

Home Essentials

for healthy, empowered living

You have choices!

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Conventional Approach

- Managing symptoms
- Side effects
- \$6.5 trillion per year spent on global healthcare
- Reactive mentality

VS

Holistic Approach

- Addressing body's needs
- Extracted from plants
- Emphasis on overall health & wellbeing
- Proactive mentality

What are essential oils?

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- Nature's defence mechanism for plants.
- Pure extracts from plants (5-7 times more powerful than herbs); extracted to support.
- Complex compounds with versatile abilities.
- Root cause focus, affordable and an alternative to synthetic approaches; only a few cents per drop.



Why dōTERRA® essential oils?

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Sustainably Sourced	Quality Unmatched	Purity Guaranteed	Transparency	Global Impact
Partnerships with small scale farmers and distillers, creating stable incomes for families around the world.	Raw materials sourced from over 45 countries, grown and harvested in their natural habitats.	Certified Pure Tested Grade® ensures dōTERRA's oils are free from fillers, harmful contaminants, adulteration or synthetics.	Stringent third-party testing is completed on each test batch, with test results published to the public for peace of mind.	The dōTERRA Healing Hands Foundation® works to promote sustainable change by supporting initiatives that alleviate extreme poverty, improve quality of life, and ensure basic human rights.

100% of the purchase price from Rose Lotion and Hope Touch sales is donated to dōTERRA Healing Hands Foundation AUNZ.

How to use essential oils.

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AROMATICALLY*
Diffuse or inhale: Traditionally used in Western herbal medicine and aroma therapy, dōTERRA® Peppermint oil can help support mental function & reduce symptoms related to mild head tension and mild digestive symptoms.

- Add 3-4 drops in a vaporiser and inhale deeply
- Add 3-4 drops to hot water and inhale deeply
- Add 5 drops onto a tissue, hold near the nose & inhale

Use up to 3 times per day.

dōTERRA® Peppermint Inhale for a midday pick me-up.

*ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST PLEASE SEE YOUR DOCTOR / HEALTHCARE PROFESSIONAL.

TOPICALLY
Apply to affected areas for:

- Cool & comforting
- Ease tension headaches
- Tired & sore muscles

Ice Blue® Apply with carrier oil to joints & muscles.

FOOD FLAVOURING
Diffuse or add to water to:

- Create a refreshing beverage
- Curb snack cravings
- Natural cleaning alternative

Lemon Add 1-2 drops to your water or teas.

Supporting your needs.

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dōTERRA's range of essential oils and products allows you to be empowered in every area of your life.

On a scale of 1-10, how would you rate your wellness needs? (Please circle)

1 2 3 4 5 6 7 8 9 10	Seasonal Support
1 2 3 4 5 6 7 8 9 10	Sleep Support
1 2 3 4 5 6 7 8 9 10	Body Discomfort
1 2 3 4 5 6 7 8 9 10	Mental & Emotional
1 2 3 4 5 6 7 8 9 10	Mood Support
1 2 3 4 5 6 7 8 9 10	Mindful Eating
1 2 3 4 5 6 7 8 9 10	Energy & Vitality

Additional Support _____

Your home essentials.*



dōTERRA DigestZen®

- Water or food flavouring.
- Promote a feeling of satisfaction after eating.
- Diffuse before travelling for a calming aroma.



dōTERRA Easy Air®

- Inhale for feelings of relaxation & clearer breathing.
- Diffuse to promote a restful night's sleep.
- Diffuse or inhale during times of seasonal threats.



Fractionated Coconut Oil

- dōTERRA Fractionated Coconut Oil (FCO) is a carrier oil that readily absorbs into the skin, making it an ideal oil for topical delivery.
- Its feather-light emollient effect provides a soothing barrier without clogging pores, leaving the skin feeling silky smooth and non-greasy.
- Fractionated Coconut Oil is completely soluble with all essential oils and is colourless, odourless & will not stain.



Frankincense

- Relax & restore.
- Re-focus & re-centre and create a peaceful, meditative space.
- Alleviate rough & sore skin.



Lavender

- Calm anxiety & quieten your mind.
- Prepare for a restful night's sleep.
- Create a calm & tranquil atmosphere.



dōTERRA On Guard®

- Support against environmental & seasonal threats.
- Refreshing aroma helps to create a cleansing & uplifting environment.
- Refreshing & clean scent.



Oregano

- Rich in antioxidants.
- Popular cooking spice & ideal substitute in recipes.
- Due to high levels of carvacrol, may have antimicrobial properties.



Tea Tree

- Cools & cleanses.
- Contains compounds known to naturally repel insects.
- Alternative to traditional cleaners.

MOST POPULAR STARTER KIT
\$35 FEE WAIVED



Home Essentials Starter Pack

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How to get started.

Wholesale Customer

25% discount below retail price with a \$35 membership fee.

Wellness Advocate

Access the same 25% benefits, and be rewarded for referring others to try dōTERRA.

Emotional Wellness



POPULAR STARTER KITS
\$35 FEE WAIVED

Family Essentials



Live - Enjoy the Products

Experience better health for you and your loved ones.

Expand your knowledge of natural solutions.



Share - With Friends & Family

Help others find plant-based solutions for their wellness needs.

Get your products paid for every month.



Build - Earn Income

Impact other's lives and make a difference in the world.

Generate, replace or exceed your current income and create freedom in your life.



Notes

Personal Consult Date: _____

Lifelong Vitality



dōTERRA
AUSTRALIA & NEW ZEALAND