

dōTERRA™

Natural Solutions

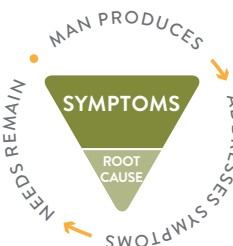
for simple, empowered living

Do you need safe, effective and affordable health solutions?

YOU HAVE CHOICES

Modern Approach

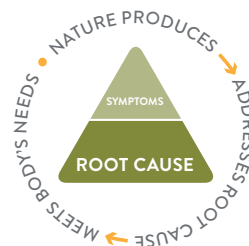
- Designed to manage symptoms
- Made from isolated synthetic agents
- Side effects (known and unknown)
- About € 6 trillion/year spent on global healthcare
- Are we better off?



or

dōTERRA's Approach

- Addresses body's needs and root causes
- Extracted from plants
- Enhances overall wellness
- Safe benefits



ESSENTIAL OILS ARE EFFECTIVE



Peppermint Leaf Oil Sac

Nature's Effective Solution

- Compounds extracted and distilled from plants for their benefits.
- Contain hundreds of different compounds, providing complex and versatile abilities to provide a variety of benefits.
- Work with the body to address issues and root causes.
- Affordable.



Essential Oils Pass Through Cell Membrane



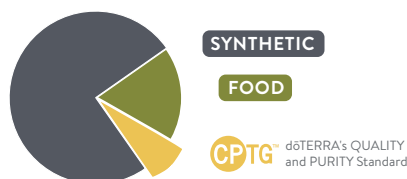
1 kg Peppermint leaves



15 ml Bottle

dōTERRA IS SAFE AND 100% PURE

Why a new standard of quality?



Grades of Essential Oils

Tested. Trusted.

- Plants harvested in their natural habitat.
- Verified pure; free of fillers and harmful contaminants.
- Stringent testing ensures authenticity and potency.

HOW TO USE dōTERRA OILS

There are many ways to use dōTERRA essential oils. Whether it's as a flavourful ingredient in your favourite sweet or savoury dish, as a support around the home, or an addition to your daily facial and skin care routine, you'll find the perfect use for each oil!



Live Empowered



1. WHAT ARE YOUR TOP WELLNESS PRIORITIES?



I want to feel less:

①

②

③

I want to feel more:

①

②

③

2. ARE YOU READY TO DISCOVER SIMPLE SOLUTIONS?

ZENGEST™

- Add to citrus drinks, teas or water
- Use one drop daily to jump-start a lifestyle change

TEA TREE

- Rejuvenate and cleanse skin
- Relieve skin irritation
- Support a healthy complexion

LAVENDER

- Soothe irritated skin
- Promote relaxation
- Apply after a long day in the sun

dōTERRA AIR™

- Helps to calm the senses
- Promotes feelings of clear airways

PASTTENSE™

- Relieve feelings of tension and discomfort
- Apply to temples and back of neck
- Invigorating pick-me-up

FRACTIONATED COCONUT OIL

- Unscented carrier oil
- Great for delivering essential oils to sensitive skin
- Use for dilution

AROMATOUCH™

- Apply for a soothing massage
- Promote feelings of relaxation

dōTERRA SERENITY™

- Use to promote feelings of tranquility and relaxation
- Great addition to bedtime routine

ON GUARD™ HAND PURIFYING MIST

- Purifies hands with a cleansing effect on the skin
- 70% ethyl alcohol, infused with natural apple extract and On Guard essential oil blend
- Quick drying and convenient - perfect to take on-the-go!

DEEP BLUE™ STICK

- Apply pre/post workout
- Use for a calm and comforting muscle massage
- Apply to muscles after a day of work or heavy lifting

Image shows Laluz Diffuser

3. TRY THESE DAILY HABITS

WELLNESS MADE SIMPLE BUNDLE

Nutrition support toward a lifetime of vitality and wellness.

- **EO MEGA™+ SOFTGELS:** An elite blend of core omegas from the most traceable fish oil
- **VMG+™:** Whole food multivitamin and mineral
- **dōTERRA PB RESTORE™:** Provides a unique formulation of 30 prebiotics, probiotics and postbiotics

Try incorporating these changes into your daily routine.

EO Mega™+ Softgels: Take 3 softgels per day with food

VMG+™: Take 1 sachet per day

dōTERRA PB Restore™: Take 1 capsule daily, just prior to a meal

dōTERRA Balance™: Grounding; 2-3 drops topically

Frankincense: Massage on skin to promote balanced mood and rejuvenate and soothe the skin

On Guard™
Essential Oil Blend: Energising and uplifting; 1 drop in water per day

Lemon: Cold pressed from lemon rinds to preserve its many useful properties; 1 drop in water per day

Choose the best kit for you

RETAIL

Order through
your Wellness
Advocate.

OR

WHOLESALE

Sign up and
enjoy pricing
25% below retail!

