

A close-up photograph of lavender flowers in shades of purple and blue, filling the background of the page. The flowers are in various stages of bloom, with some showing their individual petals and stamens.

dōTERRA<sup>®</sup>  
*Live*

Lifestyle Overview

# Congratulations

Your choice to engage in holistic, self-directed healthcare offers new possibilities for ways to live empowered in your daily life. dōTERRA®, "gift of the earth" in Latin, provides you with simple, safe, and natural solutions you can rely on to care for the whole you and enhance your physical, mental, and emotional health. As you personally experience the powerful benefits of essential oils, you understand why dōTERRA is revolutionizing the way families are boosting their health.

## Ready to Discover Self-Directed Health?

Envision a life where finding solutions is simple. With a reference guide and a box of dōTERRA's CPTG® essential oils at your fingertips, you are prepared to address 80 percent of your health priorities. For those times when you need support from a specialist, partner with a practitioner who supports you in finding the best scientific and natural solutions.



# Live a Wellness Lifestyle

dōTERRA's Wellness Lifestyle Pyramid illustrates how wellness is a combination of lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. Your daily habits make all the difference. As you live these principles and use dōTERRA's powerful products, you experience new levels of wholeness.

Rate yourself in each area (1-10)



## Protect & Restore

Use dōTERRA On Guard® to support immunity\* and Frankincense to promote cellular health.\*



## Cleanse & Detoxify

Add a drop of a citrus oil of your choice to your water to release toxins.\*



## Calm & Ground

Use a calming oil of your choice to help you relax and manage stress while keeping you grounded.



## Soothe

Use Deep Blue® Rub before and after your workout. Apply topically where needed.



## Fuel, Support, & Fortify

Maximize your daily nutrient intake with dōTERRA Lifelong Vitality Pack®, a trio of power-packed supplements to fuel and support your body.

Support digestion with DigestZen TerraZyme.®\*

Fortify and optimize your GI tract, support digestion, and support immunity with PB Assist+®.\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# Eat Right

Give your body what it needs and it will thrive. It all starts with daily nutrition and digestive support. dōTERRA whole-foods supplements are an ideal companion for your essential oils.



**dōTERRA  
LIFELONG VITALITY PACK®**  
Crucial bioavailable micronutrients  
and cellular support.\*



**DIGESTZEN  
TERRAZYME®**  
Whole-food enzymes to support healthy digestion  
and metabolic processes.\*



**PB ASSIST+® AND PB ASSIST® JR**  
Provides healthy intestinal flora and  
strengthens immunity.\*



**dōTERRA  
a2z CHEWABLE™ AND IQ MEGA®**  
Start your child's day off with great nutrition  
as they are growing and developing.

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## DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods

Decrease sugar, caffeine, dairy, and processed foods

### GREEN SMOOTHIE

1/2 frozen banana  
1/2 cup frozen blueberries or strawberries  
2 handfuls of baby spinach or kale  
1 1/2 cups vanilla unsweetened almond milk  
1 scoop dōTERRA TrimShake  
1 scoop TerraGreens®  
1 tbsp. IQ Mega® (optional)

Combine ingredients in  
blender until smooth.

### OATMEAL

Add Cinnamon Bark,  
dōTERRA On Guard®,  
or Wild Orange to  
your oatmeal.

### PRODUCE WASH

Wash off pesticides, germs,  
and residues by filling the sink  
with cold water, 1/2 cup white  
vinegar, and 6 drops of Lemon  
oil. Soak and then rinse fruits  
and vegetables.

### ADD TO WATER

Add these essential oils to still or  
sparkling water for a delicious flavor  
(and zero calories):

- Tangerine
- Lemon
- Grapefruit and Cassia
- Wild Orange, Lime, and Grapefruit

Add 1–2 drops Peppermint, Ginger,  
or dōTERRA On Guard® to hot  
water for a therapeutic tea.

# Exercise

Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems, among other crucial benefits. Essential oils and targeted supplementation support greater flexibility and energy, and ease feelings of tension in the body to help you stay active and strong.



