

dōTERRA®

Respiratory Wellness Program



Breathe In, Breathe Out, Repeat

Every day, the average adult takes between 18,000 and 30,000 breaths, usually without thinking about a single one of them. Yet each breath is so important. Studies suggest that calmer, slower breathing patterns can have beneficial effects on overall wellness. Clear, easy breathing can be impaired by air pollution, seasonal concerns, bad posture, feelings of stress, smoking, environmental threats, and physical inactivity, among other aspects of life.

With the Respiratory Wellness Kit, you have everything you need to take charge of your respiratory health* and enjoy feelings of clear, easy breathing. Breathing isn't something you should have to think about. But when it doesn't, you can use the power of essential oils to bring a little comfort to your day so you can focus on the things that matter most.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



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Respiratory Kit 1:

The Breath of Fresh Air
You've Been Wanting



dōTERRA Breathe® Respiratory Blend

Easy Breathing

dōTERRA Breathe helps promote feelings of clear airways and easy breathing. This bestselling oil blend can be diffused or applied topically to support feelings of clear airways and minimize the effects of seasonal threats. Plus, you'll love its minty, fresh, and airy aroma.

What's in dōTERRA Breathe?

The essential oils in dōTERRA Breathe—Lemon, Laurel Leaf, Eucalyptus, Ravensara, Ravintsara, Peppermint, Cardamom, and Tea Tree—have been used traditionally for their various benefits. Together, these essential oils create a powerful blend that helps maintain feelings of clear airways and easy breathing.



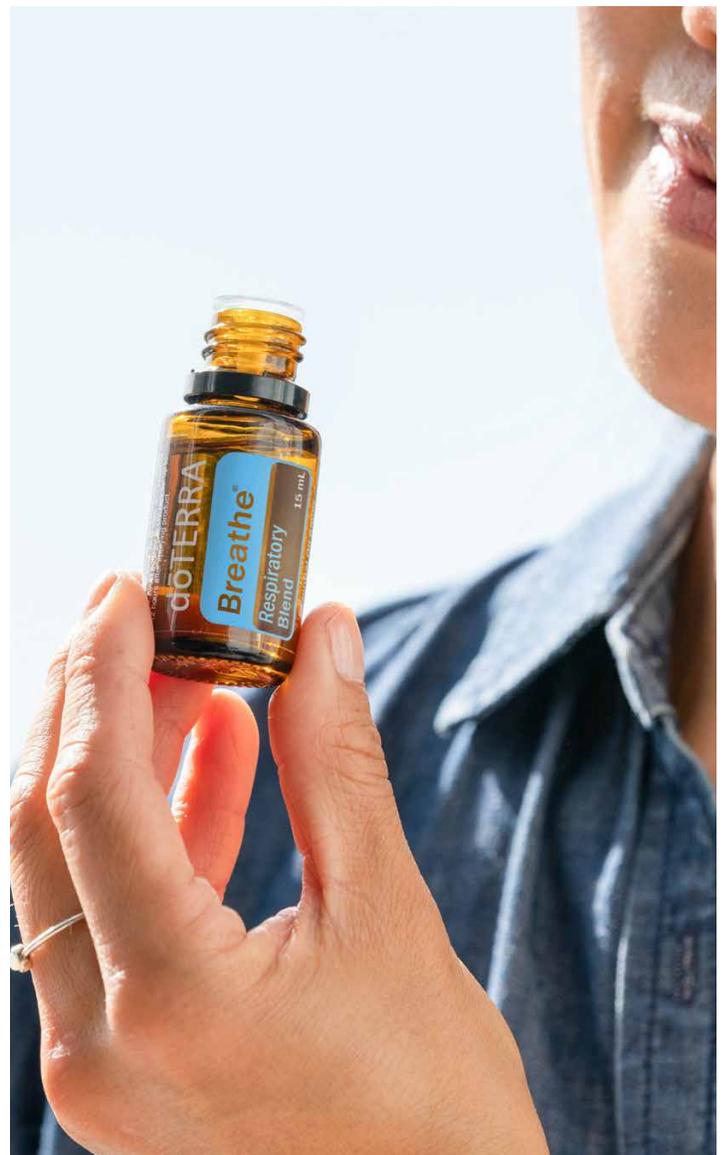
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Laurel Leaf
Eucalyptus
Peppermint
Melaleuca
Lemon
Cardamom
Ravintsara
Ravensara



