



# LIVE

The dōTERRA Lifestyle



# Transform Your Wellness

Welcome to the dōTERRA difference, where changing lives is the norm, and improving your Wellness is our top priority. Use this guide to discover the incredible benefits of essential oils and create a wellness plan that sticks.



## Live a Wellness Lifestyle

The dōTERRA Wellness Lifestyle Pyramid illustrates the partnership between lifestyle and healthcare. When lifestyle is the focus, wellness can be easily achieved and maintained. As you use these amazing products and live healthy daily habits, you'll experience new levels of wholeness.

Envision a life where finding solutions is simple. With an essential oil reference guide and a box of dōTERRA CPTG® essential oils at your fingertips, you'll be prepared to address five focused areas of wellness. For those times when you need additional care, partner with practitioners who support you in finding the best naturally sourced solutions.



See individual labels for ingredients, cautions, and instruction for use.

\*NHP# 80082975 (Alpha CRS+®); NHP# 80075879 (Microplex VMz™); NHP# 80074456 (xEO Mega®); NHP# 80077027 (TerraZyme®); NHP# 80103865 (PB Assist+®).

Much of the evidence supporting these claims is based on pre-clinical studies. More confirming research is needed, and dōTERRA is committed to the science and research of essential oils.

# Nutrition & Diet

**Give your body what it needs to thrive.** It all starts with optimal daily nutrition and smart supplementation, especially in support of good digestion. dōTERRA supplements and essential oils can help enhance your dietary goals.

## DAILY WELLNESS HABITS

- Eat a diet of whole, fresh foods
- Decrease consumption of sugar, caffeine, dairy, and processed foods.
- Use smart supplementation to complement targeted dietary goals.

## Nutrition

MAXIMIZE NUTRITION AND SUPPORT VITALITY



### dōTERRA Lifelong Vitality® Pack

Daily multi-vitamin, omega 3, and antioxidant supplements. Promotes overall wellness and provides benefits important for lifelong vitality.

*Take 2 capsules of each supplement with morning and evening meals.*

## Digestive Support

Lifelong wellness is dependent good digestive health. A properly functioning digestive system is essential for food-nutrient absorption and many other critical functions in the body.



### TerraZyme®

Provides a specialized complex of active whole-food enzymes that aid in proper digestion of proteins and carbohydrates.



### PB Assist+®

Source of essential probiotics that support gastrointestinal health and promote a favourable gut flora.



### ZenGest® Softgels

Utilize the benefits of Ginger, Peppermint, Caraway, and Sweet Fennel, all essential oils traditionally used in herbal medicine to help relieve nausea and aid digestion.\*

### GREEN SMOOTHIE

- ½ banana, frozen
  - ½ cup blueberries or strawberries, frozen
  - 2 handfuls of baby spinach or kale
  - 1 ½ cups vanilla almond milk, unsweetened
  - 1 scoop protein powder of choice
  - 1 drops Lemon essential oil
  - 1 drops Celery Seed essential oil
- Combine all ingredients in a blender.

### OATMEAL

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

### PRODUCE WASH

Wash off pesticides and residues by filling the sink with cold water, ½ cup of white vinegar, and 6 drops of On Guard® or Lemon essential oil. Soak the fruits and vegetables, and then rinse.

See individual labels for ingredients, cautions, and instruction for use.

\*NHP# 80082975 (Alpha CRS+®); NHP# 80075879 (Microplex VMz™); NHP# 80074456 (xEO Mega®); NHP# 80077027 (TerraZyme®); NHP# 80103865 (PB Assist+®)

# Hydration is Key

Supporting your body through proper hydration is one of the easiest steps toward increasing ways to help increase your overall wellness. Drinking enough water each day supports your body's many systems and cycles, and is a critical part of maintaining a balanced diet.

## DAILY WELLNESS HABITS

- Drink 8 or more glasses of water daily.
- Use citrus oils to flavour your water for a bright, encouraging taste.

## Enhance Your Daily Drink



Essential oils are an excellent sugar-free, zero-calorie way to flavour your water and encourage your daily hydration goals. Find the taste you like best, or switch it up throughout the day to keep things interesting!



### BRIGHT & SPARKLING

#### Lemon

Add 3-5 drops to drinking water 3 times daily.



