

dōTERRA®

Relief Wellness Program



Less Discomfort Means More Freedom

You're likely reading this because you or people you love are looking for relief from discomfort.

Discomfort is all too common, especially as we age. It can make you feel like you can't live life to the fullest. You get tired when you're playing with the kids. Sometimes it's hard when you go out on the town with your friends to really enjoy yourself. You can even feel limited during your favorite physical activities.

On top of it all, it can be difficult to find natural ways to resolve your discomfort. Many of the solutions you find on the market are synthetic, which can potentially make matters worse. But it doesn't have to be that way. Safe and natural solutions are available that can help you manage your discomfort.

This is where the Relief Wellness Program comes through for you. Each of the three kits contains a set of products that have been carefully selected by doctors, scientists, and researchers—who have decades of experience working with essential oils—to provide natural relief to bodily discomfort.

It's time to stop being held back from the activities and life you love. Say hello to the freedom that comes from conquering the limitations and difficulties of discomfort naturally. The Relief Wellness Program provides you with three kits over three months, filled with all the products you need to soothe and support you.

So long to the discomfort holding you back!



Relief Kit 1: Dispelling Discomfort

ō



Deep Blue[®] Soothing Blend

Soothing Superhero

No one wants to go through the day in discomfort. Discomfort can keep you from performing your best, being there for your loved ones, and accomplishing your goals. But you can reach for natural relief. Deep Blue is an oil blend made from incredible essential oils, which you can use topically to find cool, soothing support. So get out there and go live your life, knowing you can count on Deep Blue to give you the comfort you need.

What's in Deep Blue?

Deep Blue's blend of eight powerful essential oils add unique benefits that make this oil blend the soothing superhero we know and love.

For starters, Wintergreen is a key component of Deep Blue. The primary chemical constituent of Wintergreen is monoterpene ester methyl salicylate, which is often used in lotions to help soothe muscles and joints.

Helichrysum is a rare but powerful oil. There are over 600 species of helichrysum throughout the world, but it's primarily *Helichrysum italicum* that's sourced for its essential oil. Helichrysum offers rejuvenating benefits to the skin when applied topically.

Blue Tansy is used in massages to provide a soothing sensation on affected areas. It's also beneficial to the skin.

The sweet, floral aroma of Ylang Ylang is prized in the perfume industry. Topical application of this tropical essential oil nourishes the skin.

Osmanthus Flower is used for irritated skin. Its pleasant fragrance also makes it popular in the perfume industry, though it's rare and pricey. It takes approximately 200 pounds of to extract a single ounce of oil.

The intense cooling sensation of Deep Blue is due in part to the concentration of menthol in Peppermint. Peppermint essential oil is distilled from the flowering tops of the peppermint plant. Cooling to the skin, Peppermint is helpful for soothing feelings of tension.

Camphor Bark, distilled from the *Cinnamomum camphora* tree, is widely used in massage therapy for its ability to soothe affected areas.

And lastly, Blue Chamomile (or German Chamomile) has an herbal aroma that's calming and soothing.



—
Wintergreen

Helichrysum

Blue Tansy

Ylang Ylang

Osmanthus
Flower

Peppermint

Camphor Bark

Blue Chamomile



How to Use Deep Blue®

Whether you just finished exercising or it's simply been a long day, Deep Blue is there for you when you need relief. And good news—you get another bottle of Deep Blue in the third kit, so don't worry about running out. Here are a few ways to use Deep Blue throughout your day!

- Apply to your muscles and joints before physical activity.
- Apply one to two drops to your lower back for a soothing sensation throughout the workday.
- If you spend a lot of time on the computer, massage Deep Blue into your fingers, hands, and elbows when you're feeling stiff.

Note: Make sure to wash your hands and avoid touching sensitive areas, such as the eyes and nose, following application.



Deep Blue® Rub Samples

Sample Real Relief

If you're looking for targeted comfort after a tiring day, Deep Blue Rub is what you need to have on hand. This rub is a topical cream made from the Deep Blue oil blend and natural plant extracts. It provides a comforting sensation of cooling and warmth to problem areas. Used and loved by everyone from massage therapists and counselors to athletes and accountants, this cream is the perfect answer to life's little discomforts.

Plus, it's packaged in convenient single-use sachets, so you can enjoy Deep Blue Rub's soothing power at sporting events, the gym, or on the go.