## HEALTHY WEIGHT PLAN

### BREAKFAST

- Slim & Sassy® TrimShake
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3–5 drops in water



### LUNCH

- Healthy meal or TrimShake
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3–5 drops in water

**SLIM & SASSY® METABOLIC BLEND**  
Promotes healthy metabolism.\*

*Take 3–5 softgels throughout the day as needed or dilute and apply topically.*



### DINNER

- Healthy meal
- 1–3 capsules DigestZen TerraZyme®
- 1 Slim & Sassy® Softgel or 3–5 drops in water

**SLIM & SASSY® METABOLIC GUM**  
The Slim & Sassy Metabolic Blend helps manage cravings throughout the day while supporting healthy metabolism.

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## DAILY WELLNESS LIFESTYLE HABITS

30+ minutes daily movement

Stretch or practice yoga to increase flexibility

### CHOCO- PEPPERMINT TRIM SHAKE

1 cup coconut water or almond milk  
2 scoops Chocolate TrimShake  
1 drop Peppermint  
Ice (as desired)

Blend all ingredients  
until smooth.

**ALSO TRY**  
Vanilla TrimShake  
with frozen berries,  
bananas, and 3 drops  
of Wild Orange.



#### DEEP BLUE® SOOTHING BLEND

Provides soothing effect to back, knees, feet, and other areas of concern.

*Apply before and after exercise as needed or desired. Try applying Deep Blue® oil then layer with Deep Blue® Rub for added benefit.*



#### MITO2MAX®

Energy & Stamina Complex. Supports healthy cellular energy production and promotes healthy circulation.\*

*Take 1 capsule with breakfast and lunch. Use as a natural substitute for caffeinated drinks.*



#### DEEP BLUE POLYPHENOL COMPLEX®

Soothes aches and discomforts and supports muscle and joint function.\*

*Take 1-3 capsules daily with meals, or take 2 capsules for extra support.*



#### doTERRA BREATHE®

Creates feelings of easy breathing.

*Rub 1-2 drops on chest. Dilute if needed.*



#### SLIM & SASSY® TRIMSHAKE

Nutrient enhanced meal alternative.

*For one or more meals each day. Available in chocolate, vanilla, and vegan.*

# Rest and Manage Stress

Sleep improves mood and gives your body the opportunity to repair and renew. Approximately 80% of health problems are estimated to be the result of persistent stress. Essential oils provide dynamic support for getting consistent quality sleep and managing stress.

## PEACEFUL REST FAVORITES

### PEACEFUL DREAMS

Place 1–2 drops of Lavender or dōTERRA Serenity® on pillow.



### DEEP SLEEP

Take 1–2 dōTERRA Serenity® Softgels before bed for rejuvenating sleep.\*



### RELAX IN A FLASH

Combine 1–3 drops of Wild Orange and Vetiver, and massage on feet and spine.



### EASY BREATHING

Gargle 1–2 drops of dōTERRA On Guard® and diffuse dōTERRA Breathe® or apply dōTERRA Breathe® Vapor Stick.



### LUMO DIFFUSER

Diffuse oils in this cool mist atomizing diffuser, or inhale from cupped hands, or apply to pulse points.



### RELAXING BATH SALTS

1 cup Epsom salts  
10 drops dōTERRA Balance®,  
dōTERRA Serenity®,  
or Lavender

Mix and pour into bath.



## DAILY WELLNESS LIFESTYLE HABITS

7-9 hours quality sleep nightly

Daily mindfulness/meditation

# Emotional Balance

Feel great and stay balanced. Identify your emotion(s) and the dōTERRA® oil(s) you need to support your emotional balance.



### dōTERRA **MOTIVATE®**

#### Encouraging Blend

Strengthen belief in yourself. Increase courage, confidence, and unleash creativity to manifest powerful results from your best efforts.



### dōTERRA **PEACE®**

#### Reassuring Blend

Support feelings of reassurance and composure, and return to peace and presence.



### dōTERRA **CHEER®**

#### Uplifting Blend

Create a bright disposition, cheerful attitude, and boost happiness and positivity.



### dōTERRA **CONSOLE®**

#### Comforting Blend

Feel more hopeful, comforted, and emotionally balanced.



### dōTERRA **PASSION®**

#### Inspiring Blend

Rekindle excitement and inspire the willingness to take risks and make new discoveries.



### dōTERRA **FORGIVE®**

#### Renewing Blend

Release anger and guilt; move forward feeling relieved and renewed.



# Reduce Toxic Load

Nature experiences cycles of releasing and renewing. Our bodies also benefit from seasons of cleansing and focused detox for renewal. Support the body's natural pathways of detoxification by using natural cleaning and self-care products, along with targeted use of dōTERRA CPTG® essential oils.

