

dōTERRA™

Natural Solutions

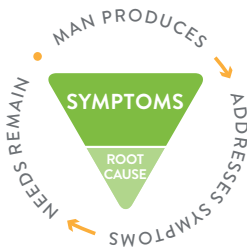
for simple, empowered living

Do you need safe, effective and affordable health solutions?

YOU HAVE CHOICES

Modern Approach

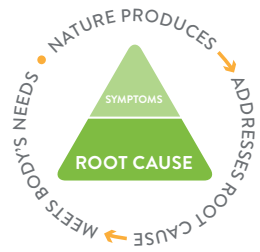
- Designed to manage symptoms
- Made from isolated synthetic agents
- Side effects (known and unknown)
- About € 5.7 trillion/year spent on global healthcare
- Are we better off?



or

dōTERRA's Approach

- Addresses body's needs and root causes
- Extracted from plants
- Enhances overall wellness
- Safe benefits



ESSENTIAL OILS ARE EFFECTIVE



MAGNIFIED

Peppermint Leaf Oil Sac



Essential Oils Pass Through Cell Membrane



1 kg Peppermint leaves



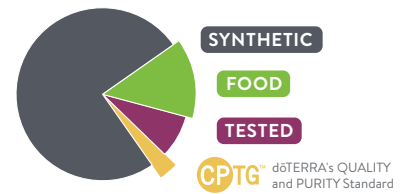
15 ml Bottle

Nature's Effective Solution

- Compounds extracted and distilled from plants for their benefits.
- Contain hundreds of different compounds, providing complex and versatile abilities to provide a variety of benefits.
- Work with the body to address issues and root causes.
- Affordable.

dōTERRA IS SAFE AND 100% PURE

Why a new standard of quality?



Grades of Essential Oils

SYNTHETIC

FOOD

TESTED

CPTG™ dōTERRA's QUALITY and PURITY Standard

Tested. Trusted.

- Plants harvested in their natural habitat.
- Verified pure; free of fillers and harmful contaminants.
- Stringent testing ensures authenticity and potency.

HOW TO USE dōTERRA OILS

There are many ways to use dōTERRA essential oils. Whether it's as a flavourful ingredient in your favourite sweet or savoury dish, as a support around the home, or an addition to your daily facial and skin care routine, you'll find the perfect use for each oil!



Live Empowered



1. WHAT ARE YOUR TOP WELLNESS PRIORITIES?



I want to feel less:

①

②

③

I want to feel more:

①

②

③

2. ARE YOU READY TO DISCOVER SIMPLE SOLUTIONS?

1 dōTERRA AIR™

- Helps to calm the senses
- Promotes feelings of clear airways

2 ZENGEST™

- Add to citrus drinks, teas or water
- Use one drop daily to jump-start a lifestyle change

3 PASTTENSE™

- Relieve feelings of tension and discomfort
- Apply to temples and back of neck
- Invigorating pick-me-up

4 TEA TREE

- Rejuvenate and cleanse skin
- Relieve skin irritation
- Support a healthy complexion

5 LAVENDER

- Soothe irritated skin
- Promote relaxation
- Apply after a long day in the sun
- Promote peaceful feelings

6 dōTERRA SERENITY™

- Use to promote feelings of tranquility and relaxation
- Great addition to bedtime routine

7 AROMATOUGH™

- Apply for a soothing massage
- Promote feelings of relaxation

8 FRACTIONATED COCONUT OIL

- Unscented carrier oil
- Great for delivering essential oils to sensitive skin
- Sustained delivery on specific locations
- Use for dilution

9 DEEP BLUE RUB™

- Apply pre/post workout
- Use for a calm and comforting muscle massage
- Apply to muscles after a day of work or heavy lifting

10 FRANKINCENSE

- Rejuvenate and soothe the skin
- Balance mind and lift mood
- Treat your hands and feet with a Frankincense oil massage for a warming, pleasant experience

11 ON GUARD™

- Adds a warm, citrusy spice to hot drinks and desserts
- Energising and uplifting

12 LEMON

- Cold pressed from lemon rinds to preserve its delicate nature and useful, potent properties
- Food and drink flavouring
- Add to water as an alternative to sodas and sugary drinks

3. TRY THESE DAILY HABITS

13 dōTERRA LIFELONG VITALITY PACK™ (LLV)

Nutrition support toward a lifetime of vitality and wellness.



