

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 characteristic whorled structure.

dōTERRA®
Live

Lifestyle Overview

Mabuhay!

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.

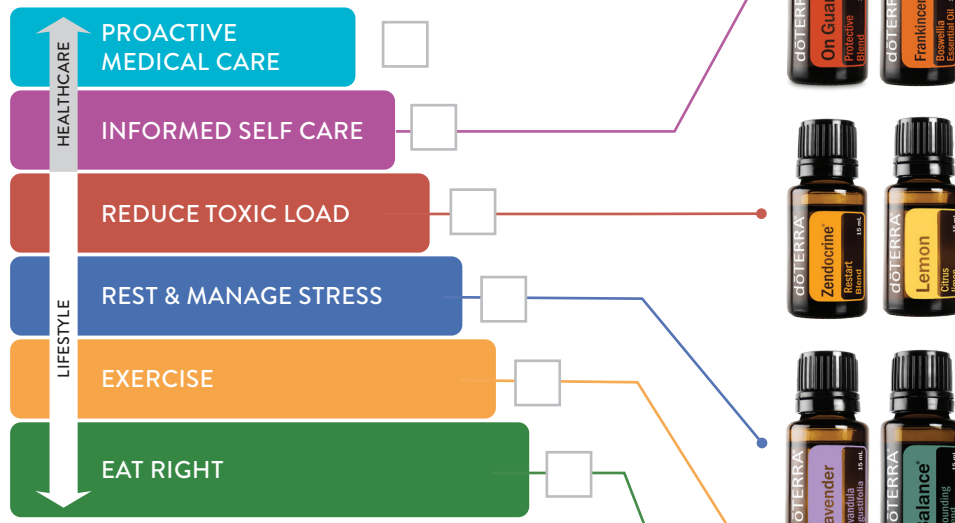


Live a Wellness Lifestyle

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 the principles of the Wellness Pyramid and use dōTERRA's powerful products, you will experience new levels of wholeness.

Establish Daily Wellness Habits

Rate yourself in each area (1-10)



Protect & Restore

Diffuse dōTERRA On Guard® in your home as a natural protection; use Frankincense aromatically to balance mood and promote feelings of relaxation.



Clean & Freshen

Zendocrine® and Lemon essential oils are both powerful cleansers and purifying agents. They can be used topically and aromatically.



Calm & Ground

Diffuse Lavender and Balance® to help you relax and manage stress while keeping you grounded.



Soothe

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



Fuel, Support, & Fortify

Maximize your daily nutrient intake with sufficient vegetables, fruits and supplements to fuel and support your body.



Use CRS & DDR Duo everyday to support cellular health.



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.



Alpha CRS+®

Natural botanical extracts support healthy cell function with metabolic factors of cellular energy.



DDR Prime® Softgels

Essential oils blend support cellular health, function, and renewal.



Essential Food Oils

Add one to two drops to water, juice, or tea to replace the artificial seasonings.



DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods

Decrease sugar, caffeine, processed foods

ITALIAN BREAD DIP

- ¼ cup olive oil
- 1-3 tablespoons balsamic vinegar
- ½ teaspoon of Mayonnaise
- 1 tablespoon of Parmesan cheese or Basil
- Few Oregano (start with a toothpick and progress toward drops for desired flavor)

Mix together, dip favorite Italian style bread, Enjoy!

OATMEAL

Add 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 Lemon. 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):

- Wild Orange
- Lemon

Add 1-2 drops of Peppermint or dōTERRA On Guard® to hot water for a comfort tea.

Exercise

Exercise strengthens the muscles and supports the heart, circulatory, and lymphatic systems, among other crucial benefits. Essential oils support greater focus as well as ease feelings of tension in the body to help you stay active and strong.

GO FIGURE! KIT

Diffuse or apply topically to uplift mood, and motivate to be on track in getting that desired body figure.



SMART & SASSY™ FUNCTIONAL BLEND

Apply 3-5 drops of oil with coconut oil to back of thighs, abdomen, and other desired areas.



GRAPEFRUIT, CYPRESS AND FRACTIONATED COCONUT OIL

Mix Cypress and Grapefruit essential oil with Fractionated Coconut Oil together to reach desired body figure.

TIP

Diffuse 3-5 drops of Grapefruit and/or Smart & Sassy™ between meals.



SUMMER COOLING SPRAY

- 1/4 cup aloe vera gel
- 2-3 drops Peppermint essential oil
- 1/4 cup Veráge® Toner
- 10 drops Lavender essential oil (optional)

1. Combine all ingredients in glass spray bottle.
2. Shake until well mixed.

Enjoy!