## WHY CLEANSE?

- Enhance mood
- Enhance metabolism
- Support healthy weight
- Improve digestive function
- Improve elimination and natural detox processes of body
- Support nervous system
- Increase energy

**TIP**  
Use citrus oils daily in your water for gentle, natural cleansing.

## EXPERIENCE dōTERRA'S 30 DAY CLEANSE

### DAYS 1-30



#### SUPPORT HEALTHY DIGESTION AND METABOLISM\*

DigestZen  
TerraZyme®

1-3 capsules with meals daily



#### CLEANSE

Lemon

1-3 drops in water 3-5 times daily



#### Zendocrine® Detoxification Complex

1 capsule 2-3 times daily

### DAYS 1-10



#### SUPPORT FILTERING ORGANS\*

Zendocrine® Softgels

1 softgel 2-3 times daily

### DAYS 11-20



#### CLEANSE INTESTINAL TRACT\*

GX Assist®

1-3 softgels a day with meals

### DAYS 21-30



#### SUPPORT HEALTHY DIGESTIVE FUNCTION AND IMMUNITY\*

PB Assist®+

1-3 capsules a day with meals



#### SUPPORT CELLULAR HEALTH\*

DDR Prime® Softgels

Take 2 softgels daily with meal



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## DAILY WELLNESS LIFESTYLE HABITS

8–10+ water glasses daily

Eliminate chemical-based cleaning and self-care products

### NATURAL SELF-CARE



dōTERRA  
**ON GUARD® TOOTHPASTE**  
Natural Whitening Toothpaste.



**VERÀGE® FACIAL KIT**  
Plant-based, essential oil-infused,  
natural skin care line.



dōTERRA  
**SALON ESSENTIALS® KIT**  
Essential oil-infused premium hair  
products: Protecting Shampoo,  
Smoothing Conditioner, Healthy  
Hold Glaze, and Root to Tip Serum.



dōTERRA  
**SPA MOISTURIZING BATH BAR  
AND REFRESHING BODY WASH**  
Cleanse your body with natural  
soap and body wash free of  
harsh ingredients.

#### GLASS CLEANER

1 1/2 cups white vinegar  
1/2 cup water  
8 drops Lemon

Mix ingredients in  
16 oz. glass spray bottle  
& shake thoroughly.

#### BATHROOM FRESHENER

5 drops Lemongrass  
5 drops Grapefruit  
5 drops Bergamot  
Water

Add water to nearly full  
4 oz. spray bottle. Mix,  
shake, and spray.

### NATURAL CLEANING

Reduce toxicity in your environment by using  
safe, plant-based, non-toxic, natural cleaners.



dōTERRA  
On Guard®  
Cleaner  
Concentrate



dōTERRA  
On Guard®  
Laundry  
Detergent



dōTERRA  
On Guard®  
Foaming  
Hand Wash

# Informed Self Care

Make it a habit to use dōTERRA natural solutions as your first line of defense. With a trusted essential oil reference book, increase your understanding and application of the possibilities you have at your fingertips.



## PASTENSE®

Eases occasional head and neck tension.



## CORRECT-X®

Natural ointment for use on any minor skin irritations.



## dōTERRA ON GUARD® BEADLET

Consume 1 beadlet daily for immune support.\*



## LAVENDER

Calms, comforts, and soothes sensitivities.\*



## dōTERRA ON GUARD® SANITIZING MIST

Naturally derived hand sanitizing mist kills 99.9% of germs and bacteria.



## 8 VIAL KEYCHAIN

Pack your 8 most frequently used oils to be ready for anything!

## KEYCHAIN FAVORITES

- Lavender
- DigestZen®
- Peppermint
- Frankincense
- dōTERRA Breathe®
- dōTERRA On Guard®
- Deep Blue®
- Melaleuca

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# Targeted Support

Identify specific body systems and/or organs needing support.\* Choose additional essential oils to enhance your daily wellness plan and results.

## ENDOCRINE



Direct body through hormone secretion, hypothalamus, thalamus, pineal, pituitary, parathyroid, thyroid, pancreas, adrenals

- dōTERRA On Guard®
- Lemongrass • Slim & Sassy®
- Frankincense • Rosemary

## LIMBIC



Production of emotion, hypothalamus, thalamus, etc.

