a positive mood by applying onto the back of neck and pulse points
- Promotes feelings of confidence, courage, and belief in oneself

**Brave™**

*Courage Blend 10 ml Roll-on*

Part Number: 60208332

Also available in:  
**dōTERRA Kids Collection**

Part Number: 60208722

## PRODUCT DESCRIPTION

Begin each day with confidence and belief by pairing Brave Courage Blend with your positive affirmation practice. Allow yourself to reset with positive feelings by rolling Brave onto the back of your neck and pulse points. Brave combines Wild Orange, Amyris, Osmanthus, and Cinnamon Bark in a gentle and quick application method mixed expertly with Fractionated Coconut Oil. With a bright and warm aroma, Brave is the perfect blend to invigorate and empower you when you're feeling unmotivated. Featuring the unique essential oil from Amyris Wood, Brave helps promote a calm environment. Before tackling life's big (or small) moments, roll Brave onto the bottoms of your feet and the backs of your hands to instill courage and positivity, with the reassurance that you can accomplish anything.

## USES

- Comfortably use Brave Courage Blend throughout the day to encourage feelings of belief.
- Use Brave before new or different situations to promote feelings of courage and confidence.

## DIRECTIONS FOR USE

**Aromatic Use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical Use:** Apply to desired area. Intended for use with adult supervision.

## CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



# Calmer™

Restful Blend 10 ml Roll-on

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PRODUCT INFORMATION PAGE



**Ingredients:** Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a base of Fractionated Coconut Oil

**Aromatic Description:** Sweet, floral, soft woody

## PRIMARY BENEFITS

- Promotes a positive and calm mood
- Provides soothing and relaxing feelings throughout the body

### Calmer™

Restful Blend 10 ml Roll-on

Part Number: 60208288

Also available in:  
dōTERRA Kids Collection

Part Number: 60208722

## PRODUCT DESCRIPTION

Calmer Restful Blend promotes a serene atmosphere, allowing bedtime to be a peaceful and welcomed experience. Rolling Calmer onto the bottoms of feet and the back of the neck helps create relaxed feelings. Combining the soothing properties of Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a convenient and safe delivery method along with the skin moisturising benefits of Fractionated Coconut Oil, Calmer can be used as part of your nightly ritual. Cananga and Buddha Wood essential oils, unique to Calmer, promote feelings of relaxation. When it's time to restore your mind and body, apply Calmer to your wrists, breathe, and relax.

## USES

- Roll on to the back of the neck and chest to promote calm and soothing feelings.
- Apply Calmer to your child's wrists at the end of the day help provide relaxing feelings.
- Apply to bottoms of feet at bedtime to help unwind before going to sleep.

## DIRECTIONS FOR USE

**Aromatic Use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical Use:** Apply to desired area. Intended for use with adult supervision.

## CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



# Rescuer™

Soothing Blend 10 ml Roll-on

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PRODUCT INFORMATION PAGE



CPTG™

**Ingredients:** Copaiba, Lavender, Spearmint, and Zanthoxylum essential oils in a base of Fractionated Coconut Oil

**Aromatic Description:** Woody, minty, floral

## PRIMARY BENEFITS

- Helps to create feelings of assurance
- Comforting and soothing to the skin
- Supports feelings of vitality and comfort

### Rescuer™

Soothing Blend 10 ml Roll-on

Part Number: 60208289

Also available in:  
dōTERRA Kids Collection

Part Number: 60208722

## PRODUCT DESCRIPTION

After a busy day of activity, apply Rescuer Soothing Blend for a relaxing sensation and to help soothe growing kids' legs. Copaiba, Lavender, Spearmint, and Zanthoxylum are expertly combined with Fractionated Coconut oil to soothe and promote resilience while being gentle enough for sensitive skin. Roll Rescuer onto your legs, hands, or shoulders after exercising or a long day of physical activity to provide feelings of comfort and relief. Zanthoxylum, an essential oil unique to this dōTERRA blend, can help to calm and soothe. Rescuer has a fresh, yet calming aroma that provides soothing support.

## USES

- Roll Rescuer onto growing children's legs before bedtime or after strenuous activity.
- Apply to temples and back of the neck to reduce feelings of tension.
- Massage into shoulders, neck, and back for a comforting and soothing experience.

## DIRECTIONS FOR USE

**Aromatic Use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical Use:** Apply to desired area. Intended for use with adult supervision.

## CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



# Steady™

Grounding Blend 10 ml Roll-on

dōTERRA® | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

**Ingredients:** Amyris, Balsam Fir, Coriander, and Magnolia in a base of Fractionated Coconut Oil

**Aromatic Description:** Piney, fruity, soft woody

## PRIMARY BENEFITS

- Supports efforts to have a calm and balanced mood
- Promotes a whole-body sense of relaxation
- Helps focus your mind on what is most important

### Steady™

Grounding Blend 10 ml Roll-on

Part Number: 60208300

Also available in:

dōTERRA Kids Collection

Part Number: 60208722

## PRODUCT DESCRIPTION

Perfect for daily use or as needed, Steady Grounding Blend has a soft, inviting, and slightly fruity aroma that can help promote feelings of relaxation and calm. Steady draws on the unique benefits of essential oils such as Amyris, Balsam Fir, Coriander, and Magnolia perfectly blended with Fractionated Coconut Oil to deliver a calming effect perfect for all skin types. Amyris and Balsam Fir are warm wood oils that promote feelings of reassurance. When feeling overwhelmed, roll Steady onto the back of your neck or wrists and take a deep breath, allowing your mood to find balance. Soothing to the skin and uplifting, Steady is a great every day blend.

