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LIVE

The dōTERRA Lifestyle



Transform Your Wellness

Congratulations! Your choice to engage in holistic, self-directed healthcare offers new possibilities for ways to live empowered in your daily life. Use this guide to discover the powerful benefits of dōTERRA essential oils and create a personalised wellness plan.



Live a Wellness Lifestyle

dōTERRA's Wellness Lifestyle Chart 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 Chart and use dōTERRA's powerful products, you will experience new levels of wholeness.

Envision a life where finding solutions is simple. With a reference guide and a box of dōTERRA's CPTG Certified Pure Tested Grade™ essential oils at your fingertips, you are prepared to address 80 percent of your wellness 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.

Rate yourself in each area (1-10)

Establish Daily Wellness Habits

Protect and Restore
Use On Guard™ and Frankincense as part of your daily routine.

Cleanse and Refresh
Add a drop of Lemon or Tangerine to your water for a refreshing beverage.

Calm and Ground
Use Lavender to create a restful environment and dōTERRA Adaptiv™ to help keep you grounded.

Soothe and Optimise
Apply Deep Blue™ Rub before and after your workout. Apply topically where needed.
Integrate the 3-step MetaPWR™ system into your daily habits to help to support your metabolic health.

Fuel, Support and Fortify
Maximise your daily nutrient intake with dōTERRA Lifelong Vitality Pack™, a trio of power-packed supplements to support your body.
ZenGest TerraZyme™ provides a proprietary combination of enzymes that are most likely deficient in the modern diet.
Deliver pre-biotic fibre and probiotic microorganisms with PB Assist+.

Nutrition & Digestion

Give your body what it needs to thrive. This starts with great nutrition. dōTERRA wholefood 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.



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



CP+ Softgels
Contains beta-caryophyllene, known to help soothe the digestive system.



ZenGest TerraZyme™
Terrazyme will help you enjoy the benefits of a healthy diet by helping to ensure that your body gets the nutrients it needs.



PB Assist™ and PB Assist™ Jr.
Provides a unique blend of six different probiotic cultures to your body.



dōTERRA a2z Chewable™ and IQ Mega™
Start your child's day off with great nutrition as they are growing and developing.

ADD TO WATER

Add these essential oils to still or sparkling water for a delicious flavour:

- Lemon
- Lime
- Grapefruit & Cassia
- Lime & Grapefruit

Add 1 drop Peppermint, Ginger, or On Guard™ to hot water for a soothing tea.

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 **Tangerine** essential oil
- 1 drop **Coriander** essential oil

Combine ingredients in blender until smooth.

OATMEAL

Add **Cinnamon**, **On Guard™**, or **Tangerine** to your oatmeal.

Movement

Your body is meant for movement. Exercise strengthens the muscles and supports the heart, circulatory and lymphatic systems, among other crucial benefits. Essential oils and supplements support greater focus and wellness to help you stay active and strong.



DAILY WELLNESS LIFESTYLE HABITS

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



dōTERRA Air™

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



Deep Blue Rub™

Deep Blue Rub brings together essential oils known to comfort and cool joints and muscles.
Apply before and after exercise or activity to support ease of movement and recovery.



Deep Blue™ Stick + Copaiba

This easy-to-use stick delivers temporary, targeted relief to problem areas and includes moisturising emollients that leave skin feeling soft and non-greasy.
Apply to any area of concern as needed.



Deep Blue Polyphenol Complex™

Includes extracts of ginger, curcumin, resveratrol and other polyphenols.
Take 2 capsules with food per day; 1 capsule in the morning and 1 in the evening.



Mito2Max™

Support your busy lifestyle with a proprietary formula of standardised plant extracts and metabolic cofactors.
*Take 1 capsule daily.
Use as a long-term substitute for caffeinated drinks.*



Turmeric Dual Chamber Capsules

Contains turmeric extract (Rhizome) including curcuminoids which help maintain the health of joints and bone.
Take 1 capsule with breakfast and another with dinner to support an active lifestyle.