YOGA MAT SPRAY

1. Add 10 drops of Tea Tree essential oil to water in glass spray bottle.
2. Shake until well mixed.
3. Spray on yoga mat or any kind of exercise equipment that you want to clean.

POWER UP! KIT

A full-dosed oil combination to cover all your bases from pre-workout to cool down.



PEPPERMINT

Put 1 drop of Peppermint on palm and inhale deeply to boost energy and increase alertness.



dōTERRA DEEP BLUE® SOOTHING BLEND

Apply 1-3 drops with Fractionated Coconut Oil before and after exercise.



MELALEUCA (TEA TREE)

Apply 1 drop to fingernails and toenails after showering to purify and keep nails looking healthy.

Rest and Manage Stress

Proper sleep hygiene as well as adequate quality and quantity of sleep are important for optimum health. Setting up a daily regimen of essential oil use can go a long way towards helping you get the rest your body needs for lifelong health and vitality. One way you can incorporate essential oils into your bedtime routine is by diffusing your favorite calming oils and blends just before bed.

PERFECT CHILL KIT

The right oil combination to help you rejuvenate and relax your tired spirits after a hectic day.

AROMATOUCH® MASSAGE BLEND

Combine 1-3 drops with Fractionated Coconut Oil, then apply to neck and shoulders to promote feelings of relaxation and lessen tension.



BALANCE® GROUNDING BLEND SERENITY™ RESTFUL BLEND

Apply to your wrists or neck to support your peace and calming.



dōTERRA PETAL DIFFUSER 2.0

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



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) to support emotional balance.



dōTERRA
MOTIVATE®

Encouraging Blend

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



dōTERRA
PEACE®

Reassuring Blend

Support feelings of reassurance and composure. Return to peace and presence.



dōTERRA
CHEER®

Uplifting Blend

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



dōTERRA
PASSION®

Inspiring Blend

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



dōTERRA
CONSOLE®

Comforting Blend

Feel more hopeful, comforted, and emotionally balanced.



dōTERRA
FORGIVE®

Renewing Blend

Release anger and guilt. Move forward feeling relieved and renewed.



Reduce Toxic Load

There are many self-care products in your daily life that are full of harmful chemicals. Essential oils provide natural solutions to help clean up your self-care routine, and avoid harmful chemicals.

EXPERIENCE dōTERRA'S 30 DAY CLEANSE



TIP
Drink citrus water daily for gentle, natural cleansing.

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

CLEANSE

8-10 cups water or lemon water

RESTART



GRAPEFRUIT, LEMON, LIME, TANGERINE AND WILD ORANGE

Diffuse to create an uplifting environment and promote a positive mood.

COMFORT & SUPPORT



DIGESTZEN® SUPPORTIVE BLEND

Apply 1-2 drops for a comforting and calming effect after meals.



ZENDOCRINE® RESTART BLEND

Apply 1-2 drops to abdomen or bottoms of feet.

DAILY WELLNESS LIFESTYLE HABITS

8-10+ Water Glasses Daily

Eliminate Chemical-based Cleaning & Self-care Products

NATURAL SELF-CARE



dōTERRA **ON GUARD® TOOTHPASTE**

Natural Whitening Toothpaste.



VERÁGE® FACIAL KIT

Plant-based, essential oil-infused, natural skin care line.



dōTERRA **SALON ESSENTIALS® KIT**

Essential oil-infused premium hair products: Protecting Shampoo, 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.

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.

GLASS CLEANER

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

Mix ingredients in 16-ounce glass
spray bottle & shake thoroughly.

NATURAL CLEANING

*Reduce toxicity in your environment by
using safe, natural cleaners.*



dōTERRA
On Guard®
Cleaner
Concentrate



dōTERRA
On Guard®
Foaming
Hand Soap

Informed Self Care

Create the habit of using dōTERRA natural solutions as your first line of defense. Use a trusted essential oil reference book and increase your understanding and application of the many possibilities you have at your fingertips.



PASTTENSE®

Eases occasional head and neck tension.