### Tangerine

Add 1-2 drops to drinking water



### Grapefruit

Add 1-2 drops to drinking water



### SPICY & SWEET

#### On Guard

Add 1-2 drops to drinking water



### MetaPWR™

Add 1-2 drops to drinking water



### COOL & REFRESHING

#### ZenGest®

Add 1-2 drops to drinking water



### Peppermint

Add 1-2 drops to drinking water

See individual labels for ingredients, cautions, and instruction for use.

# Mindful Eating

**Your diet choices and your health are inseparable.** What you eat influences your energy levels, weight, quality of sleep, and all major body systems. Developed specifically for dietary use by dōTERRA® clinical researchers, the MetaPWR™ helps promote mindful eating choices while supporting a wide range of dietary goals. Use the complete 3-step MetaPWR™ routine to help you live your most powerful life.

## DAILY METAPWR ROUTINE

Combine the MetaPWR™ products with a well-balanced, whole-food diet to optimize results.

### BREAKFAST

- Protein-rich, whole-food based breakfast
- 1 sachet MetaPWR™ Advantage in shaker bottle
- 2-4 drops of MetaPWR™ blend in water

### LUNCH

- 1-2 dōTERRA TerraZyme capsules with nutritious, whole-food meal
- 2-4 drops of MetaPWR™ blend in water

### DINNER

- 1 MetaPWR® Assist capsule 15-30 mins before largest whole-food meal
- 1-2 dōTERRA TerraZyme® capsules
- MetaPWR™ blend in water

## DAILY WELLNESS HABITS

- Eat a whole-food diet, move more often, and focus on quality sleep.
- Use smart supplementation to complement targeted health efforts.

# dōTERRA® MetaPWR™



## STEP 1: CURB CRAVINGS, SUPPORT DIET CHOICES

### MetaPWR Blend—15 mL, Beadlets, Gum

MetaPWR™ blend helps promote mindful eating choices and provides a perfect alternative for satisfying sweet cravings.



#### Oil Blend:

Add 2-4 drops to water one or more times daily.<sup>1</sup>



#### Beadlets:

Dissolve 1-2 in mouth.



#### MetaPWR™ Satiety Gum

Chew 1 or more pieces daily to help satisfy your sweet tooth.

## STEP 2: MANAGE GLUCOSE LEVELS



#### MetaPWR™ Assist

Take as needed with largest meal of the day to help support healthy glucose levels.\*

Take 1 capsule daily 15-30 mins before largest meal. For occasional use only.

## STEP 3: LOOK BETTER, FEEL BETTER



#### MetaPWR™ Advantage

Helps support a healthy immune system and metabolic function. Helps in the formation of collagen for healthy bones, skin, and connective tissue.\*

Take 1 sachet daily with a cool drink of choice and shake well.

<sup>1</sup>See individual labels for ingredients, cautions, and instruction for use.

NPH# 80121205 (MetaPWR™ Assist Capsules), NHP# 80125274 (MetaPWR™ Advantage).

# Movement & Activity

**Your body is meant for movement.** Regular exercise strengthens the muscles and keeps your body feeling at its best. Essential oils and supplements can be incredible tools to support your habits of daily exercise and make recovery more comfortable. Together, both can enhance your ability to stay active and strong.



## CHOCO-PEPPERMINT PROTEIN SMOOTHIE

1 cup coconut water or almond milk  
1 scoop Chocolate Protein Powder  
1 drop Peppermint essential oil  
Ice (as desired)

Blend all ingredients until smooth.

## BERRY-ORANGE PROTEIN SMOOTHIE

1 cup coconut water or almond milk  
1 scoop Vanilla Protein Powder  
1 cup frozen berries  
1 banana  
3 drops Wild Orange essential oil  
Ice (as desired)

Blend all ingredients until smooth.

### DAILY WELLNESS HABITS

- Make time for 30+ minutes of daily movement.
- Stretch or practice yoga to increase flexibility.



## Movement



### Deep Blue® Rub Lotion

Provides a soothing effect to the back, shoulders, neck, knees, feet, and other areas of concern.

*Apply before and after exercise or activity for a comforting sensation of cooling and warmth to desired areas of the skin.*



### Deep Blue® Stick

Topical analgesic that offers temporary relief from minor aches and pains associated with arthritis, sprains, strains, and bruises.\*

*Apply to any area of concern as needed.*



### Deep Blue Polyphenol Complex®

Source of antioxidants to reduce the oxidative damage caused by free radicals.\*

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



### Mito2Max®

Helps to maintain good cardiovascular health and supports the production of cellular energy.

