

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® Rub** topically. Put a small amount in your palms, rub them together, 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.**

APPLICATION  
METHODS

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

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

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*

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



## **Deep Blue® Rub**

*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 [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.

\*Statements with the asterisk refer to internal use of products.

# 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 experience



## 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



## Wild Orange | 15 mL

*Uplifts, energizes, and invigorates*

- I Add a drop to a glass of water
- A Diffuse for an uplifting environment
- A Inhale for an energizing boost



## doTERRA 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.**



**doTERRA Balance® | 15 mL**

*Grounding and balancing*

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



**doTERRA Serenity® | 15 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



**AromaTouch® | 15 mL**

*Create the ultimate massage*

- T Rub on neck for a soothing experience
- T Add to your next massage
- T Use with Epsom salts at bathtime



**Wintergreen | 15 mL**

*Sweet, minty, refreshing*

- T Diffuse for a sweet, uplifting aroma
- T Apply for a warming effect
- T Massage into shoulders and neck



**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
- Purify 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® | 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\*

**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 when seasonal threats are high for immune support\*

**dōTERRA On Guard Foaming Hand Wash**  
*Gentle, cleansing, refreshing*

- Work to a lather with warm water and rinse thoroughly



**dōTERRA On Guard Mouthwash**  
*Freshens breath and brightens smile*

- Alcohol-free and formulated to reduce plaque and promote a healthy-looking mouth



**dōTERRA On Guard Beadlets**  
*On-the-go immune support\**

- A convenient way to support the body and freshen your breath\*

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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.



### **DigestZen TerraZyme®**

*Promote healthy digestion\**

- This supplement is a blend of whole-food enzymes to promote the healthy digestion of food\*
- Take one to three capsules with meals throughout the day



### **PB Assist+®**

*Powerful pre-biotic and pro-biotic*

- Promotes beneficial bacteria within the body\*
- Take three times daily with food (10 days at a time) to promote optimal digestive function and immune support\*



### **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



### **dōTERRA® SPA Hand & Body Lotion**

*Indulge your skin*

- Smooths and softens skin
- Has a light, non-greasy formula
- Blends well with essential oils



### **Correct-X®**

*Soothe the skin naturally*

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

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# dōTERRA Lifelong Vitality Pack<sup>®</sup>: **look, feel, and live younger, longer.**

Together, these supplements provide maximum nutrition for energy, focus, relief, and well-being.\*



**Microplex VMz<sup>®</sup>**  
*Food nutrient formula of  
vitamins and minerals*

#### **Supports**

- Healthy metabolism\*
- Immune function\*
- Cellular energy\*



**xEO Mega<sup>®</sup>**  
*Essential fatty acids and  
antioxidants\**

#### **Supports**

- Healthy brain function\*
- Cardiovascular system\*
- Nervous system\*
- Immune system\*
- Joint health and mobility\*



**Alpha CRS+<sup>®</sup>**  
*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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