- dōTERRA Balance®
- dōTERRA Serenity®
- Peppermint • Frankincense
- Lavender • Rose Touch

## RESPIRATORY



Sinuses, lungs, trachea

- dōTERRA Breathe®
- Peppermint • Eucalyptus
- Cardamom • Lemon
- dōTERRA On Guard®

## IMMUNE



Protection of normal body function; thymus, spleen, lymphatic system, glands, ducts, tonsils

- dōTERRA Lifelong Vitality Pack®
- dōTERRA On Guard®
- Lemon • DDR Prime® • Thyme

## URINARY



Produce and store urine; eliminate toxins and waste through kidneys, bladder

- Zendocrine® • Geranium
- Zendocrine® Softgels
- Juniper Berry • Lemon

## MUSCULAR & SKELETAL



Supports organs and body movement; bones, cartilage, muscles, ligaments, tendons

- AromaTouch® • Deep Blue®
- Lemongrass • Deep Blue® Rub
- Wintergreen • Siberian Fir

## SKIN & HAIR

Protects body; sensation and elimination through the largest organ—skin

- Immortelle
- Sandalwood
- Veràge® Skin Care
- dōTERRA Salon Essentials® Hair Care



## NERVOUS

Collect, transfer, and process information, communication; brain, spinal column, nerves

- Frankincense • DDR Prime®
- xEO Mega® • Patchouli
- Bergamot • Copaiba



## CIRCULATORY

Moves nutrients, gases, and waste to and from cells; heart, blood, arteries, veins, valves

- AromaTouch® • Ylang Ylang
- Alpha CRS+® • Peppermint
- xEO Mega® • Neroli Touch



## DIGESTIVE

Breakdown and absorption of food; mouth, teeth, stomach, pancreas, liver, gallbladder, intestines, colon, appendix

- DigestZen TerraZyme®
- Fennel • DigestZen®
- Ginger • Peppermint



## REPRODUCTIVE

Ovaries, uterus, breasts, testes, prostate

- Clary Calm® • Rosemary
- Melaleuca • Spikenard
- Phytoestrogen Essential Complex



\*Each product may help with one or more functions of the body system or organ it is listed under. See product information pages at doterra.com.

# Customize Your Wellness Plan

Ensure you are living in an empowered way by focusing on each level. Refer back to your ratings in each area on page 3. Select desired support from each of the following levels of the dōTERRA Wellness Lifestyle Pyramid.

## 1 EAT RIGHT

### Fuel, Support & Fortify



dōTERRA Lifelong Vitality Pack®



dōTERRA a2z Chewable™  IQ Mega®

### Digestive Support



DigestZen TerraZyme®  PB Assist® Jr.  
 PB Assist® +

## 2 EXERCISE

### Soothe & Energize



Deep Blue®  Mito2Max®

### Respiratory Support



dōTERRA Breathe®  Peppermint

### Metabolic Support



Slim & Sassy®

## 3 REST & MANAGE STRESS

### Sleep Support



Lavender  Diffuser  
 dōTERRA Serenity®  
 dōTERRA Serenity® Softgels

### Emotional / Stress Support



dōTERRA Emotional Aromatherapy® Kit



Elevation  Citrus Bliss®  dōTERRA Balance®



Daily Habits Kit



Athlete Care Kit



Calm and Harmony Kit

**4 REDUCE TOXIC LOAD**

**Cleanse Support**



Lemon  Tangerine

**Natural Cleaning**



doTERRA On Guard® Cleaner Concentrate  doTERRA On Guard® Laundry Detergent  doTERRA On Guard® Foaming Hand Wash

**Natural Self-Care**



Verage® Skin Care Collection  doTERRA On Guard® Toothpaste  Shampoo & Conditioner



Cleanse & Restore Kit

**5 INFORMED SELF-CARE**

**Protect & Restore**



doTERRA On Guard®  Frankincense



ClaryCalm®  Melaleuca  Copaiba Softgels



PastTense®  InTune®  Correct-X®



TerraShield®  DDR Prime®



Immune Support Kit

**Targeted Support**

Note any needed natural solutions from page 13

- 1.
- 2.
- 3.



# Wellness Consult

Reach your wellness goals!

