

ESSENTIAL OILS

MADE SIMPLE



CONNIE BOUCHER

THE BASICS



Hey there, I'm Connie! Let's talk essential oils!

You've probably heard about essential oils and might be considering giving them a try –but with so many options and a lot of conflicting information out there, it can feel overwhelming to know where to start.

I get it.

When I first learned about essential oils, they weren't nearly as popular as they are now. I wasn't sure how to use them so I simply bought oils I thought smelled the best and didn't expect much from them. And frankly, I couldn't tell they did much for me, except make me smell good.

Then a friend introduced me to doTERRA essential oils, and everything changed.

NOW I KNOW!!

I quickly discovered that essential oils are more than just pleasant scents—they are powerful, natural solutions that can replace over-the-counter products, support emotional and physical wellness, and create a healthier, more balanced lifestyle.

When I find something that truly works, I believe in sharing it. That's why I wrote this guide—to make essential oils simple, practical, and accessible for you.

Inside, you'll find:

- Easy-to-follow tips for incorporating essential oils into your daily routine
- DIY recipes for natural, toxin-free solutions
- A complete wellness plan to help you feel your best every day

Essential oils have truly been a game changer for me, and I'd love to help you experience the same benefits. This is what I wish I'd known when I was first starting out. Whether you're just starting out or looking for new ways to use essential oils, this guide will help you confidently incorporate them into your daily routine.



ESSENTIAL OILS 101



Essential oils are natural aromatic compounds extracted from the seeds, flowers, bark, rind, and leaves of plants. For thousands of years, they have been used to address a wide variety of health concerns, offering powerful, natural alternatives to prescription medications.

Pure essential oils are safe, versatile, and incredibly effective, producing fast and impressive results—but not all essential oils are created equal.

Many essential oils on the market are:

- Low-quality or diluted with fillers.
- Synthetically produced, which can do more harm than good.
- Lacking in therapeutic benefits due to poor sourcing or processing.

Through years of experience, I've learned that the benefits of essential oils are directly tied to their purity. If an oil isn't truly pure, it simply won't work the way nature intended.

That's why I only trust doTERRA essential oils.

doTERRA essential oils undergo rigorous testing to ensure they are:

- 100% pure, natural, and free from contaminants.
- Sourced responsibly to maintain potency and sustainability.
- Tested by independent third-party labs for verified quality.

Every bottle is stamped with a unique Quality ID—which you can enter on sourcetoyou.com to access GC/MS test results from a verified third-party lab. That's proof of purity, and it's why I trust doTERRA oils exclusively.

Experience the difference yourself!

When you use high-quality, properly sourced essential oils, you experience their full therapeutic benefits—whether for immune support, emotional balance, natural cleaning, skincare, or overall wellness.



QUALITY MATTERS!

Bringing the highest-quality, fair-trade essential oils to market is an intensive and highly precise process. Everything in nature must align perfectly—from ideal growing conditions to expert harvesting and distillation—to produce an oil that delivers true therapeutic benefits.

At the same time, the farmers, harvesters, and distillers involved in the process must be fairly compensated for their work. This is why pure essential oils cost more to produce—but it's also why they offer real, effective results.

In contrast, synthetic essential oils can be easily and cheaply manufactured in a lab—but not only do they lack the therapeutic properties of pure oils, they are even inharmonious and harmful to your body.

HOW TO TELL THE DIFFERENCE BETWEEN PURE & SYNTHETIC ESSENTIAL OILS:

- **SMELL:** Pure essential oils smell fresh, vibrant, and true to the plant they come from. Synthetic oils often smell thicker, perfumy, or artificial—with a scent that lingers unnaturally.
- **TASTE:** Pure essential oils taste potent and clean. Synthetics taste bitter, chemical-like, or unpleasant.
- **TEXTURE:** Pure essential oils are light and absorb easily, unless they are naturally resinous (like Myrrh). Synthetic oils tend to feel thicker, gummier, or greasy.
- **ABSORPTION:** The human body recognizes and utilizes pure essential oils. Synthetic oils, on the other hand, are foreign to the body and cannot be fully processed.

SMELL
& TASTE TO
COMPARE
& EXPERIENCE
THE
DIFFERENCE!



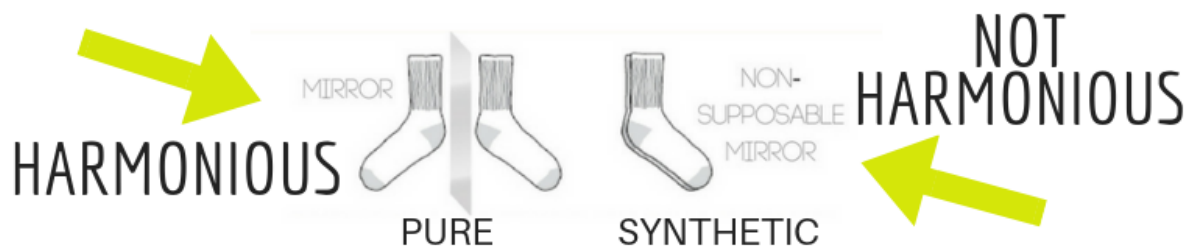
Studies show synthetic oils create stress in cells and have harmful effects:

- Impure oils lack therapeutic benefits, no matter what the label claims.
- Most essential oils labeled “pure” actually contain synthetics because manufacturers know how to manipulate tests to make them appear natural.

In the United States, essential oils must pass a gas chromatography test to be labeled as “pure” and “therapeutic grade.” However, this test alone is not enough to verify true purity. It can easily be manipulated.

- Modern labs are so advanced that they can create synthetic essential oils capable of passing the gas chromatography test.
- This means most “pure” oils on the market contain synthetic compounds—even if the label says otherwise.

The problem with synthetic oils is they are designed to mimic the scent of pure oils, but their molecular structure is different.



- The human body cannot process synthetic molecules the same way it processes natural plant compounds.
- When exposed to synthetic oils (aromatically, topically, or internally), the body immediately works to flush them out—just like it would with processed foods or toxins.

