

A close-up photograph of lavender flowers in a field, with a soft, out-of-focus background of more flowers. The color palette is dominated by various shades of purple and blue.

dōTERRA®  
*Live*

Lifestyle Overview

# Congratulations

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, naturally sourced solutions you can rely on to care for the whole you and enhance your overall well-being. 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 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 naturally sourced 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 these principles and use dōTERRA's powerful products, you experience new levels of wholeness.

## Establish Daily Wellness Habits

Rate yourself in each area (1-10)



### Fuel, Support, & Fortify

Maximize your daily nutrient intake with the dōTERRA Lifelong Vitality™ Convenience Pack, a trio of power-packed supplements to fuel and support your body.\*

Support digestion with TerraZyme®.\*

\*NHP# 80061038 (Lavender), NHP# 80072499 (Petitgrain), NHP# 80074456 (xEO Mega®), NHP# 80082975 (Alpha CRS+®), NHP# 80075879 (Microplex VMz™), NHP# 80077027 (TerraZyme®)

# 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.



## dōTERRA LIFELONG VITALITY™ CONVENIENCE PACK

Includes products that provide crucial micronutrients and cellular support.\*



## TERRAZYME®

Whole-food enzymes to support healthy digestion.\*



## CILANTRO or BLACK PEPPER

Essential oils can provide great flavoring to your favorite healthy dishes.

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

## DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods

Decrease sugar, caffeine, dairy, and processed foods

### GREEN SMOOTHIE

- 1/2 frozen banana
- 1/2 cup frozen blueberries or strawberries
- 2 handfuls of baby spinach or kale
- 1 1/2 cups vanilla unsweetened almond milk
- 1 scoop of your favourite protein powder
- 1 drop Wild Orange
- 1-2 drops Juniper Berry

Combine ingredients in blender until smooth.

### OATMEAL

Add Cinnamon Bark, 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 of Lemon oil. 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):

- Tangerine
- Lemon
- Grapefruit and Cassia
- Wild Orange, Lime, and Grapefruit

Add 1-2 drops Peppermint, Ginger, or On Guard® to hot water for a soothing tea.

# Exercise

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



## FUEL PLAN

### BREAKFAST

Eat a healthy meal. Try:

- Protein shake
- Fruit bowl
- Take 1 capsule Mito2Max® with your meal
- Drink at least 8 oz. (240 mL) of water

### LUNCH

Eat a healthy meal. Try:

- Meal-replacement shake
- Veggie wrap
- Take 1 capsule Mito2Max® with your meal
- Drink at least 8 oz. (240 mL) of water

### DINNER

Eat a healthy meal. Try:

- Grilled meat and veggies
- Salad with protein
- Take 1-3 capsules TerraZyme® with your meal
- Drink at least 8 oz. (240 mL) of water

### QUICK TIPS:

#### GO FOR THE GOAL

Set a long-term goal to gain perspective and purpose. Set measurable short-term goals that lead to your long-term goal to note progression and maintain motivation.

#### STAY POSITIVE

Maintaining a "can-do" attitude will help you stay motivated to achieve your goals.

#### KEEP IT COLORFUL

Whole foods of different colors provide varying benefits. Try incorporating all the colors of the rainbow in your diet for well-rounded nutritional intake.

#### STAY HYDRATED

Drink 64 oz. (2 liters) of water per day. Add 1-5 drops Smart & Sassy® to each glass of water for improved flavor.



DAILY WELLNESS LIFESTYLE HABITS

30+ minutes daily movement  
Stretch or practice yoga to increase flexibility



**DEEP BLUE®**  
Provides soothing and cooling effects to the skin on back, knees, feet and other areas.  
*Use in massage to help relax before and after exercise.*



**DEEP BLUE POLYPHENOL COMPLEX®**  
Source of antioxidants that protect against and reduce oxidative damage caused by free radicals.  
*Take 2 capsules daily with meals.*



**PEPPERMINT**  
Use topically to help relieve joint & muscle pain associated with sprains and strains.\*  
*Rub 1-2 drops diluted on affected area.*



**HELICHRYSUM**  
Use topically to relieve cuts and bruises sustained through physical activity.\*  
*Rub 1-2 drops diluted on affected area.*

