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

Breathe it in. | A

First, try using **dōTERRA 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® Rub** topically. Put a drop in your palms, rub them together, and massage into the neck and shoulders. Wash your hands after use before touching sensitive areas. Or roll Deep Blue™ Stick directly on for even easier application.

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.

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.

Which products did you enjoy most?
Try these next!

Deep Blue™ Stick
Try this essential oil–infused topical stick 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.

*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.

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dōTERRA
Home Essentials Kit

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 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 | 15 mL
Refreshing, cooling, invigorating
- Ⓣ Apply to chest before exercise
- Ⓣ Add a drop to your toothbrush
- Ⓣ When tense, massage into temples

Lemon | 15 mL
Cleansing, inside* and out
- Ⓐ Inhale for a positive aroma
- Ⓣ Use to wipe down surfaces
- Ⓘ Add a drop to a glass of water

Deep Blue® | 5 mL
Soothes targeted areas
- Ⓣ Massage into muscles
- Ⓣ Use before or after working out
- Ⓣ Apply after a long workday

Transform your health with
natural, nontoxic products.

Lavender | 15 mL
Calming, soothing, and relaxing
- Ⓐ Put a drop on your pillow
- Ⓣ Apply to skin irritations
- Ⓘ Add two drops to nighttime tea

Frankincense | 15 mL
Soothes and rejuvenates
- Ⓘ Add two drops in a veggie cap
- Ⓣ Apply for healthy skin
- Ⓐ Diffuse for a soothing experience

Oregano | 15 mL
Supportive and cleansing
- Ⓘ Ingest for antioxidant support*
- Ⓐ Add to surface cleanser
- Ⓘ Add a drop in cooking recipes

Tea Tree | 15 mL
Cleansing and purifying
- Ⓐ Put a drop in a cleaning solution
- Ⓣ Apply for healthy nails
- Ⓣ Apply on affected areas of skin

APPLICATION METHODS   Ⓐ Can be used aromatically | Ⓣ Can be used topically | Ⓘ Can be used internally

Choose wellness with
everyday essentials.

dōTERRA Breathe® | 15 mL
Feelings of easy breathing
- Ⓣ Rub on chest or back
- Ⓐ Diffuse at bedtime
- Ⓐ Inhale directly from palms

DigestZen® | 15 mL
Soothes stomach upset*
- Ⓘ Add to water or tea
- Ⓣ Rub on stomach
- Ⓘ Take after a large meal

dōTERRA On Guard® | 15 mL
Supports immune system*
- Ⓐ Diffuse during fall and winter
- Ⓣ Rub on the bottoms of feet
- Ⓘ Add to water with honey to soothe throat*

The Laluz® Diffuser
User-friendly oil diffuser
- • Create an uplifting environment
- • Refresh the air in the kitchen or bathroom
- • Use in your bedroom for a relaxing atmosphere