

A close-up, shallow depth-of-field photograph of a lavender field. The foreground shows sharp, detailed lavender flower spikes, while the background is a soft, out-of-focus sea of purple. The overall color palette is various shades of purple and lavender.

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 nature's solutions so you can care for the whole you and enhance your physical, mental, and emotional health. As you personally experience the powerful benefits of essential oils, you will understand why dōTERRA is revolutionising 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

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

Cleanse & Refresh

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

Calm & Ground

Use dōTERRA Balance™ to help you relax and manage stress while keeping you grounded.

Soothe

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

Fuel, Support, & Fortify

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

Support your digestion with ZenGest TerraZyme™.

Provide live bacterial cultures to your body with PB Assist+™.



Eat Right

Give your body what it needs and it will thrive. This starts with great nutrition. dōTERRA's supplements are an ideal companion for your oils.



dōTERRA LIFELONG VITALITY PACK™

Crucial whole-foods, micronutrients, and omega fatty acids.



ZENGEST TERRAZZYME™

Whole-food enzymes to support healthy digestion and metabolic processes.



PB ASSIST+™ AND PB ASSIST™ Jr

Provide live bacterial 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.

DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods

Decrease 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 Wild Orange essential oil
1 drop Juniper Berry essential oil

OATMEAL

Add Cinnamon, dōTERRA On Guard™, or Wild Orange to your oatmeal.

Combine ingredients in blender until smooth.

PRODUCE WASH

Fill the sink with cold water and 6 drops of Lemon essential oil. Soak fruits and vegetables in the water for several minutes and rinse for a quick, flavourful produce wash.

ADD TO WATER

Add these essential oils to still or sparkling water for a delicious flavour (and zero calories!):

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

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

Exercise

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

FUEL PLAN

MORNING

- Meal-replacement shake
- Fruit bowl
- Take 1 capsule Mito2Max™ with your meal
- Drink at least 240 ml of water
- 1 Smart & Sassy™ softgel or 3-5 drops Smart & Sassy™ in water

LUNCH

- Meal-replacement shake
- Veggie wrap or healthy meal
- Take 1 capsule Mito2Max™ with your meal
- Drink at least 240 ml of water
- 1 Smart & Sassy™ softgel or 3-5 drops Smart & Sassy™ in water

DINNER

- Protein (your choice) and vegetables
- Drink at least 240 ml of water
- 1 Smart & Sassy™ softgel or 3-5 drops Smart & Sassy™ in 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 COLOURFUL

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

STAY HYDRATED

Drink 2 Litres of water per day. Add 3-5 drops Smart & Sassy™ to each glass of water for improved flavour.



DAILY WELLNESS LIFESTYLE HABITS

30+ minutes daily movement

Stretch or practice yoga to increase flexibility



DEEP BLUE™

Massage oil into desired areas.

Apply before and after exercise as needed or desired. Try applying Deep Blue™ oil then layer with Deep Blue™ Rub for added benefit.



DEEP BLUE POLYPHENOL COMPLEX™

Includes extracts of ginger, curcumin, resveratrol and other polyphenols.

Take 1–3 capsules daily with meals, or take 2 capsules for extra support.



dōTERRA AIR™

Creates feelings of easy breathing.

Rub 1–2 drops on chest. Dilute if needed.



MITO2MAX™

Support your busy lifestyle with a proprietary formula of standardised plant extracts and metabolic cofactors.

Take 1 capsule with breakfast and lunch. Use as a long-term substitute for caffeinated drinks.

ALSO TRY
Combine your favourite meal replacement shake with frozen berries, bananas, and 3 drops of Wild Orange.

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.

Rest and Manage Stress

Sleep improves mood and gives your body the opportunity to repair and renew. Use essential oils to get the most out of your sleep.

PEACEFUL REST FAVOURITES

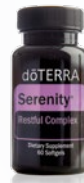
PEACEFUL DREAMS

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



DEEP SLEEP

Take 1–2 dōTERRA Serenity™ Softgels before bed.



RELAX IN A FLASH

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



EASY BREATHING

Gargle 1–2 drops of dōTERRA On Guard™ and apply dōTERRA Air™ or apply dōTERRA Air™ Vapour Stick.



PETAL DIFFUSER

Small, convenient, and night-friendly diffuser with night light and far-reaching mist.



RELAXING BATH SALTS

350 g Epsom salts
10 drops dōTERRA Balance™,
dōTERRA Serenity™,
or Lavender

Mix and pour into bath.

