

dōTERRA®

Mind & Mood Wellness Program



Everyday Problems, Natural Solutions

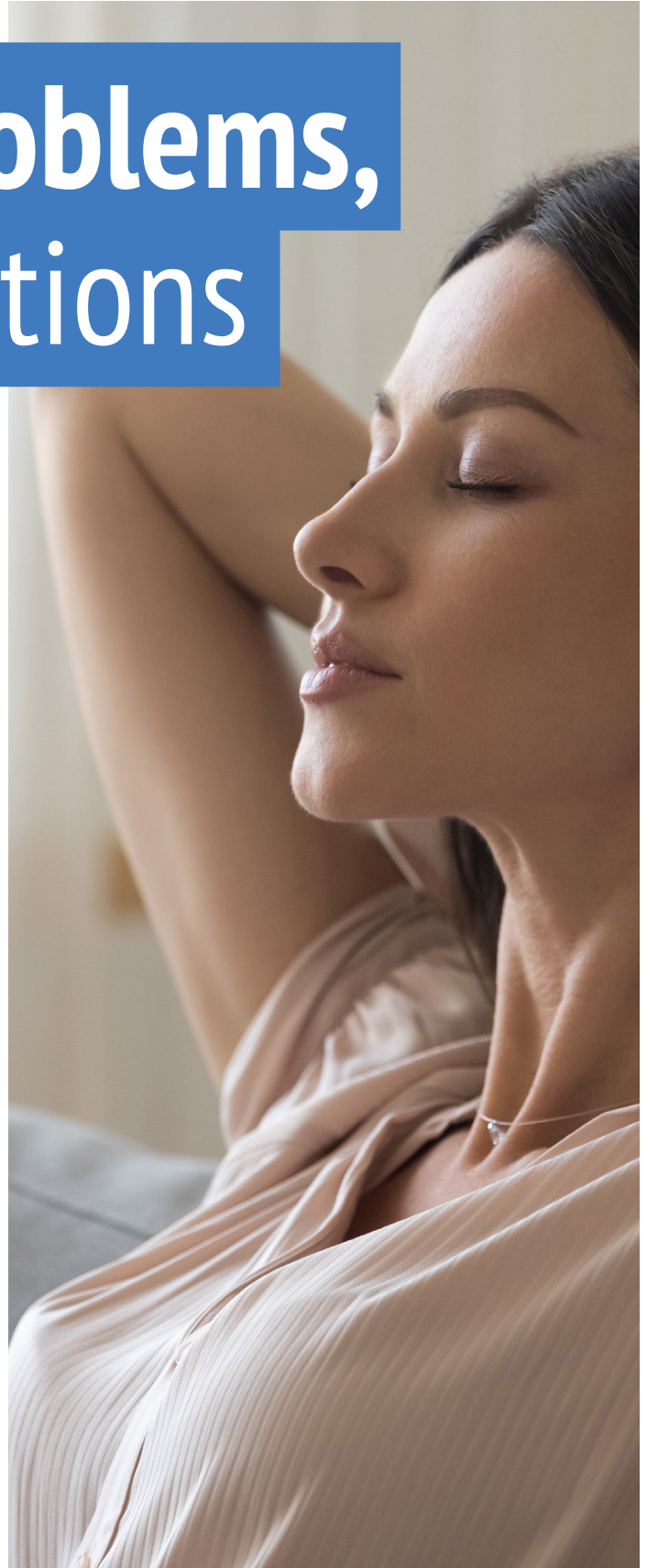
Every day, we have stresses, nervous energy, doubts, and tension that weigh on us. When we wake up in the morning, we think of the tasks that are ahead: long to-do lists, cleaning and chores, errands, and everything else we're required to do each day to keep life running. We also have jobs to manage, families to take care of, and other basic needs we can't ignore. Add in complicated relationships, the pressure of reaching goals, natural feelings of disappointment, and health concerns. . . . It's enough to overwhelm anybody.

When you carry the heavy weights of overwhelming feelings, you might worry, *What if nothing ever changes?* That can be a disheartening thought.

So what can be done? It'd be nice if a magic wand could just make all your worries and stresses go away, but you need real, practical solutions to deal with daily life. Instead of remaining captive, you can use natural solutions to everyday problems.

The Mind & Mood Wellness Program was designed with everyday problems in mind. Whether you need to soothe anxious thoughts, relax after a day of stress, or simply want to feel like you have more control over your emotions, you can use natural products to achieve the results you're looking for.

Instead of being discouraged by overwhelming thoughts and feelings, take charge with a program that was specifically designed to help you live a happy, healthy life. With the right products in your hands every month, the Mind & Mood Wellness Program assures you that things *can* change. You don't have to feel overwhelmed forever. Each month when your Mind & Mood kit arrives, you'll know hope is on your doorstep.