**CHOCO-PEPPERMINT SHAKE**  
1 cup coconut water or almond milk  
2 scoops chocolate protein shake  
1 drop Peppermint  
Ice (as desired)  
Blend all ingredients until smooth

**ALSO TRY**  
Mixing your favorite protein shake with frozen berries, bananas, and 3 drops of Wild Orange.

\*NHP# 80071413 (Deep Blue Polyphenol Complex), NHP# 80061370 (Peppermint), NHP# 80060963 (Helichrysum)

# Rest and Harmony

Sleep improves mood and gives your body the opportunity to repair and renew. Essential oils provide dynamic support for getting consistent quality sleep.

## PEACEFUL FAVORITES

### PEACEFUL DREAMS

Place 1–2 drops of Lavender on pillow.



### DRIFT OFF

Rub 1-2 drops dōTERRA Serenity® onto bottoms of feet before bed.



### UNWIND WITH DEEP SCENTS

Combine 1–3 drops of Wild Orange and Vetiver, and massage on feet and spine.



### AROMATHERAPY

Diffuse, inhale from cupped hands, or apply essential oils to pulse points.



### RELAXING BATH SALTS

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

Mix and pour into warm water for a nice bath.



## DAILY WELLNESS LIFESTYLE HABITS

7-9 hours quality sleep nightly

Daily mindfulness/meditation

# Essential Aromatherapy

Choose the dōTERRA Essential Aromatics® oils that resonate with you to diffuse daily.



dōTERRA  
**PASSION®**



dōTERRA  
**MOTIVATE®**



dōTERRA  
**CHEER®**



dōTERRA  
**FORGIVE®**



dōTERRA  
**PEACE®**



dōTERRA  
**CONSOLE®**



# Reduce Synthetic Exposure

Nature experiences cycles of releasing and renewing. Our bodies also benefit from seasons of focused renewal. Reduce your synthetic exposure by keeping more naturally sourced products around your home and on your skin.

## SELF-CARE



**ON GUARD® TOOTHPASTE**  
Naturally sourced whitening toothpaste



**VERÀGE® FACIAL KIT**  
Plant-based, essential oil-infused naturally sourced skin care line



**SALON ESSENTIALS® KIT**  
Essential oil-infused premium hair products: Protecting Shampoo, Smoothing Conditioner, Salon Essentials Healthy Hold Glaze®, and Salon Essentials Root to Tip Serum®



doTERRA  
**SPA MOISTURIZING BATH BAR AND REFRESHING BODY WASH**  
Soap and body wash free of harsh ingredients

## WHY CLEANSE?

Staying hydrated is a great way to cleanse your body and receive great benefits such as:

- Enhance mood
- Enhance metabolism
- Support healthy weight
- Improve digestive function
- Improve elimination and natural detox processes of body
- Support nervous system
- Increase energy

**TIP**  
Use citrus oils in your water daily for improved flavour.



## DAILY WELLNESS LIFESTYLE HABITS

8-10+ water glasses daily

Reduce synthetic chemical-based cleaning and self-care products

### BATHROOM FRESHENER

5 drops Lemongrass  
5 drops Grapefruit  
5 drops Bergamot  
Water

Add oils to 4 oz. (120 mL) spray bottle nearly full of water.  
Mix, shake, and spray.

### GLASS CLEANER

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

Mix ingredients in 16 oz. (480 mL) glass spray bottle and shake thoroughly.

### CLEANING

Reduce harmful ingredients in your environment by using naturally sourced cleaners.



On Guard®  
Cleaner  
Concentrate



On Guard®  
Laundry  
Detergent



On Guard®  
Foaming  
Hand Soap

# Informed Self Care

Make it a habit to use dōTERRA® solutions as your first line of defense. With a trusted essential oil reference book, increase your understanding and application of the many possibilities you have at your fingertips.



## CORRECT-X®

Naturally sourced ointment for use on various skin irritations.