How to Use dōTERRA Breathe

Anytime you feel like you could use a breath of fresh air, grab your bottle of dōTERRA Breathe and let the powerful blend of essential oils go to work. Here are a few ways you can use dōTERRA Breathe to maintain feelings of easy breathing.

- Diffuse three to four drops as needed for feelings of clear airways.
- Apply two to three drops to your chest before exercising.
- Diffuse three to four drops as part of your bedtime routine.



dōTERRA Breathe® Respiratory Drops

One Drop, Open Airways

On top of topical and aromatic support from the dōTERRA Breathe oil blend, you can also enjoy internal support with dōTERRA Breathe Respiratory Drops. Whenever you feel respiratory issues arise, simply pop a drop into your mouth and experience soothing, cooling benefits.

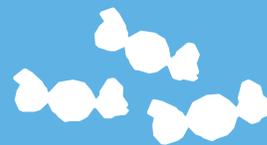
Not only are dōTERRA Breathe Respiratory Drops effective, but their potent essential oils also give them a refreshing taste.

What's in dōTERRA Breathe Respiratory Drops?

dōTERRA Breathe Respiratory Drops contain Lemon, Peppermint, Cardamom, Eucalyptus, Thyme, and Melissa essential oils, as well as organic cane sugar and organic brown rice syrup. The natural ingredients come together to support respiratory health.



- Cane Sugar
- Brown Rice Syrup
- Lemon
- Peppermint
- Cardamom
- Eucalyptus
- Thyme
- Melissa



How to Use dōTERRA Breathe Respiratory Drops

You never know when you might need one of these drops, so be sure to take a few with you as you go about your day.

- Pack a handful of drops in your children's backpacks so they have them on hand.
- Place a bag in your preparedness kit at home or in the car so they're always accessible.

Peppermint Beadlets

A Burst of Fresh Breath

Few things are quite as refreshing or energizing as the taste of Peppermint essential oil, and Peppermint Beadlets are an easy, convenient way to take the power of Peppermint with you wherever you go.

The main chemical constituent in Peppermint is menthol, which contributes to its soothing, cooling sensation. On top of freshening your breath, Peppermint Beadlets can also promote respiratory health when ingested.*

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Peppermint Oil



How to Use Peppermint Beadlets

Whenever you feel like you need some respiratory support, reach for Peppermint Beadlets.

- Place in your purse for easy access at work or as you run errands.
- Dissolve one in your mouth after a meal to freshen your breath.

Cardamom Essential Oil

Calm, Cool, Cardamom

Cardamom is known worldwide as the queen of spices. It's a close relative of ginger. Many enjoy using it in dishes, but what you may not know is Cardamom essential oil offers remarkable respiratory benefits when taken internally.*

Cardamom is an important part of dōTERRA Breathe® Respiratory Blend, but it's also a valuable essential oil on its own. dōTERRA® steam-distills the essential oil from cardamom seeds, sourced in Guatemala. One of Cardamom's main chemical constituents is 1,8-Cineole—more commonly known as eucalyptol—which contributes to its ability to promote feelings of clear airways and respiratory health when ingested.* Unlike dōTERRA Breathe, Cardamom can be taken internally.

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Chemical Components:

Terpinyl Acetate

Eucalyptol



How to Use Cardamom

With its fruity, spicy aroma and delicious taste, you can use Cardamom essential oil in a variety of ways around the home.