CHOCO-PEPPERMINT SHAKE

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

ALSO TRY

Combine your favourite meal replacement shake with frozen berries, bananas, and 3 drops of **Tangerine**.

Metabolism

Your metabolic health and biological age are connected. 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 optimise your metabolic health and live your most powerful life.

DAILY ROUTINE

Combine the MetaPWR™ products with a well-balanced, wholefood diet to optimise results.

BREAKFAST

- 1 sachet MetaPWR™ Advantage in shaker bottle
- 1 MetaPWR™ softgel or 2–4 drops of blend in water

LUNCH

- 1–2 Zengest TerraZyme™ capsules with nutritious, wholefood meal
- 1 MetaPWR™ softgel or 2–4 drops of blend in water

DINNER

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

BEDTIME

- 1 MetaPWR™ softgel (optional)

DAILY WELLNESS HABITS

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



dōTERRA™ MetaPWR™



STEP 1: METAPWR ESSENTIAL OIL BLEND

MetaPWR™ Essential Oil Blend—15 ml, Beadlets and Softgels

The MetaPWR Essential Oil Blend features proprietary balanced ratios of CPTG™ Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils. MetaPWR Essential Oil Blend is available in multiple delivery forms in order to be as convenient and accessible as possible.



Softgels:

Take 1-3 softgels throughout the day.



Beadlets:

Consume up to 4 beadlets daily.



Oil Blend:

Add 2-4 drops to water one or more times daily.

STEP 2: METAPWR ASSIST



MetaPWR™ Assist

MetaPWR Assist contains multiple natural compounds that have been clinically evidenced to promote healthy metabolism. Mulberry leaf extract can contribute to the maintenance of the carbohydrate metabolism balance of the body.*

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

STEP 3: METAPWR ADVANTAGE



MetaPWR™ Advantage

MetaPWR Advantage contains nine types of collagen tripeptides from marine sources and NMN (Nicotinamide mononucleotide) which may contribute to the production of NADH and NAD+.

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

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

*These health claims are still under decision of the EU and EFSA.

All information correct at time of production

Rest and Manage Stress

The magic of quality sleep is something we all need but often neglect. Getting enough sleep can boost your mood and provide your body with the opportunity to repair and renew itself. By utilising essential oils, you may promote feelings of serenity and relaxation within your body.

DAILY WELLNESS LIFESTYLE HABITS

- 7-9 hours quality sleep nightly
- Daily mindfulness/meditation

RELAXING BATH SALTS

350 g Epsom salts
10 drops dōTERRA Balance™,
dōTERRA Serenity™, or Lavender
Mix and pour into bath.

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, confidence, and unleash creativity to manifest powerful results from your best efforts.



dōTERRA PEACE™
Reassuring Blend
Support feelings of reassurance and composure, and return to peace and presence.



dōTERRA CHEER™
Uplifting Blend
Create a bright disposition, cheerful attitude, and boost happiness and positivity.



dōTERRA CONSOLE™

Comforting Blend
Feel more hopeful, comforted, and emotionally balanced.



dōTERRA PASSION™

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



dōTERRA FORGIVE™

Renewing Blend
Move forward feeling relieved and renewed.



Peaceful Rest Favourites

dōTERRA Serenity™ and Lavender

Add a few drops of Lavender or dōTERRA Serenity™ to bottoms of feet at bedtime.



Wild Orange and Vetiver

Combine 1-3 drops each and massage on feet and spine to relax in a flash.



dōTERRA Serenity™ Softgels

Take 1-2 dōTERRA Serenity™ Softgels before bed.



On Guard™ and dōTERRA Air™

Gargle 1-2 drops of On Guard™ and apply dōTERRA Air™ topically.



dōTERRA Calmer™

Roll on to the back of the neck and chest as part of a relaxing nightly ritual.



dōTERRA Laluz™

Laluz has up to eight hours of runtime and three ambient light settings to match whatever mood you're in.