Your body, pets, and even plants instinctively know the difference between real and fake essential oils. Pure oils work with the body—synthetics do not.

Science can reproduce the scent and chemical makeup of essential oils, but it can never fully duplicate the complexity of a plant’s natural structure because the intricate arrangement of compounds in nature cannot be artificially replicated.

Your body is incredibly intelligent—it always knows the difference between what’s real and what’s synthetic. That’s why it’s critical to choose oils that have gone through extensive testing to ensure purity.

doTERRA OILS are PURE, SAFE, & EASY TO USE!

If you've ever squeezed the rind of a citrus fruit and felt a fine mist burst onto your skin, you've experienced a pure essential oil—potent plant extract, firsthand. Truly pure essential oils are concentrated life forces of nature, with nothing added.

Unlike synthetic medicines, which often come with toxic side effects, essential oils work in harmony with the body, promoting immunity, balance, and well-being without causing harm.

WHY ESSENTIAL OILS WORK SO WELL

- Plants possess an intelligence that aligns perfectly with the human body.
- Essential oils are carbon based, same as the body, and they instinctively know what you need, where to go, and how to support healing.
- They provide a safe, effective alternative to synthetic solutions.

As soon as you open the bottle and use them, essential oils immediately get to work—balancing, healing, and restoring your body.

That's all it takes to experience truly impressive results!



POTENT

Essential oils are 50-70 times more powerful than the herbs or plants they come from!

Just one drop of peppermint oil is as potent as 28 cups of peppermint tea—that's how concentrated and effective essential oils are.

In fact, essential oils are so powerful that just 1-2 drops can be equivalent to one dose of medicine—but without the synthetic additives and toxic side effects.

Because of their purity and potency, essential oils deliver fast, effective results while giving you incredible value for your money. A little goes a long way, making them a smart, natural investment in your health and well-being.

COST EFFECTIVE

The cost of essential oils varies depending on availability, sourcing, and the distillation process, but many doTERRA essential oils cost just pennies per drop.

A single 250-drop bottle of essential oil costs less than one doctor's copay—yet it can be used dozens of times for a wide variety of health concerns.

I've had my share of costly medical bills, and I can confidently say that investing in essential oils has been one of the most enjoyable and rewarding money-wise decisions I've made.

Compared to the ongoing expense of medications, doctor visits, and treatments, even the pricier essential oils feel like a great deal—especially knowing that they are very versatile and will naturally and effectively support my health.

SMART

Essential oils are lipids with incredibly small molecular structures, allowing them to absorb quickly into the skin and bloodstream and work deeply at the cellular level. They contain hundreds of different chemical compounds, giving them the complexity and versatility needed to combat threats, strengthen immunity, and support the body's natural healing processes.

Unlike synthetic solutions, the body does not build resistance to essential oils. Instead, they work in harmony with the body, promoting self-healing and restoring balance. Every time you use an essential oil, it sends signals to your cells, supporting them in returning your body to homeostasis—the ideal state of balance, health, and well-being.

True health is built at the cellular level and essential oils play a powerful role in maintaining long-term vitality and resilience. It's a no-brainer to use them every day!

USE OILS DAILY!



CONSIDER THIS:

Once you've ensured quality, there are three key factors to pay attention to when storing your essential oils:

PROTECT OILS FROM SUNLIGHT & EXTREME TEMPERATURES

- Sunlight and temperature fluctuations can negatively impact essential oils, causing them to degrade over time.
- Avoid leaving oils in sunny windows, hot cars, or freezing temperatures for extended periods.
- While most pure essential oils can last indefinitely when stored properly, citrus oils are an exception—they typically begin to break down after about five years.
- Best practice: Store unused oils in a cool, dark place to preserve their potency and effectiveness.

EXTREME
WEATHER
& LIGHT

KEEP OILS AWAY FROM ELECTROMAGNETIC FIELDS

- Devices like microwaves, TVs, computers, blow dryers, and cell phones emit electromagnetic rays, which can deplete and depotenize essential oils over time.
- Avoid storing oils near these appliances or in spaces where they are regularly exposed to EMF radiation.
- If you carry your oils in a purse or bag, keep them in a separate pouch and avoid leaving them next to your cell phone for extended periods.

ELECTRO-
MAGNETIC
RAYS

BE INTENTIONAL ABOUT WHERE YOU STORE YOUR OILS

- Essential oils are liquids that absorb energy, much like water.
- Keeping them in a clean, pleasant, and energetically balanced space may help maintain their vibrational integrity.
- Store your oils in a way that feels intentional and supportive—a beautiful shelf, a dedicated oil case, or a special box.

BAD
ENERGY

Taking these simple precautions will help you preserve the potency, effectiveness, and longevity of your essential oils, ensuring that they serve you in the way they were intended.



HOW TO USE

- 1 TOPICALLY
- 2 AROMATICALLY
- 3 INTERNALLY

1 TOPICALLY

When pure essential oils are applied to the skin, they are immediately absorbed into the bloodstream, where they begin supporting healthy cellular function. Many essential oils can be applied “neat,” or directly to the skin, but some are considered “hot” and should be diluted with a carrier oil.

I use and love dōTERRA Fractionated Coconut Oil because it’s ultra-light, easily absorbed, and never goes rancid. To dilute oils, you can combine 1 part essential oil with 2 parts coconut oil in a roller bottle or mix them in the palm of your hand.

For people with sensitive skin—including babies and toddlers—it’s always best to dilute or “cut” hot oils before applying them.

The thick skin on the bottoms of the feet is an excellent place to apply undiluted essential oils without worrying about irritation. Other ideal application areas include directly over irritated or painful spots, along the spine, the back of the neck, throat, chest, temples, and the fleshy part of the ears. (Important: Never apply essential oils directly into the ears or eyes.)

