

dōTERRA®

Independent Product Consultant

+ FAMILY PHYSICIAN® KIT for proactive family health!



Lavender For Calming and Stress Reduction

- + From the high altitudes of France
- + Relieves stress, anxiety, and insomnia—Diffuse (mist or disperse) into air and inhale; massage on skin
- + Takes the pain out of a bee sting—Apply on location
- + Soothing to skin irritations and burns—Apply on location



Frankincense For Inflammation and More

- + From Oman
- + Helps reduce inflammation—Apply on location; take in a capsule
- + Helps relieve headaches—Apply with peppermint and lavender
- + Supports immune function—Massage on feet; take in a capsule
- + Use frankincense when in doubt



Lemon For Cleansing and Mood Elevation

- + From Italy
- + Natural antioxidant and detoxifier—Take with water or in capsules
- + Natural cleansing agent—Apply on location
- + Elevates your mood—Diffuse and inhale



Deep Blue® For Muscle and Joint Health

- + Helps relieve muscle and joint pain—Apply on location
- + Contains blue tansy and helichrysum, which can help support long-term muscle, joint, and bone healing
- + Use before and after working out—Apply on muscles and joints



Peppermint For Indigestion and Cooling

- + From Washington, USA
- + Relieves headaches—Apply on temples, forehead, or back of neck
- + Calming to upset stomach—Take in capsules, or apply on stomach
- + Helps increase energy—Diffuse and inhale
- + Cooling—Mist on body, or apply on forehead; diffuse and inhale



Breathe For Respiratory Support

- + Relaxes the body and mind—Diffuse at bedtime for a more restful sleep
- + Use during allergy season—Apply to the chest area to help clear the lungs and sinuses of congestion
- + Ideal for those with asthma—Diffuse and inhale; apply to the chest and sinuses



Melaleuca For Soothing and Healing Skin

- + From Australia
- + Can be used as a first aid ointment—Apply on location
- + Use for skin irritations like athlete's foot—Apply on location
- + Beneficial for hair and scalp—Add to shampoo or conditioner



DigestZen® For Natural Digestive Support

- + Relieves digestive discomforts such as food poisoning, acid reflux, nausea, constipation, or diarrhea—Apply on the stomach area; take in a capsule
- + Helps support digestive function—Apply on stomach area (or on bottoms of feet for children); take in a capsule



Oregano For Immune System Support

- + From Turkey
- + Naturally supports the immune system—Take several drops in capsules for periodic immune system boosts
- + Works as a natural defense—Apply to bottoms of feet



On Guard™ For Natural Immune Defense

- + Stops the growth of viruses and bacteria—Diffuse; apply on location
- + Contains oils shown to inhibit MRSA (antibiotic-resistant staph bacteria)
- + Helps kill airborne pathogens—Diffuse
- + Helps knock out colds and sore throats—Swallow one drop (alone or with water), or take in a capsule

FDA Disclaimer: These statements have not been evaluated by the FDA. The products described herein are not intended to diagnose, treat, cure, or prevent any disease. Supporting research can be found in the book *Modern Essentials*. This book and additional copies of this flyer can be obtained from AromaTools.com ©2010.