

dōTERRA®

Healthy Can Be

Simple



ō

discover

SAFE, AFFORDABLE, AND EFFECTIVE NATURAL SOLUTIONS!

Essential oils are extracted from different parts of a plant and are 50-70 times more powerful than herbs.



Essential oils have provided simple and powerful solutions throughout history.



1 DROP = 28 CUPS

EXPERIENCE dōTERRA'S SUPERIOR QUALITY

POTENT



Grown and harvested in ideal regions

PURE



Extensive third-party testing

SAFE



Beyond organic—free of fillers and foreign contaminants

EASY WAYS TO USE

AROMATIC



Breathe in directly or use diffuser

TOPICAL



Apply to bottoms of feet or specific areas



enjoy

SIMPLE CALMING SUPPORT

Copaiba oil is widely used in cosmetic products including soaps, creams, lotions, and perfumes. Copaiba can help soothe anxious feelings and may also be applied to the skin to promote a clear, smooth complexion.

“I use Copaiba daily as a way to minimize uneasy thoughts, especially as the day’s tasks and pressures can become consuming. Copaiba, with its earthy scent, brings a sense of grounding presence, a brief pause, and a reminder to be aware that I am here, breathing deeply.”

—Christina Quist,
dōTERRA South Africa Founder



HEALTHY WEIGHT

MetaPWR® promotes a healthy you.

“My son and I are both type 1 diabetics. I can definitely notice the stabilising effects on our blood sugar. I love the way it makes my tummy feel in the mornings. I have noticed a huge difference in my skin. My skin has a glow that has not been there before.”

—Michelle Mackenzie



Simple SLEEP



*"I love using Lavender on my pillow.
It reminds me of home and helps
put me to sleep."*

—Alev Kelter,
Olympian, Women's Rugby



Add a few drops of Lavender to pillows, bedding, or bottoms of feet to relax and prepare for a restful night's sleep.

simple

EXERCISE and
a HEALTHY YOU



EXERCISE

Deep Blue™ is perfect for a soothing massage after a long day of work.

“Deep Blue is my best friend. I use Deep Blue in massage to help with recovery after workouts.”

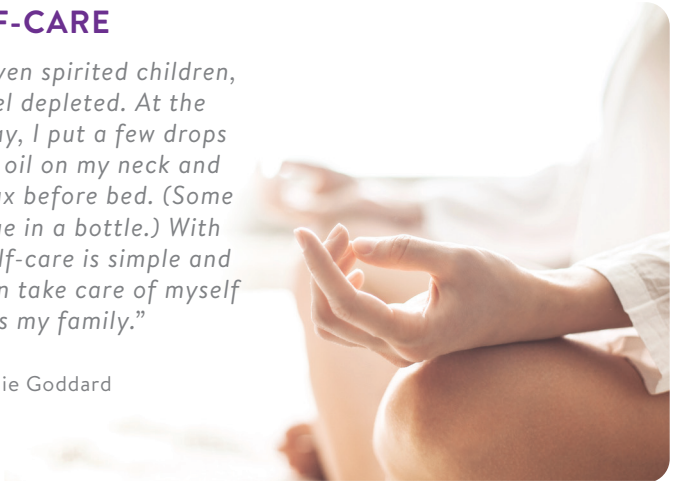
—Tim Hightower,
NFL Running Back



SELF-CARE

“As a mom of seven spirited children, it’s easy to feel depleted. At the end of a long day, I put a few drops of AromaTouch oil on my neck and shoulders to relax before bed. (Some call it a massage in a bottle.) With dōTERRA, my self-care is simple and effective, so I can take care of myself as well as my family.”

—Natalie Goddard



Aromatouch™ can be rubbed into the neck and shoulders to promote feelings of relaxation and to lessen feelings of tension.





“On Guard oil is a mom's best friend! I keep a little shot glass near our kitchen sink as a reminder to gargle a drop of On Guard oil ... I also diffuse it in my home during the winter for added protection.”

