

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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EASY AIR® CLEAR DROPS

PRIMARY BENEFITS

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

PRODUCT DESCRIPTION

dōTERRA's Easy Air® 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



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 15 mL

Powdery, floral, light

Aromatic description

PRIMARY BENEFITS

- Relax and recover. Create the perfect environment for a restful and quality night's sleep by diffusing the peaceful aromas of Lavender in your bedroom.
- Prepare and promote. Add a few drops of Lavender essential oil to your pillows, bedding, or the soles of your feet, to relax and prepare for a restful night's sleep.
- Create a calm and tranquil atmosphere. Lavender's relaxing and soothing aromas are thought to calm anxiety and quieten your mind during stressful periods.

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 for bathing, relaxation, cooking and as a perfume. its aromatic properties 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. Add to bath water to soak away stress or apply to the temples and the back of the neck.

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.

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 to pillows and bedding for a calming aroma.

DIRECTIONS FOR USE

DIFFUSION: Use three to four 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



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TEA TREE

Melaleuca alternifolia 15 mL

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, γ -terpinene, α -terpinene



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PEPPERMINT

Mentha piperita 15 mL

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 favorite 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



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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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ON GUARD® SANITISING MIST

27 mL

PRIMARY BENEFITS

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

PRODUCT DESCRIPTION

We all know the protecting power of dōTERRA's On Guard® 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® 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.

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

On Guard® blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® 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.



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dōTERRA TOUCH® ON GUARD®

Protective Blend 10mL Roll-On

Warm, spicy camphoraceous, woody

Aromatic description

PRIMARY BENEFITS

- Equips for seasonal threats
- Provides an energising, uplifting aroma
- Cleansing to the skin

PRODUCT DESCRIPTION

A proprietary blend of essential oils dōTERRA Touch® On Guard® provides a gentle and convenient application method for dōTERRA's proprietary On Guard® essential oil blend.

Perfect for the whole family, dōTERRA Touch® On Guard® can be applied topically to the chest and bottoms of feet when seasonal threats are high and to experience its energising, uplifting aroma.

The essential oils of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary in this blend are known for their cleansing properties to the skin.

USES

- Apply to chest or feet before spending time outdoors.
- Use on palms of hands as it is cleansing to the skin.
- Apply to wrists or pulse points for an energising aroma throughout the day.

DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area. Dilute with a carrier oil to minimise

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 or UV rays for up to 12 hours after applying product.

FIRST AID: "For advice, contact a Poisons Information Centre (e.g. phone Australia 13 11 26; New Zealand 0800 764 766) or a doctor (at once)".

If swallowed, do NOT induce vomiting.

INGREDIENTS

Fractionated Coconut Oil, Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf essential oils



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