Keep reading to learn how to use the products in the Mind & Mood Wellness Program to take charge and experience the liberation that comes from feeling your best.

Mind & Mood Kit 1: Start Your Journey



When the daily twists and turns of life leave you feeling nervous, anxious, tense, frustrated, or overwhelmed, all you can really do is adapt to your environment, seeking balance and comfort again. But adapting is easier said than done. With this in mind, dōTERRA created the Adaptiv® System—a trio consisting of Adaptiv Capsules, Adaptiv Calming Blend, and Adaptiv Touch.

As you've probably gathered, the name *Adaptiv* is derived from the word adapt, because that's exactly what these products are designed to help you do. Each product has unique uses and benefits that work together to provide maximum support.

Let's take a look at one of the first Adaptiv products you'll receive in your Mind & Mood Wellness journey—Adaptiv Calming Blend Capsules.



Adaptiv® Calming Blend Capsules

Inhale. Exhale. Adapt.

Adaptiv Calming Blend Capsules are designed to help you manage and conquer the daily stresses of life. Whenever you're feeling stressed, nervous, or anxious, even simple tasks can feel completely overwhelming. Adaptiv Capsules calm and encourage relaxation, support mood, help improve state of mind, and promote mental well-being.* They're especially helpful when acclimating to new surroundings and adapting to stressful situations.*

This means you can be empowered with a natural solution that helps you feel in control of your environment, combating the stress and anxiousness that life dumps on you. When you're needing something to help you adapt to your environment smoothly and confidently, reach for Adaptiv Capsules.

What's in Adaptiv Capsules?

Adaptiv Capsules combine specially selected essential oils with clinically studied botanicals to create a powerfully soothing, supportive, and relaxing formula.* Lavender, Coriander, Fennel, and Wild Orange essential oils contribute their mood-boosting and tension-reducing effects.* Scelletium, GABA, and Ahiflower are also in the capsules.

Scelletium, a botanical extract, comes from a succulent South African plant known as kanna. Scelletium helps support healthy emotional responses to everyday stressors and brings about an environment of alert serenity.* It also helps balance healthy levels of mood-stabilizing hormones, while also combating occasional nervousness.*

GABA is a neurotransmitter that promotes relaxation.* It's sometimes called the "brakes of the brain," because it decreases excessive neural activity there and in the central nervous system, helping reduce mental and physical strain.*

Ahiflower seeds, when pressed, produce an oil with a higher quality and quantity of omegas than any other seed oil. Each bloom only produces up to four seeds, so they're precious and coveted. Clinical data on omega oils has indicated they have a positive effect reducing anxious feelings.*



—
Lavender
Coriander
Fennel
Wild Orange
Scelletium
GABA
Ahiflower

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How to Use Adaptiv® Capsules

Now that you've learned a bit more about the amazing ingredients in Adaptiv Capsules and their benefits, let's discuss how access that goodness. Using this product is quite simple: just take an Adaptiv Capsule daily. Here are some ideas on when you might use Adaptiv Capsules.

- Take one each morning as part of your wakeup routine.
- Ingest a capsule with food to help manage the effects of everyday stress and worry.*
- Take a capsule before a big presentation or stressful event.
- When acclimating and adjusting to new surroundings and situations, ingest one capsule daily.
- Take one each evening to help you prepare for rest.



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dōTERRA Balance® Grounding Blend

Rooted and Ready for Anything

When life feels chaotic, we often crave balance. dōTERRA Balance, a dōTERRA favorite, is tranquility in a bottle. Known as the grounding blend, dōTERRA Balance offers support by encouraging a calm and centered environment. It can evoke feelings of stillness and create a place of relaxation through aromatic and topical use.

During times of stress or adversity, dōTERRA Balance promotes peace and instills quiet confidence. Using this blend can help bring a grounding and balancing effect to your daily life.

What's in dōTERRA Balance?

Many of the essential oils and plant extracts in dōTERRA Balance have been used for thousands of years because of their impressive benefits. This oil blend includes Frankincense, Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Osmanthus.

Frankincense promotes a state of peace and contentment. Used in religious ceremonies around the world in the past and present, Frankincense encourages a relaxing environment and strong connection.

Spruce is renowned for its grounding properties. Its fresh woody aroma can be used aromatically to soothe temporary stress.

Ho Wood's gentle aroma cultivates an atmosphere of harmony and calm. Like other tree oils, Ho Wood provides powerful grounding effects.

Blue Tansy is distilled from the Moroccan tansy, a fragrant flowering plant in the daisy family. It has a soft, sweet, and fruity aroma. Blue Tansy helps give dōTERRA Balance its calming, soft blue color.

Osmanthus flower eases and soothes away stressful environments.

