



ESSENTIAL OILS TO SUPPORT
YOUR GOALS IN THE
new year!

Get Fit!

OILS CAN TAKE YOUR WORKOUT TO THE NEXT LEVEL WHILE ALSO MAKING IT MORE ENJOYABLE. APPLY ENERGIZING OILS TO YOUR NECK OR CHEST FOR A PRE-WORKOUT BOOST. AFTER EXERCISING, MASSAGE TIRED MUSCLES WITH SOOTHING OILS OR ADD THEM TO AN EPSOM SALT BATH.



Oils:

BREATHE

SLIM & SASSY

COPAIBA

DEEP BLUE

AROMATOUCH

Detox.

OUR BODIES CANNOT FUNCTION PROPERLY WHEN THEY'RE OVERWHELMED WITH TOXINS. PERSONAL CARE PRODUCTS, THE ENVIRONMENT AND EVEN OUR FOOD CAN BE FILLED WITH THEM. HELP YOUR BODY DETOX BY ADDING LEMON OIL TO YOUR WATER EACH DAY, SUPPLEMENTATION, AND CHOOSING NATURAL PRODUCTS.

products:

LEMON OIL

GX ASSIST AND PB ASSIST+

GRAPEFRUIT OIL

ZENDOCRINE LINE

LIFELONG VITALITY PACK



Mindfulness.

ESSENTIAL OILS HELP US BE MORE AWARE OF OUR SURROUNDINGS. APPLY A DROP OF OIL TO YOUR HANDS, RUB THEM TOGETHER, FORM A CUP OVER YOUR NOSE AND BREATHE DEEPLY. ALSO TRY MINDFUL MEDITATION INCORPORATING OILS FOR A TRULY GROUNDING EXPERIENCE.

Supportive Oils:

BALANCE

FRANKINCENSE

STEADY

CEDARWOOD

YOGA COLLECTION

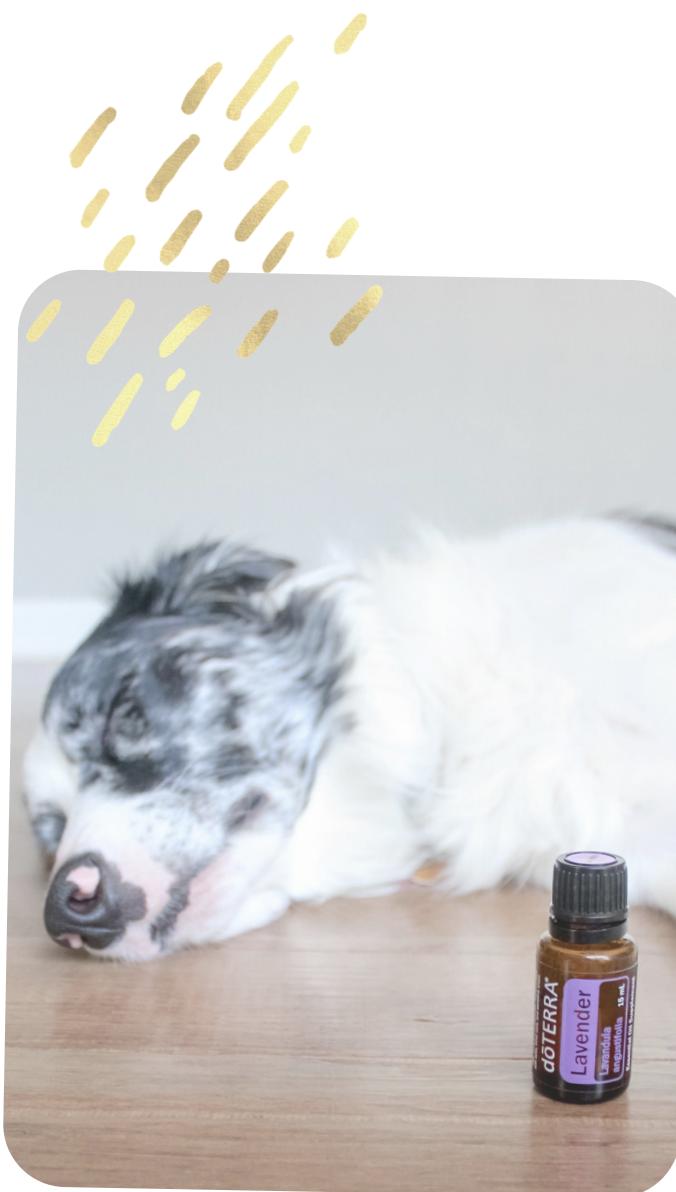
ABORVITAE

Stress Less.

ESSENTIAL OILS CAN HELP RELAX AND CALM THE MIND. APPLY A DROP OF OIL TO YOUR TEMPLES, WRISTS, OR THE BACK OF YOUR NECK WHEN FEELING OVERWHELMED. FIND AN OIL, OR A COMBINATION, THAT BRINGS YOU TO A STATE OF RELAXATION AND KEEP IT NEARBY.

Supportive Oils:

ADAPTIV
LAVENDER
PEACE
SERENITY
BERGAMOT



Cook More Often.

FEELING UNINSPIRED IN THE KITCHEN?
SHAKE THINGS UP WITH ESSENTIAL OILS! ADD
THEM TO WATER, TEA, COFFEE, DESSERTS, EVEN
YOUR DINNER RECIPES. A LITTLE GOES A LONG
WAY, ONLY USE A DROP OR TWO. FOR STRONG
OILS, SIMPLY ADD OIL TO A TOOTHPICK
AND SWIRL THROUGH THE FOOD.

Oils to Try:

LEMON - LIME - WILD ORANGE
ROSEMARY - BASIL - OREGANO - CILANTRO
CINNAMON BARK - CLOVE - GINGER
PEPPERMINT - LAVENDER - BLACK PEPPER



ONLY IN REFERENCE TO DOTERRA ESSENTIAL OILS.

Business Success!

IF YOU HAVEN'T ALREADY, TAKE THE TIME TO IDENTIFY YOUR PROFESSIONAL GOALS FOR THE NEW YEAR. OILS CAN HELP US CONCENTRATE AND STAY MOTIVATED TO CRUSH THEM! TRY DIFFUSING A BLEND OF ENERGIZING OILS THROUGHOUT THE WORK DAY OR ADDING A DROP TO YOUR WRISTS. IMMUNE SUPPORTING OILS CAN HELP US STAY PROTECTED AND PRODUCTIVE.

Oils:



PEPPERMINT
WILD ORANGE
ADAPTIV
ON GUARD
ROSEMARY

Grow Your Family.

ESSENTIALS OILS ARE SUPPORTIVE THROUGH EACH STAGE OF MOTHERHOOD. THEY OFFER NATURAL SOLUTIONS FOR BOTH MOMMA AND BABY. TO HELP SUPPORT YOUR FERTILITY, TRY ADDING ALL THE OILS LISTED BELOW TO A 10ML ROLLER BOTTLE, FILL REMAINDER WITH CARRIER OIL. APPLY TO LOWER ABDOMEN TWICE DAILY.



supportive Oils:

CLARY SAGE (12)

GERANIUM (7)

BERGAMOT (8)

SWEET FENNEL (10)

LAVENDER (8)

SUPPLEMENTATION ALSO RECOMMENDED.

wishing you a
happy & healthy
new year!