- **MICROPLEX VMz™**: Whole food multivitamin and mineral
- **ALPHA CRS™ +**: Contains a proprietary blend exclusive to dōTERRA that includes powerful polyphenols
- **xEO MEGA™**: Provides a spectrum of carotenoids and nine essential oils

Try incorporating these changes into your daily routine.

dōTERRA Lifelong Vitality Pack™: 2 capsules each with morning and noon meals

Lemon: 1 drop in water per day

Frankincense: Massage on skin to promote balanced mood

On Guard™: Energising; 1 drop in water per day

dōTERRA Balance™: Grounding; 2-3 drops topically

PB Assist+™: Live bacterial cultures; 1 capsule a day

Choose the best kit for you

RETAIL

Order through your Wellness Advocate.

OR

WHOLESALE

Sign up and enjoy pricing 25% below retail!

A dōTERRA wholesale membership is 20 € (£20) or discounted with any Enrolment Kit. Renews annually for 15 € (£15). Receive a FREE 15 ml Peppermint oil with renewal! (17,50 € / £14.00 wholesale value.)
Prices above are net of VAT.

BUSINESS LEADER KIT



FAST TRACK BONUS
+400 Loyalty Points*
Start at 25% LRP Percentage

Includes: Most every oil, many wellness products, spa line products, living products, dōTERRA Essential Aromatics™ oils, 5/8 dram sample vials (12), dōTERRA Lumo™ Diffuser, and Essentials Booklet. See doterra.com/ME/en_ME/country-specific-information for kit details.

HOME ESSENTIALS KIT



Includes: 15 ml bottles of Frankincense, Lavender, Lemon, Tea Tree, Oregano, Peppermint, dōTERRA Air™, Deep Blue™ (5 ml), ZenGest™, On Guard™, dōTERRA Petal™ Diffuser and Essentials Booklet.

FAMILY ESSENTIALS KIT



Includes: 5 ml bottles of Frankincense, Lavender, Lemon, Tea Tree, Oregano, Peppermint, dōTERRA Air™, Deep Blue™, ZenGest™, On Guard™ and Essentials Booklet.

All information correct at time of production.

NATURAL SOLUTIONS KIT

FAST TRACK BONUS
 +100 FREE Loyalty Points*
 Start at 15% LRP Percentage



Includes (15 ml): dōTERRA Serenity™, ZenGest™, Tea Tree, AromaTouch™, Frankincense, dōTERRA Air™, dōTERRA Balance™, Lavender, Lemon, Peppermint, On Guard™, Wild Orange, PastTense™ (10 ml), On Guard™ Beadlets, On Guard™ Toothpaste, On Guard™ Hand Wash w/2 Dispensers, On Guard™+ Softgels, dōTERRA LifeLong Vitality Pack™, Correct-X™, PB Assist+™, dōTERRA Air™ Vapour Stick, Deep Blue Rub™, ZenGest™ TerraZyme, dōTERRA Salon Essentials™ Protecting Shampoo, dōTERRA Salon Essentials™ Soothing Conditioner, Fractionated Coconut Oil (115 ml), dōTERRA Lumo™ Diffuser, Wooden Box and Essentials Booklet.