A dōTERRA wholesale membership is 20 € (£20) or discounted with any Enrolment Kit. Renews annually for 15 € (£15). Receive a FREE 15 ml Peppermint oil with renewal! (25,80 € / £21.70 wholesale value.)
Prices above are net of VAT.

HOME ESSENTIALS KIT



Includes: 15 ml bottles of Frankincense, Lavender, Lemon, Tea Tree, Oregano, Peppermint, dōTERRA Air™, Deep Blue™ (5 ml), ZenGest™, On Guard™, dōTERRA Petal™ Diffuser and Pure brochure.

FAMILY ESSENTIALS KIT



Includes: 5 ml bottles of Frankincense, Lavender, Lemon, Tea Tree, Oregano, Peppermint, dōTERRA Air™, Deep Blue™, ZenGest™, On Guard™ and Pure brochure.

NATURAL SOLUTIONS KIT



Includes (15 ml): dōTERRA Serenity™, ZenGest™, Tea Tree, AromaTouch™, Frankincense, dōTERRA Air™, dōTERRA Balance™, Lavender, Lemon, Peppermint, On Guard™, Wild Orange, PastTense™ (10 ml), On Guard™ Beadlets, On Guard™ Toothpaste, On Guard™ Hand Wash w/2 Dispensers, On Guard™+ Softgels, dōTERRA LifeLong Vitality Pack™, Correct-X™, dōTERRA PB Restore™, dōTERRA Air™ Vapour Stick, Deep Blue Rub™, TerraZyme™, dōTERRA Protecting Shampoo, dōTERRA Daily Conditioner, Fractionated Coconut Oil (115 ml), dōTERRA Lumo™ Diffuser, Wooden Box and Pure brochure.

dōTERRA

Loyalty Rewards

LIVE THE BENEFITS

Are you ready to prioritise your wellbeing and create lasting healthy habits?



Wellbeing, Delivered

Get your favourite products delivered monthly



Free Products

Receive Product of the Month for FREE



Earn Rewards

Earn up to 30% of your Loyalty Order back as points to use on free products



Member Exclusives

Gain access to special kits and discounts on everyday essentials



You're in Charge

Customisable orders that you control
Cancel your LRP membership whenever you want



Maximise Shipping Rewards

Earn bonus points from shipping for each order you place online

SCAN FOR MORE!



dōTERRA Loyalty Rewards Program (LRP) is the perfect companion to help you build a consistent routine that aligns with your wellness goals, whatever your focus.

Changing Lives

Whose life do you want to change?

☐ CHANGE MY LIFE!



Live THE WELLNESS LIFESTYLE

Get your *Live Guide* and schedule your lifestyle overview

- Get the best results with your products for you and your family.
- Maximise your wholesale membership benefits.

☐ CHANGE OTHERS' LIVES!



Share WITH OTHERS

Get your *Share Guide* and schedule your hosting overview

- Host a class and help friends and family find natural solutions.
- Earn free products and more!

☐ CHANGE MY FUTURE!



Build AN INCOME & MAKE AN IMPACT

Get your *Build Guide* and schedule your business overview

- Launch your dōTERRA business with proven training and powerful support.
- Create additional income and greater freedom in your life!†



Every time you buy a bottle of dōTERRA essential oil, you are changing someone else's life. — Emily Wright

CHANGE THE WORLD:

Every purchase changes growers' lives and their communities for the better through dōTERRA Co-Impact Sourcing™ and dōTERRA Healing Hands™ initiatives. Learn more at dotterra.eu > Our Story > The dōTERRA Difference.

UK: It is illegal for a promoter or a participant in a trading scheme to persuade anyone to make a payment by promising benefits from getting others to join a scheme. Do not be misled by claims that high earnings are easily achieved.

†Personal earnings can vary depending on factors such as your time commitment, team structure and the number of people you enrol in your downline.

dōTERRA improves lives every day all around the world. Join us in making this world a better, happier place.