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.



MOTIVATE™

Encouraging Blend

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



PEACE™

Reassuring Blend

Support feelings of reassurance and composure, and return to peace and presence.



CHEER™

Uplifting Blend

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



CONSOLE™

Comforting Blend

Feel more hopeful, comforted, and emotionally balanced.



PASSION™

Inspiring Blend

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



FORGIVE™

Renewing Blend

Move forward feeling relieved and renewed.

Reduce Synthetic Exposure

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.

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 with morning and evening meals



Lemon

Add 1 drop into a glass of water with each meal

----- DAYS 11-20 -----



GX Assist™

1 softgel with morning or evening meal

----- DAYS 21-30 -----



DDR Prime™ Softgels

1 softgel with morning and evening meals



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

DAILY WELLNESS LIFESTYLE HABITS

8-10+ water glasses daily

Eliminate chemical-based cleaning & self-care products

SELF-CARE



dōTERRA ON GUARD™ TOOTHPASTE

Freshens the mouth.



ESSENTIAL SKIN CARE KIT

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



dōTERRA SALON ESSENTIALS™ PRODUCTS

Essential-oil-infused premium hair products: Protecting Shampoo and Smoothing Conditioner.

BATHROOM FRESHENER

5 drops Lemongrass
5 drops Grapefruit
5 drops Bergamot
Water

Add water to nearly full
110 ml spray bottle.
Mix, shake, and spray.

GLASS CLEANER

375 ml white vinegar
125 ml water
8 drops Lemon

Mix ingredients in large glass spray bottle & shake thoroughly.

STAIN REMOVER

125 ml white vinegar
20 drops Lemon

Add water & oil to a
225 ml glass spray bottle.
Spray remover on stain
& wash.

ON GUARD CLEANING

Plant-based, non-toxic cleaning solution that cleans and eliminates odours.



dōTERRA
On Guard™
Cleaner
Concentrate



dōTERRA
On Guard™
Laundry
Detergent



dōTERRA
On Guard™
Foaming
Hand Wash

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.



PASTTENSE™

Roll on to temples, neck and shoulders to promote a positive mood.



CORRECT-X™

Use ointment to soothe skin.



dōTERRA ON GUARD™

Drops and beadlets.
Consume 1 drop or beadlet daily.



LAVENDER

Use to calm, comfort and soothe.



8 VIAL KEYCHAIN

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

KEYCHAIN FAVOURITES

Lavender
ZenGest™
Peppermint
Frankincense
dōTERRA Air™
dōTERRA On Guard™
Deep Blue™
Melaleuca

Essential Oil Support

Use essential oils daily to support and promote general wellness.

RELAX



- dōTERRA Balance™
- dōTERRA Serenity™
- Peppermint • Frankincense
- Lavender • Rose Touch

SKIN & HAIR

- Salubelle™
- Sandalwood
- dōTERRA Salon Essentials™ Hair Care



PROTECT



- dōTERRA Lifelong Vitality Pack™
- dōTERRA On Guard™
- Lemon • Melaleuca • Thyme

CALM

- Frankincense • DDR Prime™
- xEO Mega™ • Basil
- Bergamot • Copaiba



REVITALISE



- Zendocrine™ • Geranium
- Zendocrine™ Softgels
- Juniper Berry • Lemon

SUPPORT

- AromaTouch™ • Ylang Ylang
- Alpha CRS+™ • Peppermint
- xEO Mega™



TENSION RELIEF



- AromaTouch™
- Deep Blue™ Rub
- Deep Blue™ • Lemongrass
- Wintergreen • Siberian Fir

DIGESTIVE

- Fennel • ZenGest™
- Ginger • Peppermint



Customise Your Wellness Plan

Ensure you are living empowered 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 Pyramid.

1 FOUNDATIONAL NUTRITION

Fuel, Support & Fortify



☐ dōTERRA Lifelong Vitality Pack™



☐ PB Assist™ Jr ☐ dōTERRA a2z Chewable™
☐ IQ Mega™



☐ ZenGest TerraZyme™ ☐ PB Assist+™



☐ Daily Habits Kit

2 EXERCISE

Soothe & Energise



☐ Deep Blue™ ☐ Mito2Max™

Refresh & Invigorate



☐ dōTERRA Air™ ☐ Peppermint

Part of a Healthy Weight Plan



☐ Smart & Sassy™



☐ Athlete's Kit

3 REST & MANAGE STRESS

Sleep Support



☐ Lavender ☐ Petal Diffuser
☐ dōTERRA Serenity™
☐ dōTERRA Serenity™ Softgels

Emotional / Stress Support



☐ Essential Aromatics™ Touch Kit



☐ Elevation ☐ Citrus Bliss™ ☐ dōTERRA Balance™



☐ Essential Aromatics™ Kit

4 REDUCE SYNTHETIC EXPOSURE

Cleanse Support



☐ Lemon ☐ Tangerine

On Guard™ Cleaning



☐ dōTERRA On Guard™ Cleaner Concentrate ☐ dōTERRA On Guard™ Laundry Detergent ☐ dōTERRA On Guard™ Foaming Hand Soap