- Put a drop or two in a Veggie Cap to support your respiratory system.*
- Diffuse throughout the day for a sense of openness.
- Add a toothpick swirl in your oatmeal for a dash of spicy flavor.

Lime Essential Oil

Sweet and Clean Air

Key limes are famous for their sweet, tangy flavor and aroma. They're popular additions to food, smoothies, and more. Thought to originally be from southeastern Asia, the Key lime grows on small, shrublike trees that are a beautiful shade of vibrant green. dōTERRA® chooses to source Key limes from Brazil because it has the ideal climate for citrus trees.

Key limes create an essential oil that's brimming with benefits. Its main chemical constituent is limonene, which gives Lime essential oil wonderful cleansing properties. Lime also has a sweet, fresh aroma that brightens the atmosphere of any room.



Chemical Components:

β-Pinene

γ-Terpinene

Limonene



How to Use Lime

Lime's beautiful aroma can be used throughout your day to reenergize and refresh your environment.

- Add a few drops to a natural room spray to freshen the air and enliven the atmosphere of your home before a visit.
- Diffuse in the late afternoon when you need an effective pick-me-up.

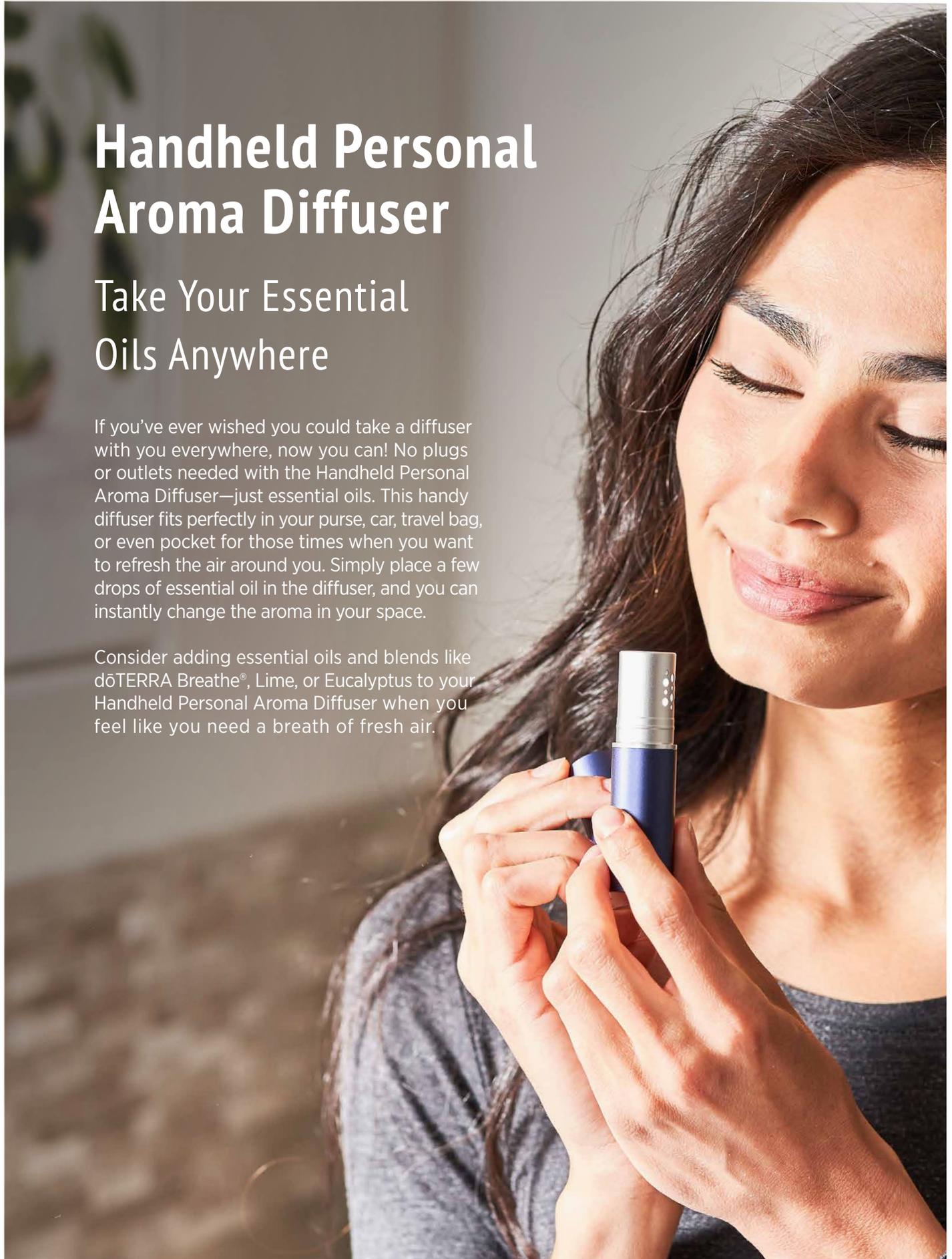


Handheld Personal Aroma Diffuser

Take Your Essential Oils Anywhere

If you've ever wished you could take a diffuser with you everywhere, now you can! No plugs or outlets needed with the Handheld Personal Aroma Diffuser—just essential oils. This handy diffuser fits perfectly in your purse, car, travel bag, or even pocket for those times when you want to refresh the air around you. Simply place a few drops of essential oil in the diffuser, and you can instantly change the aroma in your space.

Consider adding essential oils and blends like dōTERRA Breathe®, Lime, or Eucalyptus to your Handheld Personal Aroma Diffuser when you feel like you need a breath of fresh air.



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Respiratory Kit 2: Serious Support, No Matter the Season



Eucalyptus Essential Oil

An Aromatic Experience

