



# LIVE

The dōTERRA Lifestyle



# Transform Your Health

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Welcome to the dōTERRA difference, where changing lives is the norm, and improving your health is our top priority. Use this guide to discover the powerful 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, health is naturally achieved and maintained. As you use these powerful 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 80% of your health priorities. For those times when you need additional care, partner with practitioners who support you in finding the best proven natural solutions.



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

# Nutrition & Digestion

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



## DAILY WELLNESS HABITS

- Eat whole, fresh foods.
- Decrease consumption of sugar, caffeine, dairy, and processed foods.



# Nutrition



**dōTERRA Lifelong Vitality Pack®**  
Offers crucial bioavailable micronutrients and cellular support.\*



**dōTERRA Protein**  
Premium protein blend supports building muscle, managing appetite, and recovering after workouts\*. Available in chocolate, vanilla, and vegan.

*Blend with a preferred beverage or add to your daily smoothie.*



**dōTERRA Greens**  
Enjoy this tasty, nourishing mix of responsibly sourced superfoods, essential nutrients, and dietary fiber.



**dōTERRA a2z Chewable™ and IQ Mega®**  
Start your children's day off with great nutrition as they're growing and developing.

## 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 dōTERRA Protein
- 1 scoop dōTERRA Greens
- 1 tsp IQ Mega® (optional)

Combine all ingredients in a blender.

## OATMEAL

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

## PRODUCE WASH

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

# Digestion



**dōTERRA TerraZyme™**  
Supports healthy digestion and metabolic processes with whole-food enzymes.\*



**dōTERRA PB Restore™ ProBiome Complex and dōTERRA® PB Assist+® ProBiome Gut Complex**  
Provides healthy diversity of intestinal flora for digestive and systemic health benefits.\*



**dōTERRA Fiber**  
Supports regular healthy digestion.\* Also helps optimize appetite control and already healthy blood sugar levels.\*

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# Movement

**Your body is meant for movement.** Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems. Essential oils and supplements support greater flexibility and ease feelings of tension in the body. Together, both can enhance your ability to stay active and strong.



## DAILY WELLNESS HABITS

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



## Movement



### Deep Blue® Rub

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

*Apply before and after exercise or activity to support ease of movement and recovery.*



### Deep Blue® Stick + Copaiba

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®

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

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



### Mito2Max®

An energy and stamina complex that supports healthy cellular energy production and promotes healthy circulation.\*

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



### Turmeric Dual Chamber Capsules

Supports a healthy inflammatory response in the body.\*

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



### Copaiba Softgels

Supports the healthy functioning of the cardiovascular system and a healthy inflammatory response in the body.\*

*Take 1 softgel as needed.*



### MetaPWR Recharge Electrolyte

Supports staying optimally hydrated and increases your overall energy and vitality regardless of your activity level. Take once daily as needed.

### CHOCO-PEPPERMINT PROTEIN SMOOTHIE

1 cup coconut water or almond milk  
1 scoop dōTERRA Chocolate Protein  
1 drop Peppermint essential oil  
Ice (as desired)<sup>†</sup>

Blend all ingredients until smooth.

### BERRY-ORANGE PROTEIN SMOOTHIE

1 cup coconut water or almond milk  
1 scoop dōTERRA Vanilla Protein  
1 cup frozen berries  
1 banana  
3 drops Wild Orange essential oil  
Ice (as desired)<sup>†</sup>

Blend all ingredients until smooth

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

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# Metabolism

**Your metabolic health and biological age are inseparable.** As you age, so does your metabolic function. Your metabolism influences your energy, weight, body composition, quality of sleep, and cognition. The stronger and healthier your metabolic function, the better you feel from the inside out. Use the complete 3-step MetaPWR® system to optimize your metabolic health and live your most powerful life.

## DAILY METABOLIC ROUTINE

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

### BREAKFAST

- dōTERRA® Protein smoothie with Fiber and Greens
- 1 sachet MetaPWR® Advantage in shaker bottle
- 1 MetaPWR® softgel or 2–4 drops of blend in water

### LUNCH

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

### DINNER

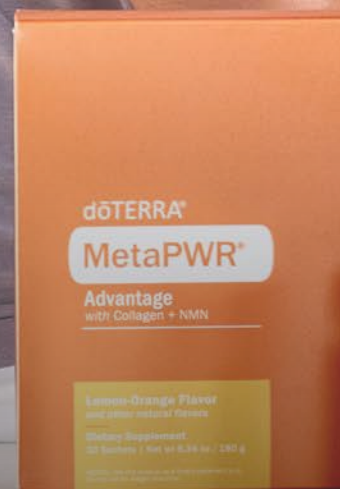
- 1 MetaPWR® Assist capsule 15–30 mins before largest whole-food meal
- 1–2 dōTERRA TerraZyme™ capsules
- 1 MetaPWR® softgel or 2–4 drops of blend in water