Massaging essential oils into the skin helps enhance their healing power. For added effectiveness, try rubbing oils into painful areas and then applying a warm, damp cloth followed by a heating pad to drive the oils in deeper.

Wear essential oils as a natural perfume or cologne by applying them behind the ears, on the throat, and on the inside of the wrists.



KIDS
LOVE
OILS

2 AROMATICALLY

Aromatherapy is much more than a trendy term. Diffusing essential oils disperses the molecules into the air and eliminates harmful germs and pathogens while promoting overall wellness. When pure essential oils are diffused, they stimulate the limbic system and the amygdala gland.

The limbic system, influenced by vibrations, is the part of the brain that impacts the nervous system and hormones. It controls emotions and affects key bodily functions, including the immune system, heart rate, stress levels, and breathing.

The amygdala, a gland within the limbic system, stores and releases emotional trauma. It is stimulated through the sense of smell, with pure citrus oils shown to be particularly effective at releasing stored trauma from the limbic system.

Diffuse oils in an ultrasonic diffusers—start with about six drops and add more if you prefer a stronger scent. You can adjust the amount to your liking without worrying about overdoing it.

For a quick and portable aromatherapy experience, turn your hands into a diffuser! Place a drop of essential oil in the palm of your hand, rub your hands together, and cup them around your nose. Breathe deeply for an immediate and refreshing lift!

REFRESHING
CALMING
REVITALIZING!



3 INTERNALLY

High-quality essential oils are safe and can also provide powerful medicinal benefits when taken internally, but only the highest grade of essential oils are safe for internal use! When taken internally, pure essential oils are particularly effective at nourishing deep organ cells. There are three primary ways to take doTERRA essential oils internally:

- Under the tongue: Place a drop directly under your tongue for the fastest absorption.
- In water: Add a drop to a glass of water and drink it (choose oils with a pleasant taste).
- In capsules: Place a few drops in an empty gelatin capsule and take it like a pill—this is the best method for strong or unpleasant-tasting oils.

You can also use doTERRA oils as natural flavorings by adding a few drops to recipes.



ONLY TAKE doTERRA
OILS INTERNALLY!



CATEGORIES OF OILS

An easy way to keep essential oils organized is by grouping them into “easy-to-remember” categories. This helps simplify their use and ensures you can quickly find the right oil for any need.

Keep in mind that some oils overlap between categories—meaning they can serve multiple purposes. While certain oils are more effective for specific conditions, all truly pure, high-quality essential oils are safe, versatile, and beneficial for a wide range of uses.

The good news is that no matter which oil you choose, it will benefit you! By learning these core categories, you can use your oils with confidence, ease, and flexibility—because when it comes to pure essential oils, you really can't go wrong!



FLOWER OILS



TREE OILS



MINT OILS



COOKING OILS



CITRUS OILS

TREE OILS

Trees represent the bones and lungs of the universe—think of how the body mirrors a tree with its trunk, branches, and leaves (breath). Essential oils derived from trees and shrubs are excellent for supporting the respiratory and skeletal systems. These oils include:

- Arborvitae
- Birch
- Camphor
- Cypress
- Douglas Fir
- Black Spruce
- Siberian Fir
- Elemi
- Eucalyptus
- Frankincense
- Juniper Berry
- Melaleuca (Tea Tree)
- Myrrh
- Vetiver
- Pine
- Ravensara
- Rosewood
- Spruce
- Cedarwood



These oils are not only grounding but also versatile, making them great allies for respiratory health, structural support, and overall wellness.

CITRUS OILS

Citrus oils are natural antidepressants, perfect for dispersing gloom and lifting the spirit. Their clean, bright, and happy scents bring joy and lightness to the heart, creating a sense of positivity and well-being. In addition to their mood-boosting properties, citrus oils have strong disinfecting qualities, making them excellent cleansers for both internal and external use. Here's a comprehensive list of citrus oils:

- Anise
- Bergamot
- Bitter Orange
- Blood Orange
- Clementine
- Grapefruit
- Key Lime
- Kaffir Lime
- Lemon
- Lemongrass
- Lime
- Mandarin
- Neroli (Orange Blossom)
- Petitgrain
- Tangerine
- Wild Orange
- Yuzu



These oils are ideal for creating a bright and cheerful environment while also supporting cleansing and detoxification. Whether diffused, applied topically, or used internally (when appropriately certified for ingestion), citrus oils are versatile and uplifting additions to any routine.

COOKING OILS

Cooking herbs and spices are Mother Nature's digestive aids. Known for their powerful germ-, bacteria-, and virus-fighting properties, they are sometimes referred to as the "big guns." These digestive oils are excellent for addressing digestive issues, infections, aches, and pains. Here's a comprehensive list of culinary essential oils:

- Basil
- Bay Leaf
- Black Pepper
- Caraway
- Cardamom
- Cassia
- Celery Seed
- Cilantro
- Cinnamon
- Citronella
- Clove
- Coriander
- Cumin
- Dill
- Fennel
- Ginger
- Hyssop
- Lemongrass
- Marjoram
- Oregano
- Parsley Seed
- Peppermint
- Rosemary
- Sage
- Spearmint
- Tarragon
- Thyme



These oils are versatile and can be used both for their culinary and medicinal benefits. They support healthy digestion, help combat infections, and alleviate discomfort while adding vibrant flavor to your meals.

FLOWER OILS

Flower oils are grounding and restorative, offering peace and balance to both the body and soul. They are soft, soothing, and pleasant, making them perfect for relaxing the mind, calming nervous conditions, and soothing or healing irritated skin. This category includes a wide variety of oils and absolutes derived from flowers:

- Blue Chamomile
- Blue Tansy (Moroccan Chamomile)
- Cistus (Rock Rose)
- Clary Sage
- Copaiba
- Geranium
- Helichrysum (Immortelle)
- Jasmine
- Lavandin
- Lavender
- Lemon Myrtle
- Laurel Leaf
- Osmanthus
- Melissa (Lemon Balm)
- Neroli (Orange Blossom)
- Patchouli
- Roman Chamomile
- Rose
- Sandalwood
- Spikenard
- Ylang Ylang
- Vanilla
- Magnolia
- Frangipani (Plumeria)
- Gardenia
- Tuberose
- Honeysuckle
- Calendula (Marigold)



Absolutes (such as Jasmine Absolute, Rose Absolute, and Tuberose Absolute) are also included in this group, as they are derived from flowers and share similar soothing, balancing, and healing properties. Flower oils are ideal for creating harmony within the body and spirit, helping to promote relaxation, reduce stress, and nourish both the skin and the soul.