Essential oil reference book/app: \_\_\_\_\_

**1 Write down your health priorities and find solutions.** Find your natural solutions on pages 13 and 17 or in a reference guide.

Top Health Priorities for you or your family	90-Day Goals	Natural Solutions you have or need
1.		
2.		
3.		

**2 Create your Daily Wellness Plan.**

Take the solutions you identified above and organize them into your daily plan.

MORNING	AFTERNOON	EVENING
<b>Daily Wellness Habits</b> <input type="checkbox"/> dōTERRA Lifelong Vitality Pack® <span style="color: #FFD700;">M</span> <input type="checkbox"/> Frankincense <span style="color: #FFD700;">M</span> <input type="checkbox"/> DigestZen TerraZyme® <span style="color: #FFD700;">M</span> <input type="checkbox"/> dōTERRA On Guard® <input type="checkbox"/> Lemon	<input type="checkbox"/> DigestZen TerraZyme® <span style="color: #FFD700;">M</span> <input type="checkbox"/> dōTERRA Balance® <span style="color: #800080;">T</span> <input type="checkbox"/> dōTERRA Lifelong Vitality Pack® <span style="color: #FFD700;">M</span> <div style="text-align: center; font-size: small;"> <span style="color: #800080;">T</span> = Topical    <span style="color: #FFD700;">M</span> = with Meal           </div>	<input type="checkbox"/> DigestZen TerraZyme® <span style="color: #FFD700;">M</span> <input type="checkbox"/> PB Assist+® <span style="color: #FFD700;">M</span> <input type="checkbox"/> Lavender <span style="color: #800080;">T</span>

**3 What other wellness choices could support your goals?**

(e.g. increase water, sleep, exercise, dietary changes)

How can you re-purpose dollars and replace everyday household items with more natural, high-quality dōTERRA products? (e.g., skin, hair, laundry, cleaning)

**4 Live empowered with natural solutions.**

Create a 90-day wellness plan by adding the product you need to your LRP orders (recommended to run between the 5<sup>th</sup>–15<sup>th</sup>).

MONTH 1 LRP	MONTH 2 LRP	MONTH 3 LRP
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____



# Getting Started

Check off products you currently have and circle those you want or need for your personal wellness plan and household.

## SINGLE OILS

- \_\_\_ **Arborvitae** Cleansing; immune and cellular health support; seasonal relief
- \_\_\_ **Basil** Mental alertness; inner ear health
- \_\_\_ **Bergamot** Calming and energizing; uplift mood; promote self-acceptance and self-worth
- \_\_\_ **Black Pepper** Broad-spectrum immune support; support tobacco cessation; digestive support
- \_\_\_ **Cardamom** Digestive and respiratory support; soothe stomach and motion discomfort
- \_\_\_ **Cedarwood** Hair and scalp support; nervous and respiratory system support
- \_\_\_ **Cilantro** Heavy metal detox; cooking; lessens occasional head tension
- \_\_\_ **Cinnamon** Maintain already healthy blood sugar levels; immune and cholesterol support
- \_\_\_ **Clary Sage** Calming; healthy hormone balance; circulation support
- \_\_\_ **Clove** Numbing; soothe teeth and gums, support oral health; antioxidant properties
- \_\_\_ **Copaiba** Powerful antioxidant; support cardiovascular, immune, cellular, and digestive systems; healthy inflammatory response
- \_\_\_ **Coriander** Digestive support
- \_\_\_ **Cypress** Energizing; circulation and breathing support
- \_\_\_ **Eucalyptus** Sinus, respiratory, and oxygen support
- \_\_\_ **Fennel** Digestive support; circulation; skin support
- \_\_\_ **Frankincense** Healthy inflammatory response; mood support; cellular health; immune support
- \_\_\_ **Geranium** soothe skin; hormone balance; gall bladder, liver and mood support
- \_\_\_ **Ginger** Digestive health; relieve occasional motion sickness/nausea
- \_\_\_ **Grapefruit** Manage appetite and cravings; stabilize weight; detox
- \_\_\_ **Green Mandarin** Mood support; digestive health; respiratory support
- \_\_\_ **Helichrysum** Renew and revitalize; tissue support; improve skin; support liver
- \_\_\_ **Jasmine Touch** Uplift mood; healthy complexion; personal fragrance
- \_\_\_ **Juniper Berry** Digestive support; respiratory health; emotional support; immune support
- \_\_\_ **Lavender** Soothing and calming; soothe occasional skin sensitivities; promote sleep
- \_\_\_ **Lemon** Uplifting; detoxification; support liver and kidneys; antioxidant
- \_\_\_ **Lemongrass** Support thyroid and connective tissue; ease sore muscles; detoxification
- \_\_\_ **Lime** Calming; respiratory support; soothe occasional throat irritation; improve focus
- \_\_\_ **Magnolia Touch** Promote calm and relaxing mood
- \_\_\_ **Marjoram** relieve occasional sore, tight, or tense muscles; digestive and bowel upset
- \_\_\_ **Melaleuca** Cleansing; skin support; healthy complexion

