

dōTERRA®

Healthy Can Be

Simple



ō

discover

SAFE, AFFORDABLE, AND EFFECTIVE NATURAL SOLUTIONS!

Essential oils are extracted from different parts of the 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 region

PURE



Extensive 3rd party testing

SAFE



Beyond organic, free of fillers, or foreign contaminants

3 EASY WAYS TO USE

AROMATIC



Breathe in or use diffuser

TOPICAL



Apply to bottoms of feet or specific areas

INTERNAL



Drop under tongue, in gel cap, or in water



enjoy SIMPLE DIGESTIVE SUPPORT

DigestZen® blend provides effective digestive support, combining the therapeutic benefits of Ginger, Peppermint, Caraway, Coriander, Anise, Tarragon, and Fennel essential oils.

“DigestZen® is my go-to oil if I have any kind of stomach discomfort. After going to a buffet recently, I felt so grateful to have DigestZen® handy!”

- Jeannette Palmer



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.

HEALTHY WEIGHT

dōTERRA Slim & Sassy® promotes healthy metabolism, helps manage hunger cravings, and calms the stomach.

“Looking my best is important to me, so I chose to be consistent with using Slim & Sassy® for the last three months. Now I look and feel incredible.”

- Allyse Sedivy



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.



simple

EXERCISE and
HEALTHY WEIGHT

EXERCISE

Deep Blue® provides comforting support to problem areas with a natural cooling and warming sensation.

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

- Tim Hightower



SIMPLE *sleep*



“For the past while, I have been using Lavender on my feet before bed. I also add either dōTERRA Balance® or dōTERRA Serenity®. I’m sleeping all the way through the night now and I am thankful to be able to care for my body naturally.”

- Valerie Grossman

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

- Alev Kelter
Olympic Women’s Rugby Player



Serenity promotes deep relaxation and a restful sleeping environment.

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 tension.





“In the past, we’ve missed out on a lot of school and other events. I feel confident now because my family is protected through daily use of dōTERRA On Guard.®”

- Tina Kendall

IMMUNE SUPPORT

dōTERRA On Guard® is an effective alternative to synthetic options for boosting the immune system and protection against environmental threats.



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.

GREEN CLEANING

“dōTERRA oils are my favorite products for cleaning. They are powerful, non-toxic alternatives to many products out there. I use the oils in my laundry, on cooking surfaces, for dishes, and more. I am so confident in the oils’ safety that I even let my kids help. I love knowing my home is cleaner and purer now.”

- Megan Ornelas



dōTERRA On Guard® cleaning products are a non-toxic alternative for cleaning in the home.



SIMPLE *focus*

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



“My seven-year-old grandson has struggled recently with being easily frustrated, making friends, and staying focused on his school work. His mom started using InTune®, dōTERRA Balance®, and Vetiver. He’s doing so much better now. When his mom checked in with his teacher, she said, ‘Whatever you are doing, keep doing it.’”

- Rosie Kolditz

RELEASE TENSION

*“At the end of a long day or
when a difficult situation arises,
I reach for PastTense®.”*

- Quinn Curtis



PastTense® eases feelings
of tension and helps
reduce stress and
anxious feelings.



CELLULAR SUPPORT

“I have taken many supplements my entire life, the majority of which I noticed little or no change or improvement. On day three of using Lifelong Vitality, my life changed. Energy, vitality, stamina and so much more! Now I can keep up with my eight boys. It is extraordinary how the human body responds when you feed it the nutrition it needs!”

- Justin Harrison



dōTERRA Lifelong Vitality Pack® is a trio of power-packed supplements—essential oil-infused vitamins, minerals, omegas, and cellular support—that provides foundations for daily energy and healthy mood balancing.

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!



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.

PREGNANCY and BABY

“Lifelong Vitality can help during pregnancy. It’s a wholefood-based supplement, so your body knows exactly what to do with the nutrients. When you are ready to give birth, I recommend two oils be in your birth bag: Wild Orange and dōTERRA Balance.® Both are incredible at easing anxiousness.” †

- Stephanie Fritz

dōTERRA 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 just for women who need some comfort.



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.

† Before adjusting diet or supplements while pregnant, consult your physician.

SEASONAL SUPPORT

"I love spring flowers and beautiful weather, but seasonal changes often leave me feeling less than ideal. I like to use a triple-threat to help me maintain feelings of clear airways with a dōTERRA TriEase® Softgel in the morning, a little dōTERRA Breathe® under my nose throughout the day, and diffusing Eucalyptus at night."

Christa Dietzen – Olympic Women's Volleyball (Team Captain)



OUTDOOR RELIEF

Terrashield® is a great natural blend that keeps nature off you, so you can enjoy your outdoor activities. Purify is a great blend to keep in your hiking backpack for soothing your skin.





ENJOY
THE GREAT
outdoors!

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



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.



Fun IN THE SUN!

“We love using essential oils after we’ve been out in the sun all day. Lavender is fantastic for soothing and Peppermint is great for a cooling sensation.”

- Alyssa Rigby

Travel

“We don’t travel without Peppermint, dōTERRA On Guard,[®] and DigestZen.[®] 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 stress now with our oils.”

- Matthew Anderson



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



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.



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



ENERGY SUPPORT

Exercise is a key part of my day, but I need energy to get through work as well. Mito2Max® is my daily energy boost that I know won't make me crash."

- Jessica Moultrie

Mito2Max® naturally supports cellular energy production, aerobic capacity, and stamina.

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.

IMAGINE YOUR HEALTH and LIFE

empowered

There are so many possibilities available to you by using dōTERRA's 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: _____