Reduce Toxicity

Nature experiences cycles of releasing and renewing. Our bodies also experience seasons of regeneration. dōTERRA's CPTG™ essential oils support the body's natural renewal processes to promote wellness.

DAILY WELLNESS LIFESTYLE HABITS

- 8-10+ water glasses daily
- Replace commercial cleaning & self-care products



EXPERIENCE dōTERRA'S PRODUCTS FOR 30 DAYS FOR GENERAL WELLNESS

DAYS 1-30



Lifelong Vitality Pack™

2 capsules each with morning and evening meals.



ZenGest TerraZyme™

1-3 capsules with meals daily.



Zendocrine™ Softgels

1 softgel daily.

DAYS 11-20



GX Assist™

1 softgel daily with morning or evening meal.

DAYS 21-30



DDR Prime™ Softgels

1 softgel daily with morning or evening meal.



PB Assist+™

1 capsule with morning, midday and evening meals.



TIP

Use citrus oils daily in your water in place of artificial sweeteners and flavourings.

WHY HYDRATE?

- Enhance mood
- Support natural bodily functions
- Improve general wellness



Lemon

Add 1 drop into a glass of water once a day.



Support Around The Home

A clean home doesn't need to come at the cost of your health.

Replace commercial products with safe, plant-based, non-toxic, and natural cleaners that contain pure CPTG™ essential oils.

DAILY WELLNESS LIFESTYLE HABITS

- Eliminate commercial cleaning products
- Use plant-based, non-toxic cleaners and detergents



dōTERRA abōde™

Formulated with CPTG™ essential oils known for their cleansing constituents including limonene, geranial and neral.



On Guard™ Cleaner Concentrate

The multi-purpose capabilities of On Guard™ Cleaner Concentrate make it perfect to clean hard surfaces in the kitchen, bathroom, or any other room in your home while leaving behind a clean, invigorating scent.



On Guard™ Laundry Detergent

On Guard™ Laundry Detergent is an ultra-concentrated 6X laundry detergent that utilises the power of the On Guard blend and bio-originated enzymes to target and lift stains for amazingly clean clothes.



On Guard™ Foaming Hand Wash

Fortified with the power of CPTG Certified Pure Tested Grade™ essential oils, On Guard Foaming Hand Wash provides the benefits of one of the most popular proprietary dōTERRA essential oil blends.



Amber Foaming Hand Wash Dispenser

The foaming dispenser is the most convenient way to dispense On Guard Foaming Hand Wash. The sleek design is a beautiful and subtle addition to hand washing areas throughout your home and office environment.

Natural Self-Care

You don't have to settle for questionable ingredients in your self-care routine. Choose safe and natural products that provide a cleaner lifestyle. Replace commercial personal care products with dōTERRA naturally formulated essential oil-based options.



DAILY WELLNESS LIFESTYLE HABITS

- Eliminate commercial cleaning products
- Use safe and natural products in your self-care routine



Essential Skin Care

Target the visible signs of aging and prevent future signs of aging with dōTERRA Essential Skin Care.



Yarrow | Pom Collection

The Yarrow | Pom products are truly impactful, delivering a powerful botanical approach to overall wellness. This scientifically developed product line is revolutionary; a fresh approach to beauty.



dōTERRA™ Hair Care

Infused with carefully selected essential oils, the range is formulated with botanical ingredients and is free from harsh chemicals.



Oral Health

Use On Guard™ Whitening Toothpaste and Mouthwash morning and night to naturally brighten your smile.



dōTERRA™ sun

Each product offers broad-spectrum protection of SPF 30 and is free from synthetic fragrances, oxybenzone and phthalates.

Informed Self-Care

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

DAILY WELLNESS LIFESTYLE HABITS

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



On Guard™ Hand Purifying Mist and Hand Wipes

Perfect for travelling, school, work, and on-the-go families.



