

daily habits for
sleep, stress
& emotions

MANAGE THE
DAILY STRESSES
OF LIFE

HOW TO
USE OILS FOR
MIND AND
MOOD

SUPPLEMENTS
FOR STRESS,
AND NERVOUS,
OR ANXIOUS
FEELINGS

SLEEP WELL
AND RECHARGE



daily habits to
reduce stress

Top Oils for Mood Support



Adaptiv™ INCREASES FEELINGS OF TRANQUILITY
Adaptiv™ Calming Blend is part of the toolbox to help the body and mind to stay balanced. Helps improve sustained attention while easing the body and mind. Also in a Touch Roller for topical application.

Balance™ GROUNDING BLEND
When life feels chaotic, we often crave balance. During times of stress or adversity, Balance® promotes peace and instills quiet confidence.

Wild Orange A BOTTLE OF SUNSHINE
Few aromas are more cheerful and bright than Wild Orange essential oil. It can transform nearly any atmosphere and inspires joy, spontaneity, energy, and abundance.

Lavender REST AND RELAXATION
Lavender essential oil is known worldwide for its calming, and soothing properties, its soft and distinct aroma.

Black Spruce REFRESH AND RENEW
Woody and refreshing this fir oil is grounding, cleansing, and soothing. Black Spruce is slightly sweeter in scent than some other fir oils.

Cedarwood RELAXING, RENEWING, RESILIENT
Cedarwood essential oil evokes feelings of stability, determination, and vitality. It encourages a tranquil space and can help create a comfortable environment in your home.

Citrus Bliss® INVIGORATING BLEND
Citrus oils are renowned for their powerfully positive aromas. This light, uplifting oil blend is like warm summer sunshine on a dreary winter day.

Melissa CALM FEELINGS NERVOUSNESS
With the ability to positively affect mood, Melissa essential oil is often used internally to reduce tense feelings, promote relaxation, and calm feelings of nervousness.*

Personal Care

Unfortunately anxious feelings and stressful situations are not going to simply disappear. This is where dealing with our stress becomes a priority. We recommend that you pick the easiest solutions for you, and then practice them on a daily basis or whenever you feel the need.



Adaptiv™ Capsules

ADAPTIV capsules calm and encourage relaxation, support mood, help improve state of mind, and promote mental well-being.*

Serenity® Capsules

Helps to reduce stress and improve quality of sleep*

Copaiba Capsules

Copaiba essential oil may be calming, soothing, and supportive to the nervous system.*

Diffusing CREATE YOUR IDEAL ATMOSPHERE

When a diffuser takes an essential oil and transforms it into a microscopic mist of oil droplets, it disperses the droplets (and scent) throughout the air, allowing you to experience the aroma for an extended time. With powerful aromas at your disposal, you can use your essential oils and diffuser to transform any room.



Aroma Essentials STARTER KIT

This collection includes doTERRA® powerhouse products to help you freshen the air in your home, while also providing refreshing, invigorating, and lovely aromas. With the Aroma Essentials Collection, you can create a fresh, clean environment that smells incredible, straight from the plant.

This kit contains a lot of the oils listed above that are great to use when you are feeling stressed, overwhelmed, or you just need to relax. It's available as a starter kit and can be ordered anytime once you're a customer too.

Order Here!



daily habits to
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Feel great and stay balanced. One of the most well-researched benefits of essential oils is their ability to influence our moods and emotions. Essential oils are a convenient and effective tool for improving your emotional well-being.

2

Adaptiv® Capsules

Life throws us curveballs. Even small daily twists and turns can cause us to experience feelings of nervousness, anxiousness, tension, frustration, and more. Enter ADAPTIV™. Take ADAPTIV™ when it's time to keep calm, carry on, relax, and adapt.* Ingest one capsule with food to help manage the effects of everyday stress and worry.*



1

Take time to breathe

Breathing only through your nose, count to four as you deeply inhale, then count to seven as you hold your breath, and count to eight as you exhale. Repeat the cycle three more times.

Get outside in the fresh air

Reconnecting to the outside world and nature can help you refocus and feel better.

4

Aromatherapy

One of the most researched properties of essential oils is their ability to influence emotions. Due to how the olfactory system interacts with the limbic system, specific potent aromas have the ability to promote feelings of calm and relaxation.

Diffuse daily one of these diffuser blends for mood support and cleansing the air.

DIFFUSER BLENDS

- 2 drops Adaptiv™ + 3 drops Wild Orange
- 3 drops Wild Orange + 3 drops Balance®
- 2 drops Black Spruce + 2 drops Adaptiv™
- 2 drops Melissa + 2 drops Citrus Bliss®
- 3 drops Cedarwood + 2 drops Lavender
- 3 drops Serenity® + 2 drops Wild Orange

3

Internal Use of Oils

Take one to two drops of Lavender in a glass of water to help reduce anxious feelings.* Many essential oils high in the chemical constituent linalool are well known for their ability to reduce sad and anxious feelings. Lavender is high in linalool and when taken internally reduces anxious feelings.*

Serenity® Capsules and Copaiba Capsules can also be used daily to support calm feelings.



