



LIVE

The dōTERRA Lifestyle



Transform Your Health

Welcome to the dōTERRA difference, where changing lives is the norm, and supporting your wellbeing 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 how wellness is a combination of 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 wellness 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.

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.

GREEN SMOOTHIE

- ½ frozen banana
- 200 g frozen blueberries or strawberries
- 2 handfuls of baby spinach or kale
- 375 to 400 ml of unsweetened almond milk
- 1 scoop meal replacement shake powder of your choice
- 1 drop Lemon 5 mL essential oil

Combine ingredients in blender until smooth.

OATMEAL

Add Cinnamon Bark* or On Guard®, to your oatmeal.

*Dip a toothpick into the oil and then add to your food gradually.

PRODUCE WASH

Wash off pesticides, impurities, and residues by filling the sink with cold water, 1 cup of white vinegar, and 6 drops of Lemon 5 mL essential oil. Soak the fruits and vegetables, and then rinse.



Nutrition



dōTERRA Lifelong Vitality Pack™
Crucial wholefoods, micronutrients, and omega fatty acids.



Oregano 5 mL
Supports a healthy digestive system



Turmeric 15 mL
Turmeric brings a burst of flavor to savory meals and it helps reduce oxidative stress in the body.

Digestion



ZenGest@ 5 mL
This blend will naturally aid and support the body in the process of digestion.



Peppermint 5 mL
Supports a healthy digestive system when taken internally.

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

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.



EASY AIR® SHOWER MELTS

INGREDIENTS

1 cup baking soda
25 drops Easy Air®
Respiratory Blend
¼–½ cup water

INSTRUCTIONS

Combine baking soda and water in a small bowl. Mix well. Add 25 drops (depending on desired potency) to mixture. Stir until well combined. Pack mixture into small silicone molds and allow to set overnight. To use, place a tab in your shower away from the direct flow of water and enjoy the cooling effect of the Easy Air® blend to help give feelings of open airways and clear breathing after an exercise session. Store in an airtight container. This will help prevent the volatile compounds of the oil from evaporating into the air. Use within one week.

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® 5 mL

Try applying Deep Blue® blend then layer with Deep Blue® Rub for added benefit after exercising.

Apply to desired areas needed.



Easy Air® 15 mL

Creates feelings of easy breathing. Rub 1-2 drops on chest. Dilute if needed.



Lemongrass 15 mL

An essential oil that can revitalize your body by stimulating your senses.

Combine a few drops of Lemongrass essential oil with Fractionated Coconut oil for a massage after a hard workout.



Copaiba 15 mL

Massage 2-3 drops onto desired areas to soothe sore, tired muscles after strenuous activity.

CHOCOPEPPERMINT SHAKE

235 ml coconut water or almond milk
2 scoops chocolate shake of your choice
1 drop Peppermint essential oil
Ice (as desired)
Blend all ingredients until smooth.

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

Metabolism

Your metabolic health and biological age are inseparable.

As you age, so does your body's ability to metabolize nutrients into energy. The stronger and healthier your metabolic function, the better you feel from the inside out.

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.

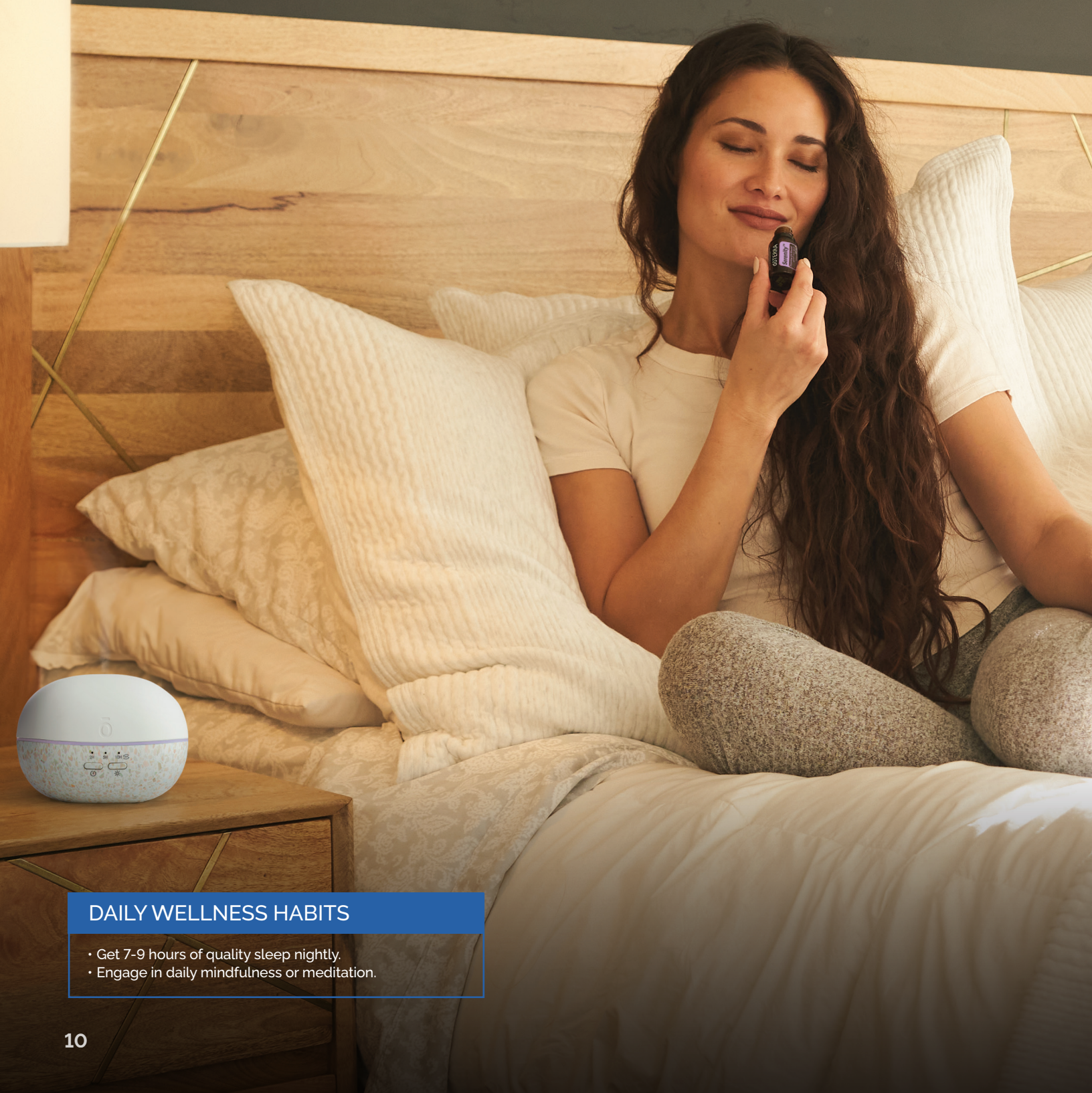
MetaPWR® 15 mL
A beneficial addition to your wellness routine to complement mindful food choices.

