

# EASY AIR<sup>®</sup> CLEAR DROPS

## PRIMARY BENEFITS

- Can be used for a refreshing flavour
- Great tasting drops

## PRODUCT DESCRIPTION

dōTERRA's Easy Air<sup>®</sup> drops contain an essential oil blend that has been used to provide a refreshing sensation.

The combination of Lemon, Peppermint, Cardamom, Eucalyptus, Thyme and Melissa essential oils have been used by dōTERRA to assist with refreshing the senses with great-tasting drops.

## DIRECTIONS FOR USE

Dissolve one drop slowly in the mouth. Repeat every two hours as needed.

Not suitable for children.

## INGREDIENTS

Cane Sugar, Brown Rice Syrup, Lemon Oil, Peppermint Oil, Cardamom Oil, Eucalyptus Oil, Thyme Oil, Melissa Oil.

## NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: 30 | SERVING SIZE: 4

	Quantity per 4g serving	Quantity per 100g (or 100mL)
Energy	kJ	kJ
Protein	0g	0g
Fat, total	0g	0g
- saturated	0g	0g
Carbohydrates	4g	
- sugars	2.5g	
Sodium	0mg	0mg



# EASY AIR®

Clear Blend 15 mL

## Breathe

Aromatic description: Minty, fresh, airy

Breathe easy with dōTERRA Easy Air®

dōTERRA Easy Air® is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus and Tea Tree. Ancient Greeks made headdresses of laurel leaves to crown winning sportsmen, warriors and scholars. The refreshing aroma of Easy Air® helps promote feelings of clear and easy breathing. It can be applied topically, or diffused before a restful night's sleep.

### PRIMARY BENEFIT

The Eucalyptus within dōTERRA Easy Air® may help with seasonal threats. Take a deep breath and inhale for feelings of relaxation and clearer breathing.

### SECONDARY BENEFIT

The Laurel Leaf within dōTERRA Easy Air® may help to promote feelings of easy breathing.

### TERTIARY BENEFIT

dōTERRA Easy Air® contains relaxing Ravintsara which can be used in meditation for its relaxation properties. Its fresh and earthy scent may be used to prepare for a restful night's sleep.

### PRODUCT DESCRIPTION

Easy Air® can be applied topically to the chest, back or bottom of feet, or diffused at night time to help calm the senses before a restful night's sleep.

### USES

- Diffuse, inhale directly from palms, or rub on chest or feet when environmental threats are high.
- Use when outdoors at times of seasonal threats.
- Diffuse at bedtime for a restful environment.

### INGREDIENTS

Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf and Ravensara Leaf essential oils.

### DIRECTIONS FOR USE

#### DIFFUSION:

Use three to four drops in a diffuser of your choice.

#### TOPICAL USE:

Apply one to two drops to desired area. Dilute with carrier oil to minimise any skin sensitivity.

*See additional precautions below*

#### CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product. Application to skin may increase sensitivity to sunlight.



Certified Pure Tested Grade

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# dōTERRA TOUCH® EASY AIR®

Clear Blend 10 mL Roll-On

*Minty, fresh, airy*

*Aromatic description*

## PRIMARY BENEFITS

- Cooling and soothing to the senses
- Calming aroma promotes a restful environment
- Equipped for seasonal threats

## PRODUCT DESCRIPTION

Experience a cooling sensation on inhalation of dōTERRA Easy Air® essential oil blend in a Touch version for quick topical application.

dōTERRA Touch® Easy Air® combines Fractionated Coconut Oil with Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara and Ravensara essential oils for a calming aroma on inhalation.

Apply topically to the chest, back, or bottom of feet before a restful sleep. May also be used before enjoying the outdoors.

dōTERRA Touch® Easy Air® with its convenient roll-on application can be applied anytime.

## USES

- A great blend to apply to the chest and feet during the winter months.
- Use before spending time outdoors, ideal for enjoying the environment.
- Rub on neck, chest, back, or bottom of feet before a restful sleep.

## DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area.

See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

## INGREDIENTS

Fractionated Coconut Oil, Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf



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# EUCALYPTUS

*Eucalyptus radiata* 15 mL

*Camphoraceous, airy*

*Aromatic description*

## PRIMARY BENEFITS

- Clear and calming aroma
- Promotes feelings of relaxation
- Breathe a sigh of relief with the diffusion of Eucalyptus essential oil

## PRODUCT DESCRIPTION

Eucalyptus trees are tall evergreen trees that can grow up to 150 metres in height and are also known as Gum Trees. The main chemical components of Eucalyptus Radiata are eucalyptol and alpha-terpineol, making it an ideal oil to diffuse or apply topically for that distinct fresh, clean and calming scent of Eucalyptus oil.

Eucalyptus has cleansing properties that can be beneficial for the skin and for cleansing surfaces. Eucalyptus is often used to promote a sense of calmness and balance.

## USES

- Combine with Lemon and Peppermint in a spray bottle and use to wipe down surfaces in your kitchen or bathroom.

- Add one drop to your moisturiser and apply to help revitalise the appearance of your skin.
- While showering, place a few drops in your hands, place over nose, and inhale deeply for aromatic invigoration and vitality.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

**PLANT PART:** Leaf/Stem

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Eucalyptol, alpha-terpineol



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# LAVENDER

*Lavandula angustifolia 15mL*

*Powdery, floral, light*

*Aromatic description*

## PRIMARY BENEFITS

- Soothes skin
- Relaxed aroma ideal to use before a peaceful sleep

## PRODUCT DESCRIPTION

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits.

In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking and as a perfume. It's aromatic properties have been used in cooking. Its calming and relaxing qualities continue to be Lavender's most notable attributes.

Applied topically, Lavender essential oil is frequently used to reduce the appearance of skin imperfections.

Due to Lavender's versatile properties, it is considered the must-have essential oil to have on hand at all times.

## USES

- Keep a bottle of Lavender essential oil on hand to soothe skin.
- Freshen your linen closet or room by diffusing three or four drops.

- Use in cooking to soften citrus flavours and add a flavourful twist to marinades, baked goods and desserts
- Add a few drops of Lavender essential oil to pillows, bedding or bottoms of feet to relax and prepare for a restful night's sleep.
- Add to bath water to soak away stress or apply to the temples and the back of the neck.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to eight drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions to the right.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Flower/Leaf

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Linalool, linalyl acetate



# ON GUARD<sup>®</sup> SANITISING MIST

27 mL

## PRIMARY BENEFITS

- Infused with moisturising apple extract
- On Guard<sup>®</sup> Protective Blend provides an invigorating citrus spice aroma

## PRODUCT DESCRIPTION

We all know the protecting power of dōTERRA's On Guard<sup>®</sup> essential oil blend and the wonders it does for us in helping our families and homes with environmental threats. Handy, convenient and easy to use On Guard<sup>®</sup> Sanitising Mist is great to have on hand when you are on-the-go.

Our Sanitising Mist cleanses hands by killing bacteria on the skin through an extremely fine, quick drying mist. Infused with a natural apple extract, the moisturising formula will not dry out the skin and leaves hands feeling soft and smooth.

On Guard<sup>®</sup> blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG<sup>®</sup> essential oils provides an uplifting citrus spice aroma and its protective benefits.

## DIRECTIONS FOR USE

Shake well before use. Pump one or two mists directly to hands; rub together until dry.

## CAUTIONS

Flammable. Keep away from flame, spark, or temperatures above 40°C (104° F).

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. For external use only. When using this product, avoid contact with eyes. Stop use and ask a doctor if irritation and redness develop.

## INGREDIENTS

ACTIVE INGREDIENT: Ethyl Alcohol 64%

INACTIVE INGREDIENTS: Water (Aqua), Pyrus malus (Apple), Fruit Extract, Glycerin, Eucalyptus globulus Leaf Oil, Citrus aurantium dulcis (Orange) Peel Oil, Eugenia caryophyllus (Clove) Bud Oil, Cinnamomum zeylanicum Leaf Oil, Cinnamomum zeylanicum Bark Oil, Rosmarinus officinalis (Rosemary) Leaf Oil, Citric Acid



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# ON GUARD®

Protective Blend 15 mL

## Invigorate

Aromatic description: Warm, spicy, camphoraceous, woody

Invigorate and cleanse with dōTERRA On Guard®

dōTERRA On Guard® with its warm, spicy, camphoraceous and woody aroma is a powerful essential oil blend. With revitalising Wild Orange, Clove and Cinnamon, diffusing invigorating dōTERRA On Guard® can help energise and uplift any home, workplace or study environment.