As one of the top-selling dōTERRA products, Deep Blue Rub is formulated with a proprietary blend of natural plant extracts and other powerful ingredients. It creates a cooling sensation for the body and lasting moisture for the skin. Heavy lifting, intense running, arduous workouts, or even a long day sitting at a desk can leave your body with discomfort for hours and even days. But with Deep Blue Rub on hand, you can soothe any trouble spots and get back to doing your favorite activities.



—
Deep Blue Oil

Natural Plant
Extracts

Cooling/Warming
Sensation

Convenient
package

Single-use sachets

How to Use Deep Blue Rub Samples

Deep Blue Rub can be used in many, many ways throughout the day. Tailor your uses to your needs, but here are some ideas you can start with.

- Keep in your gym bag, backpack, and purse to have on hand when needed.
- Apply to tired muscles and joints at the end of a long day.
- Massage your feet after a busy workday. Add one to two drops of Deep Blue oil blend for an extra boost.
- Include with your travel supplies to have on hand during outdoor adventures.



Deep Blue Polyphenol Complex®

Relief from the Inside Out

As wonderful as topical application can be, sometimes you could also use internal support when you're feeling discomfort. To complement your topical use of Deep Blue products, we've included the Deep Blue Polyphenol Complex. These one-of-a-kind- capsules contain natural ingredients that fight back against discomfort. The complex works from the inside to provide soothing support to aching muscles.* It's just one more way for you to find relief.

What's in the Deep Blue Polyphenol Complex?

The foundation of Deep Blue Polyphenol Complex is extracts of Indian frankincense, turmeric, and ginger. Alone, these extracts are recognized for their soothing properties; together, they provide comforting support throughout the entire body.*

The power of Deep Blue Polyphenol Complex is in its proprietary combination of polyphenols, which are revered in traditional Ayurvedic practices for their soothing benefits.* These polyphenols are water-soluble antioxidants that work synergistically with Indian frankincense, turmeric, and ginger extracts. The best part is they come from natural sources, including green tea, red wine, and grape and pomegranate juice.

Each of these polyphenols brings something special to Deep Blue Polyphenol Complex. The resveratrol from red wine is believed to be a primary reason for the health benefits of the Mediterranean diet.

Catechins—believed to be the reason green tea is known as a superfood—help scavenge free radicals to aid the body.*

Grape seed includes high concentrations of one of the most powerful antioxidant substances: OPCs (oligomeric proanthocyanidins). OPCs assist with proper oxidative stress response.*

Punicalagin has been shown to be the source of pomegranate's antioxidant activity.* These polyphenols are the perfect antioxidant complement to the soothing extracts of Deep Blue Polyphenol Complex.

Deep Blue also contains the proprietary tummy tamer extract of ginger root, peppermint leaf, and caraway seed extracts for easy digestion.*



— Indian Frankincense

Turmeric

Ginger

Catechins

Grape seed

Punicalagin

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



How to Use Deep Blue Polyphenol Complex®

You can use Deep Blue Polyphenol Complex regularly to give yourself the internal support you need against discomfort. Take a capsule with food both morning and evening to provide soothing support to aching muscles and occasional discomfort.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



AromaTouch® Massage Blend

A Touch of Relaxation

If you love the feeling of a relaxing massage, AromaTouch oil blend is for you. This blend was created specifically with massage in mind and uses six different essential oils for extra powerful results. AromaTouch Massage Blend offers many benefits: relaxing muscles, soothing tension, and providing a comforting aroma.

AromaTouch is an incredibly calming blend to diffuse when you need to soothe away tension and worry but don't want to get sleepy. The best part is you can use the oil blend in a variety of ways! Apply it to the shoulders for a quick break in the day or use as part of a more traditional massage when you want to take advantage of its rejuvenation benefits.

What's in AromaTouch?

Bringing together some of the best essential oils for massage, AromaTouch includes Cypress, Marjoram, Peppermint, Basil, Grapefruit, and Lavender.

Cypress has been shown in new research to assist with invigorating the senses when experienced aromatically.

Marjoram was used by the ancient Egyptians, primarily for its muscle-soothing properties.

Peppermint has a high concentration of menthol, which contributes to the cooling and tingling sensation of this oil blend.

Basil is often used in massages because of the cooling sensation it provides to the skin.

Renowned for its energizing aroma, Grapefruit is also known for its ability to uplift the nearby atmosphere, making it a welcome addition to any blend.

Sweet and ever-popular, Lavender has a fresh aroma that's amazingly relaxing. When inhaled or applied topically, it provides a soothing scent.