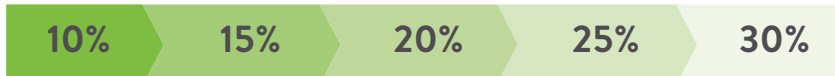
THE SMARTEST WAY TO BUY: *Loyalty Rewards Program (LRP)*

- Place a monthly Loyalty Order of 50+ PV† to earn free Loyalty Points.* Change or cancel any time.
- Percentage of FREE Loyalty Points increases by 5% every 3 months up to 30!*



Receive a free Product of the Month when you place a single Loyalty Order totaling 125 PV† or more, that processes on or before the 15th of each month.

Starting LRP Percentage:



Product guarantee: See dōTERRA return policy for details.

*For more details of how to qualify, please refer to the Loyalty Rewards Program flyer †Personal Volume

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Changing *Lives*

WHOSE LIFE DO YOU WANT TO CHANGE?

CHANGE MY LIFE!



live THE
WELLNESS LIFESTYLE

Get your *Live* Guide and schedule your lifestyle overview

- Get the best results with your products for you and your family.
- Maximise your wholesale membership benefits.

CHANGE OTHERS' LIVES!



share
WITH OTHERS

Get your *Share* Guide and schedule your hosting overview

- Host a class and help friends and family find natural solutions.
- Earn free products and more!

CHANGE MY FUTURE!



build AN INCOME
& MAKE AN IMPACT

Get your *Build* Guide and schedule your business overview

- Launch your dōTERRA business with proven training and powerful support.
- Create additional income and greater freedom in your life!†



Every time you buy a bottle of dōTERRA essential oil, you are changing someone else's life. — Emily Wright

CHANGE THE WORLD:

Every purchase changes growers' lives and their communities for the better through dōTERRA Co-Impact Sourcing™ and dōTERRA Healing Hands™ initiatives. Learn more at doterra.eu > [Our Story](#) > [The dōTERRA Difference](#).

It is illegal for a promoter or a participant in a trading scheme to persuade anyone to make a payment by promising benefits from getting others to join a scheme. Do not be misled by claims that high earnings are easily achieved.

†Results vary.

dōTERRA improves lives every day all around the world. Join us in making this world a better, happier place.

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Getting Started

SINGLE OILS

- **Arborvitae** Potential to benefit the skin
- **Basil** Herbaceous flavour ideal for savoury recipes
- **Bergamot** Soothing and calming properties when applied topically
- **Black Pepper** Enhances food flavour
- **Cardamon** Flavourful food spice for cooking and baking
- **Cedarwood** Promotes clear and healthy-looking skin when diluted and applied topically
- **Cilantro** Gives food fresh, tasty flavour
- **Cinnamon** Potent, sweet spice for food flavouring
- **Clary Sage** Calms and soothes skin
- **Clove** Cooking spice; supports fresh breath
- **Copaiba** Promotes smooth, clear skin
- **Coriander** Light, floral food flavouring
- **Cypress** Helps improve appearance of oily skin
- **Douglas Fir** Promotes a positive mood
- **Eucalyptus** Apply to skin and hair for a revitalising benefit
- **Fennel** Distinct liquorice aroma and taste; add to water or tea
- **Frankincense** Promotes feelings of relaxation when applied topically; reduces the appearance of skin imperfections
- **Geranium** Promotes the appearance of clear, healthy skin
- **Ginger** A popular kitchen spice, known for its warm aroma and soothing properties
- **Grapefruit** Tangy, sour food flavour; uplifts mood
- **Helichrysum** Improves the appearance of skin
- **Jasmine Touch** Uplifts mood; may promote healthy complexion; personal fragrance
- **Juniper Berry** Has a calming, grounding aroma; may be beneficial to the skin
- **Lavender** May promote healthy skin; used to promote relaxed feelings
- **Lemon** Food flavour; provides a sweet and zesty punch to recipes
- **Lemongrass** Has a subtle, citrus flavour; use in sweet or savoury recipes
- **Lime** Enhances food flavours
- **Marjoram** Food flavouring; calming, positive effect when used internally
- **Melissa** Use topically to promote feelings of relaxation
- **Myrrh** Soothes skin; helps to promote emotional balance
- **Oregano** Spicy, herbaceous food flavour

