

Informed Self-Care

Make it a habit to use dōTERRA natural solutions as your first line of defense. When life's challenges arise, use a trusted essential oil reference book to search the possibilities of solutions at your fingertips.

Oils on the Go



8-VIAL KEYCHAIN
Pack your eight most frequently used essential oils and be ready for anything!

- KEYCHAIN FAVORITES**
- | | |
|------------------|-------------------|
| Lavender | dōTERRA On Guard® |
| DigestZen® | Frankincense |
| Peppermint | Deep Blue® |
| dōTERRA Breathe® | Tea Tree |

DAILY WELLNESS HABITS

- Turn to natural solutions as your first line of defense.
- Refer to an essential oil reference book for possibilities.



dōTERRA On Guard® Sanitizing Mist
Spray this naturally derived hand sanitizing mist, which is 99.9% effective against most common germs (see label for list of germs).



dōTERRA On Guard+™ Softgels
*Consume 1 or more softgels as needed to promote healthy immune function.**



Correct-X®
Use this natural ointment for any minor skin irritations.



Lavender
Apply topically to soothe occasional skin irritations.



Peppermint
Apply for a cooling sensation. Dilute as needed.



Tea Tree
For occasional skin irritations, apply 1–2 drops onto the affected area.



ClaryCalm®
Roll this women's monthly blend on lower abdomen and use with a heating pad.



Immunity Wellness Program
Make immune health a top priority and build a collection of tools for both everyday protection and occasional extra support.* See page 19 for details.

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.