—
Cypress

Marjoram

Peppermint

Basil

Grapefruit

Lavender



How to Use AromaTouch®

Here are some ways you can start using AromaTouch and take advantage of its soothing benefits.

- Add to Epsom salts and enjoy soaking in a hot bath.
- Apply to the neck, shoulders, and upper back.
- Mix with Fractionated Coconut Oil and massage into targeted areas.
- Use with the massage ball in your kit to enjoy a nice foot massage.



Relief Kit 2: Everyday Comfort

ō



dōTERRA® Relief Kit | 2

No matter your health or fitness goals, this specially curated kit supports your muscles, joints, and key body systems with comforting and targeted relief.*

-
- Deep Blue® Rub | 4 fl. oz./120mL
- CPTG® Wintergreen Essential Oil | 0.5 fl. oz./15mL
- CPTG® Copaiba Softgels | 60 softgels

Exclusive Gift:

- Deep Blue Rub Empty Mini Tube | 0.5 fl. oz./15mL
- Usage Guide

Deep Blue® Rub

Soothing Touch, Deep Relief

In the first Relief Kit, you receive samples of the Deep Blue Rub. But in the second kit, you get an entire tube. You'll have seen how applying Deep Blue Rub to tired muscles and joints can help you feel relief almost instantly. This topical cream harnesses the power of Deep Blue Soothing Blend to provide a cooling and warming sensation to your skin whenever you need support. With a full tube of Deep Blue, there's plenty of relief to go round.

To get the most out of Deep Blue Rub, you can use it in these ways and more!

- Apply to your muscles and joints before physical activity.
- Massage into tired muscles for a cooling and warming sensation.
- Use as part of an invigorating massage.
- Apply to sore muscles and joints at the end of a long day.
- Bring with you wherever you travel, using the refillable tube in your kit.



Copaiba Softgels

Everything Is Better with Copaiba

The copaiba tree is a towering tree that grows in tropical rainforests of South America, and its essential oil comes from steam-distilling the oleoresin of the tree. For hundreds of years, traditional healers in northern Brazil have used copaiba trees for their health benefits.

The internal benefits of Copaiba are many. It promotes the health of several body systems, including cardiovascular, immune, digestive, and nervous systems.* It can even help comfort and ease feelings of anxiousness.*

One of the most powerful chemical constituents found in Copaiba is a sesquiterpene beta-caryophyllene. Beta-caryophyllene is a cannabinoid, which means it activates the endocannabinoid system in your body. The endocannabinoid system helps your body regulate your inflammatory response (and much more). Endocannabinoid receptors are found throughout body and in all major organs. Beta-caryophyllene may be neuroprotective and is also a powerful antioxidant that promotes immune health.* Copaiba essential oil contains the highest levels of beta-caryophyllene among known essential oils, which means when you take a Copaiba Softgel, you're getting some serious support.*



Benefits:

Cardiovascular system

Immune system

Digestive system

Nervous system

How to Use Copaiba

Once you start using Copaiba Softgels, you'll always want to keep them on hand. Take one first thing in the morning to start your day off with immune, cardiovascular, nervous, and digestive support.* Or take a softgel in the evening to help soothe anxious feelings as you wind down for bed.* You might also consider taking a Copaiba softgel as part of your post-workout recovery. The possibilities are nearly endless!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



Wintergreen

Cool, Convenient Comfort

Sourced in the beautiful mountains of Nepal, Wintergreen essential oil has a potent, refreshing aroma and provides the body with cooling, soothing comfort. It's derived from the leaves of a creeping shrub and is known for its sweet, fresh scent.

If you open a bottle of Wintergreen, you instantly smell its strong, minty scent. What you smell is methyl salicylate, a powerful chemical constituent that makes up 98% of Wintergreen essential oil. Interestingly, wintergreen and birch are the only plants in the world that contain methyl salicylate naturally. As a flavoring, small amounts of the wintergreen plant are used in candies, toothpastes, and even chewing gum. Methyl salicylate is also used in topical creams and massage blends because of its soothing properties. You might know it as the constituent that gives your skin a cool, tingly sensation that's perfect for those times when your body feels a little overworked.

Through Cō-Impact Sourcing® initiatives, Wintergreen is wild harvested by rural Nepalese villagers and distilled by community-owned distillation facilities. This process creates increased economic opportunity for remote regions in Nepal. This means each time you open a bottle of Wintergreen and smell the cool, minty aroma, you can think about how you're helping provide economic stability for Nepalese families.