### BEDTIME

- 1 MetaPWR® softgel (optional)

## DAILY WELLNESS HABITS

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





# dōTERRA® MetaPWR®



## STEP 1: CURB CRAVINGS, REDUCE FAT CELLS<sup>†</sup>

### MetaPWR® Metabolic Blend—15mL, Softgels, Beadlets, Satiety Gum

Helps support healthy metabolic function, curb cravings, promote mindful eating and appetite control, and inhibit adipose fat cell maturation or growth when ingested.\*<sup>†</sup>



#### Softgels:

Take 1 softgel one or more times daily.



#### Beadlets:

Dissolve 1-2 in mouth.



#### Oil Blend:

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



#### MetaPWR® Satiety Gum

Chew 1 or more pieces daily to help control appetite and overeating.\*

## STEP 2: SMOOTH THE SPIKES & DIPS



#### MetaPWR® Metabolic Assist

Helps maintain optimum energy levels throughout the day, reduce carbohydrate digestion, and support blood sugar regulation already in the normal range.\*<sup>†</sup>

Take 1 capsule daily 15-30 mins before largest meal.

## STEP 3: LOOK BETTER, FEEL YOUNGER



#### MetaPWR® Advantage

Helps support a healthy metabolism, slow signs of metabolic aging,<sup>†</sup> extend your health-span, and improve skin elasticity, density, and firmness.\*

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

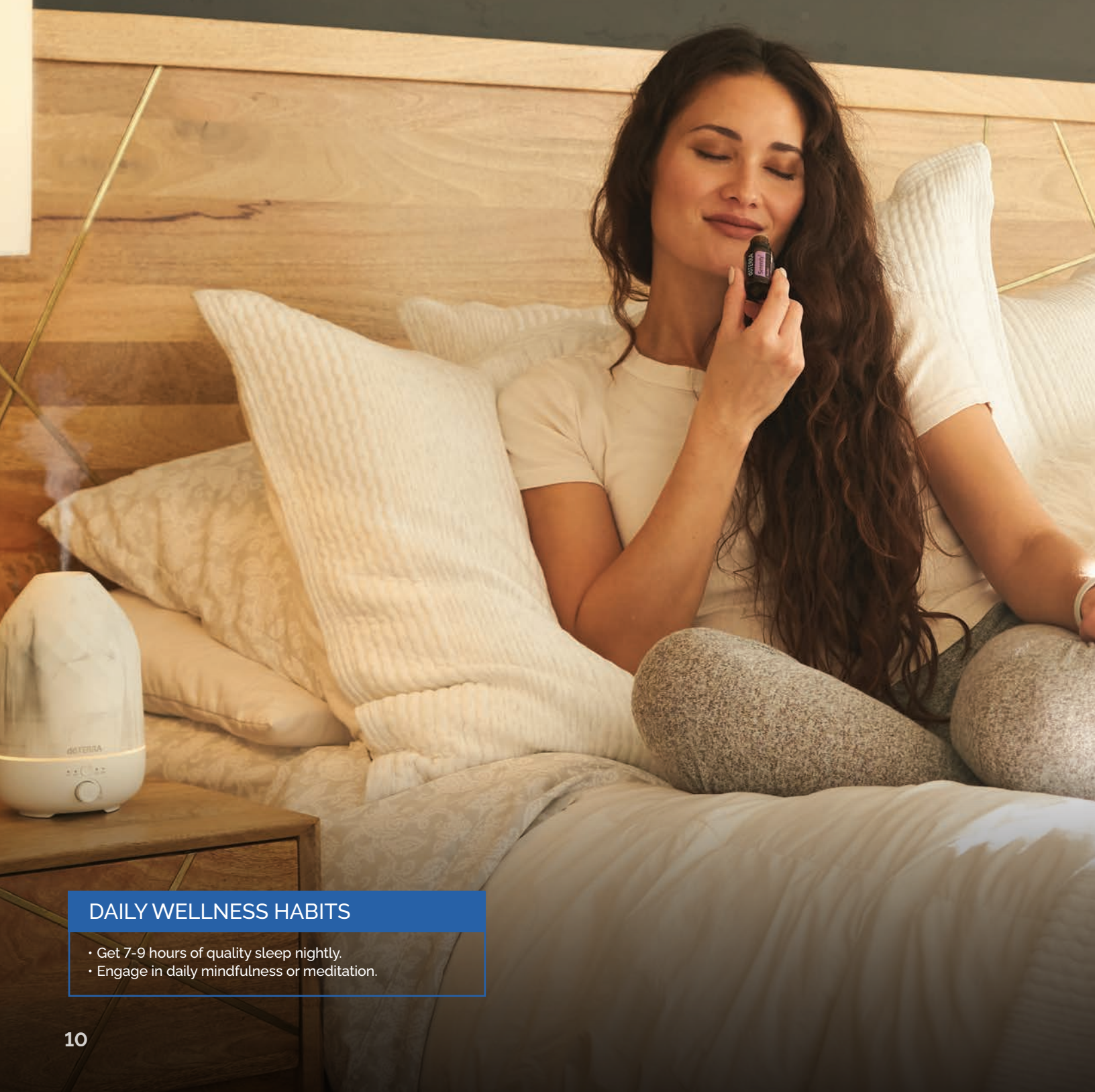
<sup>†</sup>See individual labels for ingredients, cautions, and instruction for use.

