



doTERRA™

100% Certified Pure Therapeutic Grade

Try all 6 distinct doTERRA blends:

doTERRA Name	Medicinal Value	Uses	Essential Oils
BALANCE	Grounding	Instills courage, confidence and self esteem. Helps overcome anger and negative emotions by stimulating the limbic part of the brain to elevate the mind and help overcome stress and despair. Helps cleanse liver. <i>Anti infectious, antibacterial, antifungal and antispasmodic.</i>	Spruce, Rosewood, Frankincense, Blue Tansy
CITRUS	Uplifting	Stimulates creativity, wellbeing and improves mental clarity. Sedating and calming. Combats anxiety, depression. Supports respiratory health. <i>Antispasmodic, antiseptic, anti infectious and anti inflammatory.</i>	Wild Orange, Lemon, Grapefruit, Mandarin Orange, Bergamot, Tangerine, Clementine and Vanilla Bean
ELEVATION	Joyful	Creates a sense of harmony, balance and wellbeing. Elevates the mind, balances hormones, calms emotions, relieves anxiety/stress/tension. Boosts immunity and reduces depression.	Lavandin, Tangerine, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, Sandalwood
EUCALYPTUS-LEMONGRASS	Respiratory and Muscle Health	Help for respiratory problems, sinus or viral infections. Soothes sore muscles. Assists with bladder infections and fluid retention. Dilates blood vessels, improves circulation and lymph flow. <i>Antibacterial, antiviral, expectorant, anti-inflammatory.</i>	Eucalyptus and Lemongrass
LAVENDER	Relaxing and Rebuilding	Reduces nervous tension and insomnia. Repairs skin (acne, psoriasis, eczema, scarring, stretch marks, burns.) Helps reduce blood pressure. Effective for respiratory infections. Valued for reducing PMS symptoms. <i>Antiseptic, antifungal, analgesic, vasodilating, anti-inflammatory.</i>	Lavender
SERENITY	Calming	Combats anger, nervousness, negative emotions and depression. Reduces anxiety and insomnia – restoring mental and emotional equilibrium. May calm overactive children.	Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Sandalwood and Vanilla Bean Extract