## HELICHRYSUM

Relieves minor skin irritation from cuts, bruises, and burns.\*



## TEA TREE

Use when the seasons are changing to help relieve coughs and colds.\*



## LAVENDER

Helps relieve headaches.\*



## 8 VIAL KEYCHAIN

Pack your 8 most frequently used oils to be ready for anything!

### KEYCHAIN FAVORITES

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

\*NHP# 80060963 (Helichrysum), NHP# 80060950 (Tea Tree), NHP# 80061038 (Lavender)

# Targeted Support

Identify the area of concern and the oils that may help you find relief.

## ACNE



- Bergamot
- Helichrysum
- Juniper Berry
- Lime
- Patchouli

## HEADACHE



- Sandalwood
- Clary Sage
- Basil
- Bergamot
- Lavender

## COLD



- Black Pepper
- Cardamom
- Lemon
- Tea Tree
- Thyme

## DIGESTIVE DISCOMFORT



- Lemongrass
- Ginger
- Wild Orange
- Peppermint
- Roman Chamomile

## MUSCLE PAIN



- Peppermint
- Cypress
- Clary Sage
- Helichrysum
- Lemongrass
- Petitgrain

## JOINT PAIN (ARTHRITIS)



- Peppermint
- Helichrysum
- Lemongrass
- Cypress
- Lavender
- Petitgrain

## SKIN & HAIR



- Helichrysum
- Juniper Berry
- Myrrh

## COUGH



- Cardamom
- Lemon
- Lime
- Tea Tree
- Myrrh
- Peppermint

## NERVES (AGITATION)



- Lavender
- Patchouli
- Petitgrain
- Roman Chamomile
- Wild Orange

## CUTS, BRUISES, AND BURNS



- Helichrysum
- Juniper Berry
- Myrrh
- Patchouli

## SPRAIN/STRAIN PAIN



- Peppermint
- Helichrysum
- Lavender
- Cypress
- Lemongrass
- Petitgrain

\*See page 19 for a full list of NHP Registration Numbers related to this page.

\*\*Each product may help with one or more concern. See product information pages at [doterra.com/CA/en](http://doterra.com/CA/en)

\*\*\*See individual product labels for recommended use, directions, and risk information.

# 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



dōTERRA Lifelong Vitality™ Convenience Pack



TerraZyme®



## 2 EXERCISE

### Soothe & Energize



Deep Blue®



Easy Air®  Peppermint



Smart & Sassy®



Athlete's Collection

## 3 REST & HARMONY

### Rest & Relax



Lavender  Diffuser  
 dōTERRA Serenity®



dōTERRA Essential Aromatics® Touch Collection



Elevation  Citrus Bliss®  Balance®



dōTERRA Essential Aromatics® Collection

**4 REDUCE SYNTHETIC EXPOSURE**

**Naturally Sourced Alternatives**



Lemon  Tangerine



On Guard® Cleaner Concentrate  On Guard® Laundry Detergent  On Guard® Foaming Hand Soap



On Guard® Toothpaste  Shampoo & Conditioner



Verage® Skin Care Collection

**5 INFORMED SELF-CARE**

**Protect & Restore**



On Guard®  Frankincense



ClaryCalm®  Tea Tree



PastTense®  InTune®  Correct-X®



TerraShield®

**Targeted Support**

Note any needed products from pg. 13

- 1.
- 2.
- 3.



doTERRA Touch® Collection

# Wellness Consult

Reach your wellness goals!

Essential oil reference book/app:

**1 Write down your health priorities and find solutions.** Find your solutions on pages 13 and 17 or in a reference guide.

Top Health Priorities for you or your family	90-Day Goals	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
<b>Daily Wellness Habits</b> <input type="checkbox"/> dōTERRA Lifelong Vitality™ Convenience Pack <span style="color: orange;">M</span> <input type="checkbox"/> Frankincense <span style="color: purple;">T</span> <input type="checkbox"/> TerraZyme® <span style="color: orange;">M</span> <input type="checkbox"/> On Guard® <span style="color: purple;">T</span> <input type="checkbox"/> Lemon	<input type="checkbox"/> TerraZyme® <span style="color: orange;">M</span> <input type="checkbox"/> Balance® <span style="color: purple;">T</span> <input type="checkbox"/> dōTERRA Lifelong Vitality™ Convenience Pack <span style="color: orange;">M</span>  <span style="color: purple;">T</span> = Topical <span style="color: orange;">M</span> = with Meal	<input type="checkbox"/> TerraZyme® <span style="color: orange;">M</span> <input type="checkbox"/> Lavender <span style="color: purple;">T</span>

