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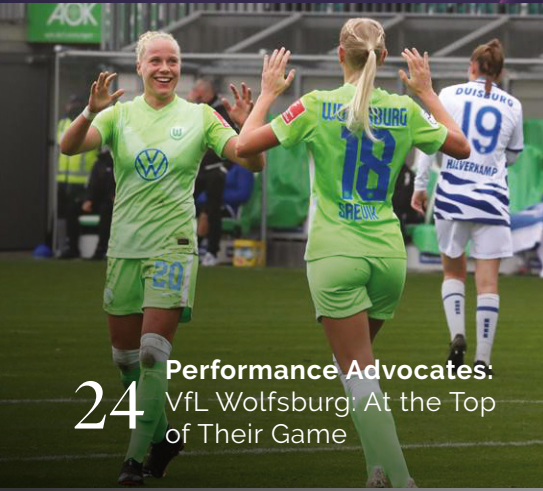
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In the Valley of the Roses

As the sun rises over the dew-covered fields surrounding Kazanlak, Bulgaria, it reveals rows upon rows of blossoming rose bushes. Between each row, harvesters carefully pick the blossoms. It is 5 May, the first day of rose harvest, and the harvesters have been in the fields since 04:00, picking the flowers when their fragrance is most potent. Many harvesters are seen with a single rose in their hair—a lasting tradition being to tuck the first rose of the day behind the ear.

Why Bulgaria?

The Valley of the Roses in central Bulgaria lies just south of the Balkan Mountains, an imposing range of peaks that has halted invading armies and protected the quiet valley for millennia. Today, because of its location, few vehicles pass through the valley, keeping the air and soil clean from contaminants. Located near the Black Sea, the valley has a sunny climate coupled with well-drained, sandy soil that work together to create ideal conditions for growing roses. In addition, roses require significant amounts of rain. The geography of the area again provides just the right conditions, thanks to the sweeping Balkan mountain range. As moisture evaporates from the Black Sea, gentle breezes push the moist air inland to the north. When the moist air reaches the mountains surrounding the Valley of the Roses, it's forced upward. As it moves higher, the water vapour cools and condenses, forming clouds. The clouds, trapped by the mountain peaks, grow larger until eventually, it begins to rain.

Mild winters, sandy soil, and heavy spring rains come together to make this valley one of the best places on the planet to grow roses. It is no wonder, then, that the rose is the national flower of Bulgaria. This is also the reason that dōTERRA chose to source its **Rose** essential oil in the Valley of the Roses.

Harvesting Fields of Roses

More than 100 species of roses exist, but it is the Damask Rose, or *Rosa damascena*, that is grown and distilled in Bulgaria for **dōTERRA™ Rose** essential oil. The Damask rose was first introduced to Bulgaria in the seventeenth century and is widely regarded as producing the highest quality rose oil.

Starting in early May, the rose harvest dominates the social and economic landscape of the Valley of the Roses for weeks. Family and friends come and help the rose farmers bring in their annual harvest. More than 50,000 harvesters are hired to collect roses during the short window when the essential oil volume is at its highest. While agricultural technology has revolutionised how many crops are harvested, roses are harvested in much the same way today as hundreds of years ago—by hand, one loving blossom at a time.

The best time for picking is just as they begin opening their petals. Starting well before dawn, harvesters work through the morning to collect the delicate blossoms, taking care not to crush any in the process. The availability of oil is highest in the cool hours of the morning, decreasing as the sun rises. Because the rose petals are so delicate, they must be steam distilled the same day they are harvested. Wait too long, and valuable essential oil is lost.



There are over 100 species of rose. dōTERRA Rose oil comes from *Rosa damascena*, commonly known as the Damask rose.

To collect the oil as efficiently as possible and ensure farmers are paid fairly and on time, dōTERRA recently built a rose distillery in Kazanlak, named Terra Roza, as part of the dōTERRA Esseterre Bulgaria operation (headquartered in Dobrich). This facility began operations in May, just in time for the 2020 rose harvest.

“Bulgaria has such a rich history of producing beautiful rose oil from the Damask rose. It’s a great privilege to now have another dōTERRA-owned and operated Esseterre distillery working with small farmers and producing the crown jewel of Bulgarian essential oils,” says Tim Valentiner, vice president of global strategic sourcing at dōTERRA. **Rose** is truly the queen of oils, and it is only fitting that this exquisite flower now has its own dōTERRA distillery in the heart of the world’s rose capital.

