

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



**Breathe It In.** | **A**

First, try using **dōTERRA Balance®** 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.



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.

Did you enjoy your products?  
**Try these next!**



**Petal Essentials Kit**  
Transform any room with the aroma of essential oils using this popular, compact, and convenient diffuser.



**dōTERRA Serenity® Softgels**  
A combination of Lavender essential oil and natural plant extracts, these softgels help you get the refreshing sleep you need.\*

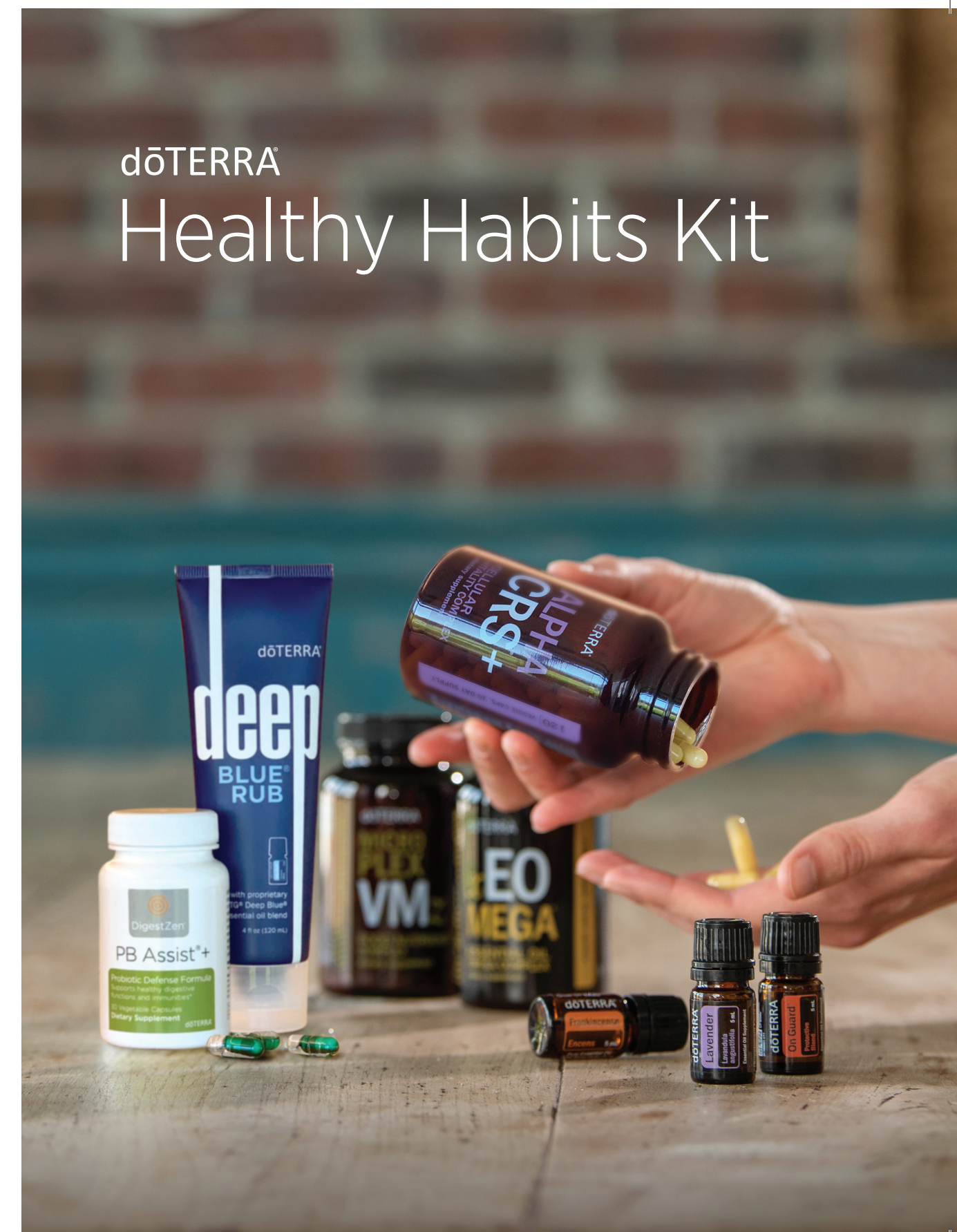


**DigestZen® | 15mL**  
This oil blend is perfect for soothing occasional stomach upset and maintaining overall digestive health.\*

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

dōTERRA®

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dōTERRA®  
**Healthy Habits Kit**

# Healthy habits, healthy life.

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.



**dōTERRA Balance® | 5mL**  
Grounds and balances emotions

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



**Lemon | 5mL**  
Cleansing, inside\* and out

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



**Deep Blue® Rub**  
Soothes targeted areas

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

For more ideas, tips, and instructions about using your new products, visit [doterra.com/healthyhabits](https://doterra.com/healthyhabits)



# Transform your life with natural, nontoxic products.



**Lavender | 5mL**  
Calming, soothing, and relaxing

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



**Frankincense | 5mL**  
Supports cellular health\*

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



**dōTERRA On Guard® | 5mL**  
Boosts immune system\*

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



**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\*

APPLICATION METHODS Ⓐ Can be used aromatically | Ⓣ Can be used topically | Ⓛ Can be used internally

# 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\*



\*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.