

Getting Started

Check off products you currently have and circle those you want or need for your personal wellness plan and household.

SINGLE OILS

- ___ **Arborvitae** Cleansing; immune and cellular health support; seasonal relief
- ___ **Basil** Mental alertness; inner ear health
- ___ **Bergamot** Calming and energizing; uplift mood; promote self-acceptance and self-worth
- ___ **Black Pepper** Broad-spectrum immune support; support tobacco cessation; digestive support
- ___ **Cardamom** Digestive and respiratory support; soothe stomach and motion discomfort
- ___ **Cedarwood** Hair and scalp support; nervous and respiratory system support
- ___ **Cilantro** Heavy metal detox; cooking; lessens occasional head tension
- ___ **Cinnamon** Maintain already healthy blood sugar levels; immune and cholesterol support
- ___ **Clary Sage** Calming; healthy hormone balance; circulation support
- ___ **Clove** Numbing; soothe teeth and gums, support oral health; antioxidant properties
- ___ **Copaiba** Powerful antioxidant; support cardiovascular, immune, cellular, and digestive systems; healthy inflammatory response
- ___ **Coriander** Digestive support
- ___ **Cypress** Energizing; circulation and breathing support
- ___ **Eucalyptus** Sinus, respiratory, and oxygen support
- ___ **Fennel** Digestive support; circulation; skin support
- ___ **Frankincense** Healthy inflammatory response; mood support; cellular health; immune support
- ___ **Geranium** Soothe skin; hormone balance; gall bladder, liver and mood support
- ___ **Ginger** Digestive health; relieve occasional motion sickness/nausea
- ___ **Grapefruit** Manage appetite and cravings; stabilize weight; detox
- ___ **Green Mandarin** Mood support; digestive health; respiratory support
- ___ **Helichrysum** Renew and revitalize; tissue support; improve skin; support liver
- ___ **Jasmine Touch** Uplift mood; healthy complexion; personal fragrance
- ___ **Juniper Berry** Digestive support; respiratory health; emotional support; immune support
- ___ **Lavender** Soothing and calming; soothe occasional skin sensitivities; promote sleep
- ___ **Lemon** Uplifting; detoxification; support liver and kidneys; antioxidant
- ___ **Lemongrass** Support thyroid and connective tissue; ease sore muscles; detoxification
- ___ **Lime** Calming; respiratory support; soothe occasional throat irritation; improve focus
- ___ **Magnolia Touch** Promote calm and relaxing mood
- ___ **Marjoram** Relieve occasional sore, tight, or tense muscles; digestive and bowel upset
- ___ **Melissa** Strengthening; emotional and cognitive health; calm nerves; support confidence; support immune system

- ___ **Myrrh** Immune support; soothe occasional throat irritation; gum and skin health; thyroid support
- ___ **Oregano** Cleansing; antioxidant; hormone support
- ___ **Patchouli** Calming; support nerves, skin, and mood; detoxification; boost confidence
- ___ **Peppermint** Cooling; soothe head tension; support alertness, respiration, exercise, and digestion
- ___ **Pink Pepper** Cleansing and invigorating; digestive and immune support
- ___ **Roman Chamomile** Promote calm and restful sleep; skin health; mood support; liver support
- ___ **Rosemary** Immune support; reduce mental fatigue
- ___ **Rose Touch** Calming; support skin, promote confidence and mood
- ___ **Sandalwood** Support brain, skin, and mood
- ___ **Siberian Fir** Reduce stress and balance emotions; soothe minor skin irritations; relaxing massage
- ___ **Tea Tree (Melaleuca)** Cleansing; skin support; healthy complexion
- ___ **Thyme** Cellular health; antioxidant; brain and prostate
- ___ **Turmeric** powerful antioxidant; cellular health; immune, digestive, and respiratory support
- ___ **Vetiver** Grounding and calming; promote focus and concentration; support sleep
- ___ **Wild Orange** Calming; cellular health; digestive support; uplift mood
- ___ **Wintergreen** Soothe occasional soreness; healthy inflammatory response
- ___ **Yarrow Pom** Promote cellular, immune, skin and nervous system health; calming and soothing
- ___ **Ylang Ylang** Support heart, adrenals, hormones, mood, and maintain already healthy blood pressure

