



Healthy
CAN BE
SIMPLE™

An Introduction to
dōTERRA® Essential Oils

Simple HEALTH

Healthy can be simple! For thousands of years, pure essential oils have provided simple health solutions. Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants.



*Nature was man's first medicine.
Everything we need can be
found there.* – Emily Wright

Today, you can trust the power of plants to enhance physical, mental, and emotional health with dōTERRA essential oils.

Many who choose dōTERRA now experience:

- Major health improvements
- Less time at the doctor's office
- Less money on medications
- More energy & vitality
- Powerful, lasting solutions

THERE IS BEAUTY IN *simplicity.*



1 drop of dōTERRA peppermint oil = 28 cups of peppermint tea

DISCLAIMER: The product statements herein have not been evaluated by the Food and Drug Administration. This content is for informational purposes only and is not intended to diagnose, treat or cure any disease.

Simple PURITY

dōTERRA essential oils are safe, potent, and effective because:

- Plants are grown and harvested in their native region for maximum potency.
- 3rd party testing ensures oils are genuine, potent, and authentic.
- CPTG Certified Pure Therapeutic Grade® is beyond organic, verified pure, and free of fillers, pesticides, and foreign contaminants.

dōTERRA essential oils can be used in these ways:



A AROMATIC

Breathe in or use diffuser to clean the air, support open airways, and affect mood.



T TOPICAL

Apply to bottoms of feet or troubled areas. With sensitive skin, dilute using Fractionated Coconut Oil. Keep oils out of eyes and ears.



I INTERNAL

Applies only to dōTERRA's CPTG oils. Drop under the tongue, in a gel capsule, or in water to support mouth, throat, digestive, and overall health.

Discover the possibilities of dōTERRA's essential oils and blends through the simple instruction and real life experiences shared in this guide.



Simple ALLERGY RELIEF

Favorite Solutions:

- Wild Orange/Lemon
- Peppermint
- Lavender
- Breathe blend



Put 2 drops of Wild Orange or Lemon, Lavender, and Peppermint oil into your palm. Inhale and rub on the back of your neck. You can also put drops under the tongue, in an empty gel capsule, or in a glass of water to drink for relief.

"I have asthma and major allergies. I had been using asthma preventative medication daily for years. It's been 5 months with none of these medications, and I'm not looking back. I use Lavender, Lemon and Peppermint daily. The best allergy and asthma medicine I've ever used; no drowsy side effects!"

- Lyndsi Caulder



Wild Orange

Simple SUN RELIEF



Favorite Solutions:

- Lavender
- Fractionated Coconut Oil
- Peppermint
- Melaleuca

Put several drops of Lavender in your palm with Fractionated Coconut Oil and rub on irritated skin. If additional cooling is needed, apply peppermint. Apply Fractionated Coconut Oil to protect from excessive sun exposure.

"For too much sun, I love lavender and melaleuca with Fractionated Coconut Oil, and peppermint in water in spray bottles. Within a few hours the heat radiating from the skin is released! I don't peel either!"
- Alyssa Rigby



Lavender

Simple IMMUNE SUPPORT

Favorite Solutions:

- On Guard® Blend
- On Guard® Throat Drops
- On Guard® Beadlets



Use On Guard in a diffuser to keep sickness at bay. Experience sore throat and cough relief using On Guard Beadlets or Throat Drops. Put on the bottoms of the feet or in a capsule for powerful immune support. Dissolve an On Guard Beadlet in your mouth once a day to build immunity.

"Last winter I had been through 2 rounds of strep, bronchitis, and pneumonia. I could not get well. The doctor gave me 3 days before he was admitting me to the hospital. I turned to my friend and followed her advice using dōTERRA essential oils. When I went back to the doctor 3 days later, my lungs were almost clear! No hospital for me!" - Tina Kendall



Clove
in dōTERRA's
On Guard® blend

Simple PAIN RELIEF



Rub on location for effective, natural relief. Apply a hot compress—a wash cloth with hot water—to drive the oils deeper. Also great for pre- and post-workout.