Another blue oil, Blue Chamomile (also known as German Chamomile) rounds out this blend. Blue Chamomile helps bring a calming aroma to frustrating situations.



—
Frankincense

Spruce

Ho Wood

Blue Tansy

Blue Chamomile

Osmanthus



How to Use dōTERRA Balance®

With these beautiful benefits in mind, it's time to look into how to use dōTERRA Balance in your daily routine. The warm, sweet, and woody aroma of dōTERRA Balance makes it a favorite for aromatic use. This can be as simple as putting a drop in your hands and taking a few deep breaths each morning when you wake up, but you also have many other wonderful ways to incorporate the supporting effects of dōTERRA Balance into your day. Here are a few ideas to get you started.

- Massage one to two drops onto the bottoms of your feet to start the day.
- Diffuse at home or in the office to set the tone for your afternoon.
- End your day with a calming massage, using one to two drops. Add Adaptiv® Touch for an extra boost.
- Mix up to 10 drops with Epsom salts and add to a warm bath to help you unwind.
- Diffuse to create a calming, grounding space during difficult times.
- Incorporate into your yoga or meditation practice.



Adaptiv® Touch

Tranquility You Can Touch

While you can take the capsules internally to help promote feelings of calm during stressful times,* you can use Adaptiv Touch topically to achieve contentment. Adaptiv Touch is offered in a convenient roll-on bottle so you can easily apply it to your skin.

Let's dive deeper into Adaptiv Touch and see how you can find more soothing in your life.

What's in Adaptiv Touch?

To make Adaptiv Touch, dōTERRA took the Adaptiv Calming Blend and combined it with Fractionated Coconut Oil in a convenient roller bottle. Adaptiv is a blend of Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Rosemary, and Copaiba essential oils—a true dream team! You'll learn more about each of these oils soon.

Its prediluted delivery via roller bottle makes Adaptiv Touch perfect for topical application. Of course, one of the beautiful benefits of topical application is you always enjoy some of the aromatic benefits as well.

The Fractionated Coconut Oil in Adaptiv Touch is part of what makes it so powerful and beneficial. Not only does the dilution help minimize any skin sensitivity, but it actually helps increase the absorption of the essential oils into your skin. When you have increased absorption, you have increased benefits. Fractionated Coconut Oil helps the aroma of Adaptiv linger on your skin so you can enjoy the uplifting, calming aroma of the blend long after you put it on.



—
Fractionated
Coconut Oil

Lavender

Magnolia

Neroli

Wild Orange

Spearmint

Rosemary

Copaiba

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How to Use Adaptiv® Touch

Specifically designed for easy topical use, Adaptiv Touch may soon become one of your favorite tools for support. Here are some suggestions of how you can use it to create a calm and collected atmosphere in your daily life.

- Rub onto your neck and wrists as you set your intentions and goals for the day.
- Apply to your neck and temples.
- Incorporate into an evening stretching routine, applying to your wrists and neck before beginning your practice.
- Keep on hand to reapply throughout the day and remind yourself of your goals.
- Apply to the bottoms of your feet before bed.





Mini Natural Deodorant Infused with dōTERRA Balance®

Freshen Up Fast

It can be frustrating to find the perfect natural deodorant. If you've been scouring the market for one that doesn't contain harmful ingredients, is effective for dispelling body odor, and actually smells good, then look no further. With the Mini Natural Deodorant Infused with dōTERRA Balance, not only do you enjoy peace of mind, knowing that what you're putting on your body is safe and natural, but you also get to carry the aroma of dōTERRA Balance with you all day!

Imagine the beautiful, grounding, and centering benefits of dōTERRA Balance. Its gentle woody aroma creates an atmosphere of calm and confidence. Now, imagine infusing that into a natural deodorant that's safe and effective. Everywhere you go, a bit of dōTERRA Balance comes with.

This natural deodorant includes baking soda, which actively protects against odor, and tapioca starch, which absorbs moisture for long-lasting freshness. Additionally, it contains shea butter, coconut oil, sunflower seed oil, and jojoba seed oil—all of which help moisturize and nourish your skin.

Use this Mini Natural Deodorant Infused with dōTERRA Balance like you would any other deodorant. Apply it the morning as you're getting dressed, after the shower, and before working out. Enjoy feeling fresh and confident all day long, while also basking in the calming scent of dōTERRA Balance.



—
Frankincense

Spruce

Ho Wood

Blue Tansy

Blue Chamomile

Osmanthus

Mind & Mood Kit 2: Find Your Center



Adaptiv® Calming Blend

Breathe in Calming Support

As the third and final product in the Adaptiv System trio, Adaptiv Calming Blend is made specifically for aromatic use. Diffuse or inhale it to take yourself from a restless, indecisive, or overwhelming environment to one of calm, harmony, and control. When you want a soothing, relaxing, and empowering atmosphere, make Adaptiv your go-to.