The Rose Festival

Perhaps nothing expresses the region’s deep love for roses more than the annual Rose Festival. Held since 1903, the festival begins on the first Sunday in June. More than 150,000 visitors arrive to learn about the valley’s rich history and traditions and join in with rose-picking and other fun activities.

Two of the most exciting events of the festival are the Rose Coronation and Rose Festival Parade. Each year, a Rose Queen is chosen from the community, who presides at many of the festivities.

The culmination of the entire rose harvest season is the parade held in Kazanlak. The parade is the largest in Bulgaria with 3,000 participants and features traditional dance, music, and arts. Swathes and garlands of roses cover the town, and young children pass flowers to the crowd as performers in traditional dress dance and sing.

When the last of the parade passes by and revellers turn toward home, they will walk on streets carpeted in rose petals and blossoms.



The Next Harvest

As the sun sets over the rose fields in June, its last rays illuminate miles upon miles of tidy rose bushes. The bushes are now bare—all the blossoms have been distilled into pure rose oil. Working together, the farmers, harvesters, and distillers in the Valley of the Roses have created roughly two metric tons of pure **Rose** oil within just a matter of weeks.

Soon it will be time to prune the rose bushes and begin cultivating another crop of the finest quality roses in the world. It has been this way for 340 years, and if the people living in the valley have anything to say about it, it will be this way for centuries to come.



Scan



Essential Oil Spotlight

Rose



Rosa Damascena

Distillation Method: steam distillation

Aromatic Description: floral, sweet, and earthy

Plant Part: flower

Known as the "Queen of Oils," Rose is one of the most precious essential oils in the world. Rose petals produce a sweet floral aroma, renowned in the perfume and essential oil industries.

dōTERRA Rose oil is derived from the Damask rose—a shrub that originally came from Damascus, the capital of Syria, and is now sourced from Bulgaria. Delicate petals (tens of thousands of them) from *Rosa damascena* shrubs are distilled to create the precious **Rose** essential oil. This labour-intensive process is truly one of love—a mission to bring the Queen of Oils to all the world.

Fun Fact

It takes approximately 10,000 blossoms to produce a 5 ml bottle of **Rose** essential oil!*

**Varies by season, region, year, and other variables.*

How to Use Rose Essential Oil

- + Add two drops to a small amount of moisturiser in your palm and apply gently to the face, neck, and décolletage.
- + Help any skin imperfections by applying one drop directly to affected areas twice daily.
- + Add to nightly skin care routine to help balance moisture levels in the skin.
- + Use as a personal fragrance. Apply to your neck and wrists to carry this luxurious fragrance with you throughout the day.

Pursuing Peace:

dōTERRA Adaptiv™ & the Importance of Mindfulness



Being proactive with your mental wellbeing helps in the pursuit of peace and adaptability. This is easier and more scientifically validated than ever because of mindfulness.

What Is Mindfulness?

Mindfulness is the practice of bringing your awareness to the present moment. Being mindful means being present at an elevated level, being acutely aware of your environment and what you're doing, while also being capable of responding to your surroundings. Mindfulness can be achieved by anyone, though it often takes dedicated practice to develop! There are a number of ways to help you cultivate your ability to be present.

1. Breathe: Being mindful begins with focusing your attention on the most fundamental activities of life. Breathing is innate, but doing so mindfully is not. One of the first steps in improving mindfulness is to identify when you inhale and purposefully exhale. Focusing all your attention on the most basic of all human functions, breathing, can heighten your awareness of the present.

2. Meditate: Many methods of meditation exist, each with the end goal of reaching a composed and balanced state of mind. The key is to put yourself in an environment and position where concentration, observation, and awareness are the focus. Find a calm and quiet place to sit, set a time limit, keep your mind focused on your breathing, and be attentive to when and where your mind wanders.

3. Move: Mindfulness also encompasses the connection between the mind and the body. Combining heightened awareness with physical activity is one of the most effective ways of developing a stronger sense of self and promoting overall wellbeing. Yoga is essentially the state of connection between the mind and body, and clinical research has shown that regular yoga practice may help increase emotional and psychosocial quality of life¹. Focus on your breathing and the connection between your mind and your body as you transition between movements. Observe your feelings, and where your mind wanders, rather than reacting, as you complete each pose.

The Science Behind Mindfulness

The scientific evaluation of the benefits stemming from mindfulness is one of the most popular areas of modern science. Depending on your research database, there were less than a dozen clinical trials evaluating mindfulness in 1997; according to PubMed, there are now nearly 500². The effects on psychological health are profound and widely researched. A 2019 review showed strong evidence of the benefits of mindfulness on markers of mental health and overall quality of life³.

