

PURSUE  
*Connection*  
COLLECTION  
eBOOK





## QUICK GUIDE TO YOUR

# 2020 Convention Products

A

AROMATIC

T

TOPICAL

I

INTERNAL



### BERGAMOT MINT

*Not sold separately. Comes in Pursue Kit only.*

A gentle yet wonderfully reviving oil with a unique aroma of citrusy, soft mint. Whether needing motivation, stimulation, inspiration, or invigoration, the chemistry of this unusual compilation brings gifts of its own. Additionally, properties that promote protective resistance and relaxation are to be enjoyed.



### DAVANA TOUCH®

*Not sold separately. Comes in Pursue Kit only.*

A relative of the sunflower and daisy, this small fragrant flowering herb produces an essential oil with a powerful fruity aroma. It's adaptive chemistry creates a unique-to-you personal scent that helps stimulate awareness and clear thinking, as well as provide a grounding and regenerating experience for mind, body, and soul.



### HELICHRYSUM TOUCH®

*Now a permanent product offering.*

Perfectly diluted with Fractionated Coconut Oil to provide an easy to use delivery system for users of all ages. This powerful essential oil is exceptional in its capacity to relieve discomfort, support recovery from bruising and bloody noses, and promote restoration and rejuvenation for the liver, skin, bones, and much more.



### TULSI (HOLY BASIL)

*Not sold separately. Comes in Pursue Kit only.*

Treasured for centuries in India as an adaptogen, this "elixir of life" supports the body's healthy stress response. Rich in eugenol, having a sweet clove-like aroma, it stimulates with a sense of vitality and resiliency via its commanding and corrective presence.



### dōTERRA ON GUARD® HAND WIPES

100% recyclable rayon wipes infused with dōTERRA On Guard® blend. Great to add to a purse, suitcase, diaper bag, briefcase, backpack, or glove box for easy on-the-go cleaning. Perfect for travel or when out and about during daily activities. Use to wipe hands or surfaces (e.g., shopping cart handle, gym equipment) with no rinsing necessary.



### dōTERRA ON GUARD® TOOTHPASTE

Experience this reformulated blend of **On Guard® Protective Blend, Myrrh, Peppermint, and Wintergreen** oils to help clean and whiten teeth. Fluoride-free, use with confidence in conjunction with AM and PM brushing, flossing, and post-meal routines. Special ingredients:

- Hydrated silica: stain-removing and plaque-reducing gentle polishing agent
- Hydroxyapatite: remineralization agent; studies show benefits superior to fluoride.



### WELLNESS JOURNEY MIND & MOOD KIT

When mind and body need help being more agile or unwinding during the day, these powerful tools were selected to create an uplifting environment to help one feel more centered, no matter what life has to throw at you.

- A** Diffuse **Balance®** day or night to create a calm and grounded feeling in chaotic environments.
- T** Apply **Balance®** or **Adaptiv™** to bottoms of feet in the AM, and on neck during the day to maintain an agile and grounded emotional posture, especially when feeling uneasy or obsessing on a task.
- I** Take 1 **Adaptiv™ Capsule** AM and PM as needed to help improve cognitive function, promote positive moods and resiliency.\*

# QUICK GUIDE TO YOUR

# 2020 Add-Ons

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INTERNAL



## IMMUNITY KIT

For the body both inside and out, this curated selection of products are designed to support and strengthen the immune system, keep the environment clean, and protect the home.\*

- A** Diffuse **On Guard®** or **Purify®** to cleanse the air from airborne and environmental threats.
- T** Use **On Guard® Foaming Hand Wash** at home or **Sanitizing Mist** on-the-go to protect and purify hands without stripping moisture barriers.
- I** Use **On Guard® Toothpaste** and **Floss** during AM and PM routine to help cleanse mouth and support oral health.\*



## RELIEF KIT

Offering greater comfort and relief when the body needs it, this collection is a pro with muscles and joints and is just the support needed to be better ready to perform during activity, feeling stronger and healthier.