Benefits:

Cardiovascular system

Immune system

Digestive system

Nervous system

How to Use Wintergreen

So how do you put this stimulating, refreshing, and invigorating essential oil to good use?

Try out one of the options

- Apply to your muscles and joints before physical activity.
- For a soothing bath, add one to two drops to warm bathwater.
- Apply two to three drops and cover with Deep Blue Rub to soothe sore, tired muscles after strenuous activity.



Relief Kit 3: Feeling Your Best



dōTERRA® Relief Kit | 3

No matter your health or fitness goals, this specially curated kit supports your muscles, joints, and key body systems with comforting and targeted relief.*

Deep Blue® Soothing Blend | 0.16 fl. oz./5mL
Turmeric Dual Chamber Capsules | 60 Capsules
PastTense® Tension Blend | 0.33 fl. oz./10mL

Exclusive Gifts:

- 3-Pack 10mL Rollers | 3 empty bottles 0.33 fl. oz./10mL each
 - Mini Fractionated Coconut Oil | 1 fl. oz./30mL
- Usage Guide

dōTERRA®



Turmeric Dual Chamber Capsules

A One-Two Punch of Turmeric Power

How much do you know about Turmeric essential oil? If you haven't heard much about it, you might be surprised to learn that it packs a punch when it comes to internal benefits. Turmeric Dual Chamber Capsules deliver both turmeric extract and Turmeric essential oil simultaneously, providing you with the best of both worlds in terms of powerful health benefits.*

A dual chamber capsule is essentially two capsules in one. It's specially designed to deliver both an essential oil and a non-oil (like an extract) in the same capsule without compromising each other. This is done by keeping the oil and non-oil in separate chambers within the capsule.

By delivery both turmeric extract and Turmeric essential oil together, their individual effectiveness is maximized.

Turmeric extract is considered one of the best nutritional supplements in existence because it contains curcuminoids. Curcuminoids help your body fight free radicals and protect against oxidative damage in your cells.* Turmeric extract is also known for its ability to help your body maintain a healthy inflammatory response at the molecular level.*

Turmeric essential oil also supports your body's healthy inflammatory response and combats oxidative stress.* Additionally, Turmeric contains the chemical constituents turmerone and ar-turmerone, which help your body's absorption of curcumin—the primary curcuminoid in turmeric.

With both Turmeric essential oil and turmeric extract on your side, you'll be able to promote a healthy inflammatory response in the body, while also protecting against oxidative damage and the effects of free radicals.*

Using this product is super simple. Take a Turmeric Dual Chamber Capsule with breakfast and another with dinner to support a healthy inflammatory response.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.



Benefits:

Cardiovascular system

Immune system

Digestive system

Nervous system

PastTense® Tension Blend

Put Tension in the Past

When we experience stress, it often starts to affect the body. Tension frequently manifests itself in the head, neck, or shoulders, leaving you feeling even more uncomfortable and frustrated. Thankfully, you can put discomfort in the past with PastTense Tension Blend. Several key essential oils work synergistically in this oil blend to soothe tension held in the head, neck, and shoulders, while also providing a balancing aroma. This topical blend is comprised of nine essential oils—Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary—that provide you with cooling and calming sensations.

Whether you're at work, school, abroad, or home, you'll quickly find that PastTense is a must-have for natural relief.

What's in PastTense?

The two main essential oils that provide the distinctive, cooling sensation of PastTense are Wintergreen and Peppermint. Wintergreen is primarily composed of methyl salicylate, which is widely known for its ability to provide cooling, soothing sensations when applied topically. Peppermint has been cultivated for thousands of years because of its various benefits, one of those benefits being a refreshing aroma that's cooling and invigorating to the mind and body.

Frankincense is soothing to the body. It also promotes an environment of peace and harmony. The same is true of the floral oils in this blend: Lavender and Roman Chamomile. Lavender has a floral, calming aroma and is one of the most popular essential oils in the world.

Cilantro, Marjoram, Basil, and Rosemary are the herb oils in PastTense. Cilantro has a fresh aroma and adds to the soothing effects of this blend. Marjoram is distilled from a wild mountain herb native to the Mediterranean. It was known as "joy of the mountains" by the ancient Greeks and used to help relax and soften tense muscles.



