

dōTERRA®

Natural Solutions Kit



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® Stick** topically. Pop off the cap and roll this smooth oil infused product right over your muscles.

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.

APPLICATION METHODS

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

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

Welcome to a life of **natural solutions.**

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.



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 and refreshing

- 🅇 Add a drop to a glass of water*
- 🅄 Use to wipe down surfaces
- 🅄 Inhale for a positive aroma



Deep Blue® Stick

Soothes targeted areas

- 🅄 Roll onto muscles
- 🅄 Use before or after working out
- 🅄 Apply after a long workday

For more ideas, tips, and instructions about using your new products,
visit [doterra.com/naturalsolutions](https://www.doterra.com/naturalsolutions)



*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.

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

There are countless ways to use your new oils. **Here are a few ideas.**



Lavender | 15 mL

Calming, soothing, and relaxing

- A Put a drop on your pillow
- I Add two drops to nighttime tea†
- T Apply to skin irritations



Frankincense | 15 mL

*Supports cellular health**

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



Tea Tree | 15 mL

Cleanses, purifies, and rejuvenates

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



Oregano | 15 mL

Supportive and cleansing

- I Ingest for antioxidant support *
- A Add to surface cleanser
- I Add a drop in cooking recipes†



dōTERRA Breathe® | 15 mL

Feelings of easy breathing

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



DigestZen® | 15 mL

*Soothes stomach upset**

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

APPLICATION METHODS

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

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Choose wellness with **everyday essentials.**



Adaptiv® | 5 mL

Grounding and calming

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



dōTERRA Serenity® | 5 mL

Supports restful sleeping environment

- A Put a drop on your pillow
- T Add to your evening bath
- T Rub on your neck before bed



dōTERRA On Guard® | 15 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 *



Deep Blue® | 5 mL

Soothes targeted areas

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



Fractionated Coconut Oil

Absorbent, light, and moisturizing

- Use this carrier oil to dilute essential oils before applying to young or sensitive skin



The Laluz® Diffuser

Transform any room

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

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



dōTERRA On Guard® Toothpaste

Cleans and whitens teeth naturally

- Brush morning and night for reduced plaque and whiter teeth



dōTERRA On Guard Sanitizer Spray

Moisturizes and sanitizes

- 99.9 percent effective against most common germs[†]
- Take when traveling and on the go



dōTERRA On Guard+™ Softgels

*Powerful antioxidant defense**

- Take these vegetarian softgels during times of seasonal threats for immune support*

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[†]Common germs include Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis.



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® Breathe Vapor Stick
Cooling, invigorating vapor

- Use to create feelings of clear airways
- Apply before bed for cooling, soothing comfort
- Take when traveling for feelings of easy breathing



Correct-X®
Soothe the skin naturally

- This multi-purpose, natural ointment soothes and cleanses distressed skin



dōTERRA PB Restore™
ProBiome Complex

30 bioactive strains | 18 billion CFU

A daily full body microbiome formula to support:*

- | | |
|---------------------------|----------------------------|
| • Digestive health | • Respiratory health |
| • Gut barrier integrity | • Cardiovascular health† |
| • Gut immune function | • Dermatological health |
| • Micronutrient synthesis | • Urological health† |
| • Healthy metabolism | • Brain and DNA Function** |



dōTERRA Logo Engraved Wooden Box
Fun and fancy way to show off your oils

- Custom made
- Lightweight and compact
- Easy to transport

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†Based on preclinical research. More research is needed.

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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*



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.

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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