- I** Take 1-2 **Deep Blue® Capsules** per day as needed to promote greater flexibility and soothe occasional aches and discomfort due to activity.\*
- T** Apply **Deep Blue®** oil or **Rub** onto tired muscles or joints for a rapid sense of relief.

*Enjoy the complimentary support of your Deep Blue® Massage Ball!*



### DAWN AROMA-HUMIDIFIER

- Up to 270 sq. ft./25 sq. m.
- Top fill feature: add water and essential oils without having to remove lid
- High mist mode, up to 7 hours; medium mist mode, up to 2 hours; low mist mode, up to 22 hours



### LALUZ

- Up to 330 sq. ft./30 sq. m.
- Glass top cover plus polypropylene
- High mist mode, up to 4 hours; low mist mode, up to 8 hours
- 1hr/2hr/4hr timer
- Wall plug



### ROAM

- Up to 270 sq. ft./25 sq. m.
- Continuous operation: adapter powered, up to 5 hours; battery powered, up to 4 hours
- Intermittent operation (5 min. on/5 min. off): adapter powered, up to 10 hours; battery powered, up to 8 hours
- Cord-free and battery-powered with charging dock



### PURSUE BLEND

Get an attitude boost with dōTERRA's proprietary and unique blend of floral, citrus, woody, and slightly spicy scents. This wonderful personal fragrance of combined **Clary Sage**, **Grapefruit**, **Black Pepper**, **Frankincense**, **Cedarwood**, and **Jasmine** and **Osmanthus** flower absolutes creates a calming and uplifting aroma that inspires and empowers the wearer.



### TOGETHER BLEND

This proprietary dōTERRA blend is an intentional celebration of caring and warmth embodied in a harmonious blend of **Yuzu** and **Magnolia** essential oils. **Yuzu**, a cross between tangy grapefruit and sweet mandarin, enlivens and energizes to bring inspiration to everyday tasks and challenges. While the linalool in **Magnolia** promotes calmness and tranquility. This blend benefits the skin and relaxes the body and mind especially during times of worry and tension. **Together** is purifying, motivating, and personally empowering.





# Bergamot Mint

Available in 15mL

Part of the dōTERRA Pursue 2020 Convention Kit; not sold separately.



AROMATIC TOPICAL

## FUN FACT:

- This mint is also commonly called the “marsh mint” or “lemon mint.”

## TOP USES:

### Relax:

- Diffuse to calm without feeling drowsy.
- Apply to feel centered and more optimistic.
- Apply to back of neck, forehead, and abdomen during stressful and turbulent times of the month.
- Diffuse to clear and quiet the mind for meditation or to expand mindfulness.
- Diffuse to relax before bedtime.

### Revive:

- Diffuse to invigorate and uplift mind, body, and mood.
- Apply each morning to get a jump-start on the day.
- Apply during the day to feel exhilarated and inspired.
- Reapply in the afternoon with **Lime** to feel revitalized and motivated.

### Relieve:

- Massage to soothe sore and tight muscles and discomfort after activity.
- Apply to calm digestive distress, nausea, or a child's upset tummy.
- Apply to help clear and ease breathing.

### Resist:

- Diffuse to reinforce a sense of immune protection.
- Apply to create an intestinal environment unfriendly to unwanted guests.
- Combine with water in a glass spray bottle to dispel odors, clean surfaces, and refresh musty closets.



**AROMATIC DESCRIPTION:**  
Fresh, Citrusy, Minty

## directions FOR USE

**A** Use 3-4 drops in diffuser or place 1-2 drops on palms, inhale deeply.

**T** Apply 1-2 drops to desired area(s). Dilute with dōTERRA Fractionated Coconut Oil to minimize skin sensitivity as needed.