*Take 1 capsule with breakfast and lunch.*



### Turmeric Dual Chamber Capsules

An excellent source of antioxidants to protect against cell damage caused by free radicals.\*

*Take 1 capsule with breakfast and another with dinner to support an active lifestyle.*



### Copaiba

Can act as a carrier oil to aid the absorption of other essential oils in a post-workout massage.

*Massage 2-3 drops into targeted areas. Follow with Deep Blue® Blend, Rub Lotion, or Stick.*

See individual labels for ingredients, cautions, and instruction for use.

\*NHP# 80111485 (Deep Blue® Stick); NHP# 80071413 (Deep Blue Polyphenol Complex®); NHP# 80110164 (Mito2Max®); NHP# 80099554 (Turmeric Dual Chamber Capsules).

# Rest & Harmony

Essential oils provide dynamic support for your daily pursuits of getting sufficient rest and achieving harmony in your daily life.

Create an environment where sleep gives your body the opportunity to repair and renew. Choose solutions to keep feeling great and stay centered no matter what life throws at you.



## DAILY WELLNESS HABITS

- Get 7-9 hours of quality sleep nightly.
- Engage in daily mindfulness or meditation.



## Prioritize Rest



**dōTERRA Serenity® and Lavender**  
Place 1-2 drops on your pillow for a calming aroma.



**dōTERRA Serenity® Stick + Valerian and Softgels**  
Take 1-2 softgels before bed to help temporarily promote relaxation.\* Apply Serenity Stick + Valerian to bottoms of feet at bedtime to help unwind before going to bed.



**Cedarwood**  
Massage 1-3 drops on feet and forehead at the end of a long day for a calming, relaxing aroma in a flash.



**Calmer®**  
Roll on to the back of the neck and chest as part of a relaxing nightly ritual.

## RELAXING BATH SALTS

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

Mix and pour into your bath.



## Find Harmony



**Citrus Bliss®**  
Put a drop in your palm and inhale for a quick pick-me-up. Diffuse for an uplifting environment.



**Black Spruce**  
Diffuse to create a steadying environment.



**Balance®**  
Apply to bottoms of feet to start your day. Diffuse to create a calming, grounding space during demanding or difficult times.



**dōTERRA Cheer®**  
Apply to the wrists or pulse points for a cheerful boost of positivity to your environment throughout the day.

Consider using other blends in the dōTERRA Essential Aromatics® line as desired.

## dōTERRA Adaptiv™ Line



dōTERRA Adaptiv™ essential oil blend provides a centered environment during life's most hectic moments. Diffuse or roll on to create a calming atmosphere. Adaptiv™ Capsules combine clinically studied botanicals with a blend of essential oils to help temporarily promote relaxation and supports cognitive function in adults.\*

See individual labels for ingredients, cautions, and instruction for use.

\*NHP# 80083318 (dōTERRA Serenity® Restful Complex); NHP# 80107170 (dōTERRA Adaptiv™ Capsules)

# Reduce Synthetic Exposure

A lifestyle of wellness starts with the products you use inside your home and around your family. Thankfully, having a clean, healthy home doesn't mean you have to settle for unwanted, potentially harmful ingredients. Go greener by replacing synthetic products with effective plant-based, non-synthetic, naturally sourced cleaners that contain pure CPTG® essential oils.

## DAILY WELLNESS HABITS

- Eliminate synthetic-based cleaning products.
- Use effective and naturally sourced cleansers and detergents.

dōTERRA® abōde™



Your home is an ecosystem, and you should feel confident about the products you introduce into it. Free of phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in recyclable containers, use naturally sourced ingredients and feature the abōde essential oil blend to provide a clean, fresh aroma and deliver effective results.



**dōTERRA abōde Essential Oil Blend**  
A powerhouse essential oil blend, perfect for making effective DIY cleaners and refreshing the air in any space.



**abōde Citrus Bloom® Foaming Hand Wash Concentrate**  
Effective and gentle, leaving the hands fresh and clean.



**abōde Dishwasher Pods and Liquid Dish Soap**  
Tough on grease, leaving dishes, glassware, pots, and pans sparkling clean.



**abōde Multi-Purpose Surface Cleaner Concentrate**  
Effectively clean nonporous household surfaces, including where food is prepared.



The abōde line features beautiful, highly durable glass bottles. They're intended to buy once and refill again and again, making it simple to reduce, reuse, and recycle.



# Clean Self-Care

**You don't have to settle for questionable ingredients in your self-care routine.** Instead, choose effective, naturally sourced products that support a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA naturally based essential oil-based options.