Eucalyptus offers a clean, refreshing aroma that supports feelings of easy breathing, dispels odors, and invigorates the environment. With so many amazing benefits, Eucalyptus has become popular and beloved in the essential oil world.

dōTERRA® sources Eucalyptus from Eucalyptus radiata leaves that are harvested in Australia, where growing conditions make the essential oil particularly rich in eucalyptol. Eucalyptol produces a cooling, soothing vapor when inhaled or applied topically. This vapor is beneficial to the airways when inhaled. For hundreds of years, Australian Aboriginal people have used it to soothe skin irritations and promote feelings of clear airways. Because it's home to nearly all 700 known species of eucalyptus, Australia is the ideal location for sourcing our Eucalyptus essential oil.

Studies have shown Eucalyptus is effective at lessening tension when used in a massage. Because of its light, airy aroma, Eucalyptus is often used in spas to create an environment of tranquility. Whether you want to enjoy the cooling, invigorating vapor or just want a unique and lovely aroma, Eucalyptus is sure to become a favorite essential oil.



Chemical Components:

Eucalyptol

Terpineol



How to Use Eucalyptus

The distinct, inviting aroma of Eucalyptus makes it perfect for diffusing. However, you can take advantage of the cooling vapor this essential oil produces in many ways, while also enjoying its aroma. Try a few of the suggestions below.

- While showering, place a few drops in your hands, place them over the nose, and inhale deeply to invigorate your environment.
- Diffuse in common areas of the home for a refreshing, relaxing scent.
- Add one drop to your moisturizer and apply to the skin for revitalizing benefits, while also enjoying the aroma.

dōTERRA Breathe® Touch

Rolled-On Support

You can take the power of dōTERRA Breathe Respiratory Blend with you anywhere with dōTERRA Breathe Touch. dōTERRA Breathe Touch can be used safely by every member of the family. It's a simple way of maintaining feelings of open airways, especially when you're in a hurry.