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### perfume

20 drops **Bergamot Mint**  
20 drops **Patchouli**  
5 drops **Ylang Ylang**

Combine in 10mL roller bottle. Shake well. Top off with **Fractionated Coconut Oil**. Apply to perfume points on wrists and neck once or twice daily as desired.

### diffuser

**BRIGHTENS SPIRITS**  
2 drops **Bergamot Mint**  
2 drops **Cedarwood**  
2 drops **Grapefruit**  
2 drops **Lemon**

Add to a favorite diffuser and enjoy anytime of day as desired.

### bath salts

7 drops **Bergamot Mint**  
7 drops **Copaiba**  
7 drops **Marjoram**

Add to 1 cup Epsom salt. Add to warm bath water and soak for 30 minutes to soothe muscles and relax before bed.



# Davana Touch®

Available in 10mL Touch®

Part of the dōTERRA Pursue 2020 Convention Kit; not sold separately.

**A**  
AROMATIC

**T**  
TOPICAL



**AROMATIC DESCRIPTION:**  
Exotic, Sweet, Fruity

## directions FOR USE

- A** Traditionally used as a perfume to bring security to the heart and support the body through cycles of change.
- T** Apply 1-2 drops to desired area(s). Dilute with dōTERRA Fractionated Coconut Oil to minimize skin sensitivity as needed.

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### FUN FACT:

- From the same plant family as Roman and German Chamomile, it's known for smelling the same to all from the bottle yet being a scent chameleon once applied and depending on the wearer.

### TOP USES:

#### Relax:

- Apply to promote optimistic and clear thinking, and to ease emotional or nervous tension at the end of a long day.
- Apply to help quiet anxious thoughts, and offer extra support when stress is high and nerves feel frayed.
- Apply when preparing for the day or meditating to heighten awareness, promote a sense of grounding.

#### Relieve:

- Apply to support regular menses, allay related discomfort and cramping, and ease menopause.
- Apply with **Roman Chamomile** to ease occasional muscle spasms and soothe all-over aches due to activity.
- Apply to moisturize skin and reduce appearance of blemishes, fine lines, wrinkles, and invite a radiant glow.
- Apply to soothe occasional nausea or digestive upset.

#### Resist:

- Apply to exposed skin and clothing to deter mosquitoes, ticks, and flies and to help soothe bites.
- Apply to create an environment unfriendly to unwanted environmental or airborne guests.

#### Revive:

- Apply to help optimize ovarian health and fertility.
- Apply directly to breeches in skin's surface to clean, clear, and promote regeneration.
- Apply to ease head and chest tension, and promote clear breathing when feeling under the weather.

### TOUCH® ADD-IN RECIPES

Add any of the following recipes to a Davana Touch® bottle. Combine, swirl, and apply as desired.

#### restore EMOTIONAL RESERVES

3 drops **Balance**®  
5 drops **Black Spruce**

#### racing MIND BLEND

5 drops **Frankincense**  
3 drops **Lavender**

#### calm & GROUND

4 drops **Frankincense**  
4 drops **Tangerine**  
5 drops **Vetiver**



# Helichrysum

Available in 5mL

**A** AROMATIC    **T** TOPICAL    **I** INTERNAL

**SOURCED FROM:**

**FUN FACT**  
Referring to the beautiful golden flower, helichrysum gets its name from the Greek word *helios*, meaning sun, and *chrysolos*, which means gold.

\*Sourcing may vary

**WHAT IT TAKES TO MAKE A BOTTLE:**

It takes 4 pounds of helichrysum flowers to produce 5mL of Helichrysum essential oil.\*

**4 LBS**

**CHEMISTRY**

The main chemical constituents and associated benefits of helichrysum are:

- α-pinene** — relaxing
- curcumene** — relaxing
- neryl acetate** — cleansing\*

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

**RESEARCH**

**38+**  
Published studies on the benefits of helichrysum

Numbers according to PubMed as of December 2012

**FUN FACT**  
A member of the daisy family, a small perennial herb with flowers that form a cluster of golden-yellow, ball-shaped blossoms.