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More confirming clinical research is needed.

# Rest & Manage Stress

Essential oils provide dynamic support for getting consistent quality sleep and managing stress. Create an environment where your 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 peaceful dreams.*



**dōTERRA Serenity® Stick + Valerian and Softgels**  
*Take 1-2 softgels before bed for deep, rejuvenating sleep.\* Apply Serenity Stick + Valerian to bottoms of feet at bedtime to help unwind before going to bed.*



**dōTERRA Peace® and 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 dōTERRA Balance®, dōTERRA Serenity®, or Lavender  
Mix and pour into your bath.



## Manage Stress



**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 steady environment.*



**dōTERRA 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 happiness and positivity to your environment throughout the day.*

Consider using other blends in the dōTERRA Emotional Aromatherapy® system as desired.

## The Adaptiv® System



Adaptiv Calming Blend is the answer during life's most demanding moments. Diffuse or roll on to create a calming atmosphere. Adaptiv Capsules combine clinically studied botanicals with a blend of essential oils to help you adapt to stressful situations.\*

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# Reduce Toxicity

Support your body's natural detoxification pathways by experiencing the dōTERRA 30-Day Cleanse. Occasional cleansing may enhance your metabolism,\* support your efforts to achieve a healthy weight,\* improve your digestive function,\* and increase your energy.\*

Download the  
dōTERRA 30-Day  
Cleanse Program.



## DAILY WELLNESS HABITS

- Drink 8 or more glasses of water daily.
- Use citrus oils in your water daily for gentle, natural cleansing.\*



# Experience the doTERRA 30-Day Cleanse

**DAYS 1-30**



MAXIMIZE NUTRITION AND SUPPORT LONGEVITY

**doTERRA Lifelong Vitality Pack®**  
Take 2 capsules of each supplement with morning and evening meals.



SUPPORT HEALTHY DIGESTION AND METABOLISM\*

**doTERRA TerraZyme™**  
Take 1-2 capsules with each meal daily.



CLEANSE **Lemon**

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



**Zendocrine® Detoxification Complex**

Take 1-2 capsules with morning and evening meals.

**DAYS 1-10**



SUPPORT FILTERING ORGANS\*

**Zendocrine® Softgels**  
Take 1-2 softgels twice daily.

**DAYS 11-20**



CLEANSE INTESTINAL TRACT\*

**GX Assist®**  
Take 1 softgel with evening meal.

**DAYS 21-30**



SUPPORT HEALTHY DIGESTIVE FUNCTION AND IMMUNITY\*

**doTERRA PB Restore™**  
Take 1 capsule daily with a meal.



SUPPORT CELLULAR HEALTH\*

**DDR Prime® Softgels**  
Take 1-2 softgels with meals twice daily.



**Cleanse & Restore Kit**  
These cleansing products are available in the convenient, discounted collection.

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# Natural Home Care

A clean home doesn't need to come at the cost of your health. Go greener by replacing synthetic products with safe, plant-based, nontoxic, and natural cleaners that contain pure CPTG® essential oils.

## DAILY WELLNESS HABITS

- Eliminate chemical-based cleaning products.
- Use safe and natural cleansers and detergents.



## dōTERRA® abōde®



Time and time again, essential oils perform beautifully when it comes to purifying any surface or space and are a refreshing alternative to synthetic counterparts. Free of phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in recyclable containers, use natural enzymes, and feature the abōde Refreshing Blend to provide a natural, fresh aroma and deliver effective results.



### abōde Refreshing Blend

A high-powered essential oil blend, perfect for making nontoxic DIY cleaners and refreshing the air in any space.