On Guard+™ Softgels and Drops

Consume 1 softgel or drop as needed for increased support.



dōTERRA Air™

Apply blend topically or enjoy a drop for targeted support.



Correct-X™

Use ointment to soothe skin.



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.

8 VIAL KEYCHAIN

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



KEYCHAIN FAVOURITES

- Lavender
- ZenGest™
- Peppermint
- Frankincense
- dōTERRA Air™
- On Guard™
- Deep Blue™
- Tea Tree



ClaryCalm™

Provides a cooling effect to the skin and helps soothe and balance heightened emotions.

Customise Your Wellness Plan

1 NUTRITION & DIGESTION

Fuel, Support & Fortify



dōTERRA Lifelong Vitality Pack™



PB Assist™ Jr. dōTERRA azz Chewable™
 IQ Mega™



ZenGest TerraZyme™ PB Assist+™
 CP+ Softgels



Daily Habits Kit

2 MOVEMENT & METABOLISM

Soothe & Energise



Deep Blue™ Mito2Max™ Turmeric Dual Chamber Capsules
 Deep Blue™ Stick

Refresh & Invigorate



dōTERRA Air™ Peppermint

Metabolic Support



MetaPWR™



MetaPWR™ System Kit

3 REST & MANAGE STRESS

Sleep Support



Lavender Laluz Diffuser™
 dōTERRA Serenity™
 dōTERRA Serenity™ Softgels
 Vetiver
 dōTERRA Calmer™

Emotional Support



dōTERRA Essential Aromatics™ System



Adaptiv™ Citrus Bliss™ dōTERRA Balance™



Calm and Harmony Kit



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

4 REDUCE TOXICITY

Cleanse Support



- Lemon Zendocrine Softgels

On Guard™ Cleaning



- On Guard™ Cleaner Concentrate On Guard™ Laundry Detergent On Guard™ Foaming Hand Wash

Self-Care



- On Guard™ Whitening Toothpaste On Guard™ Mouthwash Hair Care



- Cleanse and Restore Kit

5 INFORMED SELF-CARE

Protect & Restore



- On Guard™ Frankincense



- ClaryCalm™ Tea Tree



- PastTense™ InTune™ Correct-X™



- TerraShield™ dōTERRA Air™ dōTERRA Air™ Drops



- dōTERRA Wellness Support Kit

Wellness Consult

1 Write down your wellness priorities and find solutions.

Top Wellness Priorities for you and your family	Natural solutions you have	Natural solutions you need
1.		
2.		
3.		

2 Create your Daily Wellness Plan.

Begin with the foundational daily habits listed below. Then add the solutions you identified above and organise 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™) M <input type="checkbox"/> 1-2 ZenGest TerraZyme™ M <input type="checkbox"/> 1 sachet MetaPWR™ Advantage	<input type="checkbox"/> dōTERRA Lifelong Vitality Pack™ (2 Alpha CRS+™, 2 Microplex VMz™, 2 xEO Mega™) M <input type="checkbox"/> 1-2 ZenGest TerraZyme™ M	<input type="checkbox"/> 1 MetaPWR™ Assist before dinner M <input type="checkbox"/> 1-2 ZenGest TerraZyme™ with dinner M <input type="checkbox"/> 1-2 PB Assist+™ at bedtime
ESSENTIAL OILS	<input type="checkbox"/> 1-3 drops Lemon in water <input type="checkbox"/> 2 drops Frankincense on bottoms of feet <input type="checkbox"/> 2 drops dōTERRA Balance™ on bottoms of feet	<input type="checkbox"/> 1-3 drops Lemon in water <input type="checkbox"/> Use 4-5 drops On Guard™ <input type="checkbox"/> Apply Deep Blue™ after workout	<input type="checkbox"/> 2 drops Frankincense on bottoms of feet <input type="checkbox"/> 2 drops dōTERRA Balance™ on bottoms of feet <input type="checkbox"/> Apply Deep Blue™ where needed <input type="checkbox"/> Use 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. increase water, sleep, exercise, dietary changes, etc.)