Interestingly, the evidence of physical health benefits is just as strong. A recent clinical study conducted at Harvard found that mindful meditation may induce potent gene expression, possibly helping modulate a healthy inflammatory response, healthy glucose metabolism, and even circadian rhythms⁴. A 2016 review and meta-analysis of clinical trials regarding mindfulness as therapy for pain found evidence of positive benefits, with far lower risk for adverse events than alternative treatments⁵.

Mindfulness is an extremely individual pursuit, but there are some things that can help you along the way. Clinical evidence shows that listening to music may help us shift into our neural default network and become more in tune with the present⁶. In addition, as recent clinical results have shown, the perfect complement to mindful meditation may be use of essential oils⁷.

References

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How Can I Incorporate Adaptiv into My Mindfulness Routine?

Adaptiv Calming Blend was specifically formulated to give you a calming boost when you need it most. This proprietary blend of essential oils, known for their calming properties, provides the perfect complement to mindful actions. **Adaptiv Touch** is ideal for easy topical application and great to keep with you throughout the day. The **Adaptiv** Product Line was designed specifically to accompany you on your journey to heightened awareness. Breathe, meditate, and move toward lifelong mental and physical wellbeing.

3 ways to cultivate your ability to be present:



Breathe



Meditate



Move

A Drop of Hope

128,500 € worth of products
donated by dōTERRA
Europe to healthcare staff

In March 2020, COVID-19 brought the world to a standstill. Hospitals and clinics managed overwhelming numbers of patients, beyond the capacity of each facility. To support Wellness Advocates working on the frontline, dōTERRA Europe donated 128,500 € worth of products to 322 Wellness Advocates, across 13 European countries.

We hope this gesture brings relief to those whose lives have been affected by the impact of the pandemic and reflects our gratitude for their continued efforts. Read the heart-warming testimonials of Anja, Hélène, and Tina, some of the medical staff who have benefitted from this project. Thank you for being heroes!

“

“My colleagues knew about aromatic products, but not essential oils. Once we got the diffusers going, they were surprised with how long a few drops can last.” Anja and her team received four diffusers and several essential oils, which are now used every day in their work areas.

“We love the comfortable and cosy environment the oils create. They are a powerful help to reset our mood while we rest for a few minutes before going back to the COVID-19 ward.”

Favourite Blends: Citrus Bliss™ and Island Mint™

Anja Novak, Head Nurse
Jesenice, Slovenia

“

At Manchester Royal Infirmary A+E, the Spa Room is available to support the medical staff’s mental wellbeing, “That’s where our dōTERRA diffuser, oils and hand-creams are. **dōTERRA Balance™** has become a popular blend and it is so comforting to enter the room and sense that feeling. It’s a nice escape from all the hustle of an A+E department.”

Hélène also has a daily essential oil routine before going to work, “I roll **On Guard™ Touch** on the bottom of my feet, rub **dōTERRA Air™** on my chest and apply **Balance** and **dōTERRA Adaptiv™** on the back of my neck. **dōTERRA Motivate™** is also one of my new favourites!”

Can’t Live Without: On Guard™ Hand Purifying Mist

Hélène Svinos, Senior Registrar in Emergency Medicine
Manchester, United Kingdom

“

“The feedback was absolutely amazing. I immediately started using the oils and diffusers in my practice and noticed how the nurses and staff changed once they passed through the door. People were smiling more and looked happier. Parents said that it was the first time they entered a doctor’s office with such a positive environment.”

Tina continues, “People from my work environment started asking me about the oils and how they can use them. One nurse even commented, when entering my office, that this (a diffuser) was exactly what she had been looking for to make her home a more uplifting place after a day of arduous work.”

Everyday Oils: Copaiba and Yarrow|Pom

Tina Bozicnik, Paediatrician
Maribor, Slovenia





Live Your Best Life

Nurture your body, mind, and spirit and start living the life you deserve.

Have you ever had such a beautiful experience that you stopped for a moment just to feel gratitude? What made that moment or experience meaningful to you? It's likely that this experience involved taking care of your body, building important relationships, or expanding your mind. Maybe you felt this way when you witnessed a radiant sunrise after a rigorous hike, when you tucked in the kids after a day of fun, or when you closed a book that has changed your perspective on life.