## DAILY WELLNESS HABITS

- Eliminate chemical-based self-care products.
- Use plant-based, naturally sourced products in your self-care routine.



### Essential Skin Care

Designed to meet all your skincare needs. Use twice daily to keep the skin looking healthy and youthful.



### Yarrow | Pom Duo

A powerful layered botanical approach to beauty, head to toe. Use daily for a youthful glow.



### dōTERRA® Hair Care

Use essential-oil infused premium hair products: Protecting Shampoo, Daily Conditioner, and Leave-in Conditioner or alternative bar options.



### Oral Care

Use dōTERRA SuperMint™ Toothpaste or On Guard® Whitening Toothpaste and Mouthwash morning and night to brighten your smile.



### dōTERRA® Sun Care

Protect your body and skin with moisturizing and effective products free of harsh ingredients.

# Informed Self-Care

Make it a habit to use naturally sourced dōTERRA solutions as a first response for your day-to-day self-care needs. When life's challenges arise, use a trusted essential oil reference book to search the possibilities of solutions at your fingertips.

## Oils on the Go



**8-VIAL KEYCHAIN**  
Pack your eight most frequently used essential oils and be ready for anything!

### KEYCHAIN FAVORITES

Lavender	On Guard®
ZenGest®	Frankincense
Peppermint	Deep Blue®
Easy Air®	Tea Tree

## DAILY WELLNESS HABITS

- Turn to naturally sourced solutions as a first response.
- Refer to an essential oil reference book for possibilities.



**On Guard® Protective Mist**  
*Trust On Guard® Mist to keep your hands clean when soap and water are unavailable. Effective against germs and bacteria.*



**Easy Air®**  
*Diffuse, in the home for an invigorating, airy, and breathable environment.*



**Correct-X®**  
*Use this ointment to moisturize skin and keep it clean.*



**Lavender**  
*Apply topically to soothe and comfort the skin.*



**Peppermint**  
*Apply for a cooling sensation. Dilute as needed.*



**Tea Tree**  
*To moisturize and clean dry skin, 1-2 drops onto the affected area.*



**ClaryCalm®**  
*Roll on lower abdomen for soothing sensation and aroma. Use monthly or as desired.*

See individual labels for ingredients, cautions, and instruction for use.

# Wellness Lifestyle Assessment

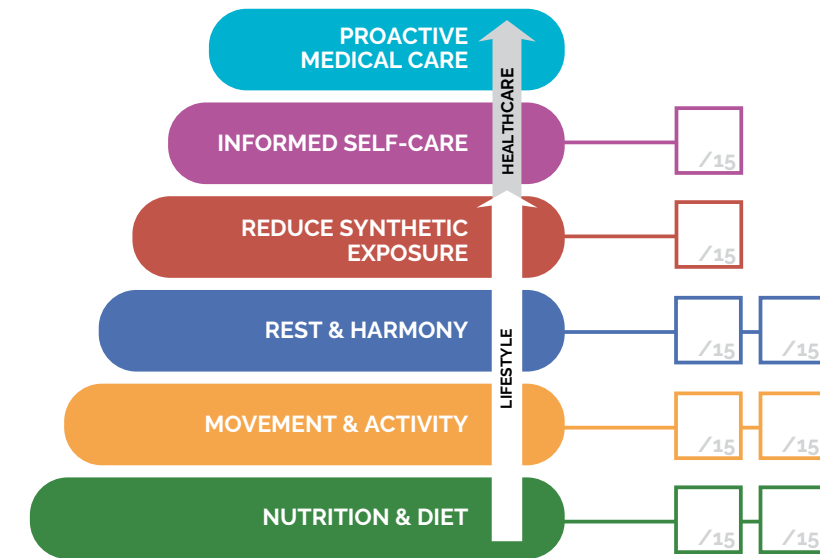


**Welcome to the Wellness Lifestyle Assessment!** This form is designed to help you take control of your life and well-being by assessing aspects of your wellness through the dōTERRA® Wellness Pyramid framework. Take your time, answer the prompts truthfully, and use the results as a starting point to identify which dōTERRA products will best support you on your journey toward an optimal wellness lifestyle.

