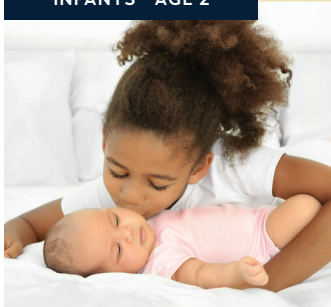


# OILS FOR *Every Age*

dōTERRA essential oils are the most tested and most trusted essentials oils on the market.

We go to great lengths to make sure they are not only the safest, but also the wisest choice of natural health care for your family

## INFANTS - AGE 2



### On Guard Touch

Swipe feet to support a healthy immune system



### Tamer

Apply as needed for tummy issues



### Unscented Lotion

Lavender mixed with unscented lotion at bedtime for restful sleep



### Diffuser

Diffuse Lavender for restful sleep; Breathe for respiratory support

## PREGNANCY



### TerraZyme

Take with every meal. The digestive enzymes will pass through the breastmilk allowing baby to have a more settled tummy



### Copaiba

Take under the tongue 2x daily to support a boost in milk supply



### Basil & Fennel

Apply topically to breasts after nursing to support a healthy milk supply



### Peppermint (*use carefully*)

Use Peppermint and blends containing Peppermint with caution. Some women note a decrease in milk supply, but not all.

## SCHOOL AGED KIDS



### PB Assist & Kid's Kit

Take Kids Vitamin Pack daily  
Take PB Assist Jr daily for gut health



### On Guard Beadlets

Great option for internal use  
Daily immune support



### Kid's Collection

Pre-diluted for ease and convenience  
Specifically address the mind, body and emotions

## ADOLESCENCE



### HD Clear Skin Care

Balances changing skin



### Lifelong Vitality

1/2 dose  
Foundational support for changing bodies



### Diffuser

Oils for mood support are essential



### ClaryCalm

Consistent hormone support



# OILS FOR *Every Age*

## ADULT



### Lifelong Vitality

Foundational support that fills nutritional gaps  
Provides increased energy, mental clarity and decreased inflammation



### TerraZyme

Take 2-3 at every meal



### Lemon

Add 2-3 drops to your water



**A** = Aromatic



**T** = Topical



**I** = Internal



### Citrus Bliss

Creates an environment that is uplifting and free from toxic fragrances



### Motivate Touch & Adaptiv

Use oils daily to reduce stress and increase energy



### Citrus Oils

Stay in the game  
Use up to 24 drops internally daily for optimal health

## THE GLORY YEARS



### Fractionated Coconut Oil

Dilute essential oils with fractionated coconut oil for thinning skin



### Lifelong Vitality

Supports Joints  
Improves energy  
Protects and nourishes the brain



### Bone Nutrient Complex

Maintains healthy bone mass & density  
Provides 100% of daily recommended amounts of calcium and magnesium  
Contains vitamin D<sub>2</sub> and D<sub>3</sub>











## *symphony of the cells:*

Apply FCO liberally to the back, neck and shoulders. Then apply 2-3 drops of each of the following oils all over the back and feet. Rub in, then apply the next oil.














[symphonyofthecells.com](http://symphonyofthecells.com)

### BASIC

- FRANKINCENSE   
- MELALEUCA  
- MASSAGE BLEND  
- PEPPERMINT   

### CARDIOVASCULAR

- FRANKINCENSE   
- CARRIER OIL  
- THYME  
- MASSAGE BLEND  
- TURMERIC / LEMONGRASS  

- PROTECTIVE BLEND  
- MARJORAM  
- BASIL  
- LAVENDER  
- PEPPERMINT   