CORRECT-X®

Use natural ointment for 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 percent 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

Women's Health



CLARYCALM™ MONTHLY BLEND FOR WOMEN

Provide a calming effect during monthly period



WHISPER™ BLEND FOR WOMEN

Warming aroma that entices the senses



LAVENDER

Diffuse for a restful sleep



IMMORTELE® BEAUTY BLEND

Support skin to sustain smoother, radiant and youthful



HD CLEAR™ TOPICAL BLEND

Promote a clear complexion and reduce breakouts



Customize Your Wellness Plan

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

1 FOUNDATIONAL NUTRITION

Fuel, Support & Fortify



- Take high quality supplements everyday.
- Eat whole-food enzymes

Between Meals



- DigestZen®
- Fennel

2 EXERCISE

Soothe & Energize



- Deep Blue®

Clear Away



- dōTERRA Breathe®
- Peppermint

Metabolic Support



- Smart & Sassy®

3 REST & MANAGE STRESS

Sleep Support



- Lavender
- dōTERRA® Serenity™
- dōTERRA® Petal Diffuser 2.0

Emotional / Stress Support



- Essential Aromatics Touch Kit



- dōTERRA Adaptiv™ System



- Power Up! Kit



- Go Figure! Kit



- Perfect Chill Kit

4 REDUCE YOUR TOXIC LOAD

5 INFORMED SELF-CARE

Cleanse Support



- Lemon Tangerine

Natural Cleaning Support



- dōTERRA On Guard® Cleaner Concentrate dōTERRA On Guard® Foaming Hand Soap

Natural Self-Care



- Verage™ Skin Care Collection dōTERRA On Guard® Toothpaste Shampoo & Conditioner

- Daily Defense Kit

Protect & Restore



- dōTERRA On Guard® Purify® Frankincense



- ClaryCalm® Whisper™ Melaleuca (Tea Tree)



- PastTense® InTune® Immortelle®



- TerraShield® HD Clear™

- Daily Nourishment Kit

Targeted Support

Note any needed natural solutions from pg. 13

- 1.
- 2.
- 3.



- Women's Health Kit

Wellness Consult

Reach your wellness goals!

Essential oil reference book/app: _____

1 Write down your health priorities and find solutions. (on pg. 3) 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
<input type="checkbox"/> Frankinsense <input type="checkbox"/> Lemon <input type="checkbox"/> dōTERRA Breathe® <input type="checkbox"/> dōTERRA On Guard®	<input type="checkbox"/> Peppermint <input type="checkbox"/> Wild Orange or Citrus Bliss®	<input type="checkbox"/> Lavender or Serenity™ <input type="checkbox"/> Balance®

3 What other wellness choices could support your goals? (e.g. increase water, sleep, exercise, dietary changes, etc.)

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 5th–15th).

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 _____

Quick Guide

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

SINGLE OILS

- Arborvitae** Cleansing; diffuse for seasonal relief; naturally repels insects
- Basil** Clean and healthy skin; diffuse to promote alertness
- Bergamot** Provides skin purifying benefits; has a calming and soothing aroma
- Black Pepper** Helps to keep the skin looking healthy; warm massage for cold, achy joints
- Cardamom** Diffuse to promote feelings of clear breathing; has a spicy but fruity warm aroma
- Cedarwood** Calming and soothing; healthy skin; hair and scalp support
- Cilantro** Cleansing; diffuse to lessen occasional tension
- Cinnamon** Naturally repels insects; warm massage for cold, achy joints
- Clary Sage** Healthy skin; hair and scalp support; diffuse to promote a restful atmosphere for sleep
- Clove** Mouth rinse to soothe teeth and gums; has a warm, woody aroma
- Copaiba** Calming and soothing; promotes clear, smooth skin and reduces the appearance of blemishes
- Coriander** Helps maintain a clear complexion; aroma promotes relaxation
- Cypress** Improves the appearance of oily skin; diffuse with citrus oils for an uplifting aroma
- Eucalyptus** Diffuse to promote feelings of clear breathing; mouth rinse to freshen breath
- Fennel** Refreshing and sweet aroma; diffuse to promote calming, soothing effect
- Frankincense** Hydrates and rejuvenates the skin; diffuse for a relaxing aroma
- Geranium** Soothes skin; diffuse for a balancing aroma
- Ginger** Apply on lower abdomen for a soothing massage; diffuse to create an aroma of warming, energizing, and revitalizing
- Grapefruit** Improves the appearance of blemishes for clearer, healthy-looking skin; has an uplifting and energizing aroma
- Hawaiian Sandalwood** Promotes healthy-looking, smooth skin; use in meditation for its grounding and uplifting aroma
- Helichrysum** Reduces the appearance of wrinkles and promotes a glowing, youthful skin; massage for a soothing sensation
- Juniper Berry** Natural cleansing agent; natural skin toner
- Lavender** Helps keep hair looking thick and healthy; soothes occasional skin sensitivities
- Lemon** Cleanses and purifies the air and surfaces; uplifting aroma promotes a positive mood
- Lemongrass** Combine with a carrier oil for a soothing massage; reduces appearance of oily skin
- Lime** Helps to purify the skin and hair; use as a topical or aromatic cleanser
- Marjoram** Apply to muscles before and after exercising; combine with a carrier oil for a soothing massage
- Melaleuca (Tea Tree)** Cleansing; healthy skin; hair and scalp support