What's in Adaptiv?

Adaptiv contains Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Rosemary, and Copaiba essential oils.

Lavender is a queen among essential oils in terms of helping create calm and relaxation.

Magnolia's aroma is intoxicatingly sweet and soft. It has the same primary chemical constituent as Lavender—linalool—which is incredibly soothing.

From the blossom of the Seville orange tree, Neroli carries a calm and uplifting scent.

Wild Orange is known to many for its positive, energizing aroma.

Invigorating and refreshing, Spearmint is particularly sweet among mint oils and promotes a positive environment.

Rosemary's energizing, herbaceous scent is often used in aromatherapy.

Copaiba can help bring about a calm environment.



-
- Lavender
- Magnolia
- Neroli
- Wild Orange
- Spearmint
- Rosemary
- Copaiba



How to Use Adaptiv®

When you need to take a deep breath, relax, and carry on, Adaptiv is there to support you. You can use Adaptiv Calming blend aromatically and topically in a variety of ways. The suggested uses below are only the beginning. As you incorporate Adaptiv into your life, you'll intuitively discover new ways to use this powerful blend, benefiting yourself and your family.

- Place a drop in your palm, cup your hands over your nose, and inhale throughout the day or as needed.
- Add a few drops with Epsom salts to a warm evening bath.
- Diffuse in the morning to help set the tone for your day.



Wild Orange

Open 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.

The main chemical component of Wild Orange is limonene, which contributes to Wild Orange's cleansing, uplifting, protective, and digestive- and immune-supporting properties.*

Wild Orange offers many internal health benefits.* When taken internally, it supports digestion and cleanses the body.* When diffused, it refreshes and purifies the air with its bright and energizing aroma.



Chemical Components:

Limonene

Myrcene



How to Use Wild Orange

Here are some examples of easy ways to use Wild Orange in your home. Feel free to get creative and explore additional ways to support your mind, mood, and wellness with Wild Orange! It's sure to be a favorite.

- Put one to two drops in a glass of water each morning to promote overall health.*
- Diffuse throughout the day for a cheerful and uplifting aroma.
- Place 10–15 drops in a spray bottle with water and vinegar and use to wipe down surfaces in your kitchen and bathroom.
- Add one to two drops on cotton balls and place them in shoes and gym bags to dispel unpleasant odors.
- Include a couple drops with your smoothie or yogurt.

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dōTERRA Lavender Touch

A Touch of Rest and Relaxation

Lavender essential oil is known worldwide for its calming, and soothing properties, its soft and distinct aroma. For many, the sweet smell of Lavender is immediately recognizable and comforting. dōTERRA Lavender Touch is simple: a roller bottle with Lavender oil that's been prediluted with Fractionated Coconut Oil for convenient topical use.

As one of the most researched essential oils, Lavender's numerous benefits are documented, tried, and tested. Could you use a more restful environment, a more relaxing atmosphere in your home? Do you need the occasional boost of support from a soothing aroma? Lavender is here to make it happen.

With a distinct aroma and nearly countless applications, Lavender oil has been making life better for centuries. The ancient Romans and Egyptians would use it for cooking, perfume, bathing, and relaxation. Since then, further benefits have been determined—ways to use Lavender topically for skin, aromatically for its calming aroma, and so much more.

Sourced in its native Europe, Lavender essential oil comes from the flowering tops of the English lavender plant, also known as true lavender. The main chemical constituents found in the essential oil are linalool and linalyl acetate. Both components contribute to the powerfully soothing, calming, and supportive effects that Lavender has to offer.

As previously mentioned, Lavender is a highly researched essential oil. Most of this scientific study involves its calming and relaxing properties when used topically and especially aromatically. Numerous studies—involving multiple participant groups—have shown the benefits of using aromatherapy with Lavender as an addition to your bedtime routine.



Chemical Components:

Linalool

Linalyl Acetate

Ocimene



How to Use dōTERRA Lavender Touch

dōTERRA Lavender Touch is specifically designed for easy topical use. Prediluted with Fractionated Coconut Oil, it minimizes skin sensitivity and helps increase absorption into the skin. Plus, the roller bottle makes for a simple, no-hassle, no clean-up application! Below are some ideas of how to use dōTERRA Lavender Touch in your daily routine.

- Apply to your temples and enjoy a calming and relaxing aroma.
- Place behind your ears, on your earlobes, and under your nose to relax before bedtime.
- Use to soothe minor skin irritations or blemishes, while also enjoying the lingering aroma.
- Roll on the bottoms of your feet before bed.
- Apply to pulse points like the wrists and neck, inside your elbows, and behind your knees.