MINT OILS

Mint oils are numbing and cooling, offering analgesic, anti-inflammatory, and antispasmodic properties. These oils are excellent for soothing discomfort, reducing inflammation, and calming spasms or tension in the body.

Here's a list of common mint oils:

- Wintergreen
- Peppermint
- Spearmint
- Cornmint
- Bergamot Mint
- Japanese Mint (*Mentha arvensis*)

These refreshing oils are versatile and effective, making them a valuable addition to your essential oil collection for both therapeutic and aromatic purposes.



SCIENCE

Oregano essential oil is one of nature's most potent natural antibiotics—but just like pharmaceuticals, it should be used wisely and with proper dilution. Here's how to use oregano oil safely:

- Topically: Oregano is a “hot” oil so dilute with carrier oil before applying it to skin. 1 part essential oil to 2 parts essential oil)
- Aromatically: Oregano can be combined with other oils like lemon or eucalyptus and diffused for powerful respiratory support.
- Internally: Only take CPTG® essential oils internally—typically 1-2 drops in a capsule. Or you can dilute in it a bit of salt water and gargle, then swallow. This is an unpleasant GULP but it's very effective for sore throats. You can safely take oregano internally every 20 minutes when sick. For kids or very weak people, rub Oregano on the bottoms of feet, or use the Oregano Touch roll-on.
- Powerful Antimicrobial Properties
 - Oregano essential oil contains carvacrol and thymol, two compounds with strong antibacterial and antifungal effects.
 - Studies have shown that carvacrol can break down bacterial cell membranes, making it effective against antibiotic-resistant bacteria **【1】** .
- Effective Against Harmful Bacteria
 - Research has demonstrated that oregano oil is effective against Staphylococcus aureus (staph infections), E. coli, and Salmonella **【2】** .
 - A 2019 study found oregano oil to be as effective as some prescription antibiotics in reducing bacterial infections **【3】** .
- Antiviral & Immune Support
 - Oregano oil has been shown to have antiviral properties, helping to fight pathogens like norovirus and respiratory viruses **【4】** .
 - It also acts as an immune booster by stimulating white blood cell activity.
- Gut & Digestive Health
 - Oregano oil can help eliminate harmful gut bacteria while maintaining beneficial microbiota **【5】** .
 - It's been used to treat SIBO (Small Intestinal Bacterial Overgrowth) and other gut imbalances naturally.
- Anti-Inflammatory & Antioxidant Power
 - High in antioxidants, oregano oil helps reduce oxidative stress and inflammation, which play key roles in chronic disease **【6】** .

SOURCES

Oregano Sources & Studies:

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OREGANO IS JUST ONE ESSENTIAL OIL WITH ASTOUNDING PROPERTIES—EACH ESSENTIAL OIL IS VERSATILE AND POWERFUL WITH THERAPEUTIC BENEFITS OF ITS OWN!



RECIPES



SUNNY CITRUS ROLL ON

15 drops Grapefruit
13 drops Citrus Bliss
11 drops Lemon
10 drops Bergamot
2 drops Clove

Drop oils in 1/3 oz. roller bottle in listed order. Fill to top with fractionated coconut oil, and then roll on bottoms of feet and chest whenever you need a lift and to strengthen your immune system.



REJUVENATING ROLL ON

40 drops Wild Orange
40 drops Peppermint

Drop oils in a 1/6 oz. roller bottle in listed order. Roll on the ears, back of neck, and feet anytime you need a pick me up. This blend is great for mid-afternoon slumps and homework housework time.



STRESS RELIEF ROLL ON

7 drops Douglas Fir
19 drops Lemongrass
11 drops Peppermint
7 drops Geranium

Drop oils in 1/3 oz. roller bottle in listed order. Fill to top with fractionated coconut oil and roll on bottoms of feet and/or back of neck and temples morning and night, and whenever feeling stressed and under pressure.



STUFFY NOSE ROLL ON

3 drops Oregano
17 drops Eucalyptus
14 drops OnGuard®
11 drops Frankincense
3 drops Cinnamon
13 drops Marjoram

Drop oils in 1/3 oz. roller bottle in listed order. Fill to top with fractionated coconut oil and roll on bottoms of feet morning and night, or every 2-3 hours as needed to relieve a stuffy nose and congestion.

NATURAL SOLUTIONS



ANTI-VIRAL ROLL ON

10 drops Oregano
9 drops Eucalyptus
16 drops Tea Tree
14 drops Cassia
8 drops OnGuard®

Drop oils in 1/3 oz. roller bottle in listed order. Fill to top with fractionated coconut oil and roll on bottoms of feet once daily as preventative medicine, or apply every 2-3 hours when dealing with a virus or viral infection.



PROTECTIVE ROLL ON

15 drops OnGuard
15 drops Oregano
15 drops Lemon
10 drops Tea Tree

Drop oils in 1/3 oz. roller bottle in listed order. Fill to top with fractionated coconut oil and roll on bottoms of feet daily.



SINUS ROLL ON

40 drops Breathe
25 drops Lime

Combine essential oils in a large size glass roller bottle and add enough coconut oil to fill bottle and roll on forehead, over eyebrows, all around nose, and under cheekbones to relieve sinus related conditions.



MUCUS RELIEF RX

1 drop Frankincense
2 drops Oregano
3 drops Cinnamon
4 drops Peppermint

Take in a capsule, as often as needed. Or rub on the bottom of feet for babies or children.