- \_\_\_ **Melissa** Strengthening; emotional and cognitive health; calm nerves; support confidence; support immune system
- \_\_\_ **Myrrh** Immune support; soothe occasional throat irritation; gum and skin health; thyroid support
- \_\_\_ **Oregano** Cleansing; antioxidant; hormone support
- \_\_\_ **Patchouli** Calming; support nerves, skin, and mood; detoxification; boost confidence
- \_\_\_ **Peppermint** Cooling; soothe head tension; support alertness, respiration, exercise, and digestion
- \_\_\_ **Pink Pepper** Cleansing and invigorating; digestive and immune support
- \_\_\_ **Roman Chamomile** Promote calm and restful sleep; skin health; mood support; liver support
- \_\_\_ **Rosemary** Immune support; reduce mental fatigue
- \_\_\_ **Rose Touch** Calming; support skin, promote confidence and mood
- \_\_\_ **Sandalwood** Support brain, skin, and mood
- \_\_\_ **Siberian Fir** Reduce stress and balance emotions; soothe minor skin irritations; relaxing massage
- \_\_\_ **Thyme** Cellular health; antioxidant; brain and prostate
- \_\_\_ **Turmeric** powerful antioxidant; cellular health; immune, digestive, and respiratory support
- \_\_\_ **Vetiver** Grounding and calming; promote focus and concentration; support sleep
- \_\_\_ **Wild Orange** Calming; cellular health; digestive support; uplift mood
- \_\_\_ **Wintergreen** Soothe occasional soreness; healthy inflammatory response
- \_\_\_ **Yarrow Pom** Promote cellular, immune, skin and nervous system health; calming and soothing
- \_\_\_ **Ylang Ylang** Support heart, adrenals, hormones, mood, and maintain already healthy blood pressure

## SIGNATURE OIL BLENDS

- \_\_\_ **AromaTouch**® Relieve sore muscles from exercise or tension; increase circulation/oxygen
- \_\_\_ **dōTERRA Balance**® Grounding; reduce anxiousness/nervousness; improve attention
- \_\_\_ **dōTERRA Breathe**® Respiratory support; invigorating vapor
- \_\_\_ **Citrus Bliss**® Invigorating; uplift mood; reduce stress
- \_\_\_ **ClaryCalm**® The best oil for your worst week. Period support thyroid
- \_\_\_ **DDR Prime**® Protect cellular health and DNA; support thyroid
- \_\_\_ **Deep Blue**® Relieve occasional soreness
- \_\_\_ **DigestZen**® Support occasional digestive upset and nausea
- \_\_\_ **Elevation** Reduce frustration; elevate mood; promote energy and joy
- \_\_\_ **Immortelle** Promote skin health and rejuvenation; mood support
- \_\_\_ **InTune**® Support focus, concentration, attention, mental clarity, and mood
- \_\_\_ **Kid's Collection** Positive essential oil introduction; mood support
- \_\_\_ **dōTERRA On Guard**® Boost immune system; soothe occasional throat irritation

- \_\_\_ **PastTense**® Relieve occasional head tension and discomfort; promote relaxation
- \_\_\_ **dōTERRA Serenity**® Reduce stress, anxiousness, tension, and mental chatter; sleep support
- \_\_\_ **Slim & Sassy**® Target metabolism, appetite, cravings; maintain already, healthy blood sugar
- \_\_\_ **TerraShield**® Outdoor protection; support healthy boundaries
- \_\_\_ **TriEase**® Seasonal and environmental relief; respiratory support; immune support
- \_\_\_ **Zendocrine**® Support urinary system; detoxification; antioxidant
- \_\_\_ **Yoga Collection** Increase benefit from yoga practice