—
Wintergreen

Lavender

Peppermint

Frankincense

Cilantro

Marjoram

Roman Chamomile

Basil

Rosemary



How to Use PastTense®

PastTense can be applied to the neck, shoulders, forehead, and temples, as well as behind your ears. Enjoy the cooling, comforting, soothing sensation of your tension melting into a thing of the past. Plus, as you use PastTense more and more, the familiar aroma will help create a calming, welcoming space of support and relaxation for you. Here are a few simple ways to use PastTense in your daily life.

- Apply to your wrists for support when traveling.
- Keep on hand and apply to the back of your neck for a calming feeling throughout the workday.
- Use as part of a cooling, soothing massage—particularly on the shoulders, neck, and back.



Fractionated Coconut Oil and Roller Bottles

Make Your Own Roller Bottles

Fractionated Coconut Oil is a natural carrier oil that's perfect for diluting essential oils and topical application. In addition to helping prevent skin sensitivity, Fractionated Coconut Oil also helps you apply oils smoothly and evenly, which can help increase their effectiveness. Silky and smooth, Fractionated Coconut Oil is completely soluble with all essential oils. It won't clog pores and is odorless, colorless, and quickly absorbed, making it perfect for creating your own blends.

Derived from the white meat of the coconut tree, coconut oil is a natural moisturizer with numerous skin benefits. However, ordinary coconut oil is solid or semisolid at room temperature, making it difficult to use as a carrier oil for essential oils. Fractionated Coconut Oil is different. When coconut oil is fractionated, the long-chain triglycerides are removed, making it a free-flowing liquid. This allows it to mix easily with essential oils and absorb into the skin.

Fractionating coconut oil also increases the proportion of capric acid and caprylic acid, both of which have health-supporting effects on the skin. It's an excellent moisturizer that can be used on hands, feet, and elbows to soften the skin. Fractionated Coconut Oil is highly shelf-stable; regular coconut oil only lasts two years at room temperature, but when it's fractionated, it lasts far longer! This gives it a big advantage over other types of carrier oils (such as almond, sunflower, avocado, or apricot kernel), most of which last less than a year.

If you worry that diluting essential oils will make them less effective, know that using a carrier oil like Fractionated Coconut Oil can actually increase the absorption of essential oils into your skin. Essential oils evaporate quickly into the air—this is part of why they have such potent and beautiful aromas—but when you dilute an essential oil with Fractionated Coconut Oil, it won't evaporate off your skin as quickly. Dilution helps more of the beneficial oil absorb into your skin. You'll also be able to smell it for longer! So whether you're looking to maximize absorption or want the lovely scent of an essential oil fragrance to last longer, Fractionated Coconut Oil is key.



- **Natural carrier oil**
- Natural moisturizer**
- Longer shelf life**



Fractionated Coconut Oil can make topical application more effective, while roller bottles make it more convenient! The 10 mL roller bottles in your kit help you apply essential oils in an easy, mess-free way.

You can dilute an essential oil (or oils) you frequently use with Fractionated Coconut Oil in these bottles for your convenience.

How to Use Fractionated Coconut Oil and Roller Bottles

To use Fractionated Coconut Oil as a carrier oil, pour a small amount into your palm (or a small dish or bowl, if you prefer). Add the essential oils of your choice, mix, and apply to the skin. With most essential oils, start with approximately five drops of Fractionated Coconut Oil to one drop of oil, but you can adjust as needed, adding more of either, depending on your preferences. If you're using essential oils on children, the elderly, or anyone with sensitive skin, increase the dilution. You should also increase dilution when using strong essential oils.

Use your 10 mL roller bottles to create custom blends or predilute essential oils you use frequently.

- Mix Fractionated Coconut Oil with Deep Blue® and massage into your neck and shoulders for deeper relaxation.
- Use Fractionated Coconut Oil to dilute essential oils before applying them topically to lessen sensitivity.
- Use 10 mL roller bottles for blending, sharing, and enjoying your favorite DIY oil blends.
- Create your own customized essential oil “pure-fume” in a 10 mL roller bottle.
- Use a 10 mL roller bottle and Fractionated Coconut Oil to predilute your favorite oils for simple, no-mess topical use.



Take Back Your Life

You've learned a lot about the incredible potential of the natural products found in the Relief Wellness Program kits. How do you feel? Our hope is you feel empowered and excited.

You don't have to be held back by discomfort. Mother Nature has provided beautiful, powerful tools to support us in this journey called life. It's time to start putting them to work for you! You've got things to do and experience, places to see and be, and people to support and love. Take back your life, and do so with less bodily discomfort and more enjoyment.