## USES

- Calming to the skin and emotions, Steady can be used during times of distress to quiet the mind and soothe the body.
- Use Steady to promote feelings of tranquility throughout the day.
- Apply to the back of the neck or bottoms of the feet after an event-filled day to boost feelings of balance.

## DIRECTIONS FOR USE

**Aromatic Use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical Use:** Apply to desired area. Intended for use with adult supervision.

## CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



# Stronger™

Protective Blend 10 ml Roll-on

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PRODUCT INFORMATION PAGE



CPTG™

**Ingredients:** Cedarwood, Litsea, Frankincense, and Rose in a base of Fractionated Coconut Oil

**Aromatic Description:** Bright, sharp lemony, lightly herbal

## PRIMARY BENEFITS

- Promotes clear and healthy-looking skin
- Comforting to occasional skin irritations
- Uplifts mood with a bright scent
- Promotes feelings of wellness and vitality

### Stronger™

Protective Blend 10 ml Roll-on

Part Number: 60208295

Also available in:  
dōTERRA Kids Collection

Part Number: 60208722

## PRODUCT DESCRIPTION

Featuring Cedarwood, Litsea, Frankincense, and Rose in a gentle and convenient format combined with Fractionated Coconut Oil, this uniquely supportive blend is perfect for sensitive skin and provides a sense of resiliency when needed most. Litsea, one of the main ingredients in Stronger, helps to keep skin healthy looking and clean. The bright and uplifting aroma of Stronger is refreshing to the senses and works as the perfect blend for daily resiliency or when you are not feeling your best. With the blend of wood and floral oils, Stronger works as the perfect every day skin health essential oil blend.

## USES

- When skin is distressed, use Stronger to help soothe and comfort the skin while promoting a healthy appearance.
- Roll onto hands, knees, and feet after a long day of activity.
- Stronger is a great blend to have on hand during extensive activities to help soothe skin.
- When environmental threats are high, use Stronger to promote feelings of wellness and vitality.

## DIRECTIONS FOR USE

**Aromatic Use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical Use:** Apply to desired area. Intended for use with adult supervision.

## CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



# Tamer™

Digestive Blend 10 ml Roll-on

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PRODUCT INFORMATION PAGE



**Aromatic description:** spicy, sweet, minty

## PRIMARY BENEFITS

- Calming aroma may help to provide targeted comfort when you need it the most.
- Provides a soothing abdominal massage.
- Diluted with dōTERRA Fractionated Coconut Oil, making this blend ideal for kids and those with sensitive skin.
- Easily apply to targeted areas with the convenient roll-on applicator.

**Tamer™**

Digestive Blend  
10 ml Roll-on

Part number: 60210289

## PRODUCT DESCRIPTION

Whether you're near or far from home, Tamer Digestive Blend is a must-have blend to have on hand! Tamer contains the unique benefits of CPTG™ essential oils such as Spearmint, Japanese Peppermint, and Ginger in a base of dōTERRA Fractionated Coconut Oil. Together these oils help to provide comfort after eating a large meal. Tamer, part of the dōTERRA Kids Collection, is ideal for both children and adults.

## USES

- Keep Tamer Digestive Blend on hand in your purse, briefcase or child's backpack for targeted relief on-the-go.
- Have on hand when flying or travelling for convenient support at a moment's notice.
- Apply to the stomach or bottoms of feet after eating a large meal.
- Stomach discomfort? Enjoy a soothing abdominal massage with Tamer.

## DIRECTIONS FOR USE

**Aromatic:** Roll on to diffusing jewellery, natural dolomite, or lava diffusing rocks.

**Topical:** Apply to desired area. Intended for use with adult supervision.

## CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



# Thinker™

Focus Blend 10 ml Roll-on

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PRODUCT INFORMATION PAGE



**Ingredients:** Vetiver, Peppermint, Clementine, and Rosemary in a base of Fractionated Coconut Oil

**Aromatic Description:** Earthy, minty, herbal

## PRIMARY BENEFITS

- Supports efforts of those who have difficulty paying attention and staying on task
- Instills a sense of alertness
- Promotes feelings of belief

### Thinker™

Focus Blend 10 ml Roll-on

Part Number: 60208301

Also available in:  
dōTERRA Kids Collection

Part Number: 60208722

## PRODUCT DESCRIPTION

Ideal for everyone and for daily use, Thinker Focus Blend is the optimal support to use when distractions are high. Designed to promote a sense of alertness and clarity, Thinker is the perfect go-to when it's time to pay attention and concentrate. Featuring Vetiver, Peppermint, Clementine, and Rosemary perfectly combined with Fractionated Coconut Oil for sensitive skin, Thinker is a natural way to feel more alert. Roll Thinker onto your temples, wrists, and the back of your neck to help bring a sense of clarity to the situation at hand. Embracing the uplifting benefits of Clementine, Thinker helps to support efforts to stay on task. Herbal and slightly sweet, the unique aroma helps instill feelings of clarity during times of confusion. To create a supportive and positive environment for enhanced creativity and focus, incorporate Thinker into your daily learning practice.

## USES

- Keep Thinker on hand in your purse or child's backpack and apply in the afternoon to remain on task and focused.
- Use Thinker when you need a boost of positivity.
- Promote learning and support creativity by applying Thinker throughout study time.
- Roll onto wrists or hands and inhale to promote a sense of clarity.

## DIRECTIONS FOR USE

**Aromatic Use:** Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

**Topical Use:** Apply to desired area. Intended for use with adult supervision.

## CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.