**WORKS WELL WITH:**

\*Varies by season, region, year, and other variables. For US market use only.

## FUN FACTS:

- One of the only known sources of certain di-ketones, some of the first known uses are by Greeks for wound healing and pain relief as a much needed 'war-time' field medicine.

## AROMATIC DESCRIPTION:

- Herbaceous, Radiant, Fresh

## COMMON USES:

- Apply to area(s) of concern twice daily to promote healthy skin where past or present injury, brench, stretching, or excessive sun exposure has occurred.
- To enhance skin-soothing properties, combine with **Frankincense** on stubborn, reddened skin areas.
- Apply to support recovery from bruising and bloody noses, or with **Cypress** for bulging leg veins.
- Take 2 drops each with **Copaiba** to help mitigate behaviors associated with alcohol addictions and provide enhanced liver support.\*
- Massage along and behind ear, and down the throat to soothe occasional ringing or ear discomfort.
- Inhale and apply with **Roman Chamomile** to calm and soothe during shocking or traumatic situations.
- Apply across forehead as needed to reduce feelings of sinus pressure and discomfort or ear ringing.



**Helichrysum Touch®** is great on-the-go and for use with kids or those with skin sensitivity or fragility.

## directions FOR USE

- A** Use 3-4 drops in diffuser or place 1-2 drops on palms and inhale deeply. Enhance aroma by combining with other oils as desired.
- T** Apply 1-2 drops to desired area(s). Dilute with dōTERRA Fractionated Coconut Oil to minimize skin sensitivity as needed.
- I** Take 1-4 drops in 4oz of liquid, under tongue, or in veggie capsule.\*

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

## RAZOR RELIEF serum

- ½ cup Fractionated Coconut Oil
- ¼ cup rosewater
- 5 drops Helichrysum
- 5 drops Frankincense
- 5 drops Lavender
- 5 drops Tea Tree
- 5 drops Myrrh

Place Fractionated Coconut Oil and rosewater in glass spray or pump bottle. Add essential oils and shake.

To use, spray directly on skin or place two to three pumps in palms and rub on affected skin.

learn MORE: [tiny.cc/doterrahelichrysum](https://tiny.cc/doterrahelichrysum)





# Tulsi (Holy Basil)

Available in 5mL

Part of the dōTERRA Pursue 2020 Convention Kit; not sold separately.

**A** **T**  
AROMATIC TOPICAL

## FUN FACT:

- Known as the “elixir of life” and native to India, it is considered a sacred plant called the “incomparable one” and kept in a special place in Hindu courtyards to invite divine presence.

## TOP USES:

### Relax:

- Apply to warm and relax, promote circulation, and support already healthy blood pressure.
- Diffuse to quiet the mind and encourage restfulness.

### Revive:

- Diffuse to purify mind, body, and mood, supporting mental and spiritual cleansing.
- Apply to open heart, bring harmony to the mind, and strengthen when suffering fear or a loss.
- Apply to stimulate a sense of vitality, resiliency, and encourage a healthy and adaptable response to stress.
- Apply to clean scalp and encourage hair growth.

### Relieve:

- Apply to forehead, throat, and chest to ease breathing.
- Apply to soothe and clear outbreaks near mouth, raised or irritated skin, and blemishes.
- Apply over stomach area to settle the effects of acidity and encourage a healthy mucosal lining.
- Apply to support blood sugar already in normal range.

### Resist:

- Apply to lower abdomen, bottom of feet to create an intestinal environment unfriendly to unwanted guests.
- Diffuse and apply to benefit from protective effects and maintain resilient health.
- Apply to prevent and alleviate undesirable body odor.