Experiences like these help us live our best lives. So what can you do to have more of these moments? **Here are a few ideas to help you on your journey to live your best life today.**

Stay Active, Stay Happy

Being active is one of the first steps you can take to live your best life. Though it might seem like the last thing you want to do, moving your body is often exactly what you need.

Nurture your body through movement. This will vary from one person to the next. For some, it may be practicing yoga. For others, it could mean a fun bike ride with the kids. What's most important is that you listen to your body and avoid comparing yourself to others. Focus on being active every day in a way that feels right for you.

When you need to recover after a gym workout, a challenging hike, or just a day of keeping up with your kids or grandkids, use **Deep Blue Rub™** for soothing comfort.



We get caught up in exercise challenges, building muscle, and weight loss when often we simply need to focus on moving the body!

Become a Lifelong Learner

Keeping your mind active is just as important as keeping your body active. You might decide to take up a new hobby, like gardening, or learn a new subject, like astronomy! Becoming a lifelong learner is a massive part of living your best life.

Set aside sufficient time to nurture your mind. It can be as easy as discovering a book from the library on a topic you'd like to learn more about. You could also see if a local community college offers a class that interests you.

With a quick search on the internet, you can find interesting videos, articles and tutorials about any subject imaginable! The possibilities to grow your mind are endless.

Use oils like **InTune™** or **dōTERRA Thinker™** to create and support an uplifting environment, which promotes learning.



Make Your Relationships a Priority

Another important step on the journey to living your best life is nourishing your relationships. Take a moment to ask yourself if you're the friend, partner, sibling, neighbour, father, or mother you want to be. Is there something you could do to strengthen a relationship? Schedule lunch with someone you have not seen in a while, plan a special date for your significant other, or set aside time to enjoy a craft project with the kids. It is the little moments that truly nourish a relationship.

To help to create the perfect environment, try using blends like **dōTERRA Peace™** or **dōTERRA Forgive™** to help balance emotions and encourage contentment.



Fuel Your Body

To live your best life, you need to pay attention to what you put into your body. With everything we hear about sugar, processed foods, toxins, and more, it is easy to feel discouraged about developing and maintaining a healthy diet.

The key is to start small. Incorporate a rainbow of fruits, vegetables, and whole foods into your meals and snacks. For example, add fresh berries and spinach to a breakfast smoothie, snack on carrots and celery throughout the day, or eat a juicy orange as part of your lunch. Nourishing your body with simple changes like these can make a definitive difference in how you feel.

To complement your healthy diet, use products like **dōTERRA Lifelong Vitality Pack™**, **Smart & Sassy™**, **ZenGest TerraZyme™** or **ZenGest™** Supportive Blend.

Rest, Relax, Reset

In a world that seems to constantly move and change, sometimes you just need to press pause. Rest is an essential part of living your best life. When you have had enough sleep, you are better able to devote your whole self to whatever you need and want to do throughout the day.

You can encourage better sleep in several ways. Enjoy a warm bath at the end of a long day to relax and wind down. Try reducing your screen time before sleep, instead of scrolling through social media you might read a book or write in your journal. Or, if you find your mind is racing before bed, try clearing your head with a quick meditation session.

When you make rest a priority, you will find that you can excel in other areas of life and truly be present in the moment. If you need help creating a restful environment, apply **dōTERRA Serenity™** Restful Blend topically before bedtime to help reduce worry and prepare for a restful sleep. You can also try **dōTERRA Serenity Softgels** to easily receive the benefits of dōTERRA Serenity Restful Blend in a convenient softgel.

When you make rest a priority, you will find that you can excel in other areas of life and truly be present in the moment.

Living your best life is truly a journey—one that will be different for every person. Take the time to evaluate areas in your life that are in need of attention, and then set some simple goals. You can use the ideas here or come up with your own. You know better than anyone what you need most! Perhaps you want to practice setting boundaries in your relationships or incorporating a meal plan into your week.

Whatever it is, focus on taking the next step. As you move forward intentionally, you will have more experiences that make you stop in your tracks and think; I am truly living my best life.





Bring Life to Your Home

Fill your home with things you enjoy. Plant an indoor herb garden or houseplant to nurture and appreciate throughout the year.

Everyone loves to be in their home, but it is up to you to decide what your home will be. You can make it a space where you can relax at the end of the day. It can be a space that unlocks your creativity for full self-expression. Your home can be the place where your family feels nourished. You get to choose!

