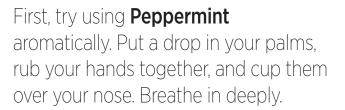
# Using essential oils is as **easy as 1, 2, 3.**



# Breathe It In. | A





# Take a Sip. | 1

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



# Put Some On. | 1

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.



The mission of doTERRA is to change the world one drop at a time. When you buy from doTERRA, 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.



### doTERRA On Guard® Hand Wash

This doTERRA On Guard-infused natural based hand wash cleans and softens hands.



#### doTERRA 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.







# 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 doTERRA®, 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 drop on your pillow
- Add two drops to nighttime tea
- Apply to skin irritations



## Frankincense | 5mL

Supports cellular health\*

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



Choose wellness with

everyday essentials.

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

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



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

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



### Peppermint | 5mL

Refreshing, cooling, invigorating

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



#### Lemon | 5mL

Cleansing, inside\* and out

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



### Deep Blue® | 5mL

Soothes targeted areas

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



## Tea Tree | 5mL

Cleanses, purifies, and rejuvenates

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



## Oregano | 5mL

Powerful immune-boosting support\*

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



## dōTERRA On Guard® | 5mL

Boosts immune system\*

- A Diffuse during fall and winter Rub on the bottoms of feet
- 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 doterra.com/healthystart











hese 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.