—Natalie Rigby

PROTECTIVE SUPPORT

dōTERRA On Guard™ is an effective alternative to synthetic options helping to protect against environmental threats.



GREEN CLEANING

“No more reading labels at the grocery store! I love cleaning my clothes, home, and hands with dōTERRA’s pure, plant-based On Guard cleaning products. They are super effective, and the best part is I don’t have to compromise my family’s health or add to the toxic load in the environment!”

—Betty Torres



dōTERRA On Guard™ cleaning products are a pure alternative for cleaning in the home.



SIMPLE *focus*

InTune™ enhances
and sustains a
sense of focus
and clarity.



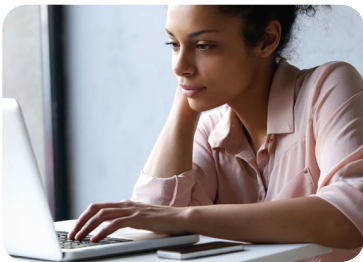
“As a professional in the mental health field, I have seen the InTune oil blend help so many children with focus and attention in school. Even the teachers report the noticeable change in behavior and ask them what they are doing different! As a doctoral student as well, I apply this oil every time I sit down to do homework, and it clears my mind, increases my concentration, and helps me get my assignments done.”

—Danielle Daniel

RELEASE FEELINGS OF TENSION

"I love to apply PastTense to my neck and shoulders. It helps me relax and gives me an energy boost, especially at the end of the day when I need it most! It is my go-to oil on the rare occasion that I have low back discomfort or tension. PastTense is one of the oils I cannot leave home without! I find that if there is a day that I don't need to use it, I am either with someone or I meet someone who really needs it. So I am always prepared!"

—Zia Nix



PastTense™ eases feelings of tension and helps reduce stress and anxiousness.



ESSENTIAL SUPPORT

“If there is ever an oil that gives me hope, it's Frankincense - the King of Oils! Daily, our lives are enriched by hearing testimonies of how this power-house of an oil has helped transform the wellness of many individuals we love ... We use it daily to support bodily wellness, and help reduce the appearance of skin imperfections that came from growing up near the beaches of Cape Town.”

—Daphne Clark



Frankincense, often called “the King of Oils,” is one of the essential oils every home needs because of its variety of beneficial uses.



feel great!

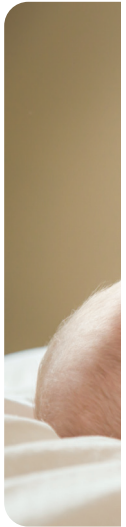


PREGNANCY and BABY

“I fell pregnant after a long fertility journey and thought the moment I got that ‘positive’ test result, all the stress and apprehensions would be over...it was only the beginning! Creating routines like taking Balance and massaging those grounding, calming oils into my feet as this gift was growing inside me was such a soothing way to start and end my day.”

—Dominique Olivier

Balance™ promotes a whole-body sense of relaxation, as well as feelings of tranquility for all stages of life.



simple

WOMEN'S
HEALTH



ClaryCalm™ is the best oil for your worst week. Period. This blend is especially for women who need some extra comfort.

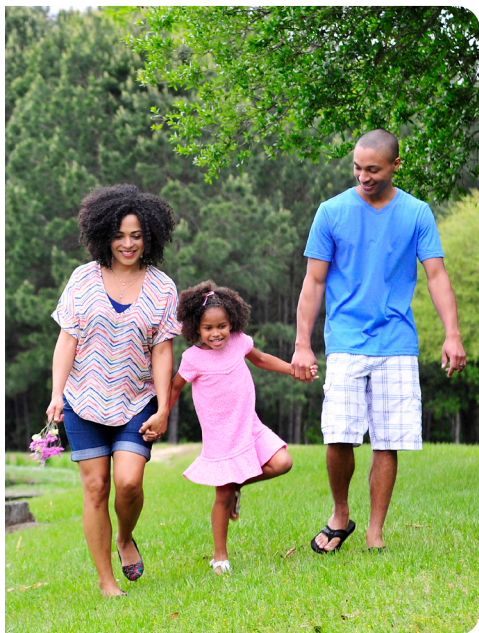


SEASONAL SUPPORT

“I love spring flowers and beautiful weather, but seasonal changes often leave me feeling less than ideal. I like a little dōTERRA Breathe under my nose throughout the day, and diffuse Eucalyptus at night.”

