

ō

Healthy Can Be
SIMPLE



DISCOVER

SAFE, AFFORDABLE, AND EFFECTIVE NATURAL SOLUTIONS!

Essential oils are extracted from different parts of a plant and are more powerful than herbs.



**3 lbs.
Peppermint**



**15 mL
Bottle**

Essential oils have provided simple and powerful solutions throughout history.



EXPERIENCE THE SUPERIOR QUALITY OF dōTERRA

POTENT



Grown and harvested in ideal regions

PURE



CPTG Certified Pure Tested Grade®

SAFE



Extensive third-party testing

THREE EASY WAYS TO USE

AROMATIC



Breathe in directly or use diffuser

TOPICAL



Apply to bottoms of feet or specific areas

INTERNAL



Place a drop under tongue, in gel cap, or in water



ENJOY

SIMPLE DIGESTIVE SUPPORT

DigestZen® essential oil blend provides effective digestive support and calms the stomach, combining the benefits of Ginger, Peppermint, Caraway, Coriander, Anise, Cardamom, and Fennel essential oils.*

"For years, DigestZen has helped me and my children maintain healthy digestion. Research shows the stomach and intestines are the second brain, which is why this unique combination of oils brings 'zen' to your heart and mind."*

—Monica Hsiung



*See individual labels for ingredients, cautions, and instruction for use.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

HEALTHY WEIGHT

dōTERRA® MetaPWR® helps support a healthy metabolic function, curb cravings, promote mindful eating and appetite control, and reduce adipose fat cells when ingested.*†

*"Looking great moving into our 60's is important to both of us. From curbing cravings to taming fat cells, the MetaPWR blend is a real game changer!"**

—Jerry & Laura Jacobs



*More confirming clinical research is needed.

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SIMPLE EXERCISE AND HEALTHY WEIGHT

EXERCISE

Deep Blue® Rub provides comforting support to problem areas with a natural cooling and warming sensation.

"Deep Blue is my best friend. I use Deep Blue in massage to help with recovery after workouts."

—Tim Hightower,
NFL Running Back



SIMPLE SLEEP



*"I love using Lavender on my pillow.
It reminds me of home and creates a
relaxing environment before bed."*

—Alev Kelter,
USA Olympic Women's Rugby Player



dōTERRA Serenity® creates a restful environment by blending together soothing aromas like Lavender, Cedarwood, and Vetiver essential oils.

SELF-CARE

"As a mom of seven spirited children, it's easy to feel depleted. At the end of a long day, I put a few drops of AromaTouch oil on my neck and shoulders to relax before bed. (Some call it a massage in a bottle.) With dōTERRA, my self-care is simple and effective, so I can take care of myself as well as my family."

—Natalie Goddard



AromaTouch® can be rubbed into the neck and shoulders as part of a relaxing massage.





"dōTERRA On Guard oil is a mom's best friend! I keep a little shot glass near our kitchen sink as a reminder to gargle and swallow a drop of dōTERRA On Guard oil to help support healthy immune function and soothe dry or scratchy throats. I also diffuse it in my home during the winter for months."*

—Natalie Rigby

IMMUNE SUPPORT

dōTERRA On Guard® is an effective alternative to synthetic options, supporting the immune system*.



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GREEN CLEANING

"No more reading labels at the grocery store! I love cleaning my clothes, home, and hands with dōTERRA's nontoxic, plant-based abōde® cleaning products. They are super effective, and the best part is I don't have to compromise my family's health or add to the toxic load in the environment!"

—Betty Torres



abōde® cleaning products are a nontoxic alternative for cleaning in the home.



SIMPLE SUPPORT

InTune® provides
a relaxing and
uplifting aroma.



"As a professional in the wellness field, I have seen the InTune oil blend help so many children. Even the teachers report the noticeable change and ask them what they are doing different!"

As a doctoral student as well, I apply this oil every time I sit down to do homework."

—Danielle Daniel

SOOTHE SKIN

"I love to apply PastTense to my neck and shoulders, especially at the end of the day when I need it most! It is my go-to oil on the rare occasion that I have low back discomfort. PastTense is one of the oils I cannot leave home without! I find that if there is a day that I don't need to use it, I am either with someone or I meet someone who really needs it. So I am always prepared!"

