

dōTERRA® Healthy Essentials Collection



dōTERRA
Lavender
Lavandula
angustifolia 15 mL
Essential Oil Supplement

dōTERRA
Copaliba
Copalifera
Essential Oil 15 mL
Essential Oil Supplement

dōTERRA
ADAPTIV™
Calm
Blend 15 mL
Essential Oil Blend

dōTERRA
Balance
Grounding
Blend™ 15 mL
Essential Oil Blend

dōTERRA
Peppermint
Mentha
piperita 15 mL
Essential Oil Supplement

dōTERRA
On Guard™
Protective
Blend™ 15 mL
Essential Oil Supplement

dōTERRA
Breathe™
Respiratory
Blend™ 15 mL
Essential Oil Supplement

dōTERRA
Lemon
Citrus
limonum 15 mL
Essential Oil Supplement

dōTERRA
Digestive
Digestive
Essential Oil 15 mL
Essential Oil Supplement

Introducing the essentials.

Transforming your mind, body, and home has never been easier with essential oils and essential oil-infused products. With dōTERRA®, you can be confident that your essential oils are safe, pure, and effective.

- 💧 dōTERRA oils are safe to use with the whole family and give you peace of mind.
- 💧 Pure, ethically sourced essential oils is dōTERRA's number one priority.
- 💧 dōTERRA oils are potent, powerful, and effective.



Peppermint | 15mL

Refreshing, cooling, invigorating

- 🕒 Apply to chest before exercise
- 🌿 Add a drop to your toothbrush
- 🕒 When tense, massage into temples



Lemon | 15mL

Cleansing, inside and out*

- 🕒 Inhale to improve mood
- 🕒 Use to wipe down surfaces
- 🌿 Add a drop to a glass of water



Deep Blue® | 5mL

Soothes targeted areas

- 🕒 Massage into muscles
- 🕒 Use before or after working out
- 🕒 Apply after a long workday

For more ideas, tips, and instructions about using your new products, visit dotterra.com/healthyessentials



Using essential oils is as **easy as 1, 2, 3.**



Breathe it in. | **A**

First, try using **Peppermint** aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.



Take a sip. | **I**

Next, use **Lemon** internally. Put a drop in a glass of water and take a refreshing sip.



Put some on. | **T**

Now, apply **Deep Blue**[®] topically. Put a drop in your palms, rub them together, and massage into the neck and shoulders. How do you feel?

It is important to use your new essential oils safely. Use the kit QR code in this brochure to learn the best practices for using essential oils in the home.

Transform your health with **natural, nontoxic products.**



Lavender | 15mL

Calming, soothing, and relaxing

- A** A drop on your pillow
- T** Apply to skin irritations
- I** Add two drops to nighttime tea



ADAPTIV™ | 15mL

Adapt and stress less

- A** Diffuse to ease anxious feelings
- T** Apply as a supportive perfume
- A** Inhale to combat stress



Copaiba | 15mL

*Ease bodily discomfort**

- I** A drop under the tongue
- A** Diffuse for emotional support
- T** Rub into targeted areas



dōTERRA Balance® | 15mL

Grounds and balances emotions

- A** Inhale when feeling anxious
- A** Diffuse during meditation
- T** Apply to wrists for relaxation

APPLICATION METHODS

- A** Can be used aromatically | **T** Can be used topically | **I** Can be used internally

Choose wellness with **everyday essentials.**



dōTERRA Breathe® | 15mL
Feelings of easy breathing

- T** Rub on chest or back
- A** Diffuse at bedtime
- A** Inhale directly from palms



DigestZen® | 15mL
*Soothes stomach upset**

- I** Add to water or tea
- T** Rub on stomach
- I** Take after a large meal



dōTERRA On Guard® | 15mL
*Boosts immune system**

- A** Diffuse during fall and winter
- T** Rub on the bottoms of feet
- I** Add to water with honey to soothe throat*



The Petal Diffuser
User-friendly oil diffuser

- Create an uplifting environment
- Purify the air in the kitchen or bathroom
- Use in your bedroom for a relaxing atmosphere

*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.

*Statements with the asterisk refer to internal use of products.



Your purchase
changes lives.

The mission of dōTERRA is to change the world one drop at a time. When you buy from dōTERRA, you are supporting sustainable sourcing practices that help communities around the globe.

Did you enjoy your products?
Try these next!



Deep Blue® Rub

Try this essential oil-infused topical cream to bring a comforting sensation of cooling and warmth to problem areas.



dōTERRA Lifelong Vitality Pack®

This pack of three supplements provides maximum nutrition for energy, focus, relief, and well-being.*



Adaptiv™ Capsules

These capsules combine the soothing benefits of specifically selected essential oils with clinically studied botanicals to help manage the effects of everyday tension, anxious feelings, uneasiness, and worry.*

Scan the kit QR code in this brochure to get wellness delivered to your door each month, plus free dōTERRA products.

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