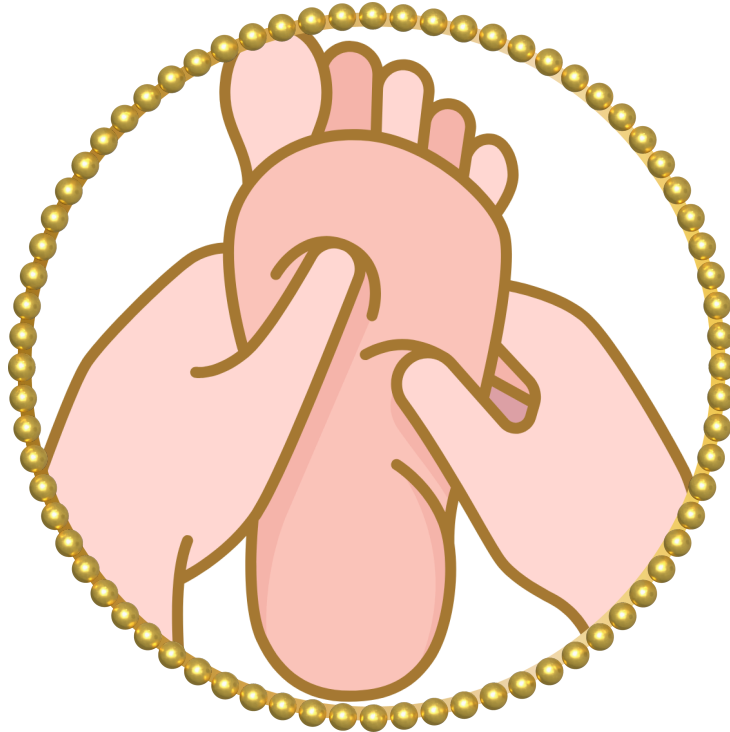
OILS FOR FEET



The average person's feet bear an astounding amount of weight and pressure daily—up to a cumulative total of 1,000 tons. During just one hour of strenuous exercise, your feet cushion as much as a million pounds of pressure. Over a lifetime, the average person walks more than 115,000 miles, which is enough to circle the globe four times.

Feet are hardworking in other ways too. An average pair of feet produces about a pint of perspiration each day and can swell to 5 to 10 percent larger by the end of the day. Interestingly, one-quarter of all the bones in your body are located in your feet. Plus, the soles of your feet—and the palms of your hands—are the only parts of the body that cannot tan.

THE POWER OF REFLEXOLOGY



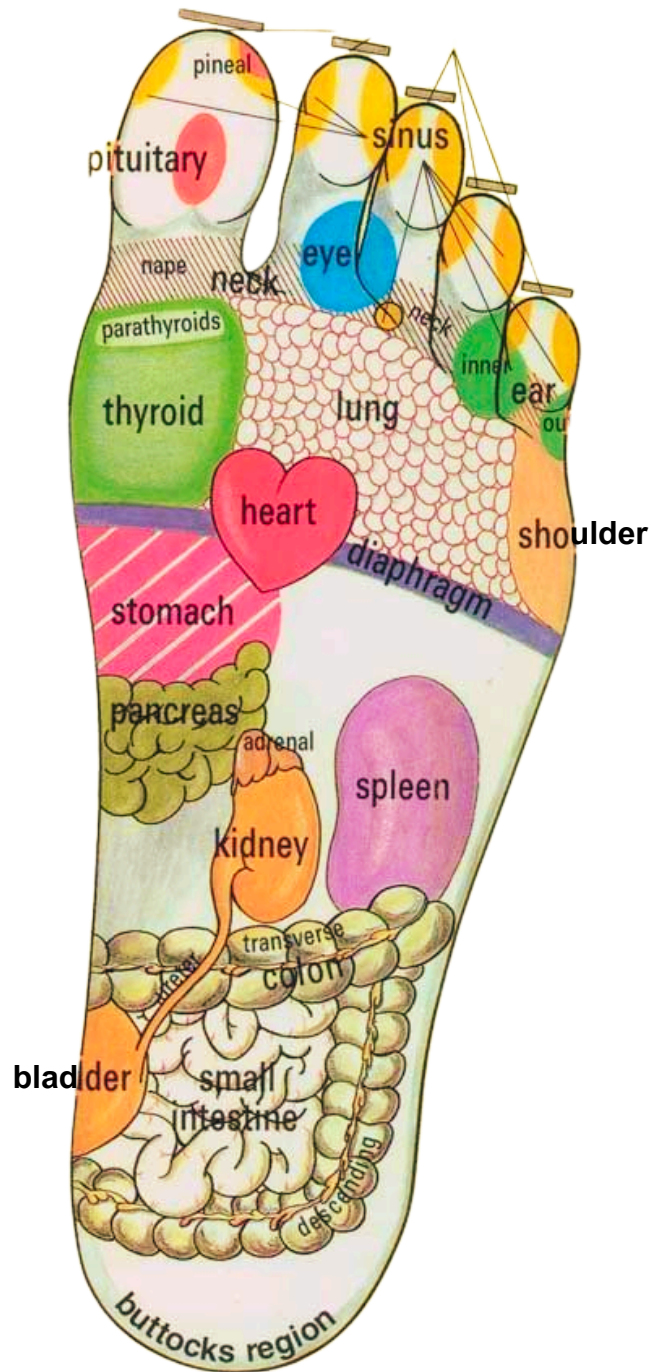
Reflexology is a form of pressure point therapy based on the belief that specific reflex points on the feet and hands correspond to every part of the body. By massaging or applying pressure to these areas, reflexology aims to relieve tension, alleviate pain, and improve overall health and immunity.

This practice has been shown to be beneficial for a wide range of conditions, including asthma, bronchitis, migraines, anxiety attacks, back pain, irritable bowel syndrome (IBS), premenstrual syndrome (PMS), arthritis, and many other stress-related issues.