—Zia Nix



PastTense® provides a soothing sensation on the skin and comforting aroma.



CELLULAR SUPPORT

"I have taken many supplements my entire life, the majority of which I noticed little or no change or improvement. On day three of using dōTERRA Lifelong Vitality Pack®, my life changed. I have energy, vitality, stamina and so much more!" Now I can keep up with my eight boys. It is extraordinary how the human body responds when you feed it the nutrition it needs!"

—Justin Harrison



dōTERRA Lifelong Vitality Pack® is a trio of power-packed supplements—essential oil-infused vitamins, minerals, omegas, and cellular support—that provide the foundation for daily energy and healthy mood balancing.*

Frankincense, often called "the King of Oils," is one of the essential oils every home needs because of its variety of beneficial uses.

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**FEEL
GREAT!**



PREGNANCY and BABY

"dōTERRA Lifelong Vitality Pack® can help during pregnancy. They are a whole food-based supplements, so your body knows exactly what to do with the nutrients. When you are ready to give birth, I recommend two oils be in your birth bag: Wild Orange and dōTERRA Balance. Both are incredible."[†]

—Stephanie Fritz

dōTERRA Balance® provides a relaxing, tranquil atmosphere for all stages of life.



SIMPLE

WOMEN'S HEALTH



ClaryCalm® is cooling and soothing to the skin. Period. This blend is especially for women who need some extra comfort.



SEASONAL SUPPORT

"I love spring flowers and beautiful weather, but seasonal changes often leave me feeling less than ideal. I like to use a triple threat to help me maintain feelings of clear airways with a dōTERRA® TriEase® Softgel in the morning, place a little dōTERRA Breathe® under my nose throughout the day, and diffuse Eucalyptus at night."*

—Christa Dietzen,
USA Olympic Women's Volleyball Team Captain



Outdoor Relief

TerraShield® is a great natural blend to take camping and on hiking trips.

Purify is a great blend to keep in your hiking backpack because of its cleansing properties.



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ENJOY THE GREAT OUTDOORS!

"I believe that dōTERRA essential oils can be a powerful tool for helping people connect with nature and improve their overall health and well-being. I have seen firsthand the benefits of using essential oils outdoors, and I am a strong advocate for their use."

—Dr. David Hill, Founding Executive, Science and Healthcare

When consumed together, Lemon, Lavender, and Peppermint help your body deal with seasonal elements and promote clear, easy breathing.*



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FUN IN THE SUN

dōTERRA® sun protects your body and skin with moisturizing and effective products free of harsh ingredients.



"Spending time for myself in nature energizes me, and I never leave the house without my Peppermint water spritz. In addition to being a natural bug deterrent, the Peppermint mist cools me down while at the beach or on a hike. Another secret of mine is Lavender—not only does it soothe my sun-kissed skin, but it also keeps me calm during my self-care ritual of deep breathing in nature. Use both for an energizing calm that can lift your mood for a day of fun outdoors."

—Mariza Snyder

TRAVEL



Peppermint can give
a refreshing boost.





Energy Support

"Exercise is a key part of my day, but I need energy to get through work as well. Mito2Max is my daily energy boost that I know won't make me crash."

—Jessica Moultrie

Mito2Max® naturally supports cellular energy production, aerobic capacity, and stamina.*

A drop of Wild Orange and Peppermint inhaled from your hands is the perfect afternoon pick-me-up.



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IMAGINE YOUR HEALTH AND LIFE EMPOWERED

There are so many possibilities available to you by using dōTERRA solutions. Living healthy really can be simple.



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

EXPERIENCE

dōTERRA® ESSENTIAL OILS

Essential Oil: _____

Supports: _____

How to Use: _____

Essential Oil: _____

Supports: _____

How to Use: _____

NOTE: Dilute for sensitivity. Don't use in eyes or ears.

I'M HERE TO SUPPORT YOUR
SIMPLE HEALTH

Name: _____

Phone: _____

Website: _____

Email: _____



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