

# OILS FOR *Every Age*

dōTERRA's pure essential oils are considered safe for all ages and are found to be more effective with consistent use. Enjoy incorporating them into daily routines to support health and wellness priorities with a natural approach. **Mark anything that sparks interest, you want to learn more about, or may be a solution for you or a family member.** Discover more ways to use your oils and access usage guidelines at [doterra.com](http://doterra.com).



## PREGNANCY & NURSING



### Lifelong Vitality Pack®

Take 2 each 2x/day for essential whole food nutrients.\*



### AromaTouch®

Massage 1-2 drops on problem areas to promote muscle relaxation and recovery.



### Peppermint + DigestZen®

Take 1 tab/beadlet as needed or 1-2 drops under tongue for refreshing relief from occasional nausea.\*



### Fennel

Take 1-2 drops under tongue or massage on breasts to encourage abundant milk supply.\*



## INFANTS & TODDLERS



### Myrrh

Apply to the umbilical cord or navel daily.



### Frankincense + Lavender

- **Frankincense:** Roll on bottom of feet for cellular and brain support.
- **Lavender:** Massage onto feet to help unwind before bedtime.



### Tamer

Roll on stomach area to ease digestive upsets.



### Baby Line

Gentle for baby's sensitive skin, use daily.



## KIDS AGED 2+



### Kid's Vitamins

Take 1-2 chewables and 1 tsp daily with food.\*



### PB Assist® Jr.

Take 1 satchet daily as a kid-friendly probiotic (for adults, too!)\*



### On Guard® Touch

Roll on bottom of feet as needed or for seasonal immune support.



### Kid's Collection

Unique kid-specific daily use blends for developing minds, bodies, and emotions.



## TEENS



### HD Clear®

Use as directed to support clear, smooth skin.



### Adaptiv® + Motivate®

Take capsules. Apply blends to pulse points and back of neck as needed/desired.



### ClaryCalm®

Apply on lower abdomen to ease monthly discomfort.



### Thinker™ or InTune®

Roll on back of neck to enhance focus and concentration.



## ADULTS

Adult weight is considered to be approximately 110 pounds or greater.



### Supplements

Take suggested dose daily with meals to support a healthy lifestyle and optimal gut health.\*



### Balance® + Serenity®

Apply 2 drops each on bottoms of feet and diffuse to calm stressful feelings and promote restful sleep.



### Lemon + Slim & Sassy®

Add 3-5 drops to drinking water to help curb cravings and support natural cleansing.\*



### Frankincense + DDR Prime®

Take twice daily to support optimal cognitive and cellular function.\*

## APPLICATION METHODS

### A AROMATIC

Add to diffuser to cleanse air and affect moods.

### T TOPICAL

Apply neat or diluted to problem areas.

### I INTERNAL

Add to liquid such as water, take in veggie capsules, or drop under tongue.



### Deep Blue® Stick

Apply to sore muscles and joints.



### Yarrow|Pom

Apply to skin daily to promote collagen production.



### On Guard® + TriEase® + Breathe®

- **On Guard®:** Take 1-2 drops AM and PM.\*
- **TriEase®:** Take 1 capsule daily as needed for seasonal support.\*
- **Breathe®:** Apply on chest, feet, forehead.



## GLORY YEARS



### Lifelong Vitality Pack®

Take 2 capsules each twice daily with meals to support vitality and longevity.\*



### Frankincense + Copaiba + Turmeric Dual Capsules

Take 2 drops under tongue twice daily and/or 1-2 capsules to support healthy cognition, memory, and movement.\*



### Immortelle®

Apply daily to promote a glowing complexion and help reduce the appearance of fine lines and wrinkles.



### Bone Nutrient

Take 2 daily with meals to maintain optimal levels of bone mass and density.\*

## Dilution Ratios

Dilution recommendations are guidelines. Always take into consideration individual body weight, health status, age, and skin sensitivity. Results can vary between persons. See doterra.com for more guidelines.

**Number of drops recommended for a 10mL roller bottle. Fill remainder with Fractionated Coconut Oil.**



**Pregnant & Nursing\***  
Varies



**Infant & Toddler**  
2-8 drops



**Child**  
4-12 drops  
**Preteen**  
8-24 drops



**Adult**  
15-45 drops



**Glory Years**  
8-30 drops

\*Discuss the use of doTERRA essential oils with your healthcare professional before using during pregnancy or when nursing.

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