DIY Oil Stand

Make your favourite essential oils part of your home décor. Keep them wherever they are most convenient with this stylish DIY oil stand. Place the stand next to your bed, in your bathroom, or in the kitchen so you can easily reach the oils you use most frequently.

DIY Oil Stand

Materials Needed:

Wood*, Forstner bits*, Drill, Handsaw, Mitre Box, Sandpaper, Wood oil

*Wood:

- + For the essential oil holder pictured here, 1 x 3 inches (25.4mm x 76.2mm) walnut was used, cut to length with a handsaw and mitre box once the drill holes were measured and marked.

*Forstner bit(s):

- + 1 ¼ inches (31.75mm) Forstner bit for 15 ml bottles
- + 1-inch (25.4 mm) Forstner bit for 10 ml bottles or 30 ml dōTERRA mist bottle

Instructions:

1. Determine the desired size, number of holes and layout that you want for the essential oil bottles, and then mark the centres for each. Remember when measuring to include the distance you want between each hole.
2. Secure the wood to the surface with clamps, adjusting as needed for each hole.
3. With the Forstner bit attached to the drill, place the bit's tip in the middle of your centre mark and drill the holes. Use tape or a mark on the drill bit for consistent depth. Start and stop several times as you drill to keep the friction temperature down in order to avoid scorching your wood or bit.
4. Once all the holes are drilled, sand the edges and apply a coat of oil to seal the wood.

Get by with a Little Help from Your Friends

There's a reason why you'll see this suggestion in nearly every exercise advice article: "Find a workout buddy." It's more than just a frequently repeated idea—it works! Research suggests that those who exercise in a group or with a friend are more likely to increase the intensity of their workouts, as compared to those who work out on their own.

While working out with a friend can help increase your motivation and keep you accountable, have you ever thought of it as a way of building relationships? Exercising with others can be a powerful bonding experience. The group setting allows you to sweat, struggle, and succeed together. It gives you time to talk and get to know one another, plus the endorphins you get from exercising help create positive connections. Achieving goals together and cheering each other on is the perfect recipe for friendship.

Whether you choose the treadmill or the park, friends make the workout experience enjoyable. Here are a few ideas:

Yoga in the park. When the weather is nice, grab your yoga mat and enjoy some time outside with your friends. Sign up for a class, or if there isn't one nearby, start your own.

Start a running group. Whether you love to run or could use a little extra motivation, starting a running group is a great way to push yourself. It may be challenging to get out the door, but knowing you've got a group of friends waiting for you at the starting point could give you the push you need.

Enjoy nature. Regardless of where you live, it can be nice to enjoy a workout in the great outdoors. Enjoying the fresh air, beautiful scenery and the company of your friends will probably make you forget you're even exercising.

Bring the kids along. There are plenty of activities to help get everyone out of the house, like nature walks, frisbee, scavenger hunts, or football matches.



A Routine for Happiness

By Daniela Huelsen

"Holistic health coach", "yoga teacher" and "happiness addict" all describe Daniela Huelsen, a Blue Diamond Leader from Germany. Daniela's transformation journey began when she decided to be "a little less perfect, but free and happy". Now, she lives her dream life. With a contagious smile, Daniela shares a few ideas that can make your daily routine happier.



ALMOND-COCONUT PORRIDGE

Ingredients:

- 50 g (gluten-free) oats
- 2 teaspoons chia seeds
- 2 dates, chopped
- 3 teaspoons coconut flakes
- A handful of chopped almonds
- 250 ml almond or coconut milk
- 1 drop of **Cinnamon** or **Cardamom** essential oil

Instructions:

1. Add the oats, chia seeds and coconut milk to a saucepan and allow it to simmer until the liquid has been absorbed. Add more water if needed as chia seeds will absorb a lot of liquid.
2. Add the dates, coconut flakes, almonds and a drop of **Cardamom** or **Cinnamon** to enhance the flavour.
3. Pour it into a bowl, add any other favourite toppings (fruits, tahini, or almond butter) and enjoy!



MIRACLE MORNING ROUTINE

My morning starts with meditation practice followed by writing in my journal. I use oils like **Frankincense**, **Sandalwood** and **Salubelle™** as I elevate my consciousness and connect with my inner self.

06:00

NOURISH YOUR BODY

Choose a healthy breakfast. I love adding oils like **Cardamom** and **Cinnamon** to my porridge, or making a green juice and adding a drop of **Celery Seed**, **Turmeric** or **Grapefruit** essential oil.

