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Healthy Can Be Simple

Discover dōTERRA® Natural Solutions

Pure essential oils are made up of natural compounds extracted from plants that can benefit you, your family, and your home.

These gifts of the earth have provided simple yet powerful solutions across history and cultures worldwide.



3
Pounds



Superior dōTERRA Quality

- + **Potent:** Grown, harvested, and distilled in ideal regions globally
- + **Pure:** CPTG Certified Pure Tested Grade®
- + **Safe:** Extensive testing using multiple quality and purity methods



3 Easy Ways to Use



Aromatic: Breathe in directly from the bottle or use a diffuser.



Topical: Apply to the bottoms of the feet or desired areas.



Internal: Place a drop under the tongue, in a Veggie Cap, or in water.[†]

*There's a simple system behind the dōTERRA lifestyle: a **daily routine** to support your foundational wellness, **12 key essential oils** to address everyday wellness needs, and **Targeted Solutions** whenever you need specific support.*

[†]See individual labels for ingredients, cautions, and instruction for use.

Foundational Wellness

dōTERRA makes establishing your **foundational wellness** simple with two product pathways: the Foundational Wellness Bundle or the dōTERRA Lifelong Vitality Pack®.

Foundational Wellness Bundle



Your body knows the difference between food and a formula. **VMG+®** is built on whole-food vitamins, minerals, and phytonutrients instead of synthetic isolates.

EO Mega+® provides omega-3 essential fatty acids, plus Wild Orange essential oil, to support your brain, heart, and joint health.

dōTERRA PB Restore® replenishes and encourages more growth of your body's supply of good bacteria, while also aiding gut barrier integrity.*



"Taking the Foundational Wellness Bundle gives me more energy and mental clarity. The products help me easily keep up with my younger kids."—Tina Wong, Pediatric MD, dōTERRA Wellness Advocate*

dōTERRA Lifelong Vitality Pack



Alpha CRS+® provides polyphenols that support healthy cell function, plus antioxidant protection.*

Microplex VMz® supports a healthy gut flora balance.*

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Nature's Rx™ Top 12 Essential Oils



Comfort Companion | *Copaiba*

Ways to Use **A T I S**

1. **Soothing sore muscles** after a workout or a long day
2. Creating **comforting feelings** after working hard
3. Enjoying a spicy, woody aroma as you **settle and unwind**

Since the sixteenth century, copaiba has been part of traditional Brazilian health practices like soothing skin irritations and bodily aches.

A small hole is drilled into the tree trunk, allowing the oleoresin to flow naturally like maple syrup harvest, which is steam-distilled to produce Copaiba essential oil.

Origin: Brazil



Calming Renewal | *Frankincense*

Ways to Use **A T I N**

1. Helping maintain renewed, healthy-looking skin
2. Producing **grounding moments** of reflection or meditation
3. Supporting a **healthy inflammatory response and cellular wellness** when used internally*†

Babylonians and Assyrians burned *Boswellia* tree resin in religious ceremonies and during meditation.

Harvesters carefully make tiny cuts in four types of *Boswellia* trees, allowing milky sap to flow and harden into golden resin that becomes Frankincense essential oil through hydrodistillation.

Origin: Ethiopia, Oman



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Slowing Down | *Lavender*

Ways to Use **A T I N**

1. Creating a **calm, soothing aroma** throughout the day
2. Winding down for **restful sleep** when used internally*
3. **Soothing minor skin irritations**

The ancient Egyptians and Romans were among the first to embrace the lavender plant's versatility, applying it in bathing, cooking, and perfuming.

Freshly harvested lavender from Bulgaria is transported to the Esseterre facility, where it's steam-distilled within a few hours to produce Lavender essential oil.

Origin: Bulgaria, France, China, Albania



Bright and Clean | *Lemon*

Ways to Use **A T I N**

1. Freshening the air with an **uplifting aroma** when energy dips
2. **Cleaning surfaces naturally**
3. **Supporting digestion** and natural cleansing when used internally*†

Past civilizations like Greece and Rome used lemons to scent clothes, create fragrances, and enhance traditional wellness techniques.

Today, families of farmers grow the fruits from generation to generation, harvesting by hand and extracting Lemon essential oil from the rinds with cold-pressing.