### abōde Citrus Bloom® Foaming Hand Wash Concentrate

Effective against impurities, leaving the hands fresh and clean.



### abōde Citrus Bloom Hand Lotion

Perfect for relieving dryness and helping the hands feel hydrated and nourished.



### abōde Dishwasher Pods and Liquid Dish Soap

Tough on grease, leaving dishes, glassware, pots, and pans sparkling clean.



### abōde Multi-Purpose Surface Cleaner Concentrate

Safely clean nonporous household surfaces, including where food is prepared.



### abōde Laundry Pods

Gentle on clothes and tough on dirt, leaving every load fresh, clean, and bright.



The dōTERRA abōde™ line features beautiful, highly durable glass bottles. They're intended to be bought once and refilled again and again, making it simple to reduce, reuse, and recycle.

# Natural Self-Care

**You don't have to settle for questionable ingredients in your self-care routine.** Avoid adding to your body's toxic load. Instead, choose safe and natural products that provide a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA® naturally formulated essential oil-based options.



## DAILY WELLNESS HABITS

- Eliminate chemical-based self-care products.
- Use safe and natural products in your self-care routine.





### Essential Skin Care

Designed to meet all your anti-aging and skincare needs. Use twice daily to keep the skin feeling healthy and looking young.



### Yarrow | Pom Collection

A powerful three-layer botanical approach to beauty, inside and out. Use daily for a youthful glow.



### doTERRA® Hair Care

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



### Oral Health

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



### doTERRA® sun

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

# Informed Self-Care

**Make it a habit to use dōTERRA® natural solutions as your first line of defense.** 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	dōTERRA On Guard®
DigestZen®	Frankincense
Peppermint	Deep Blue®
dōTERRA Breathe®	Tea Tree

## DAILY WELLNESS HABITS

- Turn to natural solutions as your first line of defense.
- Refer to an essential oil reference book for possibilities.



**dōTERRA On Guard® Hand Sanitizing Gel and Mist**  
 Spray or apply naturally derived hand sanitizing mist or gel, 99% effective against most common germs (see label for list).



**dōTERRA On Guard+™ Softgels and On Guard® Protecting Throat Drops**  
 Consume 1 or more softgels or throat drops as needed to promote healthy immune function and soothe a dry throat.\*



**dōTERRA Breathe**  
 Diffuse, apply, or enjoy a drop to create feelings of easy breathing and open airways.



**Correct-X®**  
 Use this natural ointment for any minor skin irritations.



**Lavender**  
 Apply topically to soothe occasional skin irritations.



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



**Tea Tree**  
 For occasional skin irritations, apply 1-2 drops onto the affected area.



**ClaryCalm®**  
 Roll this women's monthly blend on lower abdomen and use with a heating pad.

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# Customize Your Wellness Plan

## NUTRITION & DIGESTION

Fuel, Support, and Fortify

dōTERRA Lifelong Vitality Pack®  
 dōTERRA a2z Chewable™  
 IQ Mega®  
 dōTERRA® Greens  
 dōTERRA Protein

## MOVEMENT & METABOLISM

Soothe and Energize

Deep Blue®  
 Mito2Max®  
 Copaiba Softgels  
 Turmeric Capsules

## REST & MANAGE STRESS

Support Sleep and Rest

Lavender  
 dōTERRA Serenity®  
 dōTERRA Serenity® Stick + Valerian  
 dōTERRA Serenity® Softgels  
 Volo® Diffuser  
 dōTERRA Peace®  
 Calmer®  
 Cedarwood

## REDUCE TOXICITY

Support Cleansing      Natural Self-Care

Lemon  
 Zendocrine® Softgels  
 Zendocrine® Detoxification Complex  
 dōTERRA SuperMint™ Toothpaste  
 Oral Health  
 Essential Skin Care  
 Yarrow | Pom  
 Hair Care

## INFORMED SELF-CARE

Protect and Restore

dōTERRA On Guard®  
 dōTERRA Breathe  
 dōTERRA DigestZen®  
 Peppermint



Check the products that will help you achieve your health 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.