Conveniently prediluted with Fractionated Coconut Oil and packaged in a roller bottle, dōTERRA Breathe Touch is as effective as a regular bottle of dōTERRA Breathe and can be used at the drop of a hat. The rollerball atop the bottle is incredibly simple, making this gentle oil blend a fantastic choice for applying topically while on the go or when working with sensitive skin.

What's in dōTERRA Breathe Touch?

With the same powerful ingredients as the original dōTERRA Breathe oil blend, dōTERRA Breathe Touch combines Fractionated Coconut Oil with Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara to promote feelings of easy breathing. Each of these essential oils has an invigorating aroma and cooling properties that help create the effective vapor you experience with the regular dōTERRA Breathe Respiratory Blend. With Fractionated Coconut Oil, this version absorbs easily into the skin, allowing you to enjoy benefits from dōTERRA Breathe for hours after application.



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Laurel Leaf
Eucalyptus
Peppermint
Melaleuca
Lemon
Cardamom
Ravintsara
Ravensara



How to Use dōTERRA Breathe Touch

dōTERRA Breathe Touch has many of the same uses as dōTERRA Breathe, but the roller bottle and addition of Fractionated Coconut Oil often makes it a more convenient option. Here are some ways you might consider using this natural product.

- Keep by your bed and rub on your chest, back, or the bottoms of your feet before going to sleep for feelings of easy breathing.
- Keep in your car or purse to use when hiking, working out, or enjoying a picnic.
- Rub into your child's chest, back, or bottoms of the feet to help him or her enjoy the aroma.

Laurel Leaf Essential Oil

Invigorating Your Tone, Cleaning Your Home

Herbal, minty, and refreshing, Laurel Leaf is part of dōTERRA Breathe® Respiratory Blend, which promotes a sense of clear airways and feelings of easy breathing. So why include a single essential oil? Not only will you love the unique aroma of Laurel Leaf, but you'll find it has many practical uses around your home.

Native to the Mediterranean, laurel leaves are a symbol of victory in Greek mythology and were used as a head decoration to symbolize rank and achievement. For example, the winner of ancient Olympic games was traditionally given a laurel wreath.

Laurel Leaf essential oil has many benefits you're sure to enjoy. It helps promote a courageous and confident environment. Diffuse or simply take a few deep inhales of Laurel Leaf when you need an invigorating aroma.

Laurel Leaf is also good for cleaning. One of its main chemical constituents is eucalyptol, which is highly cleansing. It's gentle enough to be used to cleanse the skin, yet powerful enough to be used as a refreshing surface cleanser. As a bonus, after cleaning with Laurel Leaf, you'll be able to enjoy the lingering invigorating aroma.



Chemical Components:

Eucalyptol

Linalool

α -Terpinyl Acetate



How to Use Laurel Leaf

Wondering how to use Laurel Leaf? When you want to take advantage of Laurel Leaf's unique benefits and enjoy a refreshing aroma, put this essential oil to use. Check out a few of the suggestions below.

- Place a couple drops in your morning shower and breathe deeply to experience an aroma of confidence, clarity, and courage.
- Use for a soothing massage that's invigorating to the senses.
- Apply to the wrists or back of the hands for a clarifying aroma.
- Add three to five drops to a spray bottle with water to clean tables, countertops, and other surfaces.



- Lemon
- Lavender
- Peppermint

TriEase® Softgels

Convenient Seasonal Support

Designed to provide support during times of seasonal discomfort, TriEase Softgels bring together the powerful properties of essential oils to promote well-being when seasonal or environmental threats are high.* These softgels combine three of the most potent essential oils to support healthy respiratory function and protect against seasonal threats.*

TriEase Softgels deliver these powerhouse essential oils in a way that's quick and easy to consume when traveling, attending outdoor events, or encountering seasonal or environmental elements. The softgels can be consumed safely on a daily basis during times of seasonal discomfort to promote clear breathing and overall respiratory health.*

What's in TriEase Softgels?

