

Nature's Solutions

dōTERRA

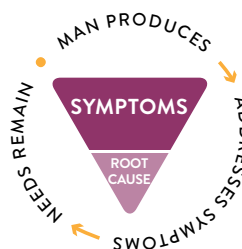
for healthy, empowered living

Do you need effective and affordable solutions?

YOU HAVE CHOICES

Modern Approach

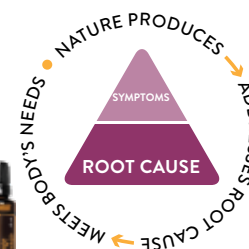
- Typically designed to manage symptoms
- Often made from isolated synthetic agents
- \$6.5 trillion/year spent on global healthcare
- Are we healthier?



or

Natural Approach

- Addresses body's needs and root causes
- Extracted from plants
- Enhances overall wellness



ESSENTIAL OILS ARE EFFECTIVE



Peppermint leaf oil sac



Essential Oils Pass Through Cell Membrane

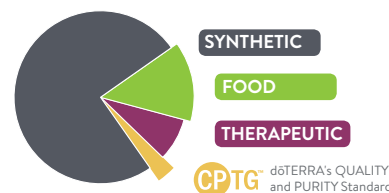


Naturally Sourced and Effective

- Naturally derived aromatic compounds extracted and distilled from plants for health benefits
- Contain hundreds of different compounds, providing complex and versatile abilities to combat threats without building up resistance
- Affordable ... pennies per dose!

dōTERRA OILS EQUAL PURE QUALITY

Why a new standard of quality?



Grades of Essential Oils

dōTERRA'S QUALITY and PURITY Standard

Tested and Trusted

- Plants harvested in their natural habitat
- Verified pure; free of fillers and harmful contaminants
- Stringent third party testing ensures authenticity and potency

HOW TO USE dōTERRA ESSENTIAL OILS[†]



AROMATIC

- Breathe in or use diffuser to:
- Create a welcoming environment
 - Freshen the air



PEPPERMINT

- Diffuse for a calming scent
- Helps relieve coughs and colds*
- Helps relieve digestive discomfort*



TOPICAL

- Apply to bottoms of feet or affected areas to target specific needs



DEEP BLUE®

- Apply pre/post workout
- Use for calm and comforting massage
- Apply to muscles after a long day
- Massage onto lower back after heavy lifting



INTERNAL

- Use in water or to flavor food



ON GUARD®

- Add 2-3 drops to hot water and drink as tea
- Add to applesauce or oatmeal for a spicy-citrus flavor to start your day on a strong note

[†]Not all dōTERRA essential oils are labeled for internal use. Always read and follow individual labels for specific dosing instructions and safety information. *NHP #80061370 (Peppermint)