**AROMATIC DESCRIPTION:**  
Herbaceous, Pungent, Sweet

## directions FOR USE

**A** Use 3-4 drops in diffuser or place 1-2 drops on palms, inhale deeply.

**T** Apply 1-2 drops to desired area(s). Dilute with dōTERRA Fractionated Coconut Oil to minimize skin sensitivity as needed. If liver support is needed, use with **Geranium** or **Roman Chamomile**.

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### STIMULATING Scalp Oil

- 3 drops **Tulsi**
- 3 drops **Rosemary**
- 1 teaspoon castor oil
- 1 teaspoon avocado oil

Mix in a glass bottle. Shake well. Massage a few drops onto scalp and leave on for 20 minutes. Shampoo and condition as usual. Use once a week or more as desired.

### SWEET OASIS Diffuser

- 2 drops **Tulsi**
- 3 drops **Eucalyptus**
- 3 drops **Bergamot**



### HOLY BASIL Body Butter

- 12 drops **Tulsi**
- 4 oz **Fractionated Coconut Oil**
- 4 oz wide mouth glass jar

Combine oils in small bowl, and whip together until well blended. Add to glass jar with a lid.

Apply daily to desired areas.



# Adaptiv™

CALMING BLEND

Available in 15mL, 10mL Touch®, Capsules

**A** AROMATIC  
**T** TOPICAL  
**I** INTERNAL  
Softgels Only

Anxious, on edge, tense, and wound up feelings can be relentless when more intense and stressful situations persist. The Adaptiv™ line was precisely created to promote adaptability to any of life's situations and circumstances.

Keep all three products on hand to energize, uplift, calm, soothe, and contribute to an environment conducive to performing tasks requiring sustained attention. Whether feeling fatigued or restless, indecisive or irritable, they're the perfect companions to help the body and mind to stay balanced.

## BRAIN + NERVOUS SYSTEM Support

The brain is like a computer, controlling the body's functions. The nervous system is the network that relays the brain's messages to parts of the body.

When a message comes into the brain from anywhere in the body, the brain uses the nerves to tell the body how to react.

Other Top Essential Oil Recommendations:

- |                 |                |
|-----------------|----------------|
| <b>Singles:</b> | <b>Blends:</b> |
| • Copaiba       | • Anchor       |
| • Frankincense  | • Balance®     |
| • Lavender      | • Peace®       |
| • Magnolia      | • Serenity®    |
| • Neroli        |                |
| • Petitgrain    |                |
| • Wild Orange   |                |
| • Ylang Ylang   |                |



### BE MORE ADAPTABLE

Adaptiv™ Calming Blend Capsules are designed to work in combination with the other Adaptiv™ products for synergistic results to help improve cognitive function and memory, promote positive moods, and help relieve uneasiness.\*

This mixture of essential oils and botanicals was specifically formulated to relax, empower, and encourage when adapting to stressful situations and managing the stresses of everyday life.\*

*Contains: Lavender, Coriander, Wild Orange, Fennel, Sceltium root, GABA, and Ahi Flower seeds.*

## BLEND OF:

- Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum essential oils.

## AROMATIC DESCRIPTION:

- Sweet, Citrusy, Floral



## COMMON USES:

- Diffuse to calm stressed and anxious feelings, and bring a level of composure.
- Diffuse to encourage tranquility and calm chaotic environments or situations.
- Diffuse to help with motivation and mental fatigue.
- Add 3-4 drops to 1 cup Epsom salt for a relaxing, warm bath.
- Mix 3 drops with Fractionated Coconut Oil for a soothing massage.
- Diffuse to promote a balanced, centered, and calm mindset.



Adaptiv™ Touch was formulated to promote sustained absorption of this powerful blend when applied topically and for use with kids or those with skin sensitivity or fragility.

## COMMON USES:

- Apply to alleviate feeling overly fixated or when obsessing on a task or desire.
- Apply to help overcome mental fatigue and stir motivation.
- Roll on wrists and temples to quickly gain composure.
- Apply to relieve menstrual discomfort and associated moods.
- Apply on bottom of feet to calm an upset baby.
- Massage into shoulders and neck to ease tension and feel revived.
- Apply in clockwise motion for soothing abdominal massage when feeling queasy due to stressful situations.
- Apply to skin irritations or eruptions, especially when stress-related.