Give yourself a score in each area on a scale between 1–5: **1:** Strongly disagree **2:** Disagree **3:** Neither agree nor disagree **4:** Agree **5:** Strongly agree

NUTRITION	I eat a healthy, nutrient-rich diet that's high in whole foods and low in ultra-processed foods.	<input type="checkbox"/>	TOTAL SCORE
	I'm mindful of my portions. I eat when I'm hungry and stop when I'm full. I avoid snacking between meals.	<input type="checkbox"/>	
	I use micronutrient and macronutrient supplements to ensure my nutritional needs are met.	<input type="checkbox"/>	
DIETARY SUPPORT	I'm free from digestive discomfort.	<input type="checkbox"/>	TOTAL SCORE
	I don't struggle with food sensitivities.	<input type="checkbox"/>	
	I make sure to include prebiotic and probiotic foods in my diet at least weekly.	<input type="checkbox"/>	
MOVEMENT	I'm physically active, getting at least two hours of moderately intense activity or an hour of vigorous activity per week.	<input type="checkbox"/>	TOTAL SCORE
	I do at least two days of muscle strengthening per week.	<input type="checkbox"/>	
	I give myself time to rest and recover from activities, including gentle stretching and using products to support the recovery process.	<input type="checkbox"/>	
ACTIVITY	I have good energy during the day. I don't suffer from brain fog or sluggishness or need caffeine or energy drinks.	<input type="checkbox"/>	TOTAL SCORE
	I feel motivated to leave the house and engage in fulfilling activities each day.	<input type="checkbox"/>	
	I make daily progress toward personal goals, no matter how small.	<input type="checkbox"/>	
REST	I'm getting enough sleep to feel rested and alert the next day.	<input type="checkbox"/>	TOTAL SCORE
	I have good sleep hygiene practices.	<input type="checkbox"/>	
	I'm familiar with and use smart supplementation to help on days when sleep is challenging.	<input type="checkbox"/>	
HARMONY	I know my main sources of stress and have adequate resources to manage them.	<input type="checkbox"/>	TOTAL SCORE
	I have self-care strategies to help manage daily stressors.	<input type="checkbox"/>	
	I'm familiar with and use supplements and products that help as I relax and unwind.	<input type="checkbox"/>	
REDUCE SYNTHETICS	I'm familiar with the most common environmental toxins and ways to avoid them.	<input type="checkbox"/>	TOTAL SCORE
	I use clean, eco-friendly products at home and advocate for them with friends and family.	<input type="checkbox"/>	
	I focus on supporting my body's natural detoxification process, such as by limiting alcohol intake.	<input type="checkbox"/>	
INFORMED SELF-CARE	I educate myself on proactive wellness lifestyle habits.	<input type="checkbox"/>	TOTAL SCORE
	I work hard to continuously support my overall well-being.	<input type="checkbox"/>	
	I use smart supplementation to complement self-care efforts.	<input type="checkbox"/>	

With this form, you can identify wellness areas where you're doing well and where you may need to make lifestyle changes to improve your overall wellness. The larger the gap between what the ideal is and where you scored should help you identify which areas of the Wellness Pyramid to prioritize.



Lots of food sources provide vitamins and minerals, but most adults are generally falling short in meeting their daily nutrient requirements. If certain nutrients are missing, your body isn't receiving the resources it needs to function properly. Your overall health can be negatively impacted. Consider focusing on the foundations of wellness, Movement & Activity and Eating Right as you pick your top 3 health priorities.

Identify which health goals you'd like to focus on in each category of the Wellness Pyramid:

NUTRITION & DIET	MOVEMENT & ACTIVITY	REST & HARMONY	REDUCE SYNTHETIC EXPOSURE	INFORMED SELF-CARE
<b>GOALS</b> <input type="checkbox"/> Eat whole, fresh foods <input type="checkbox"/> Nutritional supplementation <input type="checkbox"/> Support gut health <b>Other</b> _____ _____ _____	<b>GOALS</b> <input type="checkbox"/> Support mobility <input type="checkbox"/> Support daily activity levels <input type="checkbox"/> Consistent motivation and goal setting <b>Other</b> _____ _____ _____	<b>GOALS</b> <input type="checkbox"/> Experience quality sleep <input type="checkbox"/> Improve stress management <input type="checkbox"/> Create a mindfulness routine <b>Other</b> _____ _____ _____	<b>GOALS</b> <input type="checkbox"/> Support detoxification <input type="checkbox"/> Synthetic free living <input type="checkbox"/> Naturally sourced self-care <b>Other</b> _____ _____ _____	<b>GOALS</b> <input type="checkbox"/> Become informed <input type="checkbox"/> Prioritize naturally sourced solutions <input type="checkbox"/> Support overall well-being <b>Other</b> _____ _____ _____

THE TOP 3 LIFESTYLE PRIORITIES I'M FOCUSING ON:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Let's identify which dōTERRA® products will best support your wellness goals.



