

# HOW CAN YOU USE dōTERRA TO RESTORE, PREPARE, & PREVENT



- Immunity Booster
- Air & Hand Cleanser
- Tooth/Throat Soreness Relief



- Breathing & Sinus Aid  
Seasonal Allergy Support



- Anxiety, Stress, & Calming Aid
- Relaxation & Sleep Support



- Pain/Tension Relief
- Sore Muscle/ Joint Aid
- Pre/ Post Workout Support



- DNA Support
- Inflammation Relief
- Mood Balancer
- All Purpose Support



- Massage Maximizer
- Circulatory Support
- Muscle Tension Aid



- Digestive Upset Aid
- Nausea Relief Support
- Intestinal Aid



- Cleansing/ Detox Aid  
Kidney/ Lymph Liver/ Bladder Support



- Weight Management
- Appetite/ Craving Reducer
- Metabolism/ Blood Sugar Balancer

- TIPS**
- Only a few drops are needed with each application
  - Dilute with Fractionated Coconut Oil for sensitive skin and keep oils out of eyes and ears
  - Address on-going/chronic health challenges by using consistently (i.e. daily am/pm)

## AROMATIC



Breathe in or use diffuser to:

- Clean the air
- Open airways
- Affect mood

## INTERNAL



Drop in water, under the tongue, or into gel capsule to:

- Support mouth, throat, digestive, & overall health

## TOPICAL



Apply to bottoms of feet or affected areas to:

- Give direct relief
- Support specific needs