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

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

How can you re-purpose dollars and replace everyday household items with naturally-based, high-quality dōTERRA® products? (e.g., skin, hair, laundry, cleaning)

**4 Live empowered with naturally sourced solutions.**

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

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 _____



# PRODUCT PRICE LIST

#	PRODUCT	UNIT	RETAIL	WHSL	PV
<b>CPTG CERTIFIED PURE TESTED GRADE®</b>					
☐	Arborvitae	5 mL	\$37.67	<b>\$28.25</b>	23.50
☐	Basil	15 mL	\$41.00	<b>\$30.75</b>	25.50
☐	Bergamot	15 mL	\$51.33	<b>\$38.50</b>	32.00
☐	Black Pepper	5 mL	\$37.67	<b>\$28.25</b>	23.50
☐	Blue Tansy	5 mL	\$145.33	<b>\$109.00</b>	85.00
☐	Cardamom	15 mL	\$44.33	<b>\$33.25</b>	27.50
☐	Cassia	15 mL	\$32.33	<b>\$24.25</b>	20.00
☐	Cedarwood	15 mL	\$22.33	<b>\$16.75</b>	14.00
☐	Cilantro	15 mL	\$44.33	<b>\$33.25</b>	27.50
☐	Cinnamon Bark	5 mL	\$41.00	<b>\$30.75</b>	25.50
☐	Clary Sage	15 mL	\$62.33	<b>\$46.75</b>	38.50
☐	Clove Bud	15 mL	\$27.33	<b>\$20.50</b>	17.00
☐	Copaiba	15mL	\$60.00	<b>\$45.00</b>	37.00
☐	Coriander	15 mL	\$42.67	<b>\$32.00</b>	26.50
☐	Cypress	15 mL	\$26.67	<b>\$20.00</b>	16.50
☐	Douglas Fir	5 mL	\$33.33	<b>\$25.00</b>	20.50
☐	Eucalyptus	15 mL	\$29.00	<b>\$21.75</b>	18.00
☐	Fennel (sweet)	15 mL	\$25.67	<b>\$19.25</b>	16.00
☐	Frankincense	15 mL	\$116.33	<b>\$87.25</b>	67.00
☐	Frankincense Touch	10 mL	\$77.67	<b>\$58.25</b>	48.00
☐	Geranium	15 mL	\$53.00	<b>\$39.75</b>	33.00
☐	Ginger	15 mL	\$70.00	<b>\$52.50</b>	43.50
☐	Grapefruit	15 mL	\$30.67	<b>\$23.00</b>	19.00
☐	Green Mandarin	15 mL	\$48.00	<b>\$36.00</b>	30.00
☐	Helichrysum	5 mL	\$119.67	<b>\$89.75</b>	63.50
☐	Jasmine Touch	10 mL	\$71.67	<b>\$53.75</b>	44.50
☐	Juniper Berry	5 mL	\$32.33	<b>\$24.25</b>	20.00
☐	Lavender	15 mL	\$39.33	<b>\$29.50</b>	24.50
☐	Lavender Touch	10 mL	\$25.67	<b>\$19.25</b>	16.00
☐	Lemon	15 mL	\$18.67	<b>\$14.00</b>	11.50
☐	Lemongrass	15 mL	\$17.00	<b>\$12.75</b>	10.50
☐	Lime	15 mL	\$22.33	<b>\$16.75</b>	14.00
☐	Magnolia Touch	10 mL	\$48.00	<b>\$36.00</b>	30.00
☐	Marjoram	15 mL	\$32.33	<b>\$24.25</b>	20.00
☐	Melissa	5 mL	\$196.67	<b>\$147.50</b>	106.00
☐	Myrrh	15 mL	\$101.00	<b>\$75.75</b>	53.00
☐	Neroli Touch	10 mL	\$80.33	<b>\$60.25</b>	50.00
☐	Oregano	15 mL	\$37.67	<b>\$28.25</b>	23.50
☐	Oregano Touch	10 mL	\$24.67	<b>\$18.50</b>	15.50
☐	Patchouli	15 mL	\$48.00	<b>\$36.00</b>	30.00
☐	Peppermint	15 mL	\$37.67	<b>\$28.25</b>	23.50
☐	Peppermint Beadlets	125 Bdts.	\$21.33	<b>\$16.00</b>	13.00
☐	Peppermint Touch	10 mL	\$24.67	<b>\$18.50</b>	15.50
☐	Pink Pepper	5 mL	\$44.33	<b>\$33.25</b>	27.50
☐	Rose Touch	10mL	\$119.67	<b>\$89.75</b>	69.00
☐	Rosemary	15 mL	\$27.33	<b>\$20.50</b>	17.00
☐	Sandalwood	5 mL	\$119.67	<b>\$89.75</b>	63.50
☐	Sandalwood (Hawaiian)	5 mL	\$119.67	<b>\$89.75</b>	63.50
☐	Siberian Fir	15 mL	\$34.33	<b>\$25.75</b>	21.50
☐	Spearmint	15 mL	\$48.00	<b>\$36.00</b>	30.00
☐	Spikenard	5 mL	\$84.67	<b>\$63.50</b>	52.50
☐	Tangerine	15 mL	\$25.67	<b>\$19.25</b>	16.00
☐	Tea Tree	15 mL	\$36.00	<b>\$27.00</b>	22.50
☐	Tea Tree Touch	10 mL	\$21.33	<b>\$16.00</b>	13.00
☐	Thyme	15 mL	\$50.33	<b>\$37.75</b>	31.00
☐	Turmeric	15 mL	\$48.00	<b>\$36.00</b>	30.00
☐	Vetiver	15 mL	\$70.00	<b>\$52.50</b>	43.50
☐	Wild Orange	15 mL	\$17.00	<b>\$12.75</b>	10.50
☐	Wintergreen	15 mL	\$37.67	<b>\$28.25</b>	23.50