# Customize Your Wellness Plan



Check the products that will help you achieve your wellness goals and experience remarkable changes in how you feel.

On the next page, create your 90-day wellness plan and record each future month's product wish list in the spaces provided.

NUTRITION & DIET	<p><b>Fuel Your Diet</b></p> <p><input type="checkbox"/> dōTERRA Lifelong Vitality® Pack</p>	<p><b>Support Digestion</b></p> <p><input type="checkbox"/> TerraZyme® <input type="checkbox"/> PB Assist+® <input type="checkbox"/> ZenGest® Softgels</p>	<p><b>Mindful Eating</b></p> <p><input type="checkbox"/> MetaPWR™ <input type="checkbox"/> MetaPWR™ Assist <input type="checkbox"/> MetaPWR™ Advantage</p>	<p><b>Hydration is Key</b></p> <p><input type="checkbox"/> Lemon <input type="checkbox"/> Tangerine <input type="checkbox"/> Grapefruit</p>
	<p><b>Exercise Support</b></p> <p><input type="checkbox"/> Mito2Max® <input type="checkbox"/> Turmeric Capsules <input type="checkbox"/> Deep Blue® Polyphenol Complex <input type="checkbox"/> Deep Blue®</p>	<p><b>Soothe and Massage</b></p> <p><input type="checkbox"/> Deep Blue® Stick <input type="checkbox"/> Deep Blue® Rub</p>	<p><b>Find Harmony</b></p> <p><input type="checkbox"/> Copaiba <input type="checkbox"/> dōTERRA Cheer® <input type="checkbox"/> Black Spruce <input type="checkbox"/> dōTERRA Adaptiv™ <input type="checkbox"/> Citrus Bliss® <input type="checkbox"/> Balance®</p>	
MOVEMENT & ACTIVITY	<p><b>Prioritize Rest</b></p> <p><input type="checkbox"/> Lavender <input type="checkbox"/> dōTERRA Serenity® <input type="checkbox"/> dōTERRA Serenity® Stick + Valerian <input type="checkbox"/> dōTERRA Serenity® Softgels <input type="checkbox"/> Laluz Diffuser <input type="checkbox"/> Calmer™ <input type="checkbox"/> Cedarwood</p>	<p><b>Naturally Sourced Self-Care</b></p> <p><input type="checkbox"/> Oral Care <input type="checkbox"/> Essential Skin Care <input type="checkbox"/> Yarrow   Pom <input type="checkbox"/> Hair Care</p>	<p><b>Naturally Sourced Home Care</b></p> <p><input type="checkbox"/> Sun Care <input type="checkbox"/> dōTERRA® aböde™</p>	
	<p><b>REST &amp; HARMONY</b></p>	<p><b>Prepare and Respond</b></p> <p><input type="checkbox"/> On Guard® <input type="checkbox"/> Easy Air® <input type="checkbox"/> ZenGest® <input type="checkbox"/> Peppermint <input type="checkbox"/> Tea Tree <input type="checkbox"/> Frankincense <input type="checkbox"/> ClaryCalm® <input type="checkbox"/> Correct-X®</p>		
REDUCE SYNTHETIC EXPOSURE	<p><b>INFORMED SELF-CARE</b></p>			

# Wellness Consult

## 1 Write down your wellness priorities and find solutions.

Top Wellness Priorities for You and Your Family	Solutions You Have	Solutions You Need
1	1	1
2	2	2
3	3	3

## 2 Create your daily wellness plan.

Begin with the foundational daily habits listed below. Then add the solutions you need and organize them into your daily plan.