Equal parts Lemon, Lavender, and Peppermint essential oils in an easy-to-take softgel, TriEase Softgels provide defense against environmental elements from spring through fall.*

Lemon essential oil is cleansing to bodily systems and is frequently used for respiratory discomfort.* Lavender essential oil is renowned for calming and balancing effects* and skin-supporting benefits. Peppermint essential oil promotes clear breathing and healthy respiratory function.* Together, these essential oils provide the perfect synergism of seasonal protection.

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How to Use TriEase Softgels

Taking one to two softgels daily—or as needed—promotes healthy respiratory function and clear breathing so you can enjoy the outdoors without discomfort.*





Passive Shower Diffuser

Luxury Added to Your Day

Turn any old shower into a luxurious experience with the Passive Shower Diffuser. If you're feeling sluggish in the morning, wake up with a few drops of dōTERRA Breathe® Respiratory Blend in the diffuser, inhaling the invigorating aroma as you start your day. If you've just come through a long, busy day, add a few drops of Eucalyptus essential oil to the diffuser as you start the shower and instantly transform your bathroom into a spa.

Whether you want to create feelings of clear airways or just want to enjoy the scent of a favorite essential oil in the shower, the Passive Shower Diffuser will be the most rejuvenating part of your day.

Respiratory Kit 3:

Powerful Products for a Happy Respiratory System



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Air-X™ Air Blend

Clearing the Air

A blend of essential oils with a citrusy, woody, and faintly herbal aroma, Air-X is designed to help freshen the air and create a calm yet energizing atmosphere when diffused. Known as the Air Blend, Air-X was made with aromatic use specifically in mind. Along with helping freshen the air, the oil blend can have an energizing aroma when inhaled.

With its lovely scent and supportive benefits, Air-X is also great for topical use. Apply it to your chest and back or the bottoms of your feet. Because Air-X has citrus oils in it, avoid applying it to areas that will be directly exposed to UV light or apply it when you know you won't be spending time in the sun for several hours. And Air-X can be used internally as well—simply add it to a glass of water.

What's in Air-X?

Air-X is a blend of Litsea, Grapefruit, Tangerine, Frankincense, and Cardamom essential oils.

Litsea's lemony aroma is fresh and bright. Geranial and neral—two of its main chemical components—offer cleansing benefits.

Grapefruit is a favorite air freshener essential oil, thanks to its delightful aroma. Grapefruit has an uplifting and cheering effect on any space. The primary constituent of Grapefruit is limonene, which is also present in other citrus oils, including Tangerine. This contributes to its cleansing properties.

Fresh and tangy, Tangerine essential oil is cleansing. Its aroma creates an uplifting environment.

Frankincense offers many powerful soothing benefits and a warm, rich aroma.

Cardamom, valued worldwide as a spice for its flavor, also provides an essential oil with wonderful benefits. Due to its high 1,8-Cineole content, Cardamom promotes feelings of clear breathing.



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Litsea
Grapefruit
Tangerine
Frankincense
Cardamom



How to Use Air-X

Air-X is extremely versatile aromatically, topically, and internally. Try a few of these uses to experience its powerful benefits.

- Add several drops to a 60 mL spray bottle with water for a simple room-freshening spray that has an energizing, bright aroma.
- Add three to five drops to the diffuser of your choice for a clearing aroma that brightens your space.
- Add two drops to your shower floor to infuse the steam with an invigorating, clear aroma.
- Add one to two drops to water for a refreshing drink.
- Add a drop to your favorite lava bead necklace or bracelet.

Peppermint Essential Oil

Pure Peppermint Power

The sharp, sweet scent of Peppermint is energizing and exhilarating. The high menthol content of dōTERRA® Peppermint sets it apart from others when it comes to quality, making it a bestselling favorite.