Self-Care



☐ dōTERRA On Guard™ Toothpaste ☐ Shampoo & Conditioner



☐ Essential Skin Care Kit

5 INFORMED SELF-CARE

Protect & Restore



☐ dōTERRA On Guard™ ☐ Frankincense



☐ ClaryCalm™ ☐ Melaleuca



☐ PastTense™ ☐ InTune™ ☐ Correct-X™



☐ TerraShield™ ☐ DDR Prime™

Targeted Support

Note any desired options from pg. 13

- 1.
- 2.
- 3.



☐ dōTERRA Touch™ Kit

Wellness Consult

Reach your wellness goals!












Essential oil reference book/app:

- 1 Write down your health priorities and find solutions.** 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 organise them into your daily plan.

MORNING	AFTERNOON	EVENING
Daily Wellness Habits <input type="checkbox"/> dōTERRA Lifelong Vitality Pack™  <input type="checkbox"/> Frankincense  <input type="checkbox"/> ZenGest TerraZyme™  <input type="checkbox"/> dōTERRA On Guard™ <input type="checkbox"/> Lemon	<input type="checkbox"/> ZenGest TerraZyme™  <input type="checkbox"/> dōTERRA Balance™  <input type="checkbox"/> dōTERRA Lifelong Vitality Pack™  <div style="text-align: center; font-size: small;">  = Topical  = with Meal </div>	<input type="checkbox"/> ZenGest TerraZyme™  <input type="checkbox"/> PB Assist+™  <input type="checkbox"/> Lavender 

- 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 Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	MONTH 2 LRP Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	MONTH 3 LRP Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____

Getting Started

SINGLE OILS

- **Arborvitae** Powerful cleansing and purifying agent
- **Basil** Keeps skin looking clean and healthy
- **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; soothing and cooling to the skin
- **Cinnamon Bark** Potent, sweet spice for food flavouring; add to water and gargle for mouth rinse
- **Clary Sage** Promotes healthy-looking hair and scalp
- **Clove** Cooking spice; helps clean teeth and gums
- **Copaiba** Promotes smooth, clear skin
- **Coriander** Light, floral food flavouring; apply topically to maintain clear complexion
- **Cypress** Helps improve appearance of oily skin
- **Douglas Fir** Promotes a positive mood; freshens the air
- **Eucalyptus** Apply to skin and hair for a revitalising benefit
- **Fennel** Distinct licorice 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** Dilute and apply topically for warming and soothing properties
- **Grapefruit** Tangy, sour food flavour; uplifts mood
- **Helichrysum** Improves the appearance of skin
- **Jasmine Touch** Uplift mood; healthy complexion; personal fragrance
- **Juniper Berry** Has a calming, grounding aroma; acts as a natural skin toner
- **Lavender** Soothes occasional skin irritations; has calming qualities when experienced aromatically
- **Lemon** Food flavour; promotes a positive mood when applied topically
- **Lemongrass** Has a subtle, citrus flavour; toning benefits to the skin
- **Lime** Enhances food flavours; positively affects mood when applied topically

- **Marjoram** Food flavouring; calming, positive effect when used internally
- **Melaleuca** Cleansing; skin support; healthy complexion
- **Melissa** Calms tension and nerves
- **Myrrh** Cleansing properties; soothes skin; promotes emotional balance
- **Oregano** Spicy, herbaceous food flavour
- **Patchouli** Promotes smooth, glowing complexion when applied to the skin; reduces the appearance of skin imperfections
- **Peppermint** Ⓢ Alleviates occasional stomach upset when taken internally; refreshing, powerful food flavouring
- **Roman Chamomile** Calming effect on the skin, mind and body
- **Rosemary** Herbaceous food flavouring; calming and uplifting
- **Rose Touch** Calming; supports skin, promotes confidence and mood
- **Sandalwood** Supports skin, hair and mood
- **Siberian Fir** Helps balance emotions
- **Thyme** Food flavour; cleansing and purifying for the skin
- **Vetiver** Grounding and calming
- **Wild Orange** Uplifting to the mind and body
- **Wintergreen** Soothing massage after exercise
- **Ylang Ylang** Promotes appearance of healthy skin and hair when applied topically; lifts mood

