Natural Solutions

for healthy, empowered living

Do you need safe, effective, and affordable health solutions?

YOU HAVE CHOICES

Modern Approach
• Designed to manage symptoms
• Made from isolated synthetic agents
• Side effects (known and unknown)
• $6.5 trillion/year spent on global healthcare
• Are we healthier?

Natural Approach
• Addresses body’s needs and root causes
• Extracted from plants
• Enhances wellness
• Is safe—benefits without side effects

ESSENTIAL OILS ARE EFFECTIVE

Natural, Effective, and Safe
• Contains natural compounds that are extracted and distilled from plants for various benefits.
• Comprised of hundreds of different compounds, utilizing complex and versatile abilities to combat threats without building up resistance.
• Work with the body to address issues and root causes on a cellular level.
• Affordable. Pennies per dose!

dōTERRA IS SAFE AND 100% PURE

Why a new standard of quality?

Most tested. Most trusted.
• Plants harvested in their natural habitat
• Verified pure; free of fillers and harmful contaminants
• Stringent third-party testing to ensure authenticity and potency

HOW TO USE dōTERRA ESSENTIAL OILS

AROMATIC
Breathe in or use diffuser to:
• Open airways
• Freshen the air

PEPPERMINT
• Cool the body
• Relieve occasional head tension
• Promote feelings of clear breathing
• Relieve stomach upset when ingested*

TOPICAL
Apply to bottoms of feet or affected areas to target specific needs.

DEEP BLUE®
• Apply pre/post workout
• Use for calm and comforting massage
• Apply to muscles after a long day
• Use on lower back after heavy lifting

INTERNAL
Drop in water, under tongue, or into a veggie capsule and swallow.

*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.
Live Empowered

1. Be prepared for anything
2. Be refreshed with self-care
3. Be healthy with daily habits
1. WHAT ARE YOUR TOP HEALTH PRIORITIES?

I want to feel less:

1. 
2. 
3. 

I want to feel more:

1. 
2. 
3. 

2. ARE YOU READY TO DISCOVER SIMPLE SOLUTIONS?

1. BREATHE® RESPIRATORY BLEND
   - Maintain feelings of easy breathing and clear airways
   - Diffuse at night or during changes in season

2. DIGESTZEN® DIGESTIVE BLEND
   - Maintain healthy gastrointestinal tract*
   - Help reduce bloating, gas, and occasional indigestion*
   - Ease feelings of stomach upset

3. WINTERGREEN
   - Diffuse for a sweet, uplifting aroma
   - Apply for a warming effect
   - Massage into shoulders and neck for a warming sensation

4. TEA TREE
   - Rejuvenate and cleanse skin
   - Relieve skin irritation
   - Clean surfaces

5. LAVENDER
   - Soothe irritated skin
   - Promote restful sleep*
   - Create a calm, peaceful atmosphere
   - Apply after a long day in the sun

6. FRANKINCENSE
   - Support healthy cellular function*
   - Set a calming, soothing environment
   - Promote healthy skeletal and nervous systems*

7. LEMON
   - Naturally cleanse body*
   - Clean surfaces and neutralize odors
   - Soothe irritated throat*

8. SERENITY® RESTFUL BLEND
   - Diffuse to promote relaxation
   - Create restful sleeping environment

9. FRACTIONATED COCONUT OIL
   - Unscented carrier oil
   - Great for delivering essential oils to sensitive skin
   - Sustained delivery on specific locations
   - Use for dilution

10. AROMATOUCH® MASSAGE BLEND
    - Comfort and relaxation
    - Enhance massage
    - Promote feelings of relaxation

3. ARE YOU READY TO BE HEALTHY WITH DAILY HABITS?

1. LIFELONG VITALITY PACK® (LLV)
   - Maximum nutrition for energy, focus, relief, and well-being.
   - MICROPLEX VMz®: Bioavailable multivitamin and mineral
   - ALPHA CRS+: Antioxidant, cellular energy, and longevity*
   - xEO MEGA®: Omega 3-6-9 fatty acids and nine essential oils
   - Antioxidant and DNA protection*
   - Eye, brain, nervous system function*
   - Digestive health*
   - More energy, and less discomfort*
   - Healthy inflammatory response*
   - Comprehensive nutrition
   - Immune function*
   - Cardiovascular health*

   Need more energy and less discomfort to improve the quality of your life? Try these daily habits.

   - 2 capsules each with morning and noon meals
   - Digestive support: 1-3 capsules each meal
   - Cleansing: 2-3 drops in water 2–3x/day
   - Cellular support: 2-3 drops under tongue and swallow 1-2x/day
   - Immune support: 2-3 drops in water
   - Grounding: 2-3 drops on bottoms of feet
   - Probiotic defense: 1 capsule/day

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Changing **Lives**

WHOSE LIFE DO YOU WANT TO CHANGE?

☐ **CHANGE MY LIFE!**

"Every time you buy a bottle of dōTERRA essential oils, you are changing someone’s life.”—Emily Wright

Get your **Live** guide and schedule your Wellness Consult

• Get the best results with your products for you and your family.
• Maximize your wholesale membership benefits.

☐ **CHANGE OTHERS’ LIVES!**

Get your **Share** guide and schedule your Intro to Host

• Host a class and help friends and family find natural solutions.
• Earn free products and more.

☐ **CHANGE MY FUTURE!**

Get your **Build** guide and schedule your Intro to Build

• Launch your dōTERRA business with proven training and powerful support.
• Create recurring income and greater freedom in your life!

CHANGE THE WORLD

Every purchase changes the lives of growers and their communities for the better through dōTERRA Cō-Impact Sourcing® and dōTERRA Healing Hands Foundation® initiatives.

†Results vary. See dōTERRA Opportunities and Earnings Summary at doterra.com.

dōTERRA improves lives every day all around the world. Join us in making this world a healthier, happier place.