Peppermint essential oil is distilled from the leaves and flowering tops of the plant. Nearly two dozen species of mint and hundreds of varieties exist that grow natively in Asia, Africa, Australia, and North America. Peppermint is a cross of watermint and the milder spearmint. It was first described by Swedish botanist Carl Linnaeus in the eighteenth century.

When ingested, Peppermint promotes healthy respiratory function and clear breathing.*

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Chemical Components:

Eucalyptol

Menthol

Menthone



How to Use Peppermint

Peppermint has so many practical uses, especially when it comes to maintaining feelings of clear breathing. Try some of the uses below.

- Take one to two drops in a Veggie Cap to take internally.
- Add a drop to a glass of water or a smoothie, and then enjoy the minty flavor.
- Place one drop in your palm, rub the hands together, and cup them over the nose, breathing deeply for a midday pick-me-up.

Ravintsara Essential Oil

Feeling Refreshed

Fresh and earthy, Ravintsara has potent cleansing and refreshing benefits. The aroma of Ravintsara essential oil could be described as a combination of camphor and eucalyptus, but greener—both uplifting and energizing. It contains the chemical constituent eucalyptol, which gives it similar properties to Eucalyptus essential oil.

Ravintsara is steam-distilled from the leaves of *Cinnamomum camphora*, commonly known as the camphor tree. Though sometimes confused with Ravensara essential oil, another member of the Lauraceae family, Ravintsara is a bit milder. Perfect for personal and home use, its enlivening aroma creates a relaxing, open environment in even the stuffiest rooms. On top of aromatic benefits, Ravintsara also has surface-cleansing properties when applied topically to the skin and home surfaces.



Chemical Components:

Eucalyptol

Sabinene



How to Use Ravintsara

Whether you're enjoying an invigorating massage or bath, keeping your kitchen clean and smelling nice, or simply giving a stuffy room a nice refresh, Ravintsara is the perfect essential oil for the job. Check out the uses below for helpful ways to use Ravintsara in everyday life.

- Diffuse three to four drops for a refreshing, herbaceous aroma in a stuffy room.
- Add four to five drops to a 32 mL spray bottle with water to create a multisurface cleansing spray.
- Add one to two drops to a soothing Epsom salts bath.
- Dilute with a carrier oil and include as part of a relaxing massage.



How to Use dōTERRA On Guard

Each essential oil in dōTERRA On Guard offers impressive internal benefits: promoting a healthy immune system and respiratory function,* helping reduce fatigue,* and providing antioxidants.* It's also great for cleansing surfaces and even freshening breath. Combine all these together, and you have a protective powerhouse you can use a dozen different ways to safeguard your family.

Here are just a few uses of dōTERRA On Guard to help keep you and your family safe and strong.

- Place one to two drops in the corners of your shower in the morning.
- Put one drop, along with your favorite citrus oils, in a glass of water and drink.
- Use to clean surfaces throughout your home.
- End your day by diffusing three to four drops for a clean and fresh aroma.
- Rub three to four drops, along with Fractionated Coconut Oil, on your feet as part of a bedtime routine.



— Wild Orange

Clove

Cinnamon

Eucalyptus

Rosemary

dōTERRA On Guard® Protective Blend

Keeping Your Guard Up

This unique, potent oil blend does what the name suggests: protects and supports your immune system as it fights everyday threats that could leave you vulnerable.* How does it do this? dōTERRA On Guard combines the power of cleansing, fortifying, and immune-supporting essential oils to give you and your family the best chance of staying well.*

What's in dōTERRA On Guard?

Five key essential oils make up dōTERRA On Guard: Cinnamon Bark, Wild Orange, Eucalyptus, Clove, and Rosemary.

Spicy and sweet, Cinnamon Bark essential oil has been shown in experimental research to promote a healthy immune system when taken internally.* It can also help freshen breath, which is never a bad thing.

Wild Orange contains powerful antioxidants that support a healthy immune system and promote overall health.* Its fresh citrus kick is bright and adds to the appeal of the dōTERRA On Guard.