SIGNATURE OIL BLENDS

- **dōTERRA Air™** Calms the senses
- **AromaTouch™** Apply topically to promote feelings of relaxation and lessen tension
- **dōTERRA Balance™** Promotes balance and positive thoughts
- **Citrus Bliss™** Invigorating; uplifts mood; reduces stress
- **ClaryCalm™** Provides a soothing, calming effect
- **DDR Prime™** Ⓢ General wellness
- **Deep Blue™** Apply topically for soothing and cooling
- **Elevation** Lessens feelings of stress; elevates mood; promotes energy and joy
- **InTune™** Supports focus, concentration, attention, mental clarity, and mood
- **dōTERRA On Guard™** Ⓢ Ⓢ Supports body's natural defenses
- **PastTense™** Promotes relaxation
- **Salubelle™** Promotes skin health and rejuvenation
- **dōTERRA Serenity™** Ⓢ Promotes relaxation and calming; sleep support

- **Smart & Sassy™** Ⓢ Promotes a positive mood; provides a revitalising boost
- **TerraShield™** Outdoor protection; support healthy boundaries
- **TriEase™** Ⓢ Equal parts Lemon, Lavender, and Peppermint essential oils in a softgel; convenient for use when travelling or at an outdoor event
- **Yoga Collection** Increases benefit from yoga practice; promotes trust in yourself
- **Zendocrine™** Ⓢ Add to citrus drinks, teas, or water
- **ZenGest™** Ⓢ Soothes occasional stomach upset

WELLNESS

- **Deep Blue™ Complex Polyphenol** Relieving blend containing Deep Blue™ essential oil
- **Fractionated Coconut Oil** Dilution aid and skin moisturiser
- **dōTERRA Lifelong Vitality Pack™** Dietary supplementation
- **Phytoestrogen Lifetime Complex** Blend of standardised plant phytoestrogens and whole food extracts
- **Zendocrine™ Complex** Proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils

SPA

- **Correct-X™** Protects and hydrates skin; soothes skin and promotes skin renewal after stress
- **dōTERRA™ SPA Hand & Body Lotion** Base lotion to add oils to
- **HD Clear™ Skin Care** Facial Lotion and Foaming Face Wash
- **dōTERRA Salon Essentials™** Protecting Shampoo and Smoothing Conditioner

LIVING

- **dōTERRA Air™ Drops** Maintains clear airways; provides overall respiratory support
- **Deep Blue™ Rub** Soothing lotion
- **Lumo/Lotus/Petal Diffuser** Diffusers for aromatic use
- **dōTERRA On Guard™ Drops** Immune health
- **dōTERRA On Guard™ Foaming Hand Wash** Safe and effective cleaner
- **dōTERRA On Guard™ Toothpaste** Natural whitening toothpaste
- **Veggie Caps** Empty gel capsules

Also available in: Ⓟ Beadlet Ⓢ Softgel

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 the retail price, but to get the best value, create an LRP (Loyalty Rewards Programme) order for even greater savings and opportunities to receive free product.



Buy 1
dōTERRA Lifelong Vitality Pack™

+ Choose up to 2 Additional Supplements at Reduced Prices



Mito2Max™
~~£30.50~~
£20.00* / 8 PV

~~43.50€~~
29,00 €* / 8 PV



Deep Blue Polyphenol Complex™
~~£37.50~~
£20.00* / 8 PV

~~54.00€~~
29,00 €* / 8 PV

*prices exclude VAT

LOYALTY REWARDS PROGRAM FAQs

How do I create or change my LRP order?

- Log in to mydoterra.com. Click on "Create a New LRP Template" 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, or email to europeanorders@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 maximise 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)				✓

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 kit 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 is placed.

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







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.
-  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



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®

Lifestyle 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 _____

Other Support _____

Phone _____

Email _____

Upcoming Local or Online Classes & Events

• Email: europaorders@doterra.com

• UK: +44 203 318 0064

• Ireland: +35 316 917 051

• Americas: +1 800-411-8151

• Australia: +61 (02) 8006-4854

For additional contact information, visit: doterraeveryday.eu/contact.

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.