08:00

PRODUCTIVE WALK

Take a daily walk! Fresh air and walking is a part of my daily exercise. The activity is gentle but effective to boost metabolism and enhance my wellbeing. I also enjoy lots of business calls and wellness consultations over the phone while taking in the fresh air. I call it my "Walk & Talk" time!

10:00

RECONNECT

Sit down and breathe: Halfway through the day, I take a break for five minutes to do a breathing exercise to reconnect with my energy source. **dōTERRA Air™**, **Eucalyptus** and **Siberian Fir** are the oils that help to support me during my practice.

15:00

17:00

MOVE & STRETCH

As the day comes to an end, I do a gentle yoga session that starts with movement and leads to Yin Yoga, stretching and relaxing in supine postures to support healthy joints and flexible muscles. **Deep Blue™** and **Wintergreen** are great oils to use with exercise.

BREATHING EXERCISE

Find a quiet spot and sit comfortably.

Gently rub an essential oil of your choice into your hands.

Ground your feet, straighten your spine, soften your gaze, or even better, close your eyes.

Inhale deeply but softly into your hands for at least 20 seconds.

Allow your belly to soften and relax your shoulders, letting go of any tension.

For the next 5 minutes just sit quietly, deeply connected to your roots, observing your thoughts without attaching judgement to them.

Say to yourself: "I am resting and recharging now."



Creating Fun at Home

Kids are always ready to do something fun. This may leave some parents wondering how to keep those little hands busy! However, we think we have something that can help. You don't have to look far for ideas to keep your children entertained, these simple DIYs using your favourite essential oils are just what you need.

DIY Play Dough

Play dough can encourage creativity and keep kids busy for hours. Let them help to make their own from the basics in your kitchen. With the addition of essential oils, play dough becomes more engaging, and gives you an opportunity to begin teaching your kids about the benefits of the oils.

Ingredients:

250 g flour
473 ml water, add food colouring if preferred
273 g salt
1 tablespoon olive oil
1 teaspoon cream of tartar
5 drops essential oil of your choosing

Instructions:

1. Combine all ingredients, except for the essential oils, in a large saucepan and stir until combined.
2. Once combined, put over medium heat. Using a spatula, continue to stir the ingredients together until it forms a ball. Note: Do not overcook as it will lead to dry play dough.
3. Remove from heat and cool on parchment paper.
4. Once cool, add five drops of your favourite essential oil and knead until thoroughly combined.

You're done! Easy. Just store in an airtight container in the refrigerator for months of fun.

Bubbles

Bubbles are another kid classic—a great way of getting everyone outside and enjoying the fresh air. With a splash of **dōTERRA On Guard™ Foaming Hand Wash**, these bubbles will keep your kids entertained, while also getting their hands squeaky clean.

Ingredients:

273 ml warm distilled water
1 tablespoon vegetable glycerine
2 teaspoons sugar
3 tablespoons **dōTERRA On Guard™ Foaming Hand Wash**

Instructions:

1. Combine all the ingredients and stir.
2. Make your own wand or reuse old bubble wands, then head outside and blow bubbles!

Store the bubble mixture in an airtight container for up to one month.

Support Experiences

Along with packing in the fun stuff for kids, we also love creative ways to give children memorable learning experiences. There are many simple and affordable options, like creating a fun, informative workbook series or visiting an aquarium, zoo or museum! Experiences like these can help learning be enjoyable and benefit a child throughout their life.

Not surprisingly, essential oils can help support children during learning experiences! Blends in the **dōTERRA Kids Oil Collection** like **dōTERRA Steady™** and **dōTERRA Thinker™** are designed for developing minds. Oils in this collection are great when applied topically to support an environment for learning, help children feel centred, or give them a needed boost of courage.

Make Delicious Snacks

Whether your kids are out riding their bikes or you are accompanying them on a nature walk, any outdoor activity is better with a snack. These simple recipes use delicious essential oils that the entire family is sure to love.



doTERRA On Guard™ Popcorn

If you're looking for the perfect snack for an outdoor movie night or the next family walk, this popcorn recipe might be just what you want.

Ingredients:

125 g popcorn kernels	5–6 drops On Guard™
60 ml unrefined coconut oil	2–3 drops Cinnamon Bark oil
60 ml pure maple syrup	Sprinkle with ground cinnamon and salt to taste

Instructions:

1. Air-pop popcorn and place in a large mixing bowl.
2. Melt the coconut oil. Stir in the maple syrup and essential oils.
3. Pour the mixture over popcorn, pausing to toss and mix.
4. Sprinkle with ground cinnamon and salt.
5. Mix thoroughly and enjoy.

