# Simple Solutions

dōterra

\$105 (70PV) \$39 Savings

with proprietary CPTG<sup>®</sup> Deep Blue<sup>®</sup> essential oil blend (4 oz/120 ml 🕘

RUB



What's Included. DEEP BILLER RUL  $|\mathcal{L}(M)| = (M) |\mathcal{L}(M)| =$  $\square \mathbb{R}$ 

5ML Serenity R Wholesale Membership

# Using Essential Oils Is Easy!



## Breathe It In. | 🗛

First, try using **Lemon** aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.

## Lemon | 15mL

Cleansing, inside\* and out

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



## Take a Sip. | 🕕

Next, use **dōTERRA On Guard**<sup>®</sup> internally. Put a drop in a glass of water, and take a refreshing sip.

dōTERRA On Guard | 15mL Boosts immune system\*



## Rub **dōTERRA Serenity**<sup>®</sup> on the bottoms of your feet. For extra relaxation, apply a drop to the palms and inhale.





## Put Some On. | 🕕

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?

**Deep Blue Rub** Soothes targeted areas

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

Before Bed Tonight.

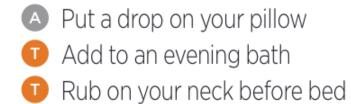
Diffuse during fall and winter Rub on the bottoms of feet Add to water with honey to

soothe throat\*





Supports restful sleep







# HEALTHY START



What's Included: Brevi®Diffuser 5ml DigestZen®5ml Oregano 5ML ON GUJIJ®5ML Brejthe®5ML Deep BIUE® PPPErmint SML Lemon SML Lavender



First, try using **Peppermint** 

aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.

# 5ML Frankincense 5ML tea tree Wholesale Membership



## Take a Sip. | 🕕

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

# TRANSFORM YOUR LIFE With NATURAL, NONTOXIC PRODUCTS



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 Inhale to improve mood



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



## Put Some On. | 🕕

Now, apply **Deep Blue**<sup>®</sup> topically. Put a small amount in your palms, rub them together, and massage into the neck and shoulders. How do you feel?

dōterra **Breathe**<sup>\*</sup>

dōTERRA Breathe<sup>®</sup> | 5mL Feelings of easy breathing

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



DigestZen<sup>®</sup> | 5mL Soothes stomach upset\*

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



Lavender | 5mL Calming, soothing, and relaxing

A drop on your pillow Add two drops to nighttime tea O Apply to skin irritations



Frankincense | 5mL Supports cellular health\*

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







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

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



Cleanses, purifies, and rejuvenates

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



Powerful immune-boosting support\*

• Take for antioxidant support\*

Dilute and apply to bottoms of the fee Take for immune support\*



What's Included:

AJAPŁIV™ CAIMING BIENA, BAIANCE® GROUNAING BIENA, BREAŁHE® RESPIRAŁORY BIENA, DEEP BIUE® SOOŁHING BIENA, COPAILA, DIGESŁZEN®, LAVENAER, LEMON, ON GUARA® PROŁECŁIVE BIENA, PEPPERMINŁ, THE PEŁAI® 2.0 DIFFUSER



Peppermint | 15mL Refreshing, cooling, invigorating

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



Lavender | 15mL Calming, soothing, and relaxing

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





Lemon | 15mL Cleansing, inside\* and out

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



dōTERRA On Guard<sup>®</sup> | 15mL Boosts immune system<sup>\*</sup>

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





Deep Blue<sup>®</sup> | 5mL Soothes targeted areas

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



CALMING BLEND

When feelings of fatigue, restlessness, indecisiveness, or irritability appear, Adaptiv Calming Blend is part of the toolbox that will help create a sense of balance.

- Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum
- Assists in centering
- Increases feelings of tranquility

## 





Copaiba Top Seller! | 15mL

ESSENTIAL OIL Copaifera reticulata, officinalis, coriacea, and langsdorffii

Copaiba, when taken internally, supports a healthy immune and cardiovascular system.\*

- Provides antioxidant support when ingested\*
- Helps soothe and support the nervous system when consumed\*
- Promotes clear, smooth skin and reduces the appearance of blemishes



## Breathe It In. | 🗛

First, try using **Peppermint** aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.





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

**dōTERRA Balance®** | 15mL GROUNDING BLEND

dōTERRA Balance Grounding Blend has a warm, woody aroma that creates a sense of calmness and well-being.

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus in a base of Fractionated Coconut Oil
- Adds to a relaxing massage
- Creates a calming atmosphere



doTERRA Breathe<sup>®</sup> | 15mL Feelings of easy breathing

Rub on chest or back
Diffuse at bedtime

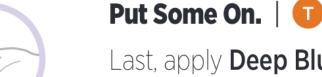
Inhale directly from palms

**DigestZen**<sup>®</sup> | **15mL** Soothes stomach upset<sup>\*</sup>

Add to water or tea

🕡 Rub on stomach

Take after a large meal



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?