Black Spruce

The Refresh You Never Knew You Needed

A powerful member of the pine family, this woody and refreshing fir oil is grounding, cleansing, and soothing. Black Spruce is slightly sweeter in scent than some other fir oils, and its harmonizing aroma is perfect for your next diffuser blend or evening massage.

Black Spruce has been used by Native Americans historically as part of spiritual and cleansing practices. Black Spruce is often used on the skin to soothe minor irritations and provide a refreshing sensation.

Bornyl acetate, the main chemical constituent in Black Spruce essential oil, promotes calmness and relaxation. Black Spruce's invigorating aroma is used in aromatherapy to help maintain feelings of clear airways and easy breathing. Its aroma also creates an environment of harmony and balance. In fact, you might recall that Black Spruce is one of the oils included in the dōTERRA Balance® Grounding Blend.

Using Black Spruce aromatically can help promote feelings of easy breathing, while also producing a calming and grounding environment. You can use it aromatically by diffusing it or simply opening the bottle and taking a deep breath. Diffusing Black Spruce feels like welcoming the woods inside your home. The uplifting, forest-like aroma envelops you in an atmosphere of support and encouragement.

You can also access the aromatic benefits of Black Spruce essential oil through topical use. When you put Black Spruce on your skin, its beautiful and fresh fir scent lingers! Plus, when used topically, Black Spruce offers soothing effects.



Chemical Components:

Bornyl Acetate

Alpha-pinene

δ-3-carene

α-pinene



How to Use Black Spruce

Here are some suggestions to help you bring the power of Black Spruce into your daily life.

- Apply to minor skin irritations as you get ready in the morning.
- Add a drop to your lotion for a fresh, grounding aroma.
- Combine with Lavender Touch and apply to any tired joints for soothing effects.
- Blend with Wild Orange and diffuse for a refreshing start to your day.
- Add a few drops to a warm bath with Epsom salts and enjoy a relaxing soak.





Bath Salts

Soak Away Stress

A major part of mental wellness is self-care. Taking the time to relax does wonders for a stressed mind and wearied emotions. And what's more relaxing than an inviting, warm bath at the end of the day? Nothing . . . except perhaps an inviting, warm bath with essentials oils and bath salts. The bath salts in this kit take any tub soak to the next level. Combine them with the essential oil or blend of your choice and enjoy a calming, rejuvenating, and quiet moment in the evening before bed.

If you really want to maximize the experience, generously moisturize your body with Fractionated Coconut Oil, dōTERRA unscented lotion or body butter, and soothing, supportive essential oils following your bath.



—
Epsom Salt

Mind & Mood Kit 3: Move Forward with Peace



dōTERRA Mind and Mood Kit | 3

Your mind is working for you all day. It needs to balance and rejuvenate just like your body does. This specially curated kit contains powerful tools to create uplifting or calming environments and help you feel centered, no matter what life throws your way.

- CPTG® Cedarwood Essential Oil | 0.5 fl. oz./15mL
- CPTG® Lavender Essential Oil | 0.5 fl. oz./15mL
- dōTERRA Balance® Touch Grounding Blend | 0.33 fl. oz./10mL
- dōTERRA Citrus Bliss® Invigorating Blend | 0.5 fl. oz./15mL
- dōTERRA Serenity® Linen Mist | 1 fl. oz./30 mL
- Adaptiv™ Calming Mist | 1 fl. oz./30mL

Exclusive Gift:

- dōTERRA® SPA Replenishing Body Butter Mini | Net Wt. 1.5 oz./42.5 g

Usage Guide

dōTERRA® | pursue

Lavender

Soothing Body and Soul

Lavender essential oil is so effective and useful that we've included two Lavender-based products in your Mind & Mood Wellness journey. In addition to the Lavender Touch you get in the second kit, you also receive a bottle of Lavender essential oil in the third. This means you can continue enjoying the extensive benefits of Lavender without worrying about running out! This 15 mL bottle of Lavender allows you to expand to diffusion, internal use, and so much more.

There's truly nothing quite like the calming scent of Lavender. Diffusing it can transform a tense room into a soothing oasis. It creates a relaxing atmosphere and eases the stresses of any day.

While the lovely effects of Lavender's aroma are commonly known, you may not be as familiar with its internal benefits. When taken internally, Lavender reduces anxious feelings and promotes peaceful sleep.* It uplifts and helps ease feelings of tension.* Furthermore, many bodily systems—including the cardiovascular, circulatory, gastrointestinal, immune, nervous, reproductive, and respiratory systems—benefit from Lavender essential oil.* Taking Lavender internally can be as simple as putting a drop directly under your tongue, in a glass of water or tea, or inside a Veggie Cap.