SIGNATURE OIL BLENDS

- ___ **AromaTouch**® Relieve sore muscles from exercise or tension; increase circulation/oxygen
- ___ **dōTERRA Balance**® Grounding; reduce anxiousness/nervousness; improve attention
- ___ **dōTERRA Breathe**® Respiratory support; invigorating vapor
- ___ **Citrus Bliss**® Invigorating; uplift mood; reduce stress
- ___ **ClaryCalm**® The best oil for your worst week. Period
- ___ **DDR Prime**® Protect cellular health and DNA; support thyroid
- ___ **Deep Blue**® Relieve occasional soreness
- ___ **DigestZen**® Support occasional digestive upset and nausea
- ___ **Elevation** Reduce frustration; elevate mood; promote energy and joy
- ___ **Immortelle** Promote skin health and rejuvenation; mood support
- ___ **InTune**® Support focus, concentration, attention, mental clarity, and mood
- ___ **Kid's Collection** Positive essential oil introduction; mood support
- ___ **dōTERRA On Guard**® Boost immune system; soothe occasional throat irritation

- ___ **PastTense**® Relieve occasional head tension and discomfort; promote relaxation
- ___ **dōTERRA Serenity**® Reduce stress, anxiousness, tension, and mental chatter; sleep support
- ___ **Slim & Sassy**® Target metabolism, appetite, cravings; maintain already healthy blood sugar
- ___ **TerraShield**® Outdoor protection; support healthy boundaries
- ___ **TriEase**® Seasonal and environmental relief; respiratory support; immune support
- ___ **Zendocrine**® Support urinary system; detoxification; antioxidant
- ___ **Yoga Collection** Increase benefit from yoga practice

WELLNESS

- ___ **dōTERRA LifeLong Vitality Pack**® Comprehensive trio for optimal health, energy, and longevity
- ___ **Deep Blue**® **Polyphenol Complex** Provide soothing, relief, and structural support
- ___ **Fractionated Coconut Oil** Dilution aid and skin moisturizer
- ___ **PB Assist+**® Proprietary probiotic supplement; support digestive and immune system*
- ___ **DigestZen TerraZyme**® Digestive Enzyme Complex; support healthy digestion and metabolism*
- ___ **Zendocrine**® **Complex** Herbal cleansing for liver, kidneys, colon, respiratory system, and skin

PERSONAL CARE

- ___ **Correct-X**® Protect and hydrate skin, soothe and promote skin renewal after stress
- ___ **dōTERRA**® **Spa Hand & Body Lotion** Base lotion to add oils to
- ___ **HD Clear**® **Skin Care** Facial Lotion and Foaming Face Wash
- ___ **dōTERRA Salon Essentials**® Protecting Shampoo and Smoothing Conditioner
- ___ **Veràge**® **Skin Care Collection** Natural Cleanser, Toner, Moisturizer, Hydrating Serum
- ___ **dōTERRA Breathe**® **Drops** Respiratory support; clear and soothe the airways
- ___ **Deep Blue**® **Rub** Soothing Lotion
- ___ **dōTERRA On Guard**® **Toothpaste** Natural whitening toothpaste
- ___ **dōTERRA On Guard**® **Sanitizing Mist** Kill 99.9% of germs and bacteria; quick-drying mist
- ___ **dōTERRA On Guard**® **Protecting Throat Drops** Immune health
- ___ **dōTERRA On Guard**® **Foaming Hand Wash** Safe and effective cleanser
- ___ **Lumo/Lotus/Petal Diffuser** Aromatic oil use
- ___ **Veggie Caps** Empty gel capsules

DISCLAIMER: This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.