MetaPWR® Beadlets
When you crave sugary, sweet foods, opt for the fruity, fresh taste of MetaPWR in its beadlet form.



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



Serenity® and Lavender 15mL
Place 1-2 drops on your pillow for peaceful dreams.



Cedarwood 15 mL
Massage 1-3 drops on feet and forehead at the end of a long day for a calming, relaxing aroma in a flash.

Manage Stress



Citrus Bliss®
Put a drop in your palm and inhale for a quick pick-me-up.



Balance™ 15 mL
Creates a sense of calmness and wellbeing. Apply Balance™ to neck and wrists to help promote feelings of tranquility.

The Adaptiv® System



Adaptiv® Essential Oil Blend is the answer during life's most demanding moments. Apply or roll on the skin to help boost mood and to create a calming atmosphere.



RELAXING BATH SALTS

- 1 cup Epsom salts
 - 10 drops Balance™ and Lavender
- Mix and pour into your bath.

Reduce Toxicity

Support your body's natural detoxification pathways.

DAILY WELLNESS HABITS

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



CLEANSE Lemon 5 mL

Add Lemon oil to your water for a refreshing taste or as an alternative to sodas and sugary drinks.



Zendocrine® 15 mL

Supports the body's natural ability to rid itself of unwanted substances when used internally.



Juniper Berry 5 mL

May have antioxidant properties



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.



dōTERRA® Hair Care

Use essential-oil infused premium hair products: Protecting Shampoo, and Daily Conditioner.



Oral Health

Use dōTERRA On Guard® Natural Whitening & Remineralizing Toothpaste during the morning and night to naturally brighten your smile.

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

DAILY WELLNESS HABITS

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



On Guard® 15 mL
During chilly days On Guard® can help invigorate the body when applied on the bottoms of the feet



Easy Air®
Apply to 1 drop on chest, dilute as needed. Create feelings of easy breathing and open airways.



Lavender
Apply topically as needed to help promote a healthy skin.



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



Peppermint
Apply for a cooling sensation. Dilute as needed.



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

Wellness Consult

1 Write down your health priorities and find solutions.

Top Health Priorities for You and Your Family	90-Day Goals	Natural Solutions You Have or 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
Daily Wellness Habits <input type="checkbox"/> 1-3 drops Lemon 5 ml essential oil in glass of water <input type="checkbox"/> 2 drops Frankincense 15 ml essential oil on bottoms of feet <input type="checkbox"/> 2 drops dōTERRA Balance™ on neck or bottom of feet	<input type="checkbox"/> 1-3 drops Lemon 5 ml essential oil in glass of water <input type="checkbox"/> Diffuse 4-5 drops On Guard® 15 ml <input type="checkbox"/> Apply Deep Blue® Rub after workout	<input type="checkbox"/> 2 drops Frankincense 15 ml essential oil on bottoms of feet <input type="checkbox"/> 2 drops Balance™ on neck or bottoms of feet <input type="checkbox"/> Apply Deep Blue® where needed <input type="checkbox"/> Diffuse 3-5 drops Lavender 15 ml at bedtime

3 What other wellness choices could support your goals?

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

How can you redirect your spending and replace everyday household items with more natural, high-quality dōTERRA® products?

(e.g. skin, hair, laundry, cleaning)

4 Live empowered with natural solutions.

Create a 90-day wellness plan by adding the product you need to your 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	



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.

Essential Tips

Effectiveness

- There are many essential oil reference guides available to find solutions to your daily wellness questions.
- 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 pre-diluted 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 www.doterra.com/AE/en_AE

Member Services

Customer Service: use@doterra.com	Facebook: https://www.facebook.com/doterrauaeofficial
Member Services: Monday to Friday: 10:00 - 18:00 GST	Instagram: www.instagram.com/doterrauae-official
Stack Team App: dōTERRA UAE Market	

Your Key Support _____ **Team Call/Website/Facebook Group(s)** _____

Phone _____

Email _____

Other Support _____ **Upcoming Local or Online Classes and Events** _____

Phone _____

Email _____

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.





dōTERRA®
pursue what's pure®

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