An easy way to enhance the benefits of reflexology is by applying essential oils to the bottoms of the feet or hands and "pressing" them in. This technique allows the body to absorb the oils more effectively, amplifying their therapeutic benefits.

The following protocols help relieve tension, reduce pressure, and promote tissue healing in the corresponding areas.

FOOT ZONE MAP





LUNGS

Make a fist and press your knuckles against the ball of the foot at the base of the toes. Rotate your knuckles, moving back and forth across the entire ball of the foot. Try using Breathe, Frankincense, Lime, Peppermint and/or Siberian Fir.



SHOULDERS

Lightly pinch/press on the outside of the foot, as you thumb-walk up to the little toe. Try using PastTense®, Lavender and/or Peppermint.



NECK

Following the line at the base of the toes, walk your thumbs alternately back and forth across the width of the foot. Then grasp the base of each toe and gently rotate it and pull on it. Try using Lavender, PastTense®, Frankincense, Peppermint and/or Balance®.



HEAD

Place each toe between the flat of your hands, and use a back and forth sawing motion to roll the toe from side to side. Try using Lavender, Lemon and/or Patchouli.



SINUS & EYE STRAIN

Cradle the top of the foot with your non-dominant hand, and starting at the tip of each toe, “inch” the tip of your other thumb towards the base of the toe, about 1/8” at a time. Work from the top to the bottom of each toe. Move around and press on all of the fleshy parts of each toe, working from top to bottom. Try using Lavender, Frankincense and/or Lemongrass.



PITUITARY GLAND

Use the knuckle of your index finger to push into the middle section of your foot, and rotate your wrist. Helps heal pituitary disorders. Try using MetaPWP®, Coriander, Geranium, Rosemary and/or Breathe.



SPINE & BACK

Starting with the heel and ending on the tip of the big toe, thumb-walk up the inside of the foot (arch side) and then thumb-walk back down the foot. Do this on both feet. Try using Wintergreen, PastTense®, Peppermint and/or AromaTouch®.



KIDNEYS

Press the tip of your thumb or thumbnail into the center point of each foot, and rotate the entire foot toward the inside with your other hand (press on the kidney point). Try using Lemon, Bergamot, Juniper, Eucalyptus and/or Lemongrass.



ADRENAL GLANDS

Move the thumb to slightly above and inside of the middle of the foot (adrenal spot), and press as you rotate the foot outward. Try using Basil, Clove, Rosemary, Geranium and/or Peppermint.



HEAD, EARS, EYES & NECK

Use firm pressure and run your finger down behind the ear. Stop at a point just above the earlobe and use gentle pressure to feel for knots, or a sensation of tension release. Try using PastTense®, Breathe, Purify, Balance®, Eucalyptus, Geranium, Rosemary and/or Basil. Helps relieve headache, deafness, tinnitus, pain in the ear and eye and tension in the neck

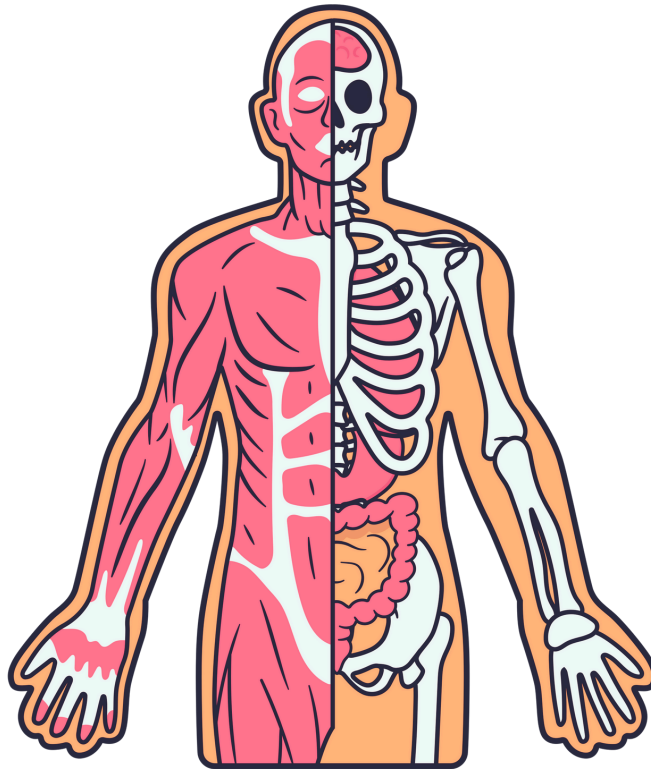


TOTAL BODY RELAXER

Place the foot between your two open palms, and rock/roll it back and forth between your hands. Try massaging Balance, AromaTouch®, Lavender, Serenity and/or Wild Orange into the foot before you begin.



YOUR BODY NEEDS NUTRIENTS



Essential oils are powerful natural healers, but they need minerals to help them do their job effectively. Without proper mineral supplementation, essential oils are limited in how well they can support the body.

- Minerals act as catalysts – They activate enzymatic processes that allow essential oils to penetrate cells and work at an optimal level.
- Minerals enhance absorption – When the body has adequate mineral levels, it utilizes essential oils more efficiently, ensuring that their therapeutic compounds are delivered where they are needed most.
- Essential oils rely on electrical conductivity – Minerals provide the electrical charge needed for cells to communicate effectively, helping essential oils work in synergy with the body.

PERFECT PAIRING

When the body is mineral-deficient it struggles to absorb and process essential oils properly. Essential oils can not produce the desired effects as quickly or effectively when cellular function is sluggish and unable to detoxify, heal, and maintain balance.

Your body needs high-quality mineral supplements for optimizing essential oil absorption. By ensuring proper mineral levels, you amplify the power of essential oils, allowing them to work at their highest potential and provide maximum benefits for your body and well-being.

When it comes to giving the body what it needs, doTERRA's VMG+® and XEO Mega+® are formulated to support the body in ridding inflammation and oxidative stress, which is the root cause of nearly all disease. doTERRA VMG+ and XEO Mega+ are developed to be taken together as a comprehensive answer to your dietary supplement needs.

