

Reduce Toxic Load

Nature experiences cycles of releasing and renewing. Our bodies also benefit from seasons of cleansing and focused detox for renewal. Support the body's natural pathways of detoxification by using natural cleaning and self-care products, along with targeted use of dōTERRA CPTG® essential oils.

WHY CLEANSE?

- Enhance mood
- Enhance metabolism
- Support healthy weight
- Improve digestive function
- Improve elimination and natural detox processes of body
- Support nervous system
- Increase energy

TIP
Use citrus oils daily in your water for gentle, natural cleansing.

EXPERIENCE dōTERRA'S 30 DAY CLEANSE

----- DAYS 1-30 -----



SUPPORT HEALTHY DIGESTION AND METABOLISM*

DigestZen
TerraZyme®

1-3 capsules with meals daily



CLEANSE

Lemon

1-3 drops in water 3-5 times daily



Zendocrine® Detoxification Complex

1 capsule 2-3 times daily

----- DAYS 1-10 -----



SUPPORT FILTERING ORGANS*

Zendocrine® Softgels

1 softgel 2-3 times daily

----- DAYS 11-20 -----



CLEANSE INTESTINAL TRACT*

GX Assist®

1-3 softgels a day with meals

----- DAYS 21-30 -----



SUPPORT HEALTHY DIGESTIVE FUNCTION AND IMMUNITY*

PB Assist®+

1-3 capsules a day with meals



SUPPORT CELLULAR HEALTH*

DDR Prime® Softgels

Take 2 softgels daily with meal



*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.

DAILY WELLNESS LIFESTYLE HABITS

8-10+ water glasses daily

Eliminate chemical-based cleaning and self-care products

NATURAL SELF-CARE



dōTERRA
ON GUARD® TOOTHPASTE
Natural Whitening Toothpaste.



VERÀGE® FACIAL KIT
Plant-based, essential oil-infused,
natural skin care line.



dōTERRA
SALON ESSENTIALS® KIT
Essential oil-infused premium hair
products: Protecting Shampoo,
Smoothing Conditioner, Healthy
Hold Glaze, and Root to Tip Serum.



dōTERRA
**SPA MOISTURIZING BATH BAR
AND REFRESHING BODY WASH**
Cleanse your body with natural
soap and body wash free of
harsh ingredients.

GLASS CLEANER

1 1/2 cups white vinegar
1/2 cup water
8 drops Lemon

Mix ingredients in
16 oz. glass spray bottle
& shake thoroughly.

BATHROOM FRESHENER

5 drops Lemongrass
5 drops Grapefruit
5 drops Bergamot
Water

Add water to nearly full
4 oz. spray bottle. Mix,
shake, and spray.

NATURAL CLEANING

*Reduce toxicity in your environment by using
safe, plant-based, non-toxic, natural cleaners.*



dōTERRA
On Guard®
Cleaner
Concentrate



dōTERRA
On Guard®
Laundry
Detergent



dōTERRA
On Guard®
Foaming
Hand Wash