

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

Last, apply **Deep Blue** topically. Put a drop 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.



Verage® Skin Care Collection
Nourish and hydrate your skin while also reducing the visible signs of aging with these natural skin care products.



dōTERRA On Guard® Mouthwash
Clean the teeth and gums, reduce plaque, and promote a healthy-looking mouth with this natural, alcohol-free mouthwash.

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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Welcome to your new **healthy home.**

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 and ethically sourced essential oils are dōTERRA's number one priority.
- 💧 dōTERRA oils are potent, powerful, and effective.

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



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
- T Use as a natural surface cleanser
- T Apply to your hair and nails



Oregano | 15mL
Powerful immune-boosting support*

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



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



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® | 5mL
Soothes targeted areas

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



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 Toothpaste
Cleans and whitens teeth naturally

- Brush morning and night for reduced plaque and whiter teeth



dōTERRA On Guard Cleaner Concentrate
Ultimate natural cleaner

- Use to clean the bathroom and kitchen
- Soak with dirty dishes in the sink
- Use as multi-purpose cleaner around the home



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 Foaming Hand Wash
Gentle, cleansing, refreshing

- Work to a lather with warm water and rinse thoroughly



dōTERRA Shampoo and Conditioner
Cleanse and fortify hair

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



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/healthyhome



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.