

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®** 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!**



**Deep Blue® Rub**  
Try this essential oil-infused topical cream to bring a comforting sensation of cooling and warmth to problem areas.



**dōTERRA On Guard® Hand Wash**  
This dōTERRA On Guard-infused, natural based hand wash cleans and softens hands.



**dōTERRA Lifelong Vitality Pack®**  
This pack of three supplements provides maximum nutrition for energy, focus, relief, and well-being.\*

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 Start Kit

## Every day deserves a healthy start.

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.

## Transform your life with natural, nontoxic products.



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

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



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

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

## Choose wellness with everyday essentials.



**dōTERRA Breathe® | 5mL**  
*Feelings of easy breathing*

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



**DigestZen® | 5mL**  
*Soothes stomach upset\**

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



**Peppermint | 5mL**  
*Refreshing, cooling, invigorating*

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



**Lemon | 5mL**  
*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® | 5mL**  
*Soothes targeted areas*

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



**Tea Tree | 5mL**  
*Cleanses, purifies, and rejuvenates*

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



**Oregano | 5mL**  
*Powerful immune-boosting support\**

- I Take for antioxidant support\*
- T Dilute and apply to bottoms of the feet
- I Take for immune support\*



**dōTERRA On Guard® | 5mL**  
*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\*



**The Brevi® Stone Diffuser**  
*Sleek oil diffuser*

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

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



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

\*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.