## directions FOR USE

- A** Use 3-4 drops in diffuser, place 1-2 drops in palms and inhale deeply, and/or apply on porous-type or diffusing jewelry (Adaptiv™ 15mL).
- T** Apply to desired area(s) as needed. No dilution required with Adaptiv™ Touch.
- I** Take 1 capsule once or more per day as needed (Adaptiv™ Capsules).\*

**NOTE:** Possible skin sensitivity if used undiluted. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product topically.

learn MORE: [tiny.cc/doterradaptiv](http://tiny.cc/doterradaptiv)





# dōTERRA Balance<sup>®</sup>

GROUNDING BLEND

Available in 15mL, Natural Deodorant, and Bath Bar

**A** AROMATIC      **T** TOPICAL      **N** NEAT

## MIND & BODY *Support*

Create a sense of calm and well-being while restoring the natural equilibrium of the body.

Other Top Essential Oil Recommendations:

- Anchor
- Cedarwood
- dōTERRA Peace<sup>®</sup>
- Frankincense
- Serenity<sup>®</sup>
- Steady™ (Kid's blend)



Natural deodorant with Balance<sup>®</sup> is an all-natural, aluminum, paraben, phthalate, and talc free effective alternative to synthetic products.

Combining dōTERRA proprietary Balance<sup>®</sup> essential oils, African black soap, shea nut butter, coconut oil, palm kernel oil, sunflower oil, and corn husks to soothe, cleanse, soften, and hydrate the skin while moisturizing and leaving it silky smooth.

## directions FOR USE

- A** Use 3-4 drops in diffuser, place 1-2 drops in palms and inhale deeply, and/or apply on porous-type or diffusing jewelry.
- T** Apply 1-2 drops to desired area. Dilute further with dōTERRA<sup>®</sup> Fractionated Coconut Oil for babies and small children as needed.

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes, inner ears, and sensitive areas.

## BLEND OF:

- Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus Flower essential oils.

## AROMATIC DESCRIPTION:

- Airy, fresh, sweet, woody

## COMMON USES:

- A perfect scent to use as a unique perfume or cologne.
- Apply or diffuse to enhance and improve a relaxed and focused mind while reading or studying.
- Apply on bottom of feet to help overcome fears; on heart to encourage healing from grief or loss.
- Apply on bottom of feet, especially big toes, to lessen stress, and promote feeling grounded and calm as well as thinking positive.
- Diffuse with **dōTERRA Serenity<sup>®</sup>** at bedtime to induce peaceful dreams and whole-body relaxation.
- Use while meditating or practicing yoga to strengthen a centered and grounded posture.
- Add 2-5 drops to 1 cup Epsom salt for a comforting and relaxing bath.
- Apply to wrists or back of neck to ease anxious or restless feelings and encourage a sense of tranquility.
- Diffuse in car during road trips to create a relaxing environment.
- Great to use during an **AromaTouch<sup>®</sup> Hand Technique**, with its calming and uplifting aroma.



## diffuser BLENDS

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| <b>Stress Away</b>                 | <b>Inner Zen</b>                    |
| 4 drops <b>Balance<sup>®</sup></b> | 2 drops <b>Balance<sup>®</sup></b>  |
| 3 drops <b>Lavender</b>            | 3 drops <b>Serenity<sup>®</sup></b> |
| 2 drops <b>Vetiver</b>             |                                     |

learn MORE: [tiny.cc/doterrabalance](http://tiny.cc/doterrabalance)

# Deep Blue<sup>®</sup>

SOOTHING BLEND

Available in 5mL, 10mL Touch<sup>®</sup>, 10mL Roll-on, 4oz Rub, 32oz Pump Rub

**A** AROMATIC    **T** TOPICAL    **I** INTERNAL  
*Polyphenol Complex<sup>®</sup> Only*    **S** SENSITIVE

**MUSCULAR & SKELETAL Support**

The muscular and skeletal systems include bones, muscles, cartilage, tendons, ligaments, joints, and other connective tissue, all of which support and bind tissues and organs together.