## PROPRIETARY dōTERRA ESSENTIAL OIL BLENDS

☐	AromaTouch®	15 mL	\$48.00	<b>\$36.00</b>	30.00
☐	Balance®	15 mL	\$36.00	<b>\$27.00</b>	22.50
☐	dōTERRA Cheer®	5 mL	\$42.67	<b>\$32.00</b>	26.50
☐	dōTERRA Cheer® Touch	10 mL	\$27.67	<b>\$20.75</b>	17.00
☐	Citrus Bliss®	15 mL	\$30.67	<b>\$23.00</b>	19.00
☐	ClaryCalm® Roll On	10 mL	\$46.33	<b>\$34.75</b>	28.50
☐	dōTERRA Console®	5 mL	\$63.33	<b>\$47.50</b>	39.50
☐	dōTERRA Console® Touch	10 mL	\$41.00	<b>\$30.75</b>	25.50
☐	Deep Blue®	5 mL	\$56.33	<b>\$42.25</b>	35.00
☐	Deep Blue® Roll On	10 mL	\$101.00	<b>\$75.75</b>	58.50
☐	Deep Blue® Touch	10 mL	\$73.67	<b>\$55.25</b>	45.50
☐	Easy Air®	15 mL	\$37.67	<b>\$28.25</b>	23.50
☐	Easy Air® Touch	10 mL	\$24.00	<b>\$18.00</b>	15.00
☐	Elevation®	15 mL	\$73.67	<b>\$55.25</b>	45.50
☐	dōTERRA Forgive®	5 mL	\$34.33	<b>\$25.75</b>	21.50
☐	dōTERRA Forgive® Touch	10 mL	\$22.33	<b>\$16.75</b>	14.00
☐	HD Clean® Roll On	10 mL	\$36.00	<b>\$27.00</b>	22.50
☐	dōTERRA Hope® Touch	10 mL	\$34.33	<b>\$25.75</b>	0.00
☐	Immortelle®	10 mL	\$119.00	<b>\$89.25</b>	74.00
☐	InTune®	10 mL	\$59.00	<b>\$44.25</b>	36.50
☐	dōTERRA Motivate®	5 mL	\$39.33	<b>\$29.50</b>	24.50
☐	dōTERRA Motivate® Touch	10 mL	\$25.67	<b>\$19.25</b>	16.00