# HEALTHY HABITS



# What's included:

5ML Lavender 5ml Frankincense Terrazyme ® 5ML BAIANCE® LifeIong Vitality Pack® 5ml Lemon 5ML ON GUJFJ®

HEALTHY HABITS Healthy Life

TerraZym



doterra

dōTERRA

FOOD NUTRIENT

## Breathe It In. | A

## First, try using doTERRA Balance®

CELLULAR VITALITY COMPLEX

dōTERRA

aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.

## DEED BINE BINE BINE PB ASSiSt+ Wholesale Membership



doTERRA Balance<sup>®</sup> | 5mL Grounds and balances emotions Inhale when feeling anxious O Diffuse during meditation O Apply to wrists for relaxation



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 lon





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



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?



Microplex VMz<sup>®</sup> Food nutrient formula of vitamins and minerals

- Healthy metabolism\*
- Immune function\*
- Cellular energy\*



### Supports

- Immune system\*

xEO Mega®

antioxidants\*

Supports

Essential fatty acids and

Healthy brain function\*

Cardiovascular system\*

Nervous system\*

ERRA



Alpha CRS+® Supports healthy cellular function\*

### Supports

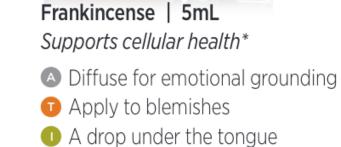
- Healthy tissues and organs\*
- Cellular function\*
- Energy and vitality\*
- Mental clarity and function\*



Lavender | 5mL Calming, soothing, and relaxing

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





dōterf



dōTERRA

B Assist -



TerraZyme

Joint health and mobility\*







### 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<sup>®</sup>+

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\*

# HEALTHY HOME

TRANSFORM YOUR HOME With NATURAL, NONTOXIC PRODUCTS

# What's Included: Salon Essentials Shampoo+Conditioner, on Guara® TOOLHPASLE, ON GUARACIEANING CONCENLIFALE, ON GUARA®

döTERRA

onguard



\$350 (250PV)

\$90 Savings

First, try using **Peppermint** aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.

FOAMING HANA WASH+PUMP, ON GUARA®SANILIZER, BREVI® Diffuser, ISML Breather, SML Deep BIUE, ISML Digestzen, ISML ON GUƏRƏ, ISML FRƏNKINCENSE, ISML LEMON, ISML Lavender, ISML Tea Tree, ISML Oregano, ISML Peppermint Wholesale Membership



## Take a Sip. | 🕕

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



## Put Some On. | 🕕

Last, apply **Deep Blue** topically. Put a drop in your palms, rub them together, and ulders.



hampoo

Peppermint | 15mL Refreshing, cooling, invigorating Apply to chest before exercise Add a drop to your toothbrush When tense, massage into

temples

Lavender

Lavender | 15mL



Lemon | 15mL Cleansing, inside\* and out Add a drop to a glass of water Use to wipe down surfaces Inhale to improve mood

dōTERRA	
Deep Blue*	
Soothing	

Deep Blue<sup>®</sup> | 5mL Soothes targeted areas

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



dōTERRA On Guard<sup>®</sup> | 15mL Boosts immune system\*

- O Diffuse during fall and winter Rub on the bottoms of feet
- dd to water with honey to
- othe throat\*



• Brush morning and night for reduced plague and whiter teeth



 Take when traveling and on the go



onguard









Calming, soothing, and relaxing

• Add two drops to nighttime tea

A drop on your pillow

O Apply to skin irritations



Frankincense | 15mL Supports cellular health\* • A drop under the tongue Apply to blemishes O Diffuse for emotional grounding



Tea Tree | 15mL Cleanses, purifies, and rejuvenates

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

ut			U Ru
			Ad
			SOC



dōTERRA On Guard

**Cleaner Concentrate** 

• Use to clean the

in the sink

Ultimate natural cleaner

bathroom and kitchen

• Soak with dirty dishes

• Use as multi-purpose

cleaner around the home



Oregano | 15mL Powerful immune-boosting support\*

Take for immune support\*

the feet

Blend 15 mL dōTERRA Breathe<sup>®</sup> | 15mL Feelings of easy breathing Rub on chest or back

**Breathe** 

• Take for antioxidant support\* A Diffuse at bedtime Dilute and apply to bottoms of Inhale directly from palms

Blend 15 mL DigestZen<sup>®</sup> | 15mL Soothes stomach upset\*

dōterra

**DigestZen** 

Add to water or tea 🕡 Rub on stomach

Take after a large meal





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

# NATURAL SOLUTIONS



What's Included: IO ML LOLLIES: PASETENSE® 15 ML LOLLIES:

Lavender, Lemon, Peppermint, on Guara®, Frankincense, Tea Tree, Wild Orange, Balance®, Digestzen®, Aromatouch®, Serenity®, Breathe®

ON GUARI® BEALIELS, ON GUARI® TOOLHPASLE, ON GUARI® HANA WASH +2 DISPENSERS, ON GUARI® Mouth Wash, on Guara® Sanitizer Spray, on Guara® Softgels Lifelong Vilalily Pack®, Terrazyme®, Deep Blue® Rub, Fractionaled Coconul oil (4 oz), Spa Hand & Body Lotion, Lumo Diffuser, SPa Moisturizing Bath Bar (3PK), Wooden Box, Breathe® Vapor Stick, Correct-X®, PB Assist®+, Wholesale membership



## 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. | 🕕





# Put Some On. | 🚺

Now, apply **Deep Blue**<sup>®</sup> **Rub** topically. Put a small amount in your palms,







Lavender | 15mL Calming, soothing, and relaxing A drop on your pillow Add two drops to nighttime tea Opply to skin irritations



Frankincense | 15mL Supports cellular health\*

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



Tea Tree | 15mL Cleanses, purifies, and rejuvenates

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





Wild Orange | 15mL Uplifts, energizes, and invigorates

• Add a drop to a glass of water A Diffuse to improve mood Inhale for an energizing boost



dōTERRA Breathe<sup>®</sup> | 15mL Feelings of easy breathing

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



Soothes stomach upset\*

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

Peppermint | 15mL Refreshing, cooling, invigorating • Apply to chest before exercise Add a drop to your toothbrush • When tense, massage into temples

Lemon | 15mL Cleansing, inside\* and out

Add a drop to a glass of water\* • Use to wipe down surfaces Inhale to improve mood

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

RUE

**Deep Blue® Rub** 

Soothes targeted areas





# NATURA SOLUTIONS





dōTERRA Balance<sup>®</sup> | 15mL Grounds and balances emotions

Inhale when feeling anxious A Diffuse during meditation



doTERRA Serenity<sup>®</sup> | 15mL Supports restful sleep

Put a drop on your pillow

• Add to your evening bath



dōTERRA On Guard<sup>®</sup> | 15mL Boosts immune system\*

O Diffuse during fall and winter Rub on the bottoms of feet Add to water with honey to



doTERRA On Guard

**Foaming Hand Wash** 

• Work to a lather with

thoroughly

warm water and rinse

### dōTERRA On Guard+ Softgels Powerful antioxidant defense\*

• Take these vegetarian softgels when seasonal threats are high for additional immune support\*

### • Apply to wrists for relaxation



AromaTouch<sup>®</sup> | 15mL Create the ultimate massage

- Rub on neck to lessen tension
- Add to your next massage
- Use with Epsom salts at bathtime



Fractionated Coconut Oil Absorbent, light, and moisturizing

• Use this carrier oil to dilute essential oils before applying to young or sensitive skin

### Rub on your neck before bed



Soothe tension

- Rub on temples for soothing sensation
- Apply to ease feelings of stress
- Massage into shoulders and neck



The Lumo<sup>®</sup> Diffuser Transform any room

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



dōTERRA On Guard Toothpaste Cleans and whitens teeth naturally

• Brush morning and night for reduced plague and whiter teeth



- 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 Mouthwash Freshens breath and brightens smile

 Alcohol-free and formulated to reduce plague and promote a healthy-looking mouth

dōTERRA On Guard Beadlets On-the-go immune support\*

A convenient way to support the body and freshen your breath\*

# Choose Wellness With EVERY DAY ESSENTIALS





# NATURA SOLUTIONS





DigestZen TerraZyme<sup>®</sup> Promote healthy digestion\*

 This supplement is a blend of whole-food enzymes to promote the healthy digestion of food\*



PB Assist<sup>®</sup>+ Powerful pre-biotic and pro-biotic

and immune support\*

ORRECT.

Promotes beneficial bacteria within the body\*

• Take three times daily with food (10 days at a

time) to promote optimal digestive function

Correct-X<sup>®</sup>

Soothe the skin naturally

distressed skin

• This multi-purpose, natural

ointment soothes and cleanses







- Take one to three capsules with meals throughout the day



doTERRA Breathe® Vapor Stick Cooling, invigorating vapor

- Use to create feelings of clear airways
- Apply before bed for cooling, soothing comfort
- Take when traveling for feelings of easy breathing



doTERRA Shampoo and Conditioner Cleanse and fortify hair

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



- Smooths and softens skin
- Has a light, non-greasy formula
- Blends well with essential oils



### Microplex VMz<sup>®</sup> 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\*

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.

# TRANSFORMING YOUR MIND, ND HOME HAS NEVER HAS



# NEW ENRO MENT KITS





# \$249.00 (200PV)