DIY STRESS SUPPORT CAPSULE

Just add 2-6 drops of oil. You could use any combination of Melissa, Copaiba, Frankincense, or Lavender. Or put a drop of Melissa under your tongue daily.

5

Use Oils Topically

Oils can be applied topically to pulse points and bottoms of feet. Dilute oils with Fractionated Coconut Oil or use pre-diluted rollers such as Adaptiv™ Touch, Cheer® Touch or Peace® Touch.

Make your own roller blend using any combination of calming oils.



DIY STRESS SUPPORT ROLLER

10 drops Adaptiv™, Serenity® and Citrus Bliss® to a 10ml Roller Bottle and top with Fractionated Coconut oil.



Tip: Get Veggie Caps, Coconut Oil and empty rollers from doTERRA®

daily habits to sleep better

Top Oils for Sleep Support



Serenity™ RESTFUL BLEND

Helps you create a restful environment that's perfect for winding down at bedtime. Brings together some of the most calming essential oils—Lavender, Cedarwood, Ylang Ylang, Vetiver, and more.

Copaiba SOOTHE ANXIOUS FEELINGS

The unique aroma of Copaiba oil is useful for creating a peaceful environment. It's also soothing to the nervous system when taken internally, which can be quite effective for creating a sense of calm during bedtime routines.*

Lavender FLORAL, LIGHT, CALMING

Adding Lavender essential oil to your bedtime routine is simple. You can take it internally in a cup of calming tea, diffuse it, or add a few drops to pillows or the bottoms of your feet when it's time for shut-eye.

Calmer® MADE FOR KIDS OF ALL AGES

Help you and your little ones wind down for the day with its relaxing, positive aroma. You can roll it on the back of the neck and chest or apply it directly to the wrists or the bottoms of the feet before climbing into bed.

Balance CALMING AND GROUNDING

We refer to Balance® as the Grounding Blend because its aroma is designed to promote a tranquil atmosphere.

PastTense® GROUND AND BALANCE EMOTIONS

Incorporating PastTense® into your bedtime routine can help calm and soothe tensions away. Massage into shoulders.

Cedarwood WARM, WOODY

Can contribute to a calming environment when you want to unwind before bed.

Support your sleep daily.

Get more physical activity



Move your body on a consistent basis. Spend time outdoors.

Follow a healthy diet



Your diet affects every aspect of your health, including your mental health and sleep.

Create a restful environment



Keep your room cool, dark and quiet. And diffuse oils!

Sleep Supplements

In addition to using the power of aroma to help with bedtime, some essential oils can be used internally to promote restful sleep. When taken internally, certain essential oils can help calm the nervous system and promote relaxation before bed.* For example, Lavender oil can promote peaceful sleep and ease feelings of tension when used internally.* Similarly, Copaiba oil can be taken internally to help soothe and calm the nervous system.*



Serenity™ Softgels

Serenity™ Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel to help you get the refreshing sleep you need without leaving you feeling groggy and sleepy the next day.*

Copaiba Softgels Convenient, easy-to-swallow softgels deliver the internal benefits of Copaiba. Copaiba essential oil may be calming, soothing, and supportive to the nervous system.*



DIY SLEEP SUPPORT CAPSULE

When you don't have the Premade Softgels available, make your own with empty veggie caps. Just add 2 drops each of Lavender and Copaiba. No veggie caps? Put oils in a shot of water.

NOTE: THE FORMULA FOR SERENITY® SOFTGELS IS DIFFERENT FROM THE SERENITY® ESSENTIAL OIL, AND THE OIL BLEND IS NOT APPROVED FOR INTERNAL USE.

Keep a sleep routine



Go to bed and wake up at the same time each day.

Reduce your caffeine



Caffeine is a chemical that stimulates your central nervous system.

Reduce your screen time



Avoid screen use an hour before bedtime.

daily habits to sleep better

Most people want better sleep, but breaking old routines and habits is easier said than done. The good news is there are natural solutions that provide a gentle nudge in the right direction and help you on your journey to getting the rest you need to thrive.

About **33%** of adults aren't getting the recommended amount of sleep per night.

1

Get Prepared

If you don't already have a bedtime routine, it's time to establish one. An evening ritual can help you wind down and prepare for rest. You can make it even more effective by adding some other peaceful activities, such as meditating, journaling, praying, stretching, or reading.

2

Use the Serenity® Sleep System

Simply take one to two softgels before going to sleep. Diffuse Serenity and then roll the Serenity Sleep Stick over your chest.



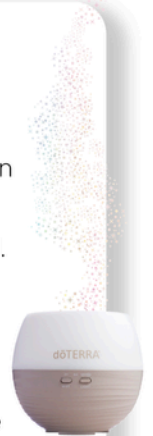
3

Diffuse Oils

Many essential oils for sleep have calming benefits. Essential oils like Lavender and Bergamot are rich in linalool and linalyl acetate; both compounds have well-known relaxing properties. These oils can be diffused aromatically in the bedroom to create a peaceful environment before bed.

