

dōTERRA®

Natural Solutions Kit



Using essential oils is as **easy as 1, 2, 3.**



Breathe It In. | **A**

First, try using **Peppermint** aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.



Take a Sip. | **I**

Next, use **Lemon** internally. Put a drop in a glass of water, and take a refreshing sip.



Put Some On. | **T**

Now, apply **Deep Blue® Rub** topically. Put a small amount in your palms, rub them together, and massage into the neck and shoulders. How do you feel?

It is important to use your new essential oils safely. Use the kit QR code in this brochure to learn the best practices for using essential oils in the home.

APPLICATION
METHODS

A Can be used aromatically | **T** Can be used topically | **I** Can be used internally

Welcome to a life of natural solutions.

Transforming your mind, body, and home has never been easier with essential oils and essential oil infused products. With dōTERRA®, you can be confident that your essential oils are safe, pure, and effective.

- 💧 dōTERRA oils are safe to use with the whole family and give you peace of mind.
- 💧 Pure, ethically sourced essential oils are dōTERRA's number one priority.
- 💧 dōTERRA oils are potent, powerful, and effective.



Peppermint | 15mL

Refreshing, cooling, invigorating

- T** Apply to chest before exercise
- I** Add a drop to your toothbrush
- T** When tense, massage into temples



Lemon | 15mL

Cleansing, inside and out*

- I** Add a drop to a glass of water*
- T** Use to wipe down surfaces
- A** Inhale to improve mood



Deep Blue® Rub

Soothes targeted areas

- T** Massage into muscles
- T** Use before or after working out
- T** Apply after a long workday

For more ideas, tips, and instructions about using your new products, visit dotterra.com/naturalsolutions



*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.

*Statements with the asterisk refer to internal use of products.

There are countless ways to use your new oils. **Here are a few ideas.**



Lavender | 15mL

Calming, soothing, and relaxing

- A** A drop on your pillow
- I** Add two drops to nighttime tea
- T** Apply to skin irritations



Frankincense | 15mL

*Supports cellular health**

- I** A drop under the tongue
- T** Apply to blemishes
- A** Diffuse for emotional grounding



Tea Tree | 15mL

Cleanses, purifies, and rejuvenates

- T** Apply to skin irritations
- A** Use as a natural surface cleanser
- T** Apply to your hair and nails



Wild Orange | 15mL

Uplifts, energizes, and invigorates

- I** Add a drop to a glass of water
- A** Diffuse to improve mood
- A** Inhale for an energizing boost



dōTERRA Breathe® | 15mL

Feelings of easy breathing

- T** Rub on chest or back
- A** Diffuse at bedtime
- A** Inhale directly from palms



DigestZen® | 15mL

*Soothes stomach upset**

- I** Add to water or tea
- T** Rub on stomach
- I** Take after a large meal

APPLICATION METHODS

- A** Can be used aromatically | **T** Can be used topically | **I** Can be used internally

Choose wellness with **everyday essentials.**



dōTERRA Balance® | 15mL
Grounds and balances emotions

- A** Inhale when feeling anxious
- A** Diffuse during meditation
- T** Apply to wrists for relaxation



dōTERRA Serenity® | 15mL
Supports restful sleep

- A** Put a drop on your pillow
- T** Add to your evening bath
- T** Rub on your neck before bed



AromaTouch® | 15mL
Create the ultimate massage

- T** Rub on neck to lessen tension
- T** Add to your next massage
- T** Use with Epsom salts at bathtime



PastTense® | 10mL
Soothe tension

- T** Rub on temples for soothing sensation
- T** Apply to ease feelings of stress
- T** Massage into shoulders and neck



Fractionated Coconut Oil
Absorbent, light, and moisturizing

- Use this carrier oil to dilute essential oils before applying to young or sensitive skin



The Lumo® Diffuser
Transform any room

- Create an uplifting environment
- Purify the air in the kitchen or bathroom
- Use in your bedroom for relaxing atmosphere

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Transform your home with **natural, nontoxic products.**



dōTERRA On Guard® | 15mL
*Boosts immune system**

- A** Diffuse during fall and winter
- T** Rub on the bottoms of feet
- I** Add to water with honey to soothe throat*



dōTERRA On Guard+ Softgels
*Powerful antioxidant defense**

- Take these vegetarian softgels when seasonal threats are high for additional immune support*

dōTERRA On Guard Toothpaste
Cleans and whitens teeth naturally

- Brush morning and night for reduced plaque and whiter teeth



dōTERRA On Guard Foaming Hand Wash
Gentle, cleansing, refreshing

- Work to a lather with warm water and rinse thoroughly



dōTERRA On Guard Sanitizer Spray
Moisturizes and sanitizes

- Use to kill 99.9 percent of germs and bacteria
- Take when traveling and on the go



dōTERRA On Guard Mouthwash
Freshens breath and brightens smile

- Alcohol-free and formulated to reduce plaque and promote a healthy-looking mouth



dōTERRA On Guard Beadlets
*On-the-go immune support**

- A convenient way to support the body and freshen your breath*



DigestZen TerraZyme®

*Promote healthy digestion**

- This supplement is a blend of whole-food enzymes to promote the healthy digestion of food*
- Take one to three capsules with meals throughout the day



PB Assist®+

Powerful pre-biotic and pro-biotic

- Promotes beneficial bacteria within the body*
- Take three times daily with food (10 days at a time) to promote optimal digestive function and immune support*



dōTERRA Breathe® Vapor Stick

Cooling, invigorating vapor

- Use to create feelings of clear airways
- Apply before bed for cooling, soothing comfort
- Take when traveling for feelings of easy breathing



Correct-X®

Soothe the skin naturally

- This multi-purpose, natural ointment soothes and cleanses distressed skin



dōTERRA Shampoo and Conditioner

Cleanse and fortify hair

- Essential oil-infused formula for soft hair and healthy-looking scalp



dōTERRA® SPA Hand & Body Lotion

Indulge your skin

- Smooths and softens skin
- Has a light, non-greasy formula
- Blends well with essential oils

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dōTERRA Lifelong Vitality Pack[®]: **look, feel, and live younger, longer.**

Together, these supplements provide maximum nutrition for energy, focus, relief, and well-being.*



Microplex VMz[®]
Food nutrient formula of vitamins and minerals

Supports

- Healthy metabolism*
- Immune function*
- Cellular energy*



xEO Mega[®]
*Essential fatty acids and antioxidants**

Supports

- Healthy brain function*
- Cardiovascular system*
- Nervous system*
- Immune system*
- Joint health and mobility*



Alpha CRS+[®]
*Supports healthy cellular function**

Supports

- Healthy tissues and organs*
- Cellular function*
- Energy and vitality*
- Mental clarity and function*



Your purchase
changes lives.

The mission of dōTERRA is to change the world one drop at a time. When you buy from dōTERRA, you are supporting sustainable sourcing practices that help communities around the globe.

Scan the kit QR code in this brochure to get wellness delivered to your door each month, plus free dōTERRA products.

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