"My aunt who is in her 60's has had arthritis since she was 5. The pain got so bad she was forced to do her job as a nurse in a wheelchair and eventually retire early. Talking on the phone to her grandkids was painful and never lasted more than a couple minutes. After using Deep Blue and a blend of other oils consistently, she noticed her pain decreasing. After about a year, she has full range of motion in her arms. She bought a Mustang and started driving cross country to visit all her grandkids—something she thought she was done with." - Andi Thompson

Osmanthus
in dōTERRA's
Deep Blue® blend

Favorite Solutions:

- Wintergreen
- Deep Blue® blend Roll-On
- Deep Blue® Rub
- AromaTouch® blend

Simple DIGESTIVE SUPPORT

Favorite Solutions:

- DigestZen® blend
- Peppermint
- Fennel
- Ginger



Apply essential oils directly on stomach; dilute with Fractionated Coconut Oil for sensitive skin. Put essential oils in drinking water or in a capsule for relief.

“DigestZen is my go-to oil for stomach pains including food poisoning! I ate some food at a buffet and immediately became nauseous, started shaking, could hardly walk, etc.; two drops of DigestZen and all symptoms disappeared.”
- Jeannette Palmer



Peppermint
in doTERRA's
DigestZen® blend

Simple SLEEP



Apply essential oils on the back of the neck, bottoms of feet, or diffuse to support a good night's sleep.

"I've had trouble staying asleep for several months now, to the point that I was lucky if I slept three hours without waking up and often times not being able to go back to sleep. Obviously this was affecting so many other areas of my life. I started using lavender on my feet every night and would alternate between Serenity and Balance on my feet too. I've now gone two weeks without any medication, only using my oils! I'm sleeping all the way through the night and am thankful to be off the meds!" - Valerie Grossman



Roman Chamomille

Favorite Solutions:

- Serenity blend
- Lavender
- Balance
- Roman Chamomille



Simple HEAD TENSION RELIEF

Favorite Solutions:

- PastTense™ roll-on
- Deep Blue® roll-on
- Peppermint oil



Apply essential oils at onset to the source of discomfort. Reapply to back of neck, forehead, or temples as needed until tension subsides.

"I use PastTense every day. I love the smell and I am prone to severe head tension, especially when I'm driving. Past Tense has eliminated my need for headache medication and other OTC's. It's been great!"
- Sherri Olsen



Cilantro
in dōTERRA's
PastTense blend

Simple BUG RELIEF

Lemongrass
in dōTERRA's
TerraShield blend



Favorite Solutions:

- Terrashield™ blend
- Purify™ blend
- Peppermint
- Lemongrass

Add 30 drops of TerraShield to an 8 oz. spray bottle of Fractionated Coconut Oil to use as insect repellent.

Apply Purify to sting location for relief. Add peppermint as needed as a natural analgesic.

"At first I was skeptical about TerraShield and wanted to try it out on myself before trusting it for my whole family. During a camping trip to the lake I used it and had my family use our traditional sprays. I really felt horrible at the end of the trip when I was the one with only a few bites and my family was covered. Now everyone gets TerraShield and camping trips are a lot more enjoyable."
- Heather Carson



Simple MOOD SUPPORT

Favorite Solutions:

- Balance
- Serenity
- Citrus Bliss
- Elevation™
- Lifelong Vitality Pack®
- Frankincense



Use dōTERRA's essential oil-infused Lifelong Vitality Pack supplements as the foundation for healthy mood balancing support.

Put several drops of the mood support oil(s) of your choice in your hand. Cup your hand over your nose and mouth to inhale. Rub hands on the back of your neck. Repeat as needed.

"After having fibromyalgia and chronic fatigue for over 30 years, I sunk into an abyss of depression. Serenity, Purify, Balance, and Elevation made a real difference. I was barely existing and now I'm thriving and working towards dreams I'd once given up on."
- Jodi Parson

Frankincense
in dōTERRA's
Balance blend



Simple ENERGY BOOST



Pomegranate
Seed Oil
in dōTERRA's
xEO Mega blend

Favorite Solutions:

- Lifelong Vitality Pack®
- Wild Orange
- Frankincense
- Peppermint Beadlet

Use dōTERRA's essential oil-infused Lifelong Vitality Pack as directed to support more energy.

For a quick pick-me-up, put 2 drops each of wild orange, frankincense and peppermint in your hands and inhale. Then, rub your hands on the back of your neck.

Drop a peppermint beadlet in your mouth to increase energy and clarity.