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Chemical Components:

Linalool

Linalyl Acetate

Ocimene



How to Use Lavender

Below are some ideas to expand the ways you're using Lavender in your home.

- Place a drop in each corner of the shower or tub before using or add to Epsom salts for a calming bath before bed.
- Diffuse alone or with another relaxing essential oil like Cedarwood to help you wind down for the evening.
- Take a drop in a Veggie Cap or cup of tea to reduce anxious feelings.*
- Add three to four drops to a warm rice heating pad and place on the back of your neck to enjoy its calming scent.
- Add a few drops to your favorite baked goods recipe for a unique flavor twist.

Cedarwood

Relaxing, Renewing, Resilient

Like the resilient tree it comes from, 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.

Cedarwood is distilled from the wood of the hardy red cedar tree, which reaches heights of up to 100 feet and thrives under difficult conditions. The aromatic brownish-red wood is a remarkable material with powerful properties that come from the tree's essential oil content.

The warm, woody, and somewhat balsamic aroma of Cedarwood is relaxing and calming. Due to its high concentration of the sesquiterpene alcohol cedrol, Cedarwood is one of the most grounding essential oils. When you find yourself distressed by unfamiliar situations, inhale the aroma of Cedarwood to promote a calm and centered space within.



Chemical Components:

Cedrol

α -cedrene

Thujopsene



How to Use Cedarwood

Cedarwood is a wonderful essential oil to use any time of the day and in a variety of situations. It can gently guide your morning into a strong start or offer support throughout the afternoon when you need to come back to a centered, grounded place. In the evening, it can ease you into a place of relaxation and contentment. Here are some ideas for using Cedarwood in your daily life.

- Add one to two drops to your moisturizer at the start of the day.
- After a difficult day, diffuse to create a relaxing environment.
- When a child wakes up scared in the night, apply to the bottoms of the feet to relax and soothe.
- Combine with Lavender and unscented lotion, massaging into the legs and feet at bedtime.

Adaptiv™ Calming Mist

Spritz for a Stress-Free Zone

You've learned about the three products in the Adaptiv® System trio. What is Adaptiv Calming Mist, then? It's a bonus! Adaptiv Calming Mist is an exclusive product that's only available as part of this Mind & Mood Wellness Program kit.

Adaptiv Calming Mist brings together all the gorgeous aromatic benefits of Adaptiv in an easy-to-use mist. You'll remember that Adaptiv contains Wild Orange and Spearmint, which are both excellent essential oils for purifying and cleansing the air. It also contains Rosemary and Lavender, which help refresh and revitalize the air in any room. And of course, Magnolia, Neroli, and Copaiba complete this signature oil blend and contribute to its amazing aromatic power.



—
Lavender

Magnolia

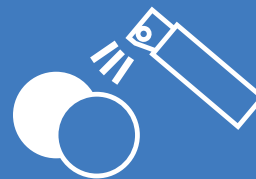
Neroli

Wild Orange

Spearmint

Rosemary

Copaiba



How to Use Adaptiv Calming Mist

You can spray Adaptiv Calming Mist on your sofa, in your car, into stinky shoes, or onto rugs, carpets, or throw pillows. Best of all is simply spraying it straight into the air. Use Adaptiv Calming Mist as a room spray around your home. A few spritzes of Adaptiv will immediately uplift the atmosphere of any space. Here are some ways to use your Adaptiv Calming Mist.

- Use to revitalize the rooms in your house before having guests or family over.
- Spray on the seats of your car before running errands.
- Freshen your laundry by spraying on dryer balls or dryer sheets.

dōTERRA Serenity® Linen Mist

A Dream Come True

dōTERRA Serenity Linen Mist is a true treat of these kits. It contains dōTERRA Serenity® Restful Blend—a proprietary combination of Lavender, Roman Chamomile, Ylang Ylang, Vetiver, Ho Wood, Hawaiian Sandalwood, Marjoram, and Cedarwood essential oils, along with Vanilla Absolute. Together, these products create a highly relaxing oil blend that's a perfect complement to your bedtime routine.

What's in dōTERRA Serenity Linen Mist?

dōTERRA Serenity is designed to support a tranquil atmosphere. This best-selling oil blend combines wood and floral essential oils that are renowned for their ability to calm tension and promote a restful environment. Nine key ingredients contribute its these qualities.

The fresh and flowery aroma of Lavender has been used since antiquity for its calming aroma.

Roman Chamomile is comforting and calming. It's revered for its ability to create a calm, relaxing, and quiet atmosphere.

Ylang Ylang is distilled from the fragrant flowers of a tropical tree native to the Philippines. Research into its benefits began in the early twentieth century, when French chemists noticed the oil's calming properties.

The rich, earthy scent of Vetiver makes it one of the most grounding essential oils.