Other Top Essential Oil Recommendations:

- AromaTouch<sup>®</sup>
- Copaiba
- Frankincense
- Lemongrass
- PastTense<sup>®</sup>
- Siberian Fir
- Rescuer™ (Kid's blend)

**CONSIDER ADDING:**  
**Deep Blue Polyphenol Complex<sup>®</sup>** is uniquely designed for internal use to support muscles and joints.

Take 1-2 capsules per day as needed to soothe occasional aches and discomfort as well as maintain optimal structural health.\*

## BLEND OF:

- Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus essential oils.

## AROMATIC DESCRIPTION:

- Minty, camphoraceous

## COMMON USES:

- Apply to help relieve occasional discomfort from muscle aches and joint tension.
- Rub onto tired joints for both a soothing and cooling oil sensation.
- Apply pre and post workout.
- Apply **Deep Blue Touch<sup>®</sup>** onto growing kids' legs and massage in thoroughly before bedtime.
- Rub on lower back after a day of heavy lifting, physical labor, or sitting at a desk. Layer with **Frankincense** for additional benefit as desired.
- Connect with a loved one by giving a hand massage with **Deep Blue<sup>®</sup> Rub**.
- Keep sample packets on hand, to soothe tension while on the go.



**Deep Blue Touch<sup>®</sup>** is great for use with kids or those with skin sensitivity or fragility.

## directions FOR USE

- A** Use 3-4 drops in a diffuser, place 1-2 drops in palms and inhale deeply.
- T** Apply 2-5 drops to area(s) of concern. Use Touch<sup>®</sup>, Rub, or dilute with doTERRA<sup>®</sup> Fractionated Coconut Oil to minimize sensitivity as needed.
- I** Internal use with Polyphenol Complex only. Take 1-2 capsules AM and PM with food.\*

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes, inner ears, and sensitive areas. eyes, inner ears, and sensitive areas.

## HEAD TENSION relief

- 10-15 drops **Deep Blue<sup>®</sup>**
- 10-15 drops **Frankincense**
- 10-15 drops **Lavender**
- 10-15 drops **Peppermint**

1. Combine in 10mL roller bottle and top off with **Fractionated Coconut Oil**.
2. Apply on forehead, temples, and back of neck to alleviate tension and occasional discomfort.

learn MORE: [tiny.cc/doterradeepblue](http://tiny.cc/doterradeepblue)





# dōTERRA *On Guard*®

PROTECTIVE BLEND

Available in 15mL, 10mL Touch®, Softgels, Beadlets, Throat Drops, and more!

**A** AROMATIC    **T** TOPICAL    **I** INTERNAL    **S** SENSITIVE



- Use **On Guard® Cleaner Concentrate** for an all-purpose natural surface cleaner.
- **On Guard® Laundry Detergent** is an effective alternative to synthetic options.
- Enjoy the naturally soothing, protective and immune-supportive benefits in the convenience of an individually wrapped **On Guard® Throat Drop**.
- **On Guard® Beadlets** are perfect for traveling and on-the-go.
- Use **On Guard® Sanitizing Mist** while on the go, and when hand washing may not be available.
- Add **On Guard® Toothpaste** and **Mouthwash** to oral hygiene routine to support a healthy mouth and long-lasting fresh breath.\*
- **On Guard® Softgels** contain Melissa, Oregano and Black Pepper in addition to the essential oil blend for boosted immune support.\*
- Use **On Guard® Foaming Hand Wash** throughout day and protect the skin's delicate moisture barriers with this pH-balanced formula.