## WELLNESS

- \_\_\_ **dōTERRA LifeLong Vitality Pack**® Comprehensive trio for optimal health, energy, and longevity
- \_\_\_ **Deep Blue**® **Polyphenol Complex** Provide soothing, relief, and structural support
- \_\_\_ **Fractionated Coconut Oil** Dilution aid and skin moisturizer
- \_\_\_ **PB Assist+**® Proprietary probiotic supplement; support digestive and immune system\*
- \_\_\_ **DigestZen TerraZyme**®™ Digestive Enzyme Complex; support healthy digestion and metabolism\*
- \_\_\_ **Zendocrine**® **Complex** Herbal cleansing for liver, kidneys, colon, respiratory system, and skin

## PERSONAL CARE

- \_\_\_ **Correct-X**® Protect and hydrate skin, soothe and promote skin renewal after stress
- \_\_\_ **dōTERRA**® **Spa Hand & Body Lotion** Base lotion to add oils to
- \_\_\_ **HD Clear**® **Skin Care** Facial Lotion and Foaming Face Wash
- \_\_\_ **dōTERRA Salon Essentials**® Protecting Shampoo and Smoothing Conditioner
- \_\_\_ **Veràge**® **Skin Care Collection** Natural Cleanser, Toner, Moisturizer, Hydrating Serum
- \_\_\_ **dōTERRA Breathe**® **Drops** Respiratory support; clear and soothe airways
- \_\_\_ **Deep Blue**® **Rub** Soothing lotion
- \_\_\_ **dōTERRA On Guard**® **Toothpaste** Natural whitening toothpaste
- \_\_\_ **dōTERRA On Guard**® **Sanitizing Mist** Kill 99.9% of germs and bacteria; quick-drying mist
- \_\_\_ **dōTERRA On Guard**® **Protecting Throat Drops** Immune health
- \_\_\_ **dōTERRA On Guard**® **Foaming Hand Wash** Safe and effective cleanser
- \_\_\_ **Lumo/Lotus/Petal Diffuser** Aromatic oil use
- \_\_\_ **Veggie Caps** Empty gel capsules

DISCLAIMER: This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment.

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# Loyalty Rewards

## The Smartest Way to Buy

You can always order a standard wholesale order for 25 percent off retail pricing, but to get the best value, create an LRP (Loyalty Rewards Program) order for even greater savings and opportunities to receive free product.



dōTERRA  
**Buy 1 Lifelong Vitality Pack®**  
**\$79.50 wholesale**  
 (60 PV)

+ Choose up to 3 Additional Supplements at Reduced Prices

						
<b>Microplex VMz®</b> \$39.50 \$20/10PV	<b>xEO Mega®</b> \$39.50 \$20/10PV	<b>Mito2Max®</b> \$29.50 \$20/10PV	<b>Deep Blue Polyphenol Complex®</b> \$59.50 \$20/10PV	<b>DigestZen TerraZyme®</b> \$37.50 \$20/10PV	<b>PB Assist+®</b> \$34.50 \$20/10PV	<b>Kids Kit (IQ Mega® &amp; a2z Chewable™)</b> \$39.50 \$25/10PV

## Loyalty Rewards Program FAQs

### How do I create or change my LRP order?

- Log in to doterra.com. Click “Create New LRP Order” or edit items in an existing LRP order.

### How do I cancel my LRP order?

- You can cancel your LRP order anytime via phone, online chat, or email to service@doterra.com. dōTERRA Customer Service will assist you in redeeming any free product points you’ve accumulated. If you cancel your LRP order, you will start back at 10 percent rewards when you resume consistent LRP order purchasing.

### What if I want to return product?

- If opened or used, dōTERRA refunds 90 percent of the purchase price and 100 percent full refund of anything unopened within 30 days of purchase.

### Can I have more than one LRP order?

- Yes. If you have a need for more than your monthly order, simply change your LRP order and run it again whatever day(s) of the month you choose. Set up as many orders as you like. Remember to cancel any orders you do not wish to receive the following month.

### When can I use my product points?

- Redeem your product points within a year from when you earn them.

### How do I get 100 percent of my shipping reimbursed?

- 50 percent of your shipping will be reimbursed in product points when placing any LRP order. The remaining 50 percent will be reimbursed in product points if the LRP order is processed online, without calling customer support.