Strawberry Citrus Slush

This recipe is fun to make, refreshing and delicious, and it also allows you to control just how much sugar your kids eat – everybody wins!

Ingredients:

500 ml fresh lemonade	4 drops Lime oil
145 g frozen strawberries	720 g ice
1 lemon, juiced	3 tablespoons white sugar (or ½ teaspoon stevia)
4 drops Lemon oil	

Instructions:

1. Combine all the ingredients in a blender.
2. Blend until smooth or at desired consistency.

Note: For a more smoothie-like consistency, add 290 g of strawberries and 480 g of ice.

3. Pour into glasses and enjoy.

Tip: For a sweeter version of the smoothie, omit fresh lemon juice or add more sweetener.





Cinnamon Peanut Butter and Granola Sandwich

As a healthier alternative to the classic peanut butter and jelly sandwich, this little snack is sure to be a new favourite!

Ingredients:

- 1-2 apples
- 120 g natural peanut butter
- 50 g granola
- 1 drop **Cinnamon Bark** oil

Instructions:

1. Core the apples and slice horizontally for sandwich pieces.
2. In a bowl, mix the peanut butter, granola, and essential oil.
3. Place the mixture between two apple slices or use as dip.

Tip: If you aren't going to serve the sandwich immediately, soak the apple slices in water, along with a few drops of **Lemon** oil, to help keep the apples looking fresh.

Make Unforgettable Memories

Don't worry about trying to keep the kids busy! These ideas can help to keep them entertained, using the doTERRA products that you love and trust.

With all the fantastic essential oils out there, these DIYs and recipes are just the start! A little creativity and the power of essential oils can make many unforgettable memories.

VfL Wolfsburg: AT THE TOP OF THEIR GAME

An interview with Omar Rüppel and Pia-Sophie Wolter, members of the VfL Wolfsburg Women's football team

The VfL Wolfsburg Women's team have repeatedly made headlines in recent years. **As two-time European champions, they are considered one of the best women's football teams in Europe.** To be able to compete to the best of their abilities, both mind and body need to be in top condition.

Omar Rüppel, Head Physiotherapist and Athletic/Rehabilitation Coach, and Pia-Sophie Wolter, Midfielder, each share how they keep on top of their game with the help of essential oils and the **dōTERRA Lifelong Vitality Pack™**.



VfL Wolfsburg Women's Team Success

UEFA Women's Champions League:

Winners: (2) 2012-13, 2013-14

Runners up: (3) 2015-16, 2017-18, 2019-20

Frauen-Bundesliga (German Football League):

Winners: (6) 2012-13, 2013-14, 2016-17,
2017-18, 2018-19, 2019-20

DFB Pokal (German Cup):

Winners: (7) 2012-13, 2014-15, 2015-
16, 2016-17, 2017-18, 2018-19,
2019-20

DEEP BLUE, DEEP BLUE, DEEP BLUE

For Omar and Pia, **Deep Blue** is their number one dōTERRA product. “In general, we often use **Deep Blue Rub™** for regeneration purposes. This is also extremely popular among the players. Particularly the heating and cooling effects of the blend,” says Omar. “Using **Deep Blue** as part of our daily routine supports relaxation and helps to provide immediate relief to affected areas. It helps us to re-energise and feel revitalised,” adds Pia.

MEET THE SIDEKICKS

Along with **Deep Blue**, **Peppermint**, **Lavender** and **Serenity** are the sidekick essential oils the players and rehabilitation coach use in their daily routines.