#	PRODUCT	UNIT	RETAIL	WHSL	PV
☐	On Guard®	15 mL	\$58.00	<b>\$43.50</b>	36.00
☐	On Guard® Touch	10 mL	\$37.67	<b>\$28.25</b>	23.50
☐	dōTERRA Passion®	5 mL	\$71.67	<b>\$53.75</b>	44.50
☐	dōTERRA Passion® Touch	10 mL	\$46.67	<b>\$35.00</b>	29.00
☐	PastTense® Roll On	10 mL	\$33.33	<b>\$25.00</b>	20.50
☐	dōTERRA Peace®	5 mL	\$51.33	<b>\$38.50</b>	32.00
☐	dōTERRA Peace® Touch	10 mL	\$34.33	<b>\$25.75</b>	21.50
☐	dōTERRA Purify®	15 mL	\$34.33	<b>\$25.75</b>	21.50
☐	dōTERRA Serenity®	15 mL	\$54.67	<b>\$41.00</b>	34.00
☐	Smart & Sassy®	15 mL	\$44.33	<b>\$33.25</b>	27.50
☐	TerraShield®	15 mL	\$18.00	<b>\$13.50</b>	11.00
☐	TerraShield® Spray	30 mL	\$33.33	<b>\$25.00</b>	18.00
☐	dōTERRA Whisper®	5 mL	\$41.00	<b>\$30.75</b>	25.50
☐	Zendocrine®	15 mL	\$41.00	<b>\$30.75</b>	25.50
☐	ZenGest®	15 mL	\$56.33	<b>\$42.25</b>	35.00
☐	ZenGest® Touch	10 mL	\$37.67	<b>\$28.25</b>	23.50

## dōTERRA ESSENTIAL OIL COLLECTIONS

☐	AromaTouch® Technique	Collection	\$175.00	<b>\$131.25</b>	108.50
☐	dōTERRA Essential Aromatics®	Collection	\$270.33	<b>\$202.75</b>	158.50
☐	dōTERRA Essential Aromatics® Touch	Collection	\$173.33	<b>\$130.00</b>	107.50
☐	Family Essentials Collection	Collection	\$219.00	<b>\$164.25</b>	125.00
☐	dōTERRA Kids Collection	Collection	\$162.67	<b>\$122.00</b>	90.00
☐	dōTERRA Touch®	Collection	\$296.33	<b>\$222.25</b>	174.00

## dōTERRA ACCESSORIES AND OTHER PRODUCTS

☐	Essential Oil Bottle Cap Stickers	144 Caps	\$1.00	<b>\$0.75</b>	0.00
☐	Amber 5/8 Dram Vials	Set of 12	\$7.67	<b>\$5.75</b>	0.00
☐	Black 8-Vial Keychain	Single	\$11.00	<b>\$8.25</b>	0.00
☐	Wooden Box	Single	\$25.67	<b>\$19.25</b>	0.00
☐	Petal Diffuser®	Single	\$80.33	<b>\$60.25</b>	21.00
☐	dōTERRA Aroma Lite Diffuser™	Single	\$153.67	<b>\$115.25</b>	42.50
☐	Lumo™ Diffuser	Single	\$119.67	<b>\$89.75</b>	42.50