"I had been in pain for many years; my whole body hurt. All I could do was sit on the couch. My energy level was about a 1 on a scale of 1 to 10. After a couple of days of using the Lifelong Vitality, I started feeling great: no pain and lots of energy. Now, almost a year later I still feel great! Thank you dōTERRA for giving me my life back." - Michelle Quezada



Simple WEIGHT LOSS

Favorite Solutions:

- Slim & Sassy™ blend
- Lifelong Vitality Pack®
- Grapefruit
- Slim & Sassy™ Trim Shake
- GX/PB Assist



Use Slim & Sassy in water or in capsules daily to support effective metabolic activity. Rub oils on trouble areas.

Get great nutrition with Lifelong Vitality Pack to support your healthy weight goals.

"I started having one Trim Shake a day, taking the Lifelong Vitality Supplements, and having Slim & Sassy in every glass of water I drank. I lost 10 pounds quickly. Then I used GX Assist, followed by PB Assist which helped me get rid of a lot of toxins and my extended stomach! I have now lost 40 pounds using dōTERRA and have given up white sugar and sweets completely! Any candida is dormant and I feel great! All of this was without exercise, but my movement has increased. This is the easiest weight loss plan for me!"

- Debra Nelson



Grapefruit
in dōTERRA's
Slim & Sassy blend

Simple FOCUS



Ylang ylang
in dōTERRA's
InTune blend

Favorite Solutions:

- InTune
- Balance
- Wild Orange
- Peppermint
- Vetiver

Roll InTune on forehead, back of neck, spine or bottoms of feet to support focus.

Put frankincense, peppermint, and wild orange in your hands and inhale to wake up or get focused.

"My 7-year-old grandson's school has a star rating system so one teacher doesn't get all the problem children. The more stars one has, the more challenging the child is. Paysen had 5 stars, which was the most any child was given. He had anger issues, difficulty making friends and focusing on tasks. His mom started using InTune, Balance, and vetiver on the bottom of his feet. After about three weeks of not hearing from the teacher, my daughter emailed her. The teacher responded that he is doing great, making friends, not acting out, and if she were rating him, he would have no stars right now. Whatever you are doing, keep doing it!"
- Rosie Kolditz



Simple CLEANING

Favorite Oils:

- Lemon
- On Guard® Concentrate
- Purify™



"dōTERRA oils are my go-to products for cleaning. They are a great toxic-free, residue-free alternative to many products out there. I use the oils in my laundry, cleaning surfaces, dishes, and more. There is an oil that is perfect for everything I need to clean. I am so confident in the oils' safety that I even let my kids help. I love knowing my home is cleaner and purer thanks to dōTERRA." - Megan Ornelas

- Mix several drops of lemon with water in a spray bottle to clean home surfaces. Add a few drops of lemon to dishwasher for sparkling, clean dishes!
- Add a few drops of Purify to a load of laundry to remove odor
- Use On Guard concentrate for laundry, dishes, and an all-purpose cleaner



Pine
in dōTERRA's
Purify blend

See more recipes at
successwithoils.com/cleaning

Simple COOKING



Basil

Favorite Oils:

- Lime, Lemon, Wild Orange, Grapefruit
- Peppermint
- Basil, Rosemary

"As a home chef, using dōTERRA essential oils in my cuisine has added a whole new dimension to seasoning foods. I like using citrus oils in juicing and making smoothies. I make a chocolate frankincense truffle that is so good it will make your toes curl. The synergies of a plant-based approach along with the essential oils have no bounds for the creative cook." - Roman Barrus

- Mix lime and cilantro in guacamole
- Add 1-2 drops of cinnamon to oatmeal
- Use citrus oils in salad dressing
- Dip fruit in cassia with greek yogurt
- Add wild orange or On Guard to a large bowl of water with sliced apples
- Jazz up your green smoothie with 1-2 drops of wild orange

See more recipes at
successwithoils.com/cooking



Simple PREGNANCY + BABIES

Favorite Oils:

- Lavender
- DigestZen®
- AromaTouch™
- Balance
- Lifelong Vitality Pack®



"As a midwife, I love using dōTERRA essential oils to support my clients' pregnancies, deliveries, and beyond. Each oil and blend is very helpful at the births I attend. Everything from physical wellness to mood management. I also confidently recommend the Lifelong Vitality Pack for pregnant and breast-feeding mothers. I am very grateful for these powerful tools at births and for my own family." - Sherri Price