DIFFUSER BLENDS

3 drops Balance® + 3 drops Lavender
2 drops Breathe® + 2 drops Cedarwood
2 drops Sandalwood + 2 drops Copaiba
3 drops Serenity® + 2 drops Citrus Bliss®
3 drops Bergamot + 2 drops Frankincense
3 drops Petitgrain + 2 drops Vetiver



4

Cup of Tea

Drinking a warm cup of tea to help soothe the body before sleep. You can always add a drop or two of Lavender or Copaiba to your nighttime tea to try relaxing your body before bed. Make sure the tea you choose isn't caffeinated, as stimulants tend to keep both body and mind awake.

5

Use Oils Topically

Use oils on the back of the neck, over the chest or on the bottoms of the feet to help unwind before bed. Dilute oils with Fractionated Coconut Oil or use pre-diluted rollers such as Calmer® or Copaiba.



Make your own roller blend using any combination of sleep oils.

DIY SLEEP SUPPORT ROLLER

10 drops each Serenity®, Cedarwood and Copaiba to a 10ml Roller Bottle and top with Fractionated Coconut oil. Apply before bed along the spine and on bottoms of the feet.



Tip: Start your diffuser 30 minutes before you go to bed so the room will be filled with the sleepy time scent when you snuggle into bed.

daily habits to manage emotions

Each delicate blend in our Emotional Aromatherapy line contains Certified Pure Tested Grade™ essential oils that can be used aromatically or topically to help balance and brighten your changing moods. Available individually or in a set of rollers or 5ml bottles.

ENCOURAGING BLEND



Are you frustrated? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be?

A blend of Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf, Rosemary Leaf, Vanilla

Weary, discouraged, stagnant, gloomy, unable to press on.



Motivated, encouraged, hopeful, energized, confident.

COMFORTING BLEND



Diffuse during times of loss for a comforting aroma. Apply over the heart morning and night as a reminder to be patient with healing and to think positive thoughts.

A blend of Frankincense Resin, Patchouli Leaf, Ylang Ylang Flower, Labdanum Stem/Twig, Amyris Bark, Sandalwood Wood, Rose Flower, Osmanthus Flower

Grieving, loss, traumatized, anxious, restless, burdened.



Comforted, content, restful, whole, serene, healing.

REASSURING BLEND



Are life's anxious moments leaving you feeling overwhelmed and afraid? Slow down, take a deep breath, and reconnect with the composed, collected you.

A blend of Vetiver Root, Lavender Flower, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower, Marjoram Leaf, Labdanum Leaf/Stalk, Spearmint Herb

Controlling, attached, afraid, spiritually disconnected.



Peaceful, serene, content, still, spiritually connected.

RENEWING BLEND



The process of forgiveness can be hard and sometimes it can take a long time. Forgiving yourself can be even more difficult. Start letting go of hurt and anger.

A blend of Spruce, Bergamot, Juniper Berry, Distilled Lemon, Myrrh, Arborvitae, Nootka, Thyme, and Citronella.

Unforgiving, critical, judgmental, resentful, bitter, angry.



Forgiving, light, free, loving, understanding, tolerant, empathetic.

INSPIRING BLEND



Have you lost your why, your mojo, your passion? Transcend the trivial as you rekindle feelings of excitement, passion, and joy. Discover something new or a renewed joy for the current blessings in your life.

A blend of Fractionated Coconut Oil, Cardamom Seed, Cinnamon Bark, Ginger Rhizome, Clove Bud, Sandalwood Wood, Jasmine Flower Absolute, Vanilla Bean Absolute, Damiana Leaf

Self-denial, regimented, duty-bound, serious, dull, joyless, dispassionate.



Passionate, risk-taking, vitality, inspired, alive, playful, spontaneous, creative.

UPLIFTING BLEND



With a sunny, optimistic aroma, Cheer® can provide a boost of happiness and positivity. Inspires an optimistic, cheerful, and happy atmosphere and creates an energizing and positive environment.

A blend of Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb

Weighted down, hopeless, joyless, heavyhearted, depleted, helpless.



Hopeful, comforted, believing, cheerful, uplifted, joyful, restored.

Want to save 25% on these products?

AROMA *essentials* COLLECTION



For those looking for simple ways to eliminate toxins in their home, aromatic products are some of the easiest places to start.

That's why we created the Aroma Essentials Collection, which includes the best essential oils to help you freshen the air around you and keep your family safe from harmful toxins.

ready to order?



\$165

The Aroma Essentials collection includes:

- Peppermint
- doTERRA Serenity[®]
- doTERRA Balance[®]
- doTERRA Cheer[®]
- Wild Orange
- Adaptiv[®]
- doTERRA OnGuard[®]
- Northern Escape[™]
- Citrus Bloom[®]
- Laluz[™] Diffuser

Customize
Here



MAKE YOUR OWN
starter kit

Get 25% off the retail prices instantly!



Includes wholesale account to order when you want and always save 25%!