## PERSONAL CARE

☐	Citrus Bliss® Lotion	2.5 fl oz./75 mL	\$11.00	<b>\$8.25</b>	5.00
☐	Clarifying Mud Mask	4 fl oz./113.4 g	\$24.67	<b>\$18.50</b>	12.50
☐	Exfoliating Body Scrub	8 oz./226 g	\$33.33	<b>\$25.00</b>	16.00
☐	Hand & Body Lotion	6.7 fl oz./200 mL	\$24.67	<b>\$18.50</b>	15.50
☐	Spa Lip Balm (Original, Herbal, or Tropical)	0.16 fl oz./4.5 g	\$11.00	<b>\$8.25</b>	5.00
☐	Moisturizing Bath Bar	4 oz./113 g	\$11.67	<b>\$8.75</b>	5.50
☐	Replenishing Body Butter	7 oz./198 g	\$30.00	<b>\$22.50</b>	16.00
☐	Refreshing Body Wash	8.45 fl oz./250 mL	\$21.67	<b>\$16.25</b>	10.50
☐	Rose Lotion	3.3 fl oz./100 mL	\$34.33	<b>\$25.75</b>	0.00
☐	Verâge® Cleanser	2 fl oz./60 mL	\$42.67	<b>\$32.00</b>	26.50
☐	Verâge® Immortelle Hydrating Serum	5 fl oz./15 mL	\$111.00	<b>\$83.25</b>	69.00
☐	Verâge® Moisturizer	1 fl oz./30 mL	\$48.00	<b>\$36.00</b>	30.00
☐	Verâge® Skin Care Collection	Collection	\$144.00	<b>\$108.00</b>	73.50
☐	Verâge® Toner	1.7 fl oz./50 mL	\$37.67	<b>\$28.25</b>	23.50
☐	HD Clean® Facial Lotion	50 mL	\$58.00	<b>\$43.50</b>	36.00
☐	HD Clean® Foaming Face Wash	50 mL	\$37.67	<b>\$28.25</b>	23.50
☐	HD Clean® Facial Pack	Collection	\$80.33	<b>\$60.25</b>	43.50
☐	Anti-aging Moisturizer	1.7 fl oz./48 g	\$59.00	<b>\$44.25</b>	36.50
☐	Facial Cleanser	4 fl oz./115 g	\$28.33	<b>\$21.25</b>	17.50
☐	Hydrating Cream	1.7 fl oz./48 g	\$61.67	<b>\$46.25</b>	38.00
☐	Invigorating Scrub	2.5 fl oz./70 g	\$30.67	<b>\$23.00</b>	19.00
☐	Pore Reducing Toner	4 fl oz./115 mL	\$36.00	<b>\$27.00</b>	22.50
☐	Tightening Serum	1 fl oz./28 g	\$84.67	<b>\$63.50</b>	52.50
☐	Hair Care System	Collection	\$132.33	<b>\$99.25</b>	74.00
☐	Salon Essentials Healthy Hold Glaze®	4 fl oz./120 mL	\$30.67	<b>\$23.00</b>	16.00
☐	Protecting Shampoo	8.34 fl oz./250 mL	\$33.33	<b>\$25.00</b>	20.50
☐	Protecting Shampoo (2)	2 Pack	\$42.00	<b>\$31.50</b>	19.50
☐	Protecting Shampoo Liter	32 fl oz./947 mL	\$77.00	<b>\$57.75</b>	37.00
☐	Protecting Shampoo & Conditioner	2 Pack	\$48.00	<b>\$36.00</b>	23.00
☐	Salon Essentials Root to Tip Serum®	1 fl oz./30 mL	\$60.00	<b>\$45.00</b>	37.00
☐	Smoothing Conditioner	8.34 oz./250mL	\$39.33	<b>\$29.50</b>	24.50
☐	Smoothing Conditioner (2)	2 Pack	\$48.00	<b>\$36.00</b>	23.00
☐	Smoothing Conditioner Liter	32 fl oz./947 mL	\$85.67	<b>\$64.25</b>	42.50
☐	Cleaner Concentrate	355 mL	\$24.67	<b>\$18.50</b>	10.50
☐	Foaming Hand Wash	473 mL	\$31.67	<b>\$23.75</b>	19.50
☐	Foaming Hand Wash (2)	2 Pack	\$57.33	<b>\$43.00</b>	35.50
☐	Foaming Hand Wash Dispenser	1.7 oz./235 mL	\$3.33	<b>\$2.50</b>	0.00
☐	On Guard™ Mist	0.9 fl oz.	\$11.00	<b>\$8.25</b>	5.00
☐	Laundry Detergent	947 mL	\$42.00	<b>\$31.50</b>	21.50
☐	On Guard® Whitening Toothpaste	125 g	\$14.67	<b>\$11.00</b>	5.50
☐	Deep Blue® Rub	120 mL	\$54.67	<b>\$41.00</b>	32.00
☐	Correct-X®	15 mL	\$20.67	<b>\$15.50</b>	10.50
☐	Fractionated Coconut Oil	4 oz./115 mL	\$20.67	<b>\$15.50</b>	13.00
☐	Deodorant	50 g	\$14.67	<b>\$11.00</b>	5.50
☐	dōTERRA Lifelong Vitality™ Convenience Pack	Single	\$126.67	<b>\$95.00</b>	60.00
☐	TerraZyme®	90 Caps	\$64.00	<b>\$48.00</b>	39.50
☐	Deep Blue Polyphenol Complex®	60 Caps	\$101.67	<b>\$76.25</b>	63.00