- Rub AromaTouch or Deep Blue on location for occasional pregnancy aches and pains
- Use DigestZen for nausea and digestive support for moms (1-2 drops by mouth) and babies (rub on bottoms of feet)
- Use the Lifelong Vitality Pack as a powerful prenatal or breast-feeding supplement



Cypress
in dōTERRA's
AromaTouch blend

Simple HEALTHY KIDS



Favorite Oils:

- On Guard®
- DigestZen®
- Breathe
- Lavender
- Balance

"As a mom to 12 kids of all age groups, I can't say enough good things about dōTERRA essential oils. My husband, a pediatrician, recommends dōTERRA to his patients who are looking for an effective, natural way to treat ailments in their families. We haven't had to use antibiotics, breathing treatments, ADHD medications, or stomach medicines this past year and are so grateful." - Melissa Carter

- Add 25+ drops of On Guard to a 15mL spray bottle filled with Fractionated Coconut Oil for a powerful, on-the-go hand sanitizer
- Rub 1-2 drops Breathe on your child's chest to support open, clear airways
- Use 1-2 drops DigestZen on your child's stomach for digestive support
- Enhance sleep with Lavender, Serenity, or Roman Chamomile, applied on the spine or bottoms of your feet



Eucalyptus
in dōTERRA's
Breathe blend

Simple SELF CARE

Favorite Oils:

- Frankincense
- Balance
- Serenity
- Citrus Bliss
- AromaTouch™



“As a mom of 6 spirited children, it’s easy to feel depleted. At the end of a hard day, I put a few drops of AromaTouch oil on my neck and shoulders to relax before bed. With dōTERRA, my self-care is simple and effective so I can actually take care of my family as well as myself.” - Natalie Goddard

- Diffuse Citrus Bliss to elevate your mood and sense of well-being
- Mix 3-6 drops of your favorite essential oil with 1/4 cup epsom salts. Pour 1-2 tbsp. into a warm bath for deep relaxation
- Rub AromaTouch onto your sore muscles and tense neck



**Mandarin &
Vanilla Bean**
in dōTERRA's
Citrus Bliss blend

Simple HEALTHY PETS

Rosemary
in dōTERRA's
On Guard® blend



Favorite Oils:

- Lavender
- Frankincense
- Peppermint
- On Guard®/Melaleuca
- Helichrysum

"The vet recommended a biopsy and removal of a growth on our dog, involving hundreds of dollars worth of treatment. I applied frankincense to the growth and within a week it fell off and was gone." - Tina Little

- For dogs, apply several drops of melaleuca, depending on size and breed, for mood and immune support
- For cats, dilute frankincense in Fractionated Coconut Oil and apply topically for immune and inflammation support
- For horses, use AromaTouch blend for overworked muscles
- For dogs, cats, and horses, use DigestZen for digestive support



Simple TRAVEL

Favorite Oils:

- On Guard®
- Peppermint
- PastTense™
- Lemon
- Wild Orange



"We don't travel without these essential oils: peppermint, On Guard, and DigestZen. Thanks to dōTERRA, we enjoyed 95 days of healthy, germ-free travel through Europe riding subways, trains, and buses and drinking the native water wherever we went. Travel is more fun and less stress now with our oils."

- Matthew Anderson

- Use DigestZen for nausea, airsickness, and seasickness
- Roll on PastTense for head tension
- Apply Serenity for relaxation
- On Guard for immune support
- Enjoy a pick-me up when you mix frankincense, peppermint, and wild orange (2 drops each) in the palm of your hand and inhale. Then rub on your neck for a burst of natural energy

Peppermint



Simple HEALTH



imagine
YOUR HEALTH & LIFE
EMPOWERED WITH dōTERRA

See the possibilities with dōTERRA and experience just how simple healthy can be.

Learn more as you:

- Attend an educational class
- Receive a personalized wellness consult
- Watch simple online instruction

READY TO EXPERIENCE SIMPLE HEALTH?

Connect with the person who gave you this guide to learn how to 1) Buy directly from them, or 2) Enjoy the greatest savings and rewards with your own wholesale account.



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