

Rest & Manage Stress

Essential oils provide dynamic support for getting consistent quality sleep and managing stress. Create an environment where your sleep gives your body the opportunity to repair and renew. Choose solutions to keep feeling great and stay centered no matter what life throws at you.



DAILY WELLNESS HABITS

- Get 7-9 hours of quality sleep nightly.
- Engage in daily mindfulness or meditation.



Prioritize Rest



dōTERRA Serenity® and Lavender
Place 1–2 drops on your pillow for peaceful dreams.



dōTERRA Serenity® Softgels
Take 1–2 softgels before bed for deep, rejuvenating sleep.*



dōTERRA Peace® and Cedarwood
Massage 1-3 drops on feet and forehead at the end of a long day to feel calm and relaxed in a flash.



Sleep Wellness Program
Sleep doesn't have to come at a price. Save big while you create habits that settle your mind and body for better rest. See page 18 for details.

RELAXING BATH SALTS

1 cup Epsom salts
10 drops dōTERRA Balance®, dōTERRA Serenity®, or Lavender
Mix and pour into your bath.



Manage Stress



Citrus Bliss®
Put a drop in your palm and inhale for a quick pick-me-up. Diffuse for an uplifting environment.



Black Spruce
Diffuse to help you relax and create a steadying environment.



dōTERRA Balance®
Apply to bottoms of feet to start your day. Diffuse to create a calming, grounding space during demanding or difficult times.



dōTERRA Cheer®
Apply to the wrists or pulse points for a cheerful boost of happiness and positivity to your environment throughout the day.
Consider using other essential oils in the dōTERRA Emotional Aromatherapy® system as desired.



Mind & Mood Wellness Program
Take a 90-day journey to greater peace of mind and a steadier, more resilient you. See page 19 for details.

The Adaptiv® System



Adaptiv Calming Blend is the answer during life's most demanding moments. Diffuse or roll on to create a calming atmosphere. Adaptiv Capsules combine clinically studied botanicals with a blend of essential oils to help you adapt to stressful situations.*

See individual labels for ingredients, cautions, and instruction for use.
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.