All prices are in CAD. This is not an exhaustive list. For all products and prices, please visit [doterra.com/CA/en](http://doterra.com/CA/en).

# 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.



**Buy 1**  
**dōTERRA Lifelong Vitality™ Convenience Pack**  
**\$95.00 CAD wholesale**  
 (60 PV)

**+ Add TerraZyme® to your LLV order and get a reduced price!**



**TerraZyme®**  
 \$48.00 CAD  
 \$25.75 CAD/10.5 PV



**Deep Blue Polyphenol Complex®**  
 \$76.25 CAD  
 \$25.75 CAD/10.5 PV

## Loyalty Rewards Program FAQs

### How do I create or change my LRP order?

· Log in to mydoterra.com. Click “Create New LRP Order” or edit items in an existing LRP order. Participating in the Loyalty Rewards Program and maintaining 100 PV in sales is required for earning bonuses.

### How do I cancel my LRP order?

· You can cancel your LRP order anytime via phone, online chat, or email to canada@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 5<sup>th</sup> and the 15<sup>th</sup>. 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 %		✓	✓	✓
Receive Free Product of the Month (orders placed between the 1st-15th)				✓

### How do I get 30 percent back in FREE product credits?

- Your Loyalty Rewards percentage grows over time from the first month you order after enrolling.
- Your starting percentage depends on the enrollment option you started with. Whatever percentage you start at, you will increase by 5 percent every 3 months until you reach the maximum of 30 percent LRP Rewards.

### How do I redeem my Loyalty Rewards Points?





- In your virtual shopping cart select “Use Points” on the products you would like to redeem with your Loyalty Rewards Points. New points are added the 15th of the following month after each order placement.

EARN UP TO 30% IN FREE PRODUCT CREDITS				
Your rewards percentage grows over time.				
25% WHOLESALE DISCOUNT				
PERCENT BACK IN PRODUCT CREDITS:				
<b>10%</b> Months 1-3	<b>15%</b> Months 4-6	<b>20%</b> Months 7-9	<b>25%</b> Months 10-12	<b>30%</b> Months 13+
TOTAL SAVINGS & CREDITS:				
<b>35%</b>	<b>40%</b>	<b>45%</b>	<b>50%</b>	<b>55%</b>







# 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.
-  Try different application methods; apply oils under tongue, 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. Refer to the dōTERRA sensitivity guidelines. For convenience, the dōTERRA 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.
-  dōTERRA® oils are very potent. Use smaller amounts more frequently for best results.

# Learn More

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

Password \_\_\_\_\_

Login at [mydoterra.com](http://mydoterra.com)



### Empowered Life Series

[doterra.com/CA/en/empowered-life-series](http://doterra.com/CA/en/empowered-life-series)

View this webinar series to continue learning all the ways you can use dōTERRA® products in your everyday life.



Learn more and get great ideas:

[doterra.com/CA/en/brochures-magazines-living](http://doterra.com/CA/en/brochures-magazines-living)



Get an oil reference guide or mobile app

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

• Live chat at [doterra.com/CA/en](http://doterra.com/CA/en)

• Email: [canada@doterra.com](mailto:canada@doterra.com)

• Americas: +1 800-411-8151

• Australia: +61 (02) 8015-5080

• UK: +44 (0)1480 433444

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 naturally sourced solutions & teaching others to do the same.



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