**IMMUNE Support**

The immune system including thymus, spleen, lymphatic system glands and ducts, and tonsils protects the body from unwanted invasion and toxins.

Other Top Essential Oil Recommendations:

- Oregano
- Thyme
- Stronger™ (Kid's blend)
- Tea Tree (Melaleuca)
- Black Pepper
- Melissa

## BLEND OF:

- Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils.

## AROMATIC DESCRIPTION:

- Warm, spicy, camphoraceous, woody

## COMMON USES:

- Apply to bottom of feet and/or take 1-2 drops in a veggie capsule two or more times daily as needed to support healthy immune function.
- Diffuse to offer an uplifting way to clean the air from environmental and airborne threats.
- Take softgel(s) for a quick immune boost and to support the body's natural antioxidant defenses.\*
- Add 1-2 drops to 1 teaspoon honey to soothe a sore and/or dry throat.\*
- Soak sliced apples in 1-5 drops added to water to prevent oxidation and add a subtle flavor.\*
- Add 3-5 drops to dishwasher liquid soap to boost cleaning and remove water spots.
- Combine 5 drops with 1 cup water and 2 tablespoons rubbing alcohol in a glass spray bottle. Use to freshen linens, etc.



**On Guard Touch®** is great for use with kids or those with skin sensitivity or fragility. Roll onto kid's feet before school.

## directions FOR USE

- A** Use 3-5 drops in diffuser or place 1-2 drops in palms and inhale deeply.
- T** Apply 1-2 drops to area(s) of concern. Use Touch® or dilute with dōTERRA® Fractionated Coconut Oil to minimize sensitivity as needed.
- I** Take 1-4 drops in 8oz of liquid, 1-2 softgels, or 1-2 beadlets.\*

**NOTE:** Possible skin sensitivity. Keep out of reach of children. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes, inner ears, and sensitive areas.

## diffuser BLENDS

### Sliced & Spiced

- 3 drops **Citrus Bliss®**
- 3 drops **On Guard®**

### Clear the Air

- 4 drops **On Guard®**
- 4 drops **Lemon**

learn MORE: [tiny.cc/doterraonguard](http://tiny.cc/doterraonguard)



The dōTERRA

# Wellness Programs

Targeted **Wellness** Delivered



## Three Distinct Programs

Choose from three health and wellness focuses to get the benefits you're looking for. Pick your program, and for the next three months you'll get a special kit of powerful products and exclusive items delivered right to your door. These products are intended for everyday use. Because real and lasting results come from a daily routine.



### Immunity

Your body needs support, both inside and out. This program offers a curated selection of products designed to support and strengthen your immune system, keep your environment clean, and protect your home.\*



### Mind & Mood

Sometimes your mind and body need help unwinding. With this program, you get powerful tools that you can use to create an uplifting environment that helps you feel centered, no matter what life throws your way.



### Relief

Sometimes your body needs greater comfort and relief. This program gives you everything you need to give your muscles and joints support as you push yourself to grow stronger and healthier.\*

# The Kits

Don't worry about picking the "right" products—these kits were put together by leading essential oil experts to ensure your body has the support it needs.



The first kit of each program comes in a reusable neoprene bag.  
The second and third kits are delivered in a recyclable pouch.



## Getting Started

It's as easy as **one, two, three.**

1. Pick the benefits you want (Immunity, Relief, Mind & Mood).
2. Get a kit automatically delivered for the next three months.
3. Have all the products you need to take control of your health.

Each program consists of three kits that are automatically delivered to your door for just \$75 a month (60 PV). As you progress through the program, you unlock exclusive savings on other products to support your targeted wellness journey.

Sign up once, and you're set for the next 90 days and beyond. At the end of the 90 days, the program automatically starts over again or you can sign up for a new one!

To sign up and start your wellness program, visit [doTERRA.com](http://doTERRA.com) or scan the QR code.