- Melissa** Diffuse for a calming aroma; encourages a restful night's sleep
- Myrrh** Has powerful cleansing properties; promotes a smooth, youthful-looking complexion
- Oregano** Powerful cleansing and purifying agent; helps the skin look healthy
- Patchouli** Diffuse for a grounding, balancing aroma; reduces blemishes, wrinkles, or problematic skin.
- Peppermint** Soothing and cooling to the skin; repels bugs naturally
- Petitgrain** Relaxing aroma promotes a restful environment; add to pillows and bedding before going to bed
- Roman Chamomile** Soothes occasional skin sensitivities; diffuse to promote feelings of relaxation
- Rosemary** Promotes healthy-looking hair; soothes skin and scalp
- Siberian Fir** Diffuse for a relaxing aroma; provides a soothing effect when used in massage
- Spearmint** Soothing and cooling to skin; diffuse for an uplifting aroma that promotes a sense of focus
- Thyme** Powerful cleansing and purifying agent; naturally repels insects
- Tangerine** Aroma uplifts mood; has a sweet, fresh aroma
- Vetiver** Has a calming and grounding aroma; use in warm bath for deep relaxation
- Wild Orange** Cleanses and purifies the air and surfaces; uplifting aroma promotes a positive mood
- Wintergreen** Use for massage to soothe occasional soreness; diffuse for an uplifting aroma
- Ylang Ylang** Massage to reduce daily stress; promotes the appearance of healthy skin and hair

SINGLE OILS BLENDS

- Aromatouch®** Add to a hot bath with epsom salt; combine with a carrier oil for a soothing massage
- Balance®** Diffuse for a grounding, calming aroma that promotes a sense of focus; helps to improve skin appearance and to soothe the skin
- dōTERRA Breathe®** Diffuse to promote feelings of clear breathing; cleanses and purifies the air
- Citrus Bliss®** Uplifting aroma promotes a positive mood; cleanses and purifies the air
- ClaryCalm™** Aroma provides a soothing and calming effect during a woman's menstrual cycle; calming aroma helps soothe heightened emotions
- dōTERRA Deep Blue®** Apply before and after exercise to relieve occasional soreness; has a minty aroma
- Digestzen®** Use with Fractionated Coconut Oil for a soothing abdominal massage; great for at-home or on-the-go use
- dōTERRA Elevation®** Aroma elevates mood and increases vitality; add to a bath for a restful, uplifting aroma

- HD Clear™** Promotes a clear complexion; helps keep skin clean, clear, and hydrated
- Hope™ Touch** Uplifts mood with a bright, fresh scent; provides a unique aroma profile for a personalized fragrance
- Immortelle®** Reduces the appearance of fine lines and wrinkles; reduces factors to aging skin
- Intune™** Uplifting aroma promotes a sense of focus; use to create an uplifting atmosphere
- On Guard®** Safe for use on countertops, as a non-toxic cleaner, or to purify the air through diffusion
- PastTense®** Promotes the appearance of clear, healthy skin; provides a soothing effect when used in massage
- Purify®** Has a refreshing aroma; replaces unpleasant odors and clears the air
- Serenity™** Calming, renewing aroma; aroma promotes relaxation and a restful sleeping environment
- Smart & Sassy™** Promotes healthy- and smooth-looking skin; use aromatically to provide a positive mood during vigorous workouts
- TerraShield®** Diffuse during outdoor events; apply before hiking or camping
- Whisper™** Provides a warming, musky aroma; apply to wrists, back of neck, and pulse points for a distinct and individual fragrance
- Zendocrine®** Apply to abdomen or bottoms of feet for cleansing purposes; helps to keep the skin clean and reduces the appearance of blemishes
- Fractionated Coconut Oil** Dilution aid and skin moisturizer; softens and soothes dry skin

