



dōTERRA®  
**Wellness**  
**Made Simple**

Detox the dōTERRA Way



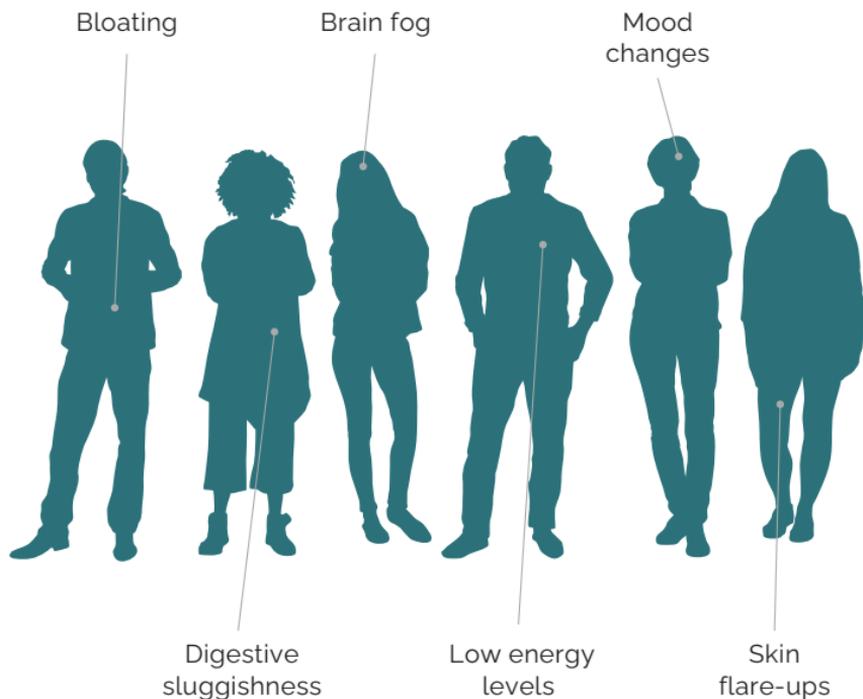
Despite what you may have heard or feel inside, your body isn't actually failing you. You're living in a world it wasn't designed for.

Your body is built to adapt, defend, renew, and thrive. But modern life makes so many demands it can't keep up with, continually adding to a pervasive toxic load, straining your body and its cleansing systems.

This guide simplifies the solution—detoxing with the **90-Day Reset**—so you can support your natural systems safely and effectively with the right nutrients your body is craving. No extreme diets or confusing regimens needed for you to thrive with this detox routine!

# Signs of Toxic Load

Your body sends signals when it's struggling to keep up. Watch for these signs:



These issues don't mean your body is broken.  
They mean it's asking for help!



Start taking control of your health with the **Wellness Lifestyle Assessment**.

# The World You're Detoxing From

Modern challenges to your body include:



Environmental  
pollution



Nutrient  
depletion



Ultra-processed  
foods



Synthetic  
fragrances



Consistent  
stress



Poor sleep  
habits

Avoiding toxin exposure entirely isn't realistic. But you can strengthen your innate ability to process, neutralize, and eliminate what doesn't belong with a science-backed, naturally based detox routine.

**Detoxification isn't a fad. It's biology. Your body converts and eliminates waste through three phases:**

- 1 Prepare:** Energize organ and cell performance. It's like tilling the soil of a garden.
- 2 Cleanse:** Stimulate detoxification and elimination. It's like pulling weeds.
- 3 Renew:** Replenish cells, organs, tissues, and systems. It's like watering and fertilizing.

Each phase, reflecting each month of the **90-Day Reset**, requires specific nutrients rarely found in modern diets. Without adequate bioavailable vitamins, minerals, and antioxidants, your detox pathways in your liver, kidneys, and gut slow down, and toxins can recirculate.



# WHY SO MANY Detoxes Fail

*Most detox programs fail because they push the body faster than it can properly adapt.*

**Common pitfalls include:**



Aggressive cleansing without sufficient nutrient support



Excessive fasting or purging that depletes energy



Failing to address the gut's role in elimination



Missing critical micronutrients: vitamins, minerals, omega-3s, probiotics, and more



Using unregulated products or unsustainable routines

Real detoxing isn't about shocking your system. It's about equipping it with what it needs to do what it does best: cleanse and renew.



## The Solution

Your liver, kidneys, and gut need real, raw nutrients to do their lifesaving work. And they need to stay in your system long enough to be properly used. An effective detox routine should emphasize:

- + Vitamins and minerals
- + Omega-3 essential fatty acids
- + Antioxidants
- + A healthy microbiome
- + Natural plant extracts

When nutrients are abundant, detoxing goes smoothly, energy is stable, and the body stays balanced, allowing you to live the life you deserve.



Discover more  
about foundational  
wellness.



# Your Daily Foundational Routine

To begin a true, deep detox, your wellness foundations must be solid. The **Foundational Wellness Bundle** covers your primary bases with powerful daily supplements.