- **Patchouli** Use to soothe and cleanse skin; may promote feelings of calmness
- **Peppermint** **B** Refreshing, powerful food flavouring
- **Roman Chamomile** Calming effect on the skin, hair and body
- **Rosemary** Herbaceous food flavouring
- **Rose Touch** Supports skin; floral, uplifting aroma
- **Sandalwood** Supports skin and hair; helps to enhance mood
- **Siberian Fir** Soothing effect on skin
- **Tea Tree** Cleansing; skin support; healthy complexion
- **Thyme** Fresh herbal food flavouring
- **Vetiver** Grounding and calming
- **Wild Orange** Invigorating and energising
- **Ylang Ylang** Used in perfumes and hair care; uplifting fragrance

SIGNATURE OIL BLENDS

- **dōTERRA Adaptiv™** Relaxing, yet energising
- **dōTERRA Air™** Calms the senses
- **AromaTouch™** Apply topically to promote feelings of relaxation
- **dōTERRA Balance™** Promotes balance and positive thoughts
- **Citrus Bliss™** Invigorating; helps promote focus and clarity
- **ClaryCalm™** Provides a soothing, calming effect
- **DDR Prime™** **S** General wellness
- **Deep Blue™** Apply topically for soothing and cooling
- **InTune™** Promote sense of clarity while providing soothing qualities
- **On Guard™** **B** **S** Adds a warm, citrusy spice to hot drinks and desserts
- **PastTense™** Promotes relaxation
- **Salubelle™** Promotes skin rejuvenation
- **dōTERRA Serenity™** **S** Promotes relaxation and calming
- **Smart & Sassy™** **S** Promotes a positive mood; provides a revitalising boost
- **TerraShield™** Combines essential oils known to protect against environmental annoyances
- **Yoga Collection** Increases benefit from yoga practice
- **Zendocrine™** **S** Add to citrus drinks, teas or water
- **ZenGest™** **S** Use after large or heavy meals

WELLNESS

- **Deep Blue™ Polyphenol Complex** Specially formulated to provide soothing, cooling comfort for the body
- **Fractionated Coconut Oil** Dilution aid and skin moisturiser
- **dōTERRA Lifelong Vitality Pack™** Dietary supplementation
- **Phytoestrogen Lifetime Complex** Blend of standardised plant phytoestrogens and whole food extracts
- **TriEase™** Equal parts Lemon, Lavender and Peppermint essential oils in a softgel; convenient for use when travelling or at an outdoor event
- **Zendocrine™ Complex** Proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro essential oils

PERSONAL CARE

- **Correct-X™** Soothes skin and promotes relief when irritations occur
- **dōTERRA™ SPA Hand & Body Lotion** Add oils to this base lotion
- **HD Clear™** Skin Care Facial Lotion and Foaming Face Wash
- **dōTERRA Salon Essentials™** Protecting Shampoo and Smoothing Conditioner

LIVING

- **dōTERRA Air™ Drops** Convenient way to deliver benefits of dōTERRA Air™ blend
- **Deep Blue Rub™** Soothing lotion
- **Lumo™/Petal™/Pilot™/Volo™/Laluz™ Diffuser** Diffusers for misting use
- **On Guard™ Drops** Convenient way to deliver benefits of On Guard™ blend
- **On Guard™ Foaming Hand Wash** Leaves hands smelling fresh and citrus clean
- **On Guard™ Toothpaste** Whitening toothpaste
- **Veggie Caps** Empty gel capsules

Also available in: **B** Beadlet **S** Softgel

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.

All information correct at time of production.

Nature

WAS MAN'S FIRST REMEDY.

EVERYTHING

WE NEED CAN BE FOUND THERE.

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