

dōTERRA®



Dispelling Discomfort with
Deep Blue®



Deep Blue[®] Essential Oil Blend

Soothing Superhero

No one wants to go through a whole day in discomfort. Discomfort can keep you from performing your best, being there for your loved ones, and accomplishing your goals. But you can reach for natural relief. Deep Blue[®] is an oil blend made from incredible essential oils, which you can use topically to find yourself cool, soothing support. Get out there and go live your life, knowing you can count on Deep Blue[®] to give you the comfort you need.



What's in Deep Blue[®]?

Deep Blue's blend of eight powerful essential oils adds unique benefits that make this oil blend the soothing superhero we know and love.

For starters, Wintergreen is a key component of Deep Blue[®]. The primary chemical constituent of Wintergreen is monoterpene ester methyl salicylate, which is often used in lotions to help soothe muscles and joints.

Helichrysum is a rare but powerful oil. There are over 600 species of helichrysum throughout the world, but it's primarily *Helichrysum italicum* that's sourced for its essential oil. Helichrysum offers rejuvenating benefits to the skin when applied topically.

Blue Tansy is used in massages to provide a soothing sensation on affected areas. It's also beneficial to the skin. The sweet, floral aroma of Ylang Ylang is prized in the perfume industry. Topical application of this tropical essential oil nourishes the skin.

Osmanthus Flower is used for irritated skin. Its pleasant fragrance also makes it popular in the perfume industry, though it's rare and pricey. It takes approximately 200 pounds to extract a single ounce of oil.

The intense cooling sensation of Deep Blue[®] is due in part to the concentration of menthol in Peppermint. Peppermint essential oil is distilled from the flowering tops of the peppermint plant. Cooling to the skin, Peppermint is helpful for soothing feelings of tension.

Camphor Bark, distilled from the *Cinnamomum camphora* tree, is widely used in massage therapy for its ability to soothe affected areas.

And lastly, Blue Chamomile (or German Chamomile) has an herbal aroma that's calming and soothing.



Direction for use

Deep Blue®

Whether you just finished exercising or it is simply been a long day, Deep Blue® is there for you when you need relief. Here are a few ways to use Deep Blue® throughout the day!

1



Apply to your muscles and joints before physical activity.

2



Apply one to two drops to your lower back for a soothing sensation throughout the workday.

3



If you spend a lot of time in front of the computer, massage Deep Blue® into your fingers, hands, and elbows when you are feeling stiff.



Note: Make sure to wash your hands and avoid touching sensitive areas, such as the eyes and nose, following application.

Deep Blue® 10 mL Roll-on

It also comes in a convenient 10 mL roll-on bottle. This roll-on makes it easy to apply and can be conveniently stored in a pocket or bag for quick access. With Deep Blue® in a roll-on bottle, its soothing and cooling effects can be easily felt at work, at home, or at the gym.

Direction for use Deep Blue® 10 mL Roll-on

1



Apply on feet and knees before and after exercise.

2



Rub Deep Blue® on your lower back after a day of heavy lifting at work or during a move.



Deep Blue® Rub

Soothing Lotion

Deep Blue® Rub is a rich, topical cream infused with the Deep Blue® of CPTG® essential oils for natural and effective relief for joint and muscle aches. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue® Rub provides a comforting sensation of cooling and warmth to problem areas.

Direction for use Deep Blue® Rub

To get the most out of Deep Blue® Rub, you can use it in these ways and more!



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1 Apply to your muscles and joints before physical activity.
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2 Massage into tired muscles for a cooling and warming sensation.
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3 Use as part of an invigorating massage.
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4 Apply to sore muscles and joints at the end of a long day.
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5 Bring with you wherever you travel, using the refillable tube in your kit.

Deep Blue[®] Skin Care Stick + Copaiba

Cooling and Soothing

Deep Blue[®] and Copaiba have combined in the perfect application stick! With the addition of beta-caryophyllene in Copaiba, the Deep Blue[®] Skin Care Stick is the key to alleviating soreness on-the-go. Keep this stick in your gym bag for intensive workouts or on your desk for long days at the office.