### How do I maximize dōTERRA’s specials?

- Place an LRP order of at least 125 PV (personal volume) between the 5<sup>th</sup> and the 15<sup>th</sup>. This sets you up to receive the Product of the Month for free and take advantage of any promotions. Pay attention to the PV versus price, as many specials are PV-related, and start on the 1st of the month.

PRODUCT VALUE (PV) MUST EXCEED	1	50	100	125
Maintain LRP Rewards Points	✓	✓	✓	✓
Earn 10–30% Points & Increase %		✓	✓	✓
Qualify to Receive Income			✓	✓
Receive Free Product of the Month (orders placed between the 1st-15th)				✓

### How do I get 30 percent back in FREE product credits?

- Your Loyalty Rewards percentage grows over time from the first month you order after enrolling.
- Your starting percentage depends on the kit you started with. Whatever percentage you start at, you will increase by 5 percent every 3 months until you reach the maximum of 30 percent LRP Rewards.

EARN UP TO 30% IN FREE PRODUCT CREDITS <i>Your rewards percentage grows over time.</i>				
25% WHOLESALE DISCOUNT				
PERCENT BACK IN PRODUCT CREDITS:				
10% Months 1-3	15% Months 4-6	20% Months 7-9	25% Months 10-12	30% Months 13+
TOTAL SAVINGS & CREDITS:				
35%	40%	45%	50%	55%



### How do I redeem my LRP Points?

- In your virtual shopping cart select “Use Points” on the products you would like to redeem with your Loyalty Rewards Points. New points are added the 15th of the following month after each order placement.







# Essential Tips




## Effectiveness

-  Use your reference guide to find solutions for concerns as they arise.
-  Different oils work for different people. When you're not getting desired results, try different oils or different application methods.
-  Massage to increase benefits and promote rapid absorption.
-  Try different application methods; apply oils under tongue, or to bottoms of feet, spine, or navel.

## Safety

-  Avoid contact with eyes, inside of nose and ears.
-  Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Refer to the dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has pre-diluted oils.
-  Avoid sun exposure for several hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.
-  Read labels and follow recommendations.

## Best Practices

-  Keep your oils at their best by avoiding exposure to extreme temperatures or direct sunlight.
-  Use glass containers with your oils as they can break down some plastics over time.
-  dōTERRA® oils are very potent. Use smaller amounts more frequently for best results.

# Learn More

Member # \_\_\_\_\_

Password \_\_\_\_\_

Login at [doterra.com](http://doterra.com)



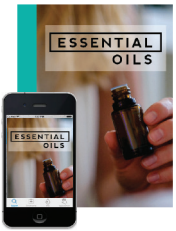
**Empowered Life Series**  
[doterra.com/US/en/empowered-life-series](http://doterra.com/US/en/empowered-life-series)  
 View this webinar series to continue learning all the ways you can use dōTERRA products.



Opt into the **dōTERRA Daily Drop®**  
 Lifestyle email series at [doterra.com](http://doterra.com) in the Living section, or download the app.



Learn more and get great ideas:  
 • [doterrablog.com/doterra-living](http://doterrablog.com/doterra-living)



Get an oil reference guide or mobile app

Your Key Support \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Other Support \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Upcoming Local or Online Classes & Events \_\_\_\_\_

- Live chat at [doterra.com](http://doterra.com)
- Email: [service@doterra.com](mailto:service@doterra.com)
- Americas: +1 800-411-8151
- Australia: +61 (02) 8015-5080
- UK: +44 (0)1480 433444

Team Call/Website/Facebook Group(s)

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## EVERY BOTTLE MAKES A DIFFERENCE

Consistently using dōTERRA products can change your life as well as the lives of the growers and their families all over the world. Every drop of oil represents hands that have nurtured the earth for all of our benefit.

### SHARE WITH THOSE YOU LOVE



#### CHANGE OTHERS' LIVES

Host a dōTERRA class with your friends and family!

### BUILD AN INCOME & MAKE AN IMPACT



#### CHANGE YOUR FUTURE

Launch your dōTERRA business by sharing & empowering with natural solutions & teaching others to do the same.

Contact Lisa at 518-307-9810 or find more info and order at: [my.doterra.com/lisacartier1](http://my.doterra.com/lisacartier1). Let's review your goals and set up your personal wellness plan.