### PRIMARY BENEFIT

With Wild Orange, Clove and Cinnamon essential oils, dōTERRA On Guard® is a powerful blend that protects against environmental and seasonal threats.

### SECONDARY BENEFIT

The main essential oil in dōTERRA On Guard® is Wild Orange. Its refreshing aroma helps to create a cleansing and uplifting environment.

### TERTIARY BENEFIT

Clove and Wild Orange Essential Oils give dōTERRA On Guard® its refreshing and clean scent, make it ideal for use in your DIY surface cleanser for the home.

### PRODUCT DESCRIPTION

As one of dōTERRA's best selling products, On Guard® can be used on surfaces throughout the home as a non-toxic cleaner. When diffused, On Guard® provides a pure and uplifting aroma.

### USES

- Soak sliced apples in water and a few drops for a snack.
- Diffuse two or three drops for a refreshing and energising aroma.

### DIRECTIONS FOR USE

#### DIFFUSION:

Use three to four drops in a diffuser of your choice.

#### FOOD FLAVOUR:

Add one or two drops to food.

#### TOPICAL USE:

Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

#### CLEANING USE:

Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions below

#### CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### INGREDIENTS:

Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf and Rosemary Leaf/Flower essential oils.



# PEPPERMINT

*Mentha piperita 15mL*

*Minty, fresh, herbaceous*

*Aromatic description*

## PRIMARY BENEFITS

- Diffuse for a clear crisp scent in the air
- Invigorating to the senses promoting an uplifted cheery feeling

## PRODUCT DESCRIPTION

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753.

A high menthol content, like that found in the dōTERRA Peppermint essential oil, distinguishes the best quality Peppermint from other products.

Peppermint is frequently used in toothpaste and chewing gum for oral hygiene. Peppermint continues to be one of the best-selling favourites among dōTERRA essential oils.

## USES

- Use a drop of Peppermint with Lemon in water for a refreshing flavour.
- Add a drop to your favourite smoothie recipe for a refreshing twist.

- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense essential oils and inhale for a midday pick-me-up.
- Diffuses well with Basil, Wild Orange, Spearmint, Coriander and Lemon essential oils.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

**PLANT PART:** Leaf/Stem

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Menthol, menthone, eucalyptol





# TEA TREE

*Melaleuca alternifolia 15mL*

*Herbaceous, green, leathery*

*Aromatic description*

## PRIMARY BENEFITS

- Cool and cleansing. Tea Tree is known for its antibacterial properties; it can be applied to the skin when necessary.
- Tea Tree essential oil contains a compound known to naturally repel insects.
- Tea Tree's antibacterial effects make it a good alternative to traditional cleaners. Add a few drops to a spray bottle with water and use on surfaces around the home.

## PRODUCT DESCRIPTION

Tea Tree essential oil has over 92 different compounds and limitless applications.

The leaves of the Tea Tree tree were used by the Aboriginal and Torres Strait Islander peoples for centuries. They would apply crushed leaves directly to the skin for a cooling effect.

Tea Tree essential oil is best known for its cleansing properties. It can be used to cleanse and clarify the skin and nails and to support a healthy looking complexion. Diffusing Tea Tree essential oil will help freshen the scent of the air.

## USES

- For topical skin application, apply one or two drops of Tea Tree essential oil in a carrier oil onto area.
- Combine one or two drops with your facial cleanser, as Tea Tree is known for its cleansing properties, or apply to skin after shaving.

- Apply to fingernails and toenails after showering to cleanse and keep nails looking healthy.
- Add a few drops to a spray bottle with water and use on surfaces as a cleaner around the home.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**TOPICAL USE:** Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

**CLEANING USE:** Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult

your physician. Avoid contact with eyes, inner ears and sensitive areas. Application to skin may increase sensitivity to sunlight.

**PLANT PART:** Leaf

**EXTRACTION METHOD:**

Steam distillation

**MAIN CHEMICAL COMPONENTS:**

Terpinen-4-ol,  $\gamma$ -terpinene,  $\alpha$ -terpinene

