

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



Breathe it in. | **A**

First, try using **dōTERRA Balance®** 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 **Tangerine** internally. Put a drop in a glass of water and take a refreshing sip*.



Put some on. | **T**

Now, apply **Deep Blue® Rub** topically. Put a small amount 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.

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

 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!



Volo® Diffuser
Powerful and uniquely refined with two stylistic options. Volo Marble and Volo Onyx complement any home or office.



DigestZen® | 15 mL
This oil blend is perfect for soothing occasional stomach upset and maintaining overall digestive health when ingested.*



dōTERRA Serenity®
dōTERRA Serenity® Restful Blend, dōTERRA Serenity® Stick + Valerian, and dōTERRA Serenity® Softgels together provide a natural and safe solution for an ideal pathway to rest.

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

*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.

dōTERRA®

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dōTERRA®
Healthy Habits Kit



Healthy habits, healthy life.

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



dōTERRA Balance® | 5 mL
Grounding and balancing

- Ⓐ Inhale for a tranquil aroma
- Ⓐ Diffuse during meditation
- 🔥 Apply to wrists for relaxing aroma



dōTERRA Tangerine | 5 mL
Cleansing, inside and out*

- Ⓐ Inhale for a positive aroma
- 🔥 Use to wipe down surfaces
- 🌿 Add a drop to a glass of water



dōTERRA Deep Blue® Rub
Soothes targeted areas

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

Transform your life with natural, nontoxic products.



Lavender | 5 mL
Calming, soothing, and relaxing

- Ⓐ Place a drop on your pillow
- 🔥 Apply to skin irritations
- 🌿 Add two drops to nighttime tea



Frankincense | 5 mL
*Supports cellular health**

- Ⓐ Diffuse for a soothing aroma
- 🔥 Apply to blemishes
- 🌿 Place a drop under the tongue



dōTERRA On Guard® | 5 mL
*Supports immune system**

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



dōTERRA TerraZyme™
Digestive Enzyme Complex

- Supports the body's constant production of enzymes critical for healthy biochemical functions*
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy*
- Includes a variety of enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber*



dōTERRA PB Restore™
ProBiome Complex

- 30 bioactive strains | 18 billion CFU
- A daily full body microbiome formula to support:*
- Digestive health
 - Gut barrier integrity
 - Gut immune funtion
 - Micronutrient synthesis
 - Healthy metabolism
 - Respiratory health
 - Cardiovascular health*
 - Dermatological health
 - Urological health*
 - Brain and DNA Function†

dōTERRA Lifelong Vitality Pack®: look, feel, and live younger, longer.

Together, these supplements provide maximum nutrition for energy, focus, relief, and well-being.*



Microplex VMz®
Food nutrient formula of vitamins and minerals

- Supports**
- Healthy metabolism*
 - Immune function*
 - Cellular energy*



xEO Mega®
*Essential fatty acids and antioxidants**

- Supports**
- Healthy brain function*
 - Cardiovascular system*
 - Nervous system*
 - Immune system*
 - Joint health and mobility*



Alpha CRS+®
*Supports healthy cellular function**

- Supports**
- Healthy tissues and organs*
 - Cellular function*
 - Energy and vitality*
 - Mental clarity and function*



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



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†Based on preclinical research. More research is needed.

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