Getting Started

SINGLE OILS

- **Arborvitae** Potential to benefit the skin
- **Basil** Herbaceous flavour ideal for savoury recipes
- **Bergamot** Soothing and calming properties when applied topically
- **Black Pepper** Enhances food flavour
- **Cardamon** Flavourful food spice for cooking and baking
- **Cedarwood** Promotes clear and healthy-looking skin when diluted and applied topically
- **Cilantro** Gives food fresh, tasty flavour
- **Cinnamon** Potent, sweet spice for food flavouring
- **Clary Sage** Calms and soothes skin
- **Clove** Cooking spice; supports fresh breath
- **Copaiba** Promotes smooth, clear skin
- **Cypress** Helps improve appearance of oily skin
- **Douglas Fir** Promotes a positive mood
- **Eucalyptus** Apply to skin and hair for a revitalising benefit
- **Fennel** Distinct liquorice aroma and taste; add to water or tea
- **Frankincense** Promotes feelings of relaxation when applied topically; reduces the appearance of skin imperfections
- **Geranium** Promotes the appearance of clear, healthy skin
- **Ginger** A popular kitchen spice, known for its warm aroma and soothing properties
- **Grapefruit** Tangy, sour food flavour; uplifts mood
- **Helichrysum** Improves the appearance of skin
- **Jasmine Touch** Uplifts mood; may promote healthy complexion; personal fragrance
- **Juniper Berry** Has a calming, grounding aroma; may be beneficial to the skin
- **Lavender** May promote healthy skin; used to promote relaxed feelings
- **Lemon** Food flavour; provides a sweet and zesty punch to recipes
- **Lemongrass** Has a subtle, citrus flavour; use in sweet or savoury recipes
- **Lime** Enhances food flavours
- **Marjoram** Food flavouring; calming, positive effect when used internally
- **Melissa** Use topically to promote feelings of relaxation
- **Myrrh** Soothes skin; helps to promote emotional balance
- **Oregano** Spicy, herbaceous food flavour
- **Patchouli** Use to soothe and cleanse skin; may promote feelings of calmness

- **Peppermint** **B** Refreshing, powerful food flavouring
- **Roman Chamomile** Calming effect on the skin, hair and body
- **Rosemary** Herbaceous food flavouring
- **Rose Touch** Supports skin; floral, uplifting aroma
- **Sandalwood** Supports skin and hair; helps to enhance mood
- **Siberian Fir** Soothing effect on skin
- **Tea Tree** Cleansing; skin support; healthy complexion
- **Thyme** Fresh herbal food flavouring
- **Vetiver** Grounding and calming
- **Wild Orange** Invigorating and energising
- **Ylang Ylang** Used in perfumes and hair care; uplifting fragrance

SIGNATURE OIL BLENDS

- **dōTERRA Adaptiv™** Relaxing, yet energising
- **dōTERRA Air™** Calms the senses
- **AromaTouch™** Apply topically to promote feelings of relaxation
- **dōTERRA Balance™** Promotes balance and positive thoughts
- **Citrus Bliss™** Invigorating; helps promote focus and clarity
- **ClaryCalm™** Provides a soothing, calming effect
- **DDR Prime™** **S** General wellness
- **Deep Blue™** Apply topically for soothing and cooling
- **InTune™** Promote sense of clarity while providing soothing qualities
- **MetaPWR™** **B S** Enjoy alongside a varied and balanced diet and healthy lifestyle.
- **On Guard™** **B S** Adds a warm, citrusy spice to hot drinks and desserts
- **PastTense™** Promotes relaxation
- **dōTERRA Salubelle™** Promotes skin rejuvenation
- **dōTERRA Serenity™** **S** Promotes relaxation and calming
- **TerraShield™** Combines essential oils known to protect against environmental annoyances
- **Yoga Collection** Increases benefit from yoga practice
- **Zendocrine™** **S** Add to citrus drinks, teas or water
- **ZenGest™** **S** Use after large or heavy meals

WELLNESS

- **Deep Blue Polyphenol Complex™** Specially formulated to provide soothing, cooling comfort for the body
- **Fractionated Coconut Oil** Dilution aid and skin moisturiser
- **dōTERRA Lifelong Vitality Pack™** Dietary supplementation
- **Phytoestrogen Essential Complex** Blend of standardised plant phytoestrogens and whole food extracts
- **TriEase™** Equal parts Lemon, Lavender and Peppermint essential oils in a softgel; convenient for use when travelling or at an outdoor event
- **Wellness Made Simple Bundle/Wellness Made Simple (Pill-Free) Bundle/Wellness Made Simple (Vegan) Bundle** Each comes with a 30-day supply
- **Zendocrine™ Complex** Proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro essential oils

PERSONAL CARE

- **Correct-X™** Soothes skin and promotes relief when irritations occur
- **dōTERRA™ spa Hand & Body Lotion** Add oils to this base lotion
- **dōTERRA Hair Care** Protecting Shampoo, Daily Conditioner, and Leave-In Conditioner

LIVING

- **dōTERRA Air™ Drops** Convenient way to deliver benefits of dōTERRA Air™ blend
- **Deep Blue™ Rub** Soothing lotion
- **Lumo™/Petal™/Laluz™ Diffuser** Diffusers for misting use
- **On Guard™ Drops** Convenient way to deliver benefits of On Guard™ blend
- **On Guard™ Foaming Hand Wash** Leaves hands smelling fresh and citrus clean
- **On Guard™ Toothpaste** Whitening toothpaste
- **Veggie Caps** Empty gel capsules

Also available in: **B** Beadlet **S** Softgel

Nature

WAS MAN'S FIRST REMEDY.

EVERYTHING

WE NEED CAN BE FOUND THERE.

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