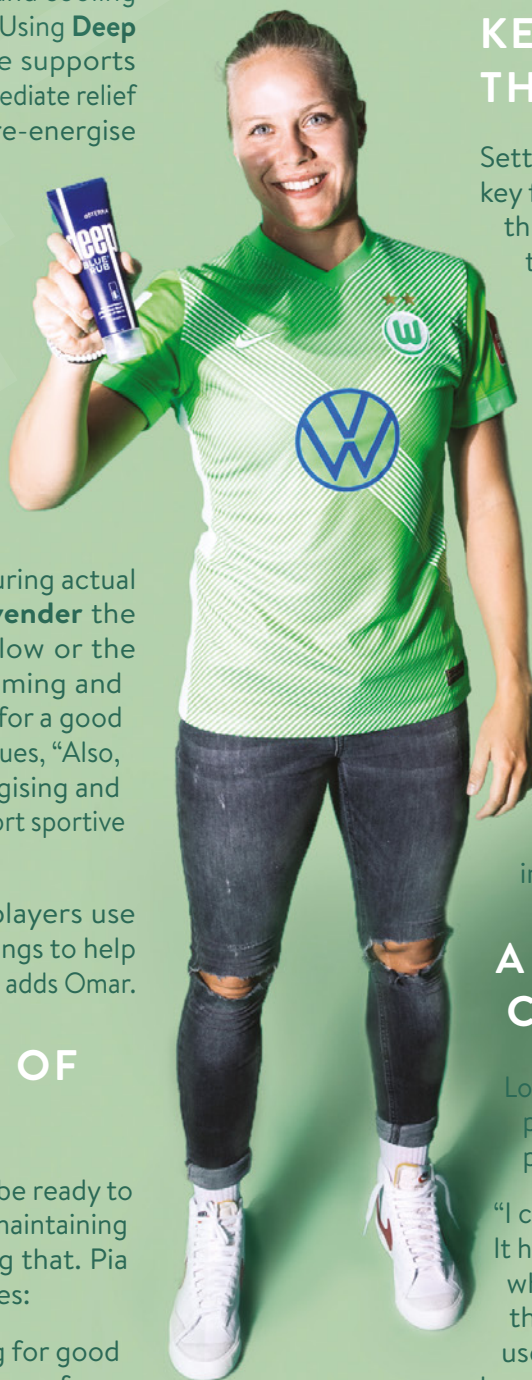
“Besides using the oils and rub during actual practices and games, I like **Lavender** the best. Just a few drops on a pillow or the bed cover helps to create a calming and relaxing environment to prepare for a good night’s rest” shares Pia. She continues, “Also, **Peppermint** oil has quite an energising and refreshing effect which helps support sportive performance in a positive way.”

“Outside of our facilities, the players use **Lavender** or **Serenity** in the evenings to help prepare for a restful night of sleep,” adds Omar.

THE IMPORTANCE OF HEALTHY HABITS

Professional players must always be ready to perform at the highest level and maintaining a healthy lifestyle is key to doing that. Pia reveals her healthy habit priorities:

“I think the most important thing for good regeneration and to be ready to perform is to get enough sleep and eat well. I try to get between eight to nine hours of sleep and



make sure that I get enough carbohydrates and protein, depending on the training load. But I also pay attention to good whole foods and eat plenty of fruits and vegetables.”

KEEP YOUR HEAD IN THE GAME

Setting goals and maintaining focus are two key factors to remain strong and motivated throughout the football season. “I always try to be clear about our team goals and my personal goals, so that I know what I am working towards each day. However, the most important thing for me is that I have a lot of fun being on the field with my team. That makes the challenging work so much more rewarding,” says Pia.

Pia also reflects on the positive aspect of how to keep moving forward despite losing a game: “There are challenging periods in every season. It is important not to lose your focus. After losing a game, I immediately want to play again to prove that the team and I can do better. Losing a game also shows your weaknesses, so you know exactly what you need to work on to improve next time.”

A TIP FROM THE COACH

Looking for products to support your sports practice? Coach Omar has two dōTERRA products that he recommends:

“I can definitely recommend **Deep Blue Rub**. It helps bring relief in every way. For anyone who values wellbeing, I also recommend the **dōTERRA Lifelong Vitality Pack™**. I use it every day! I am enthusiastic about how its effects benefit your energy, general vitality, and wellbeing.”



After the Rescue:

The Ripple Effect

When Marie* walked through the gates of the Rapha International safe house, she didn't know what her future would hold. She had been through so much. Marie had been taken from her family and community, deprived of her basic human rights, and sexually exploited. Until now, no one had ever asked her what she wanted in life. After being rescued from sex trafficking and entering an aftercare facility, she could learn that she has a voice and she could learn to choose what she wanted her life to look like.



During her time at Rapha International, Marie was the key part of her own case management team. Together with a social worker, counsellor, and teacher, she created a plan for her future. A big part of that was to help Marie understand her rights and get immediate updates on the legal case against the person who sold her. Her trafficker was extremely dangerous, and the case against him generated significant media interest. She even received threats against her life. "Our staff were absolutely valiant in their efforts to keep her safe," recalls Stephanie Freed, co-founder of Rapha International. "As soon as we start battling in the courts, security becomes so important."

Rapha International

Rapha International, founded in 2003, is a