—Christa Dietzen,
Olympian, Women’s Volleyball





ENJOY
the GREAT
outdoors!

When used together, Lemon,
Lavender, and Peppermint
protect against seasonal
elements and promote clear,
easy breathing.



A vibrant, warm-toned photograph of a person running on a sandy beach. The person is shirtless and wearing patterned swim trunks, with their legs in motion. A small, fluffy white dog is running alongside them, also on the sand. The background shows the ocean and a clear sky. The entire image is overlaid with a soft, golden glow and numerous small, sparkling light effects, giving it a dreamy, sun-drenched appearance. The text is overlaid on the right side of the image.

fun in the SUN!

“Spending time for myself in nature energizes me, and I never leave the house without my Peppermint water spritz. In addition to being a natural bug deterrent, the Peppermint mist cools me down while at the beach or on a hike. Another secret of mine is Lavender—not only does it soothe my sun-kissed skin, but it also keeps me calm during my self-care ritual of deep breathing in nature. Use both for an energizing calm that can lift your mood for a day of fun outdoors.”

- Mariza Snyder

Travel

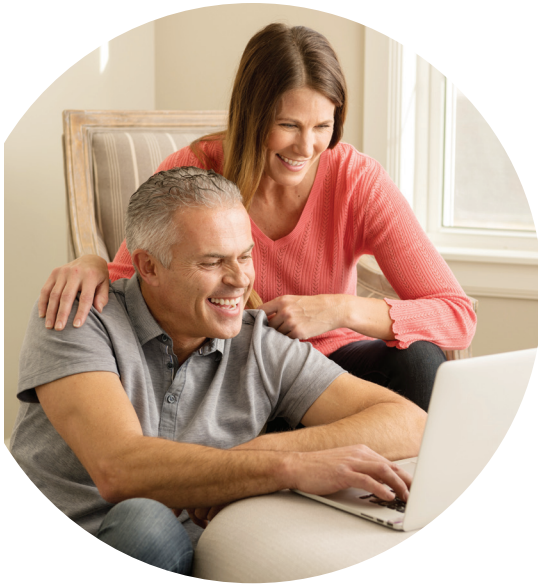
"We don't travel without Peppermint, dōTERRA On Guard, and ZenGest. Thanks to dōTERRA, we enjoyed 95 days of healthy travel through Europe, riding subways, trains, and buses and drinking native water wherever we went. Travel is more fun and less stressful now with our oils."

—Matthew Anderson



Peppermint can give a refreshing boost when feeling low on energy during travel.





A drop of Wild Orange
and Peppermint inhaled
from your hands is the
perfect afternoon
pick-me-up.

ENERGY SUPPORT

“Before every performance I put two drops of Wild Orange and one drop of Peppermint in one hand, rub both hands together and inhale a few times. It is so invigorating, energizing, and calming and helps me get in the zone before every show. It’s my favorite pre-show ritual!”

—Ashley Hess,
Musician



IMAGINE YOUR HEALTH and LIFE

empowered

There are so many possibilities available to you by using dōTERRA solutions. Living healthy really can be simple.



Connect with the person who gave you this guide to learn more.

experience

dōTERRA ESSENTIAL OILS

Essential Oil: _____

Supports: _____

How to Use: _____

Essential Oil: _____

Supports: _____

How to Use: _____

NOTE: Dilute for sensitivity. Don't use in eyes or ears.

I'M HERE TO SUPPORT YOUR

simple HEALTH

Name: _____

Phone: _____

Website: _____

Email: _____



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Healthy Can Be Simple-ZA EN 031020
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