And then, there's the rest of the story, and it's important to understand!

In order to establish a foundation of wellness, your body needs to be properly cleansed and renewed so it can fully absorb nutrients. doTERRA supplements are designed to provide the essential support your body needs, helping you restore balance, enhance absorption, and maintain optimal health.

Here's how doTERRA's wellness supplements work together to help you thrive:



VMG+® – ESSENTIAL MICRONUTRIENT SUPPORT

Daily Nutrition for Energy & Vitality—Even with a healthy diet, most people don't get all the essential vitamins and minerals needed for optimal health. VMG+ is a whole-food-based multivitamin packed with:

- Bioavailable vitamins & minerals for enhanced absorption
- Antioxidants to fight free radicals and cellular stress
- B vitamins for sustained energy and cognitive function
- Support for bone, immune, and cardiovascular health

By replenishing key nutrients, VMG+ fills in the gaps and helps your body function at its best every day.

PERFECT PAIRINGS



XEO MEGA+® – ESSENTIAL OMEGA COMPLEX

Brain, Heart & Cellular Health—Omega fatty acids are crucial for brain function, heart health, and reducing inflammation, but most diets are severely lacking in these essential nutrients. xEO MEGA+ provides a balanced blend of marine and plant-based omegas, including:

- EPA & DHA for cardiovascular, brain, and joint health
- Astaxanthin—a powerful antioxidant that protects cells from oxidative stress
- Omega-3, 6, and 9 fatty acids for total-body balance
- Essential oils & fat-soluble vitamins to support cellular function

With xEO MEGA+, you get the healthy fats your body needs to boost cognition, improve cardiovascular health, and reduce inflammation naturally.



PB ASSIST RESTORE™ – PROBIOME COMPLEX

Balance & Restore Your Gut Microbiome—A healthy gut is the foundation of overall wellness. PB Assist Restore is a unique formulation of 30 pre-, pro-, and postbiotics and bacteriophages that help:

- Restore microbial diversity for a balanced microbiome
- Improve digestion and enhance nutrient absorption
- Support immune function by promoting gut health
- Reduce bloating and discomfort while promoting a healthy digestive system

A well-balanced gut supports mental clarity, immunity, and overall vitality—making PB Assist Restore an essential part of whole-body wellness.



TERRAZYME® – DIGESTIVE ENZYME COMPLEX

Maximize Nutrient Absorption & Support Digestion—Even the healthiest diet can't deliver full benefits if your body struggles to break down and absorb nutrients. TerraZyme is a powerful digestive enzyme blend designed to:

- Enhance digestion of proteins, fats, carbohydrates, and fiber
- Reduce bloating and discomfort after meals
- Support gut health and nutrient absorption
- Promote energy production by improving digestion efficiency

By supplementing your body's natural enzymes, TerraZyme helps you get the most out of every meal.

PERFECT PAIRINGS

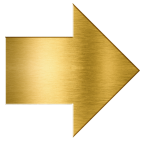


ZENDOCRINE® COMPLEX – HERBAL DETOX SUPPORT

Flush Out Toxins & Restore Internal Balance—Every day, your body is exposed to toxins from food, water, and the environment, which can slow digestion, zap energy, and contribute to brain fog. Zendocrin Complex is a powerful blend of herbal extracts specifically formulated to support the body's natural detoxification processes.

- Supports liver, kidney, colon, and lung function to assist in toxin removal
- Promotes digestion and gut health for clearer skin and better energy
- Helps the body eliminate waste efficiently, reducing toxic buildup
- Encourages gentle cleansing without harsh side effects

By cleansing from the inside out, Zendocrin Complex helps your body function at its best—leaving you feeling lighter, clearer, and more vibrant.



ZENDOCRINE® GELCAPS – ESSENTIAL OIL DETOX SUPPORT

Cleanse & Reset with the Power of Essential Oils—When the body is overloaded with toxins, it can feel sluggish, fatigued, and out of balance. Zendocrin Gelcaps contain a powerful blend of detoxifying essential oils that work to flush out impurities and support healthy organ function.

- Supports liver and gallbladder function for improved detoxification
- Helps the body eliminate harmful substances and metabolic waste
- Aids digestion and supports gut balance
- Encourages cellular renewal and long-term wellness

This blend of Rosemary, Cilantro, Juniper Berry, Tangerine, and Geranium essential oils provides targeted detoxification support, helping your body feel refreshed, revitalized, and ready to take on the day.



THE POWER OF ZENDOCRINE: COMPLEX + GELCAPS

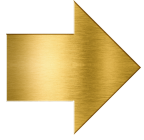
For the ultimate detox support, pair Zendocrin Complex and Zendocrin Gelcaps together:

- Herbal Complex – Cleanses organs and supports digestion
- Essential Oil Gelcaps – Helps flush toxins and restore balance

By working synergistically, these two supplements create a gentle yet effective detox routine that helps your body feel lighter, cleaner, and more energized.

FYI – I take Zendocrin at night because that's when the endocrine system does its work.

PERFECT PAIRINGS

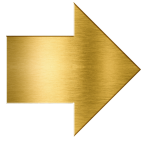


DDR PRIME® – CELLULAR REPAIR & PROTECTION

Support Healthy Aging & Cellular Renewal—Your body is constantly exposed to oxidative stress, which can accelerate aging and weaken cellular function. DDR Prime is an advanced cellular blend formulated to:

- Protect against free radical damage with powerful antioxidants
- Support healthy brain and nervous system function
- Promote cellular renewal for long-term vitality
- Enhance overall well-being with essential oils like Frankincense, Wild Orange, and Clove

With DDR Prime, you give your body the support it needs to stay strong, resilient, and full of life.