4 Live empowered with wellness solutions.

Create a 90 day wellness plan by adding the product you need to your LRP orders (recommended to run between the 5th–15th of the month).

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"/>
_____	_____	_____
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_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____

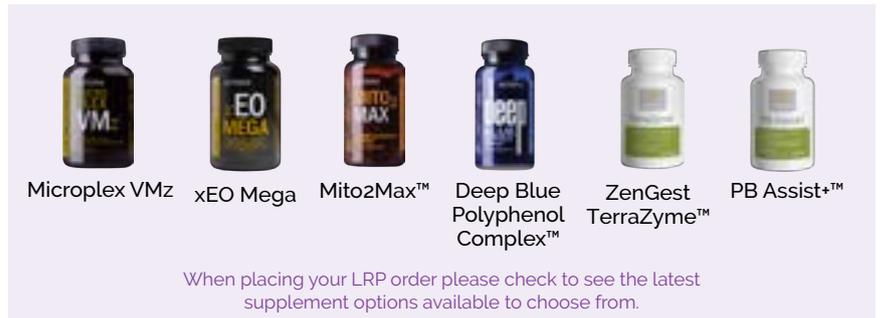
Loyalty Rewards

The Smartest Way to Buy

You can always place a standard wholesale order for 25 percent off the retail price, but to get the best value, create an LRP (Loyalty Rewards Program) order for even greater savings and opportunities to receive free product.



Purchase 1 dōTERRA Lifelong Vitality Pack™ and **choose** up to 3 of the following products at a reduced price.



When placing your LRP order please check to see the latest supplement options available to choose from.

EARN FREE PRODUCT POINTS IN ADDITION TO YOUR 25% DISCOUNT

LRP BENEFITS: PERCENTAGE BACK IN PRODUCT POINTS FOR FREE PRODUCTS



How do I get 30 percent back in FREE Loyalty Points?

- Your LRP Percentage grows over time from the first month you order after enrolling. Your percentage grows by 5% every three months when your Loyalty Orders are at least 50 PV* until you reach the maximum of 30%.

How do I maximise dōTERRA's promotions?

- Place a Loyalty Order of at least 125 PV (Personal Volume) between the 1st and the 15th of the month. 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 promotions are PV-related, and start on the 1st of the month.

PERSONAL VOLUME (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			●	●
Receive 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 redeem my Loyalty Points?

- In your shopping cart select "Use Your Reward Points!" on the products you would like to redeem with your Loyalty Points. New points are added around the 15th of the following month after each order is placed.

How do I create or change my order?

- To create a Loyalty Order, hover over the account dropdown and click on "My Loyalty Order" to get started.
- To change a Loyalty Order, you can choose to edit from the homepage or hover over "My Account" and select "My Loyalty Order". If you have more than one Loyalty Order, choose the Loyalty Order you would like to edit by clicking on "Manage Order". Set up as many orders as you like. Remember to cancel any orders you do not wish to receive the following month.

How do I cancel my Loyalty Order?

- If you have multiple Loyalty Orders, you can cancel these anytime in your account online.
- If you have only one Loyalty Order, you can cancel anytime via phone or email to europeanorders@doterra.com. dōTERRA Member Services can assist you in redeeming any free Loyalty Points you've accumulated prior to cancellation so points are not lost. If you cancel your Loyalty Order, you will revert to a starting LRP Percentage of 10% when you resume consistent Loyalty Order purchasing.



Scan QR Code*
for more details about the Loyalty Rewards Program

* To access preferred language you need to change the website language. Scroll to bottom right of webpage to find language selector.

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 and/or multiple application methods.

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.

Your Key Support _____

Phone _____

Email _____

Other Support _____

Phone _____

Email _____

Upcoming Local or Online Classes & Events

For a complete list of Europe Member Services contact information, please visit doterra.eu and select "Contact Us" at the bottom of the home page.

Team Call/Website/Facebook Group(s)

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.



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