- + **VMG+®** provides key vitamins, minerals, greens, and essential oils that replenish your nutrient gaps and fuel detoxing across all three phases.
- + **EO Mega®+** offers premium traceable fish oil and omega-3s, plus **Wild Orange** essential oil, that nourish cell membranes and promote a healthy inflammatory response.
- + **dōTERRA PB Restore®** supports the microbiome and gut lining integrity with pre-, pro-, and postbiotics—critical for toxin elimination and preventing recirculation.

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.





The modern world and the toxic load it inflicts demands daily support. dōTERRA has developed two products that aid consistent, gentle detoxification: **RevitaZen™** blend and **RevitaZen+™** complex.

## RevitaZen Detoxification Blend

A refined evolution of Zendocrine® blend, RevitaZen combines six essential oils known for their cleansing and organ-supportive properties:





- + **Tangerine** is rich in antioxidants that help protect the liver and promote healthy digestion.
- + **Rosemary** assists the liver's detoxification enzymes and provides powerful antioxidant support.
- + **Geranium** is known for its harmonizing properties and ability to soothe organ systems.
- + **Ginger** supports kidney function and aids the body in removing excess water.
- + **Juniper Berry** offers system-wide cleansing properties and promotes a healthy inflammatory response.
- + **Cilantro** contributes to digestive health, regulates liver enzymes, and eases occasional gas and bloating.

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## How to Use RevitaZen

- + Add 1–2 drops to a glass of water, juice, or tea.
- + Diffuse 3–4 drops for a bright, herbal-citrus aroma.
- + Mix 1–2 drops with a tablespoon of carrier oil like **dōTERRA Castor Oil**, applying over the abdomen or lower back as part of a supportive massage.



Explore how RevitaZen™  
contributes to natural detoxing.

## RevitaZen+ Advanced Organ Detoxification Complex

The second new dōTERRA detox product, **RevitaZen+™** provides dual-chamber capsules with clinically studied botanicals:

- + Black cumin seed oil for antioxidant defense
- + Milk thistle extract to protect liver cells
- + Artichoke leaf extract to support bile flow
- + **RevitaZen** blend and Cumin essential oil for enhanced organ synergy

This comprehensive formula promotes healthy organ function, digestion, toxin elimination, and resilience against oxidative stress. Just take one capsule with a meal one to two times daily.

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Revitalize with  
RevitaZen+.



Together, **RevitaZen™** blend and **RevitaZen+™** complex offer full-body cleansing synergy:

- + Organ support and renewal on a cellular level
- + Digestive flow
- + Flexibility, being designed for use in daily, 30-day, or 90-day detox routines

Consistency is what transforms detoxing from a one-off event into a lifestyle. Choose progress over perfection!



## Choose Your Detox Path

Routine	Duration	Intensity	Ideal For
Daily Detox	Ongoing	Light	Steady maintenance
30-Day Cleanse	1 month quarterly	Moderate	Mild toxic load
90-Day Reset	3 months yearly	Deep	Full-body restoration

## Daily Detox

Perfect for sustainable wellness.

Daily detoxing focuses on steady organ support, consistent nourishment, and light cleansing that fits everyday life.



Start your daily  
detox now.

## 30-Day Cleanse

Ideal for those who need a structured, moderate cleanse.

The 30-Day Cleanse combines **RevitaZen™**, **RevitaZen+™**, **TerraZyme®**, and other bestselling digestive support products.



Begin your  
30-Day Cleanse.

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# 90-Day Reset

For those ready for deep restoration.



**Prepare:**  
Build foundations



**Cleanse:**  
Intensively  
cleanse



**Renew:**  
Restore and  
rebuild

The **90-Day Reset** is your yearly total reset, safe and extraordinarily effective at helping you feel closer to the healthiest, most vibrant you.



Transform your health  
with the 90-Day Reset.

## Maintaining Results

1

Continue daily  
detoxing.

2

Repeat the  
30-Day Cleanse  
every three to  
four months.

3

Complete the  
90-Day Reset  
once or twice  
a year.

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# Your Next Steps

Based on your goals and wellness needs, choose your detox routine:



## Daily Detox

- + Foundational Wellness Bundle (VMG+®, EO Mega+®, and dōTERRA PB Restore®)
- + RevitaZen™ and RevitaZen+™



## 30-Day Cleanse

- + Foundational Wellness Bundle
- + RevitaZen and RevitaZen+
- + TerraZyme®
- + DDR Prime® Cellular Complex
- + GX Assist®



## 90-Day Reset

- + Foundational Wellness Bundle
- + RevitaZen and RevitaZen+
- + TerraZyme
- + DDR Prime Cellular Complex
- + GX Assist
- + MetaPWR® Advantage
- + MetaPWR Mito2Max®



Remember, you're not broken—you're overwhelmed! Your body is designed to detox, repair, and thrive when supported with the right things. Every small, consistent step you take helps restore that missing sense of balance, clarity, and vitality.

So take the **Wellness Lifestyle Assessment** and choose your path to a better you by detoxing the dōTERRA way.



# Get started today!



Wellness  
Lifestyle  
Assessment

90-Day  
Reset,  
Month 1



“By detoxing with dōTERRA, you’re in a much better, more elevated position to grow your wellness and enjoy your health.”

—  
**Laura Jacobs**, *dōTERRA Double Diamond, US Founder*

**dōTERRA**<sup>®</sup>  
pursue what's **pure**<sup>®</sup>



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