# **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**



Peppermint Leaf Oil Sac





15mL Bottle

#### Natural, Effective, and Safe

- Contains natural compounds that are extracted and distilled from plants for various benefits.
- · Comprised of hundreds of different compounds, utlilizing complex and versatile abilities.
- · Work with the body to address issues and root causes on a cellular
- · Affordable. Pennies per dose!

#### **dōTERRA IS SAFE AND PURE**

#### Why a new standard of quality?



Grades of Essential Oils

#### Most tested. Most trusted.

- · Plants harvested in their natural habitat
- · Verified pure; free of fillers and harmful contaminants

#### HOW TO USE dōTERRA ESSENTIAL OILS



#### **AROMATIC**

Breathe in or diffuse to:

- Open airways
- · Freshen the air





#### 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.\*



#### dōTERRA ON GUARD®

- · Serves as a powerful immune system support when ingested\*
- Diffuse to freshen the air

upset stomach when

taken interally\*

# **Live Empowered**

Be prepared for anything









#### 1. WHAT ARE YOUR TOP HEALTH PRIORITIES?



I want to feel less:













## 3

#### 2. ARE YOU READY TO DISCOVER SIMPLE SOLUTIONS?

#### **BREATHE®** RESPIRATORY BLEND

- · Maintain feelings of easy breathing and clear airways
- Diffuse at night or during changes in season

#### **DIGESTZEN® DIGESTIVE BLEND**

- · Maintain healthy gastrointestinal tract when ingested\*
- Help reduce gas and occasional indigestion when taken internally\*
- Ease feelings of stomach upset when used internally\*

#### **OREGANO**

- · Cleansing agent
- · Support a healthy digestive system when used internally\*

#### TEA TREE

- · Rejuvenate and cleanse skin
- · Soothe skin irritation
- Clean surfaces

#### LAVENDER

- · Soothe irritated skin
- Promote restful sleep when ingested\*
- · Create a calm, peaceful atmosphere
- · Apply after a long day in the sun

#### **SERENITY® RESTFUL BLEND**

- · Diffuse to provide a calming aroma
- Create restful sleeping environment

#### **FRACTIONATED COCONUT OIL**

- · Unscented carrier oil
- · Great for delivering essential oils to sensitive skin
- · Sustained delivery on specific locations
- Use for dilution

#### **ADAPTIV®**

- · Provides a bright, sweet aroma
- Complement effective work and study
- · Creates a tranquil environment

#### **FRANKINCENSE**

I want to feel more:

- Preclinical studies suggest support for healthy cellular function when taken internally\*
- · Set a comforting, uplifting environment

- · Naturally cleanse body when ingested due to limonene content\*
- Clean surfaces and neutralize odors
- · Soothe irritated throat when used internally\*

dōTERRA

#### TERRAZYME<sup>™</sup>

- Provides enzymes to aid normal digestive processes\*
- Promote nutrient absorption\*
- Speed conversion of food nutrients to cellular energy\*

#### **DEEP BLUE® STICK**

- Roll onto muscles
- · Use before or after working out
- · Soothe after a long workday

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

#### döTERRA 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\*
- Healthy inflammatory response\*
- More energy, and less discomfort\*
- · Comprehensive nutrition
- · Cardiovascular health\*
- · Immune function\*
- · Digestive health\*

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

dōTERRA Lifelong 2 capsules each with morning and Vitality Pack noon meals

doTERRA TerraZyme Digestive support\*: 1-3 capsules each meal

Lemon Cleansing\*: 2-3 drops in water 2-3x/day

Frankincense Cellular support\*: 2-3 drops under tongue and swallow 1-2x/day

doTERRA On Guard® Immune support\*: 2-3 drops in a capsule

doTERRA® Breathe Apply to chest and breathe deeply to Vapor Stick enjoy a cooling, invigorating vapor

PB Restore™ Probiotic defense\*: 1 capsule/day

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.

# **Changing Lives**

Whose life do you want to change? dōTERRA improves lives every day all around the world. Join us in making this world a healthier, happier place.



# LIVE

### Change your life!

Get your Live guide and schedule your Wellness Consult

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



# SHARE

### Change others' lives!

Get your *Share* guide and learn how to impact lives and earn more

Get FREE products by sharing doTERRA through the Refer-a-Friend program!

Scan here to learn more about the program.



- Connect with the Wellness Advocate who invited you to learn and they'll show you how to share your personalized link with others to qualify them for waived enrollment and 25% off.
- Earn 20% back on all referrals' first orders in doTERRA Dollars.



# BUILD

### Change your future!

Get your Build guide and schedule your Intro to Build

- · Launch your doTERRA business with proven training and powerful support.
- Create recurring income and greater potential in your life!



### You are changing 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.

"Every time you buy a bottle of dōTERRA essential oils, you are changing someone's life." —Emily Wright, Founding Executive, President