Eucalyptus has purifying properties that can be beneficial for cleaning surfaces. Aromatically, it freshens the air and has an uplifting aroma. Something noteworthy is this type of eucalyptus (*Eucalyptus globulus*) is different from the single dōTERRA® Eucalyptus essential oil, which isn't for internal use.

Rosemary may support healthy respiratory function when taken internally. It also reduces occasional fatigue, supports digestion, and calms nervous tension.*

Clove freshens the breath and offers support when taken internally, thanks to its powerful antioxidant properties.*

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- Laurel Leaf
- Eucalyptus
- Peppermint
- Melaleuca
- Lemon
- Cardamom
- Ravintsara
- Ravensara

dōTERRA® Breathe Vapor Stick

Breezy Breathing

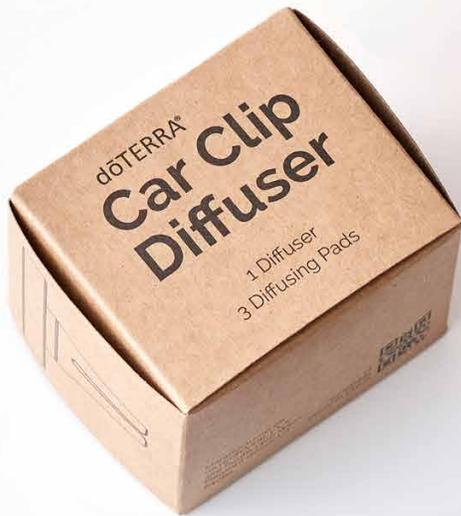
You'll love the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of dōTERRA Breathe® Respiratory Blend can be used anytime, anywhere for a cooling and soothing vapor. The natural formula of this vapor stick glides on the skin with ease, without leaving a greasy or sticky after-feel. The power of dōTERRA Breathe can be felt immediately, providing a cooling effect both topically and aromatically.

The small and convenient package of dōTERRA Breathe Vapor Stick is perfect for traveling, and only a small amount is needed to feel its immediate effects. Even better, the vapor stick works in conjunction with the other dōTERRA Breathe products, providing powerful support for you and your family.



How to Use dōTERRA Breathe Vapor Stick

Apply to the chest and neck area as needed to soothe airways. The next time you're traveling, pack dōTERRA Breathe Vapor stick in your toiletry bag for quick, convenient use.



Car Clip Diffuser

Diffusion on the Go

Enjoy easy breathing on your morning commute, during a long road trip, or while you handle busy afternoon errands with your own car clip diffuser. Simply add your favorite essential oils, clip, and go! If your car is feeling stuffy, use Air-X to enjoy freshened air as you drive around. Want to keep your kids from feeling squeamish in the hot car during a long ride? Try a few drops of Peppermint! Love the scent of Lime essential oil? Take it with you on your drive.

No matter your destination, the Car Clip Diffuser is an easy way to make the trip more enjoyable.



The Power of Nature

During any season, walking out your front door immediately makes you feel the effects of nature. Changing seasons can cause issues, especially with respiratory health. And with how unpredictable nature can be, it can hard to deal with issues that come your way due to seasonal changes. Not to mention, you face uncontrollable factors like pollution, stress, and environmental threats, which can bog you down when it comes to respiratory health.

Though nature can be unpredictable and tricky to deal with, it's also given us the incredible gift of essential oils. You can use the power of nature to maintain feelings of clear airways and easy breathing. When you aren't feeling your best, you can turn to nature to help things feel right again. Nature isn't your enemy; rather, it's what you need to feel healthy, happy, and whole.

As you use the products in the Respiratory Wellness Program, you'll have everything you need to manage your respiratory health naturally.* Each product is powerful and effective—handpicked to help you and your family on your journey to a healthier lifestyle. You can use your kit to harness the power of nature, support your family and loved ones, and breathe easy once again.

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