

Natural Solutions

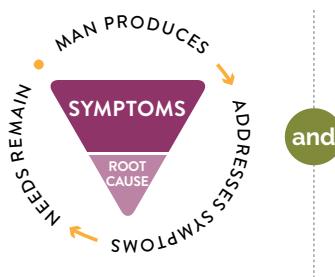
for healthy, empowered living

Do you need safe, effective, and affordable health solutions?

YOU HAVE CHOICES

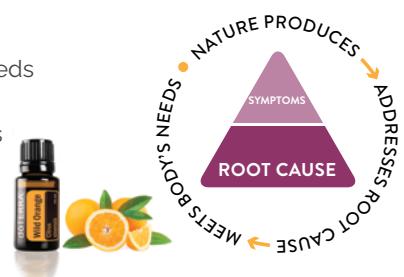
Modern Approach

- Designed to manage symptoms
- Made from isolated synthetic agents
- Side effects (known and unknown)
- \$6.5 trillion/year spent on global healthcare
- Are we healthier?



Natural Approach

- Addresses body's needs and root causes
- Extracted from plants
- Enhances wellness
- Is safe—benefits without side effects



ESSENTIAL OILS ARE EFFECTIVE



Peppermint Leaf Oil Sac

Natural, Effective, and Safe

- Contains natural compounds that are extracted and distilled from plants for various benefits.
- Comprised of hundreds of different compounds, utilizing complex and versatile abilities.
- Work with the body to address issues and root causes on a cellular level.
- Affordable. Pennies per dose!



dōTERRA IS SAFE AND PURE

Why a new standard of quality?



Grades of Essential Oils

Tested and Trusted

- Plants harvested in their natural habitat
- Verified pure; free of synthetic fillers and other adulterants

HOW TO USE dōTERRA ESSENTIAL OILS



AROMATIC

Breathe in or diffuse to:

- Open airways
- Freshen the air



TOPICAL

Apply to bottoms of feet or affected areas to target specific needs.



INTERNAL

Drop in water, under tongue, or into a veggie capsule and swallow.*



PEPPERMINT

- Cooling sensation
- Creates a clear crisp scent in the air
- Energizing aroma



dōTERRA Deep Blue®

- Apply pre/post workout
- Use for calm and comforting massage
- Apply to muscles after a long day
- Use on lower back after heavy lifting



dōTERRA ON GUARD®

- Serves as a powerful immune system support
- Diffuse to freshen the air

1. WHAT ARE YOUR TOP HEALTH PRIORITIES?



I want to feel less:

1

2

3

I want to feel more:

1

2

3

2. ARE YOU READY TO DISCOVER SIMPLE SOLUTIONS?

dōTERRA BREATHE® RESPIRATORY BLEND

- Maintain feelings of easy breathing and clear airways
- Diffuse at night or during changes in season

dōTERRA DIGESTZEN® DIGESTIVE BLEND

- Help support our digestive system when taken internally
- Helps reduce bloating and gas when taken internally
- Ease the effects of motion sickness

OREGANO

- Possesses antioxidant properties when ingested
- Support a healthy digestive system when used internally

TEA TREE

- Rejuvenate and cleanse skin
- Cleanses and keeps nails looking healthy
- Clean surfaces

LAVENDER*

- Soothe irritated skin
- Promote restful sleep when ingested
- Create a calm, peaceful atmosphere
- Apply after a long day in the sun

dōTERRA SERENITY® RESTFUL BLEND

- Diffuse to provide a calming aroma
- Create restful sleeping environment

FRACTIONATED COCONUT OIL

- Unscented carrier oil
- Great for delivering essential oils to sensitive skin
- Sustained delivery on specific locations
- Use for dilution

dōTERRA ADAPTIV®

- Provides a bright, sweet aroma
- Complement effective work and study
- Creates a tranquil environment

FRANKINCENSE*

- Helps sustain a healthy immune function response when taken internally
- Set a comforting, uplifting environment

LEMON*

- Supports digestive system and immune function when taken internally
- Clean surfaces and neutralize odors
- Natural antioxidants that help nourish skin

COPAIBA*

- Promotes a sense of calmness and stability when taken internally
- Use orally to effectively cleanse the mouth and gums
- Promotes the appearance of clear, smooth skin

dōTERRA DEEP BLUE® STICK

- Roll onto muscles
- Use before or after working out
- Soothe after a long workday

3. ARE YOU READY TO BE HEALTHY WITH DAILY HABITS?

FOUNDATIONAL WELLNESS & METABOLIC SUPPORT

Comprehensive wellness benefits to power you every day.

- dōTERRA VMG+™:** Provides essential vitamins and minerals
- EO MEGA+™:** Convenient source of essential fatty acids to support optimal bodily functions.
- MetaPWR® Assist:** May help reduce the absorption of simple carbohydrates and sugar

30-DAY MONTHLY USE PLAN

Need more energy and less discomfort to improve the quality of your life? Try these daily habits.

dōTERRA VMG+™ 1 sachet per day in water and 3 softgels per day with food

MetaPWR® Softgels 3 softgels daily

MetaPWR® Assist 1 capsule daily before largest meal

Lemon* Cleansing: 3-5 drops in water 2-3x/day

Frankincense* Cellular support: 2-3 drops in a capsule

dōTERRA On Guard®* Immune support: 2-3 drops in a capsule

dōTERRA Deep Blue® Stick Soothing relief: apply pre/post workout