

Why doTERRA Essential Oils for Health & Wellness?

- CPTG: CERTIFIED PURE TESTED GRADE ESSENTIAL OILS
- Sourced from a global network of growers to ensure the most pure, potent and efficacious essential oils.
- Rigorously tested for purity and potency. Free from fillers or artificial ingredients. Free from harmful contaminants.
- 3rd Party Tested with results at sourcetoyou.com



(A) AROMATICALLY

Smell from the bottle, put a drop in your hands or add to a diffuser.



(T) TOPICALLY

Apply directly to area of concern (head, stomach or muscle) or on bottoms of feet.



(I) INTERNALLY

Put 1-2 drops in an empty capsule or glass of water. Check the bottles for Supplement Facts to indicate an oil is safe to use internally.



doTERRA®

Learn More: www.theoilkings.com/science

Address skin issues like eczema and psoriasis effectively with doTERRA's Yarrow|Pom, PB Restore, and Terrazyme. This combination is designed to promote skin health and support overall wellness.



Support for Skin Issues with doTERRA

Manage SKIN ISSUES with these 3 steps:

- **Step 1**
 - Apply **Yarrow|Pom** topically to affected areas to help soothe and moisturize irritated skin.
- **Step 2**
 - Take 1-3 **Terrazyme capsules** with meals throughout the day to support digestion and nutrient absorption, which can contribute to overall skin health.
- **Step 3**
 - Take 1 capsule of **PB Restore** each morning promote a healthy gut microbiome, which can positively impact skin health. Avoid taking with high-temperature foods or beverages (above body temperature).



Solutions for Skin Issues

Tip: Avoid harsh soaps and choose gentle, fragrance-free skincare products to minimize irritation, consider the OnGuard Sanitizing Mist, OnGuard Hand soap concentrate, balance bath bar, shampoo & conditioner bars and more.