Origin: Italy, Brazil



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Cool Refresh | *Peppermint*

Ways to Use **A T I S**

1. Focusing and feeling a **cool rush of clarity** upon waking
2. Providing a quick **boost of motivation and inspiration**
3. **Easing occasional digestive discomfort** when taken internally*†

Historically in ancient Egypt, peppermint supported digestive needs, as well as provided culinary flavoring in Mediterranean dishes.*

Fresh plant materials are cleaned and steam-distilled to make Peppermint essential oil, with about three pounds producing a 15 mL bottle.

Origin: United States, India



Natural Cleanser | *Tea Tree*

Ways to Use **A T N**

1. **Freshening the air** when diffused
2. Soothing and **rejuvenating your skin**
3. Offering a **go-to natural surface cleanser** when you need one

The Aboriginal peoples of Australia have relied on tea tree for centuries, applying crushed leaves directly to the skin for a cooling, cleansing effect.

Tea Tree essential oil is steam-distilled from the leaves, which are harvested from evergreen trees that regrow quickly for sustainable sourcing.

Origin: Australia, Kenya





Easy Breathing | doTERRA Breathe®

Ways to Use A T S

1. Enjoying feelings of **open and easy breathing**, day and night
2. Getting the **most out of every breath** before exercise
3. Creating **comfort during seasonal changes** when breathing feels heavier

doTERRA Breathe is part of the Respiratory Targeted Solution.



Staying Grounded | doTERRA Balance®

Ways to Use A T N

1. Helping things slow down and settle into a **steadier headspace**
2. Starting your day feeling **grounded**
3. Providing a **midday reset** when things feel scattered

doTERRA Balance is part of the Sleep and Stress Targeted Solutions.





Soothing Muscles | *Deep Blue*[®]

Ways to Use TS

1. Cooling comfort for sore, overworked muscles after exercise
2. Moving and feeling better at the end of a long day
3. Supporting the recovery your body does best overnight

Deep Blue is part of the Pain Targeted Solution.



Internal Reset | *DigestZen*[®]

Ways to Use ATIN

1. Giving your gut a reset before meals or while traveling*
2. Settling occasional nausea when taken internally*
3. Supporting comfortable, everyday digestion after internal use**



DigestZen is part of the Digestion Targeted Solution.

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Better Rest | doTERRA Serenity®

Ways to Use A T N

1. Quieting a busy mind with a **calming space**
2. Encouraging a **tranquil atmosphere** for the rest you need
3. Signaling that the day is **done** before bedtime



doTERRA Serenity is part of the Sleep and Stress Targeted Solutions.



Immune Support | doTERRA On Guard®

Ways to Use A T L S

1. Offering **daily immune support** when ingested*[†]
2. Providing a warm, spicy aroma that **energizes the air** in any room
3. **Staying strong** through school, travel, and winter months*

doTERRA On Guard is part of the Immune Targeted Solution.



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Targeted Solutions

Your foundation is set. You're using essential oils in your home every day. When something specific needs attention

*like sleep, muscle recovery, or immune support there's an answer with a Targeted Solution.**

Pain



Sleep



Respiratory



Stress



Digestive



Immune



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Green Cleaning

abode®: Natural Home Care

“I love cleaning my clothes, home, and hands with nontoxic, plant-based abode cleaning products.”—Betty Torres, dōTERRA Wellness Advocate



Great Outdoors

TerraShield®: Natural Bug Defense

“This incredible blend is sure to become your new summer favorite.”
—Samantha Lewis, dōTERRA Director of Essential Oils



Personal Care

AromaTouch®: Natural Daily Self-Care

“At the end of a long day, I put a few drops of AromaTouch oil on my neck and shoulders to relax before bed.”
—Natalie Goddard, dōTERRA Wellness Advocate

Imagine Your Health and Life Empowered

Connect with the person who gave you
this guide to discover more.

When you use dōTERRA® natural solutions, healthy living can really be simple, safe, and effective.



Experience dōTERRA® Essential Oils

Essential Oil: _____

Supports: _____

How to Use: _____

Note: Dilute for sensitivity. Don't use in eyes, ears, or sensitive areas.

I'm here to support your health, naturally!

Name: _____

Phone: _____

Website: _____

Email: _____



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