Directions and Uses of Deep Blue[®] Skin Care Stick + Copaiba

Apply directly to affected areas. For a more intensive treatment, apply Deep Blue[®] on the skin prior to application.

1



Delivering temporary relief of minor aches and pains of muscles and joints associated with simple backache, arthritis, sprains, strains, and bruises.

2

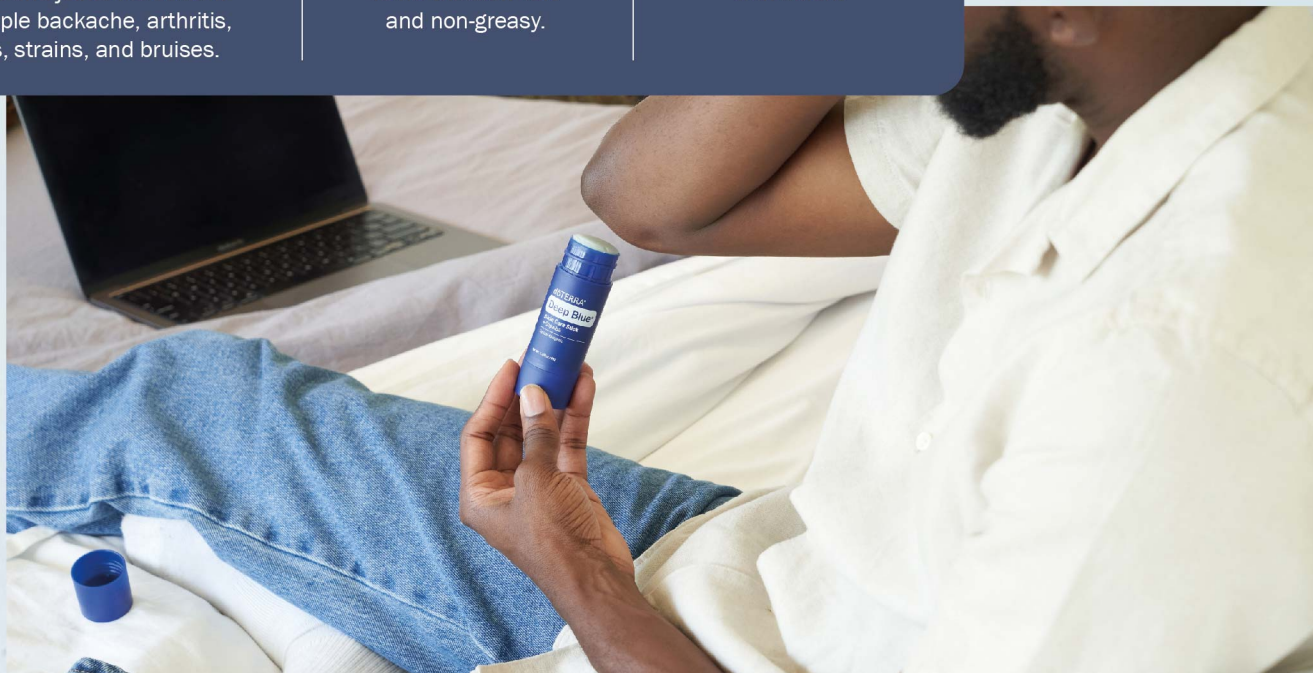


Moisturizing emollients that leave the skin soft and non-greasy.

3



Creating a cooling and soothing sensation.





Take Back Your Life

You have learned a lot about the incredible potential of the natural products found in the dōTERRA® Deep Blue® Series Brochure. How do you feel? Our hope is you feel empowered and excited.

You do not have to be held back by discomfort. Mother Nature has provided beautiful, powerful tools to support us in this journey called life. It is time to start putting them to work for you! You have got things to do and experience, places to see and be, and people to support and love. Take back your life and do so with less bodily discomfort and more enjoyment.