Ho Wood is calming, thanks to its high concentration of linalool.

Hawaiian Sandalwood has a woody, earthy, and relaxing aroma.

Marjoram, which is actually an herb oil, is incredibly soothing.

Cedarwood is high in cedrol, which has been studied extensively for its soothing and calming aroma.

Vanilla Absolute is distinctly sweet and helps round out the oil blend, bringing all the scents together.



—
Lavender

Roman Chamomile

Ylang Ylang

Ho Wood

Hawaiian
Sandalwood

Marjoram

Cedarwood

Vanilla Absolute



How to Use dōTERRA Serenity® Linen Mist

Using this oil blend as a linen mist offers a beautiful and easy way to access the benefits of dōTERRA Serenity. Whether you're spraying it in the linen closet to keep your sheets smelling soft and fresh or misting it onto your bedding before going to sleep, dōTERRA Serenity Linen Mist creates a restful environment wherever it goes.

Each evening before bed, spritz dōTERRA Serenity Linen Mist on your sheets and pillows for a fresh and relaxing aroma.



Citrus Bliss® Invigorating Blend

Bliss in a Bottle

When you feel tension creeping into your day, reach for Citrus Bliss Invigorating Blend. This light, uplifting oil blend is like warm summer sunshine on a dreary winter day. Merging the major benefits of seven different citrus oils, Citrus Bliss creates a positive, energizing environment and freshens the air.

What's in Citrus Bliss?

Citrus oils are renowned for their powerfully positive aromas. With Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine essential oils—plus Vanilla Absolute—this is truly a blissful blend of some of the best citrus oils that Mother Nature has to offer.

Due to the high limonene content in citrus oils, Citrus Bliss makes for a fabulous natural cleaner. Not only will your counters be clean, but your entire kitchen will smell amazingly lovely and pleasant.



-
- Wild Orange
- Lemon
- Grapefruit
- Mandarin
- Bergamot
- Tangerine
- Clementine
- Vanilla Absolute