### Support Digestion



dōTERRA TerraZyme™



dōTERRA PB Restore™



PB Assist+® Sticks



dōTERRA® Fiber

### Kits and Collections



Daily Habits Kit

### Strengthen Metabolism



MetaPWR®



MetaPWR® Assist



MetaPWR® Advantage



MetaPWR System

### Manage Stress and Mood



dōTERRA Cheer®



Black Spruce



Adaptiv®



Citrus Bliss®



dōTERRA Balance®



Calm and Harmony Kit

### Natural Home Care



Sun Care



dōTERRA® abode™



Cleanse & Restore Kit



Tea Tree



Frankincense



ClaryCalm®



Correct-X®



Immune Support Kit

# Wellness Consult

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

Top Health Priorities for You and Your Family	Natural Solutions You Have	Natural 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 natural 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®) <b>M</b> <input type="checkbox"/> 1-2 dōTERRA TerraZyme™ <b>M</b> <input type="checkbox"/> 1 sachet MetaPWR® Advantage	<input type="checkbox"/> dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®) <b>M</b> <input type="checkbox"/> 1-2 dōTERRA TerraZyme™ <b>M</b>	<input type="checkbox"/> 1 MetaPWR® Assist before dinner <b>M</b> <input type="checkbox"/> 1-2 dōTERRA TerraZyme™ with dinner <b>M</b> <input type="checkbox"/> 1-2 PB Restore™ 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 dōTERRA Balance® on bottoms of feet	<input type="checkbox"/> 1-3 drops Lemon in water† <input type="checkbox"/> Diffuse 4-5 drops dōTERRA On Guard® <input type="checkbox"/> Apply Deep Blue® after workout	<input type="checkbox"/> 2 drops Frankincense on bottoms of feet or under tongue† <input type="checkbox"/> 2 drops dōTERRA Balance® on bottoms of feet <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. **M** 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 natural 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	_____

# Make Wellness Complete

The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of wellness convenient and affordable. These essential nutrients can be paired perfectly with any of the Wellness Programs or your essential oils to maximize results.



**Alpha CRS+® Cellular Vitality Complex** contains powerful polyphenols that protect cells from free radicals, which can damage cellular DNA, mitochondria, and other critical cell structures.\*



**xEO Mega®** contains ultra pure essential fatty acids and other fat-soluble nutrients that provide many systemic benefits, including support to heart, circulatory, brain, and cellular health.\*



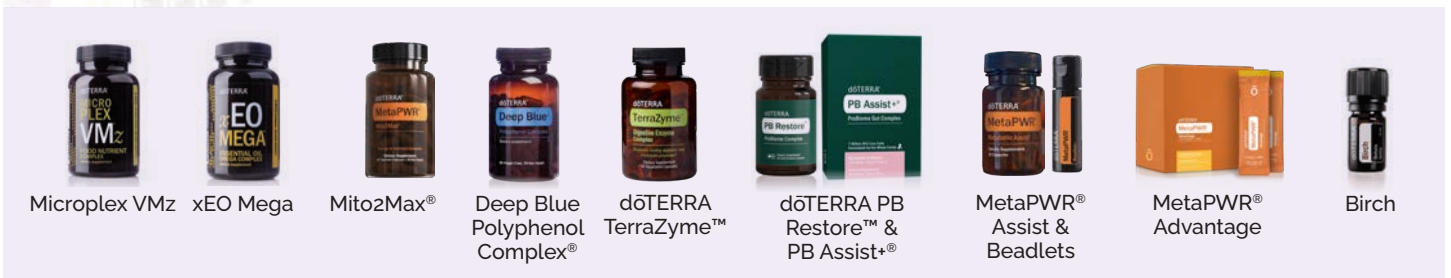
**Microplex VMz®** is a balanced formula of essential vitamins and bioavailable minerals, carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.\*

## The Smartest Way to Buy

For greater savings and opportunities to receive free products, create a loyalty order.



**Purchase** one dōTERRA Lifelong Vitality Pack® or MetaPWR® Advantage, and choose up to 3 of the following products at a reduced price.



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# 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 (Personal Volume),\* you immediately begin to earn product points that can be used as cash 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 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.

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 shipping. If a loyalty or enrollment order is placed below 100 PV, dōTERRA will give five Shipping Reward Program (SRP) points. SRP product points can be used on future dōTERRA orders.

### 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 health 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 under the tongue or 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.*



## Share the Love & Earn Free Rewards

As you use dōTERRA products and experience the benefits yourself, you may naturally 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!

# Learn More

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

Password \_\_\_\_\_

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



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



**Essential Oil Solutions Podcast**  
Subscribe to learn the best ways to use essential oils.



**Learn more and get great ideas:**  
[doterra.com/US/en/magazines/doterra-living](https://doterra.com/US/en/magazines/doterra-living)



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



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

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

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\_\_\_\_\_

## Member Services

**Live chat:**  
[doterra.com](https://doterra.com)

**US:**  
Text us now at 343-57

**Email:**  
[service@doterra.com](mailto:service@doterra.com)

**Phone Number:**  
+1 800-411-8151

**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 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 recurring income and greater freedom by sharing and empowering others with natural solutions.





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