

dōTERRA®

Healthy Start Kit



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



Breathe it in. | **A**

First, try using **Peppermint** aromatically. Put a drop in your palm, 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 small amount in your palm, rub your hands, 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.

Every day deserves a **healthy start.**

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 essential 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 essential oils are potent, powerful, and effective.



Peppermint | 5 mL

Refreshing, cooling, invigorating

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



Lemon | 5 mL

Cleansing, inside and out*

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



Deep Blue® | 5 mL

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/healthystart



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



Lavender | 5 mL

Calming, soothing, and relaxing

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



Frankincense | 5 mL

*Supports cellular health**

- I** Place a drop under the tongue
- T** Apply to blemishes
- A** Diffuse for soothing experience



Tea Tree | 5 mL

Cleanses, purifies, and rejuvenates

- T** Apply to skin irritations
- A** Use as a natural surface cleanser
- T** Apply to hair and nails



Oregano | 5 mL

*Powerful support**

- I** Take for antioxidant support*
- T** Dilute and apply to bottoms of the feet
- I** Take for immune support*

APPLICATION METHODS

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

Choose wellness with **everyday essentials.**



dōTERRA Breathe® | 5 mL

Feelings of easy breathing

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



DigestZen® | 5 mL

*Soothes stomach upset**

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



dōTERRA On Guard® | 5 mL

*Supports 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 Pebble™ Diffuser

Small diffuser, big benefits

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

*Statements with the asterisk refer to internal use of 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.



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 On Guard® Hand Wash

This dōTERRA On Guard-infused, natural-based hand wash cleans and softens hands.



dōTERRA Lifelong Vitality Pack®

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

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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