

dōTERRA

Simple Solutions

Using essential oils is **easy**.



Breathe It In. | A

First, try using **Lemon** aromatically. Put a drop in your palms, rub your hands together, and cup them over your nose. Breathe in deeply.

Lemon | 15mL

Cleansing, inside and out*

- I Add a drop to a glass of water*
- T Use to wipe down surfaces
- A Inhale to improve mood



Take a Sip. | I

Next, use **dōTERRA On Guard®** internally. Put a drop in a glass of water, and take a refreshing sip.

dōTERRA On Guard | 15mL

*Boosts immune system**

- A Diffuse during fall and winter
- T Rub on the bottoms of feet
- I Add to water with honey to soothe throat*



APPLICATION METHODS

- A Can be used aromatically | T Can be used topically | I Can be used internally

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

*Statements with the asterisk refer to internal use of products.



Put Some On. | T

Apply **Deep Blue® Rub** topically. Put a small amount in your palms, rub them together, and massage into the neck and shoulders. How do you feel?

Deep Blue Rub

Soothes targeted areas

- T Massage into muscles
- T Use before or after working out
- T Apply after a long workday



Before Bed Tonight. | T

Rub **dōTERRA Serenity®** on the bottoms of your feet. For extra relaxation, apply a drop to the palms and inhale.

dōTERRA Serenity | 15mL

Supports restful sleep

- A Put a drop on your pillow
- T Add to an evening bath
- T Rub on your neck before bed



For more ideas, tips, and instructions about using your new products, visit [doterra.com/simplesolutions](https://www.doterra.com/simplesolutions)