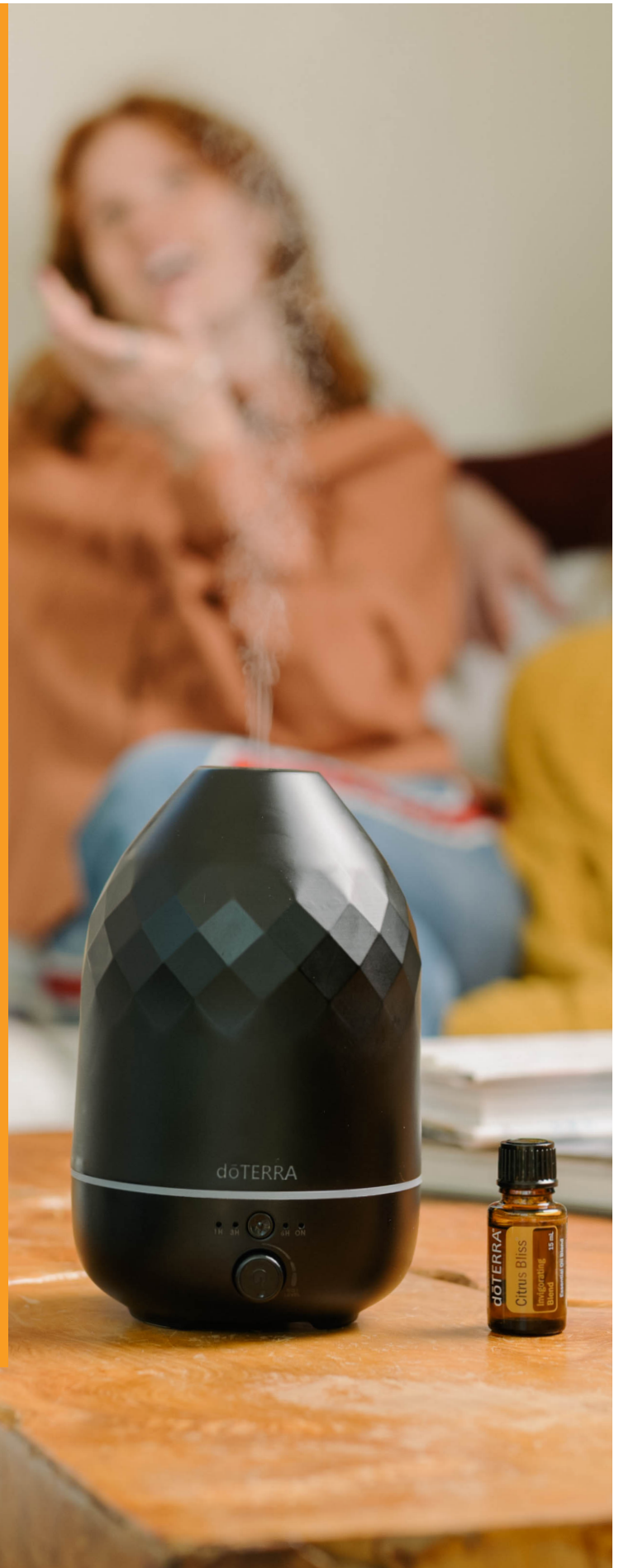


How to Use Citrus Bliss®

The scent of Citrus Bliss is distinctly sweet. Its bright aroma helps clear the air of negativity. Citrus Bliss is perhaps the most impactful when used aromatically. You can inhale it straight from the bottle or share the joy by diffusing it throughout the whole house. You might consider diffusing it in your office space to encourage a cheerful afternoon.

While Citrus Bliss can be used topically, it's important to apply it with care. Because citrus oils are photosensitive, remember to avoid sunlight or UV rays for at least 12 hours after using Citrus Bliss on your skin. Another option is to apply it to areas that won't be exposed to direct sunlight. When used properly, Citrus Bliss can be a powerful oil blend to apply topically. Adding a few drops to lotion and massaging into your skin after a shower will leave you feeling like you've been walking through a citrus orchard. Here are some additional ways to use Citrus Bliss.

- Place one to three drops on the cardboard tube of a toilet paper roll to freshen your bathroom throughout the day.
- Add one to three drops to your collar or diffuser jewelry to keep the aroma with you all day.
- Put a drop in your palm, cup your hands over your mouth and nose, and inhale for a quick pick-me-up.
- Diffuse for an uplifting environment.
- Add 10-15 drops to a DIY all-purpose cleaner with a refreshing aroma.



dōTERRA Balance® Touch

Tranquility on Demand

The first Mind & Mood Wellness Program kit includes a single bottle of dōTERRA Balance Grounding Blend, as well as a Mini Natural Deodorant Infused with dōTERRA Balance. In this kit, dōTERRA Balance is back again, but this time as a Touch version—perfect for topical application.

dōTERRA Balance Touch contains dōTERRA Balance that's prediluted Fractionated Coconut Oil in a roller bottle. Like the other Touch products you receive, this one is ideal for applying on the skin. The dōTERRA Balance essential oils of Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus Flower provide a tranquil aroma as they work harmoniously to provide you with support.



—
Frankincense

Spruce

Ho Wood Oil

Blue Tansy

Blue Chamomile

Osmanthus



How to Use dōTERRA Balance Touch

Keep dōTERRA Balance Touch at your bedside, in your purse, or on your desk at work. Having dōTERRA Balance Touch easily accessible will help you maximize its benefits. With frequent, supportive application of dōTERRA Balance Touch, you can maintain a space of centeredness as you navigate daily life. Below are several ways to use your dōTERRA Balance Touch.

- Apply to the back of the neck for a calming aroma.
- Keep on hand for its calming and tranquil aroma to counteract stressful moments, like during your daily commute.
- Use as part of your yoga or meditation practice.
- Roll on your pulse points or the bottoms of your feet in the evening.
- Apply to the collar of a shirt to keep the aroma with you all day.



Mini Body Butter

Take a Second for Self-Care

Thick, creamy, and smooth, this unscented body butter will leave your skin feeling nourished and pampered.

The base of this natural formula combines shea and cocoa seed butters, which are known for deep moisturization qualities. Jojoba seed oil helps keep the skin looking hydrated and absorbs quickly into the skin. Avocado oil provides essential fatty acids that nourish and soften your skin.

While this body butter is luxurious on its own, it was specifically designed to combine with essential oils. It's unscented, so you can create your own personalized experience! Any of the Mind & Mood Kit essential oils or blends you receive would make an amazing companion to this body butter. Use it with Lavender, Cedarwood, or Adaptiv® as you're preparing for bed. Combine it with Black Spruce, Wild Orange, or dōTERRA Balance® as you're getting ready in the morning for a wonderful new day.



- Shea Butter
- Cocoa Butter
- Jojoba
- Avocado oil

A woman with long brown hair, wearing a white lace top and a white cardigan, is smiling and relaxing in an orange hammock. The background is a soft-focus green landscape.

Live a More Peaceful Life, One Day at a Time

With these Mind & Mood products in your home and life, you're equipped to create an atmosphere of calm and centered confidence. You have the tools to make life's twists and turns less rattling and disruptive by transforming your space into something serene, relaxing, and uplifting, no matter the situation.

Conquering the stresses and challenges of life doesn't happen in a day, but you can and will experience improvement, one day at a time. You can feel steady, resilient, and supported in the face of a storm. So grab your Adaptiv® and take a deep breath. You've got this.