PERSONAL CARE

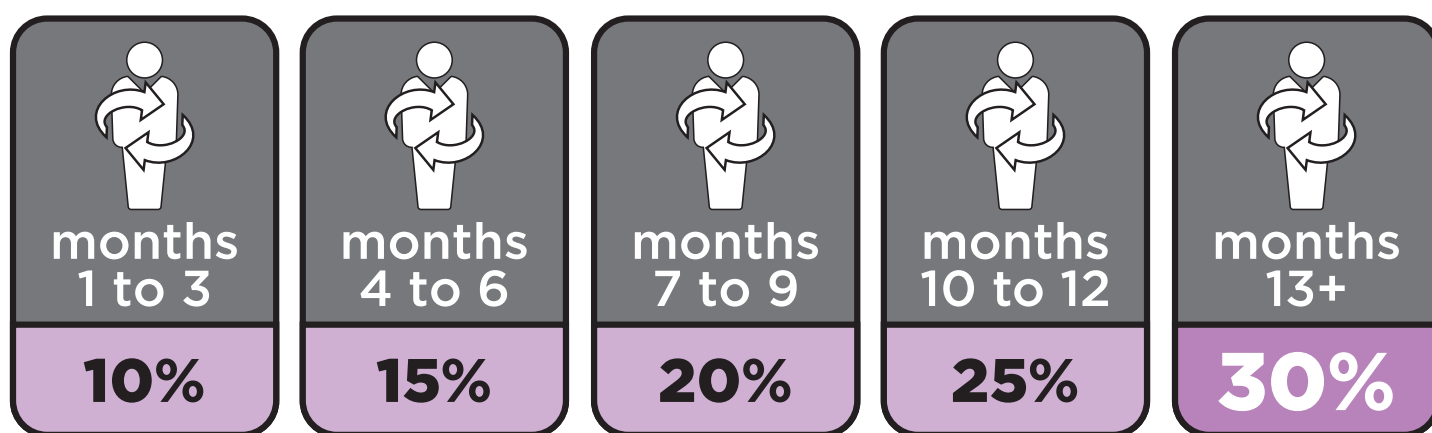
- Veràge® Skin Care Collection** Nourishes and hydrates skin; reduces the visible signs of aging
- dōTERRA Salon Essentials™** Promotes soft and beautiful shiny hair; includes Protecting Shampoo and Smoothing Conditioner
- dōTERRA® Spa Hand & Body Lotion** Absorbs quickly leaving skin looking healthy, soft, and smooth; ideal for both hands and body
- dōTERRA® Spa Rose Hand Lotion** Promotes smooth, glowing skin; leaves hands soft, supple, and nourished
- On Guard® Cleaner Concentrate** Provides natural protection by keeping surrounding areas clean and safe; cleans and eliminates odors
- On Guard® Foaming Hand Wash** Gentle cleansers and emollients clean and soften hands throughout the day without drying or irritating sensitive skin; provides an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus clean
- On Guard® Natural Whitening Toothpaste** Cleans and freshens breath; helps clean teeth, reduces plaque, and whitens teeth

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.

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.

Loyalty Rewards Credits



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 Loyalty Rewards order?

- You can cancel your LRP order anytime via phone, online chat, or email to philippines@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 2nd and the 15th. 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)				✓

Terms and Conditions





- Minimum monthly Loyalty Rewards order of 50 PV to earn points
 - Orders with a minimum of 1 PV* will maintain both Loyalty Reward level (%)† and previously accrued points
 - No maximum monthly points accumulation limit
 - Points expire 12 months from the date of issue
 - Points can be used to purchase full PV products only
 - Points can be redeemed online in the new shopping cart
 - Redemption orders have no PV
 - A redemption fee of ₱160 per order
 - Must be an LRP participant for 60 days before credits can be redeemed
 - All points and percentage will be immediately cancelled with LRP cancellation
 - Points have no cash redemption value and are non-transferable
 - Products purchased with LRP credits are not for resale
 - Cancellation of LRP order must take place over the telephone by calling Member Services at +632 8 271 1194
- * Loyalty Rewards orders must exceed 50 PV per single order to earn Reward Points.
† Loyalty Rewards orders must exceed 50 PV per single order to advance Loyalty Reward levels (%).

Join Today! Login at www.mydoterra.com or call +632 8 271 1194







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.
-  To affect the whole body quickly 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. Use doTERRA's sensitivity guidelines. For convenience, doTERRA's 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.
-  doTERRA® oils are very potent. Use smaller amounts more frequently for best results.

Learn More

Member # _____
 Password _____



Empowered Life Series
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®
 Lifestlye email series at doTERRA.com in the Living section, or download the app.



Learn more and get great ideas:
 • doterrablog.com/doterra-living



Get an oil reference guide or mobile app

Your Key Support _____

Phone _____

Email _____

- Live chat at doterra.com/PH/en_PH/
- Email: philippines@doterra.com
- Philippines: +632 8 271-11-94

Other Support _____

Phone _____

Email _____

Team Call/Website/Facebook Group(s)

Upcoming Local or Online Classes & Events _____

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.

v1-051221