METAPWR® ADVANTAGE – METABOLIC SUPPORT & LONGEVITY

Balance Blood Sugar, Boost Energy & Optimize Metabolism—Maintaining a healthy metabolism is key to energy, weight balance, and longevity. MetaPWR Advantage is a breakthrough metabolic blend that:

- Supports blood sugar balance for sustained energy
- Boosts collagen production to enhance skin, joints, and connective tissue
- Optimizes fat metabolism and healthy weight management
- Increases cellular energy for improved vitality and endurance

MetaPWR Advantage helps you stay sharp, energized, and in control of your metabolic health.



TANGERINE – MOOD & IMMUNE SUPPORT ESSENTIAL OIL

Brighten Your Mood & Strengthen Immunity—Tangerine essential oil is a vibrant, uplifting citrus oil that offers both emotional and physical benefits:

- Boosts mood and reduces stress with its sweet, refreshing scent
- Supports the immune system with high antioxidant content
- Aids digestion and helps maintain a healthy metabolism
- Purifies the body and supports gentle detoxification

Use Tangerine daily to add brightness, energy, and a sense of joy to your routine.

PERFECT PAIRINGS



PLANT PROTEIN – CLEAN, COMPLETE NUTRITION

Fuel Your Body with High-Quality Protein—Protein is essential for muscle recovery, energy, and overall health, but many protein powders contain artificial ingredients and fillers. doTERRA's Plant Protein (Chocolate, Vanilla, and Vegan) provides:

- Complete amino acid profile from clean, plant-based sources
- Smooth, easy digestion with no bloating or heaviness
- Sustained energy & muscle support for an active lifestyle
- Delicious taste & natural sweetness with no artificial additives

This protein powder is perfect for fueling your body naturally and effectively.



FIBER – GUT HEALTH & DIGESTIVE SUPPORT

Balance Blood Sugar & Improve Digestion—Most people don't get enough fiber, leading to blood sugar fluctuations, sluggish digestion, and low energy. doTERRA's Fiber supplement is formulated to:

- Support healthy digestion & regularity
- Promote balanced blood sugar for sustained energy
- Feed beneficial gut bacteria for a thriving microbiome
- Help control cravings & support weight balance

A well-functioning gut is the foundation of good health, and fiber is key to keeping it strong.



COMPLETE WELLNESS SUPPORT IN ONE SYSTEM

By incorporating VMG+, EO MEGA+, and PB Assist, TerraZyme, Zendocrine, DDR Prime, MetaPWR, Tangerine, Plant Protein, and Fiber, you give your body nutrition that works synergistically to: support digestion, detox, metabolism, and energy.

- Support gut health & digestion
- Ensure optimal nutrient absorption
- Reduce inflammation & oxidative stress
- Enhance brain function, energy, and overall wellness
- Improve digestion & absorption
- Detoxify and protect cells
- Boost metabolism & support longevity
- Balance blood sugar & energy levels
- Strengthen immune function

DAILY WELLNESS ROUTINE

ACTIVATE . CLEANSE . RENEW



SUPPORT AND HEAL YOUR ENTIRE SYSTEM—Take these products as directed to energize organ and cell performance, motivate detoxification and elimination, and replenish body cells, organs, tissues, and systems.



“Take care of your body. It’s the only place you have to live.” Jim Rohn



TARGETED SOLUTIONS

doTERRA essential oils and wellness products are 100% toxin-free and safe, giving you a natural, effective way to support your health. Having them on hand allows you to live a preventative lifestyle, strengthening your body daily while also providing powerful, natural support whenever a need arises. With doTERRA, you can trust in purity, potency, and proven results—helping you take control of your well-being the way nature intended:

CELLULAR HEALTH & ENERGY

DDR Prime® . Frankincense . Turmeric

CHILDREN & BABIES

PB Assist+ . Kids Collection . Baby Collection

DIGESTION

Fiber . Digest Zen® . Peppermint . SuperMint™

HOME

Abode™ and OnGuard® soaps and cleaning products

IMMUNE & RESPIRATORY

OnGuard . Breathe . DDR Prime . Thyme . Clove . Air X™

MIND & COGNITION

Copaiba . DDR Prime . Spanish Sage . MetaPWR Advantage

MOOD & STRESS

Adaptiv® . Balance . Copaiba . Shinrin-Yoku™ . PastTense . Emotional Aromatherapy Collection—Console® . Forge® . Peace® . Passion® . Cheer® . Motivate®

MOVEMENT

Deep Blue . Deep Blue® Polyphenols . Copaiba . Aroma Touch . PastTense

NUTRITION

MetaPWR Advantage, MetaPWR Recharge, Protein

PERSONAL CARE & SKIN

Body, Face, Hair, Hands, Oral, Spa, and Sun (collections) . Frankincense Stick . HD Clear® . Immortelle® . Yarrow/Pom

SLEEP

Serenity® . Adaptiv . Copaiba . Lavender . Cedarwood . Vetiver . MetaPWR Advantage

WEIGHT & METABOLIC HEALTH

MetaPWR System—Advantage . Assist . Softgels

WOMEN

Phytoestrogen Complex . Bone Nutrient Complex . Clary Calm® . Whisper® . Thyme

WELLNESS MADE SIMPLE!





REAP THE REWARDS!

If I could sum up everything I know about essential oils, it's this: buy the best, then take the lids off, and use them! The more you use essential oils, the more they can bless your life. But if you don't use them, you'll never experience their amazing benefits. Having doTERRA oils (all doTERRA products!) but not using them is like being thirsty and dehydrated yet unwilling to walk to a faucet for a glass of water—it's a missed opportunity!

After more than fifteen years of experience, I can confidently say that having a doTERRA wholesale account is a win-win deal. You can get your own account here: www.my.doterra.com/supersimplewellness, and I'll connect with you on the other side.

I truly believe that despite its challenges and struggles, life is amazing and filled with beautiful gifts—and doTERRA is one of them.

Let's stay connected!

Hugs, Connie

Instagram: Connie Boucher Books

Facebook: Super Simple Wellness

Connie
Boucher

CONNIEBOUCHER.COM