	MORNING	AFTERNOON	EVENING
SUPPLEMENTS	<input type="checkbox"/> dōTERRA Lifelong Vitality® Pack* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®) <sup>M</sup> <input type="checkbox"/> 1-2 TerraZyme® <sup>M</sup> <input type="checkbox"/> 1 sachet MetaPWR™ Advantage	<input type="checkbox"/> dōTERRA Lifelong Vitality® Pack* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®) <sup>M</sup> <input type="checkbox"/> 1-2 TerraZyme® <sup>M</sup>	<input type="checkbox"/> 1 MetaPWR™ Assist before dinner <sup>M</sup> <input type="checkbox"/> 1-2 TerraZyme® with dinner <sup>M</sup> <input type="checkbox"/> 1-2 PB Assist+® at bedtime
ESSENTIAL OILS	<input type="checkbox"/> 1-3 drops Lemon in water <input type="checkbox"/> 2 drops Frankincense on bottoms of feet or under tongue <input type="checkbox"/> 2 drops Balance® on bottoms of feet	<input type="checkbox"/> 1-3 drops Lemon in water <input type="checkbox"/> Diffuse 4-5 drops On Guard® <input type="checkbox"/> Apply Deep Blue® after workout	<input type="checkbox"/> 2 drops Frankincense on bottoms of feet <input type="checkbox"/> Inhale 2 drops Balance® between palms <input type="checkbox"/> Apply Deep Blue® where needed <input type="checkbox"/> Diffuse 3-5 drops Lavender at bedtime

\*When beginning dōTERRA Lifelong Vitality® Pack, start with half doses for two weeks. <sup>M</sup> with Meal

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

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

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## 4 Live empowered with dōTERRA® solutions.

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

MONTH 1 LRP	Date: / /	MONTH 2 LRP	Date: / /	MONTH 3 LRP	Date: / /
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
TOTAL PV	_____	TOTAL PV	_____	TOTAL PV	_____

See individual labels for ingredients, cautions, and instruction for use.

# Make Wellness Complete

## dōTERRA LIFELONG VITALITY® PACK

Designed to be used in conjunction with healthy habits like regular exercise, healthy eating, proper rest, and stress management, each product in this essential supplement trio offers benefits that are important to lifelong vitality.



**Alpha CRS+® Complex** contains naturally-sourced botanical extracts that provide antioxidants to help protect cells against the oxidative damage caused by free radicals and to help support healthy liver function.\*



**xEO Mega®** contains essential Omega-3 fatty acids and other fat-soluble nutrients that provide many benefits, including support to cardiovascular health, brain function, and bone development.\*



**Microplex VMz®** is a balanced formula of essential vitamins and bioavailable minerals, carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.\*



## Live Your Most Empowered Life

**MetaPWR™ Advantage** supports good health across three major wellness targets: maintaining the healthy metabolism of nutrients, promoting cellular integrity through antioxidant support, and increasing overall healthspan with collagen and essential vitamins, minerals, and amino acids. When you feel and look better from the inside out, you can take on more of what life has to offer.

## Why Choose MetaPWR Advantage?

- It contains nine different types of collagen supportive of whole-body wellness—from bone and cartilage to skin elasticity.\*
- The collagen tripeptides in it are 12 times more bioavailable than most conventional collagen supplements on the market.
- Adds power to your healthspan by helping you enjoy good health longer, so you can take on more of life.

See individual labels for ingredients, cautions, and instruction for use.

\*NHP #80082975 (Alpha CRS+®); NHP #80075879 (Microplex VMz™); NHP #80074456 (xEO Mega®); NHP #80125274 (MetaPWR™ Advantage)



# Loyalty Rewards Program

## Earn Free Products of Your Choice

The dōTERRA Loyalty Rewards Program (LRP) provides an automatic monthly shipment of products you use on a regular basis. If your Loyalty Order contains at least 50 PV,\* you immediately begin to earn product points that can be used to receive free dōTERRA products. The longer you participate, the more points you can earn—up to 30% of your total monthly LRP purchases!

## Loyalty Rewards Program FAQs

### How do I get free products?

**EARN FREE PRODUCT POINTS IN ADDITION TO YOUR 25% DISCOUNT**

LRP BENEFITS: PERCENTAGE BACK IN PRODUCT POINTS FOR FREE PRODUCTS



TOTAL SAVINGS AND PRODUCT POINTS:



### How do I get 30% back in free product points?

Your Loyalty Rewards percentage grows over time and can begin on your first order when you sign up for a qualifying LRP order with your enrollment. Your percentage grows by 5% every three months when your orders are over 50 PV until you reach the maximum of 30%.

### How do I maximize dōTERRA specials?

Place a Loyalty Order of at least 125 PV (Personal Volume) between the 1st and the 15th. This sets you up to receive the Product of the Month for free and take advantage of additional promotions. Pay attention to the PV versus price, as many specials are PV-related and start on the first of the month.

PRODUCT VALUE (PV) MUST EXCEED	1	50	100	125
Maintain LRP points previously earned	●	●	●	●
Earn LRP product points (to use for free products) and increase percentage from 10% to 30%		●	●	●
Qualify to earn commissions		●	●	●
Get free shipping			●	●
Receive the free Product of the Month (orders placed between the 1st-15th)				●

\*PV (Personal Volume): This is a numeric value assigned to each product. It's used as the qualifier for commissions, rank, and promotions. Products purchased with points have no PV.

### How do I create a new Loyalty Order?

Log into doterra.com. Click "Create New LRP Order" or edit items in an existing Loyalty Order template.

Watch how to create an LRP order.



### How do I get free shipping on my orders?

All loyalty and enrollment orders over 100 PV will qualify for free economy shipping.

### When can I use my product points?

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

### How do I redeem my LRP points?

In your virtual shopping cart, select "Use Points" on the products you'd like to redeem with your LRP points. New points are added the 15th of the following month after each order placement.

### Can I have more than one Loyalty Order?

Yes. If you need more than your monthly order, simply change your LRP template and run it again on whatever day you choose, or you can set up as many orders as you like in advance. Remember to cancel any orders you don't want to receive the following month prior to your order processing date.

### How do I cancel my Loyalty Order?

You can cancel your Loyalty Order anytime via phone, online chat, or email to service@doterra.com. dōTERRA customer service can assist you with redeeming any free product points you've accumulated prior to cancellation so points aren't lost. If you cancel your Loyalty Order, you'll start back at 10% rewards when you resume consistent Loyalty Order purchasing.

### What if I want to return products?





dōTERRA refunds 100% of anything unopened within 30 days of purchase and 90% of the purchase price if opened or used.

# Essential Tips




## Effectiveness

-  Use your reference guide to find solutions to wellness priorities or concerns as they arise.
-  Different essential oils work for different people. When you're not getting the desired results, try different oils or application methods.
-  Massage to increase benefits and promote rapid absorption.
-  Try different application methods: apply to the bottoms of the feet, spine, or navel.
-  Use oils topically with Fractionated Coconut Oil to enjoy greater sustained absorption.

## Safety

-  Avoid contact with the eyes, inside of the nose, and ears.
-  Dilute with Fractionated Coconut Oil for sensitive skin. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has prediluted oils.
-  Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.
-  Read labels and follow recommendations.

## Best Practices

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

See individual labels for ingredients, cautions, and instruction for use.

# Learn More

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

Password \_\_\_\_\_

Log in at [doterra.com/CA/en](https://www.doterra.com/CA/en)



**Empowered Life Series**  
<https://www.doterra.com/CA/en/empowered-success>  
 View this webinar series to continue learning ways you can use your products.



**Learn more and get great ideas:**  
[doterra.com/CA/en/blog-products](https://www.doterra.com/CA/en/blog-products)



**Use the dōTERRA Shop app for easy online ordering.**



**Get an essential oil reference guide or mobile app.**

## Member Services

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

### Upcoming Local or Online Classes and Events \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<b>Live chat:</b> <a href="https://www.doterra.com/CA/en">doterra.com/CA/en</a>	<b>Telephone:</b> +1 800-411-8151
<b>Email:</b> <a href="mailto:canada@doterra.com">canada@doterra.com</a>	<b>Australia:</b> +61 (02) 8015-5080
<b>CANADA</b> Text Us +12892070497	<b>UK:</b> +44 2033180064

### Team Call/Website/Facebook Group(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 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 essential oil represents hands that have nurtured the earth for our benefit.



**Share** with those you love.

**Change Others' Lives**  
 Host a dōTERRA class to be of service to your friends and family.



**Build** an income and make an impact.

**Change Your Future**  
 Create an income by sharing and empowering others with dōTERRA solutions.



# Share the Love & Earn Free Rewards

As you use dōTERRA products and experience the benefits yourself, you may feel inspired to share your love for dōTERRA with others. That's why we've introduced the Refer-a-Friend program—to reward you for spreading your love of dōTERRA. It's a simple way to earn free dōTERRA dollars that can be used towards products, shipping, taxes, and more.

When you refer a friend to dōTERRA, they'll receive a free year of membership, and you'll earn 20% of their first order in dōTERRA dollars. Sharing your referral link is as easy as sending an email, text, or sharing on social media.

Want a way to earn your dōTERRA dollars even faster? Hosting a class is the quickest way to earn the most dōTERRA dollars. Speak to the Wellness Advocate who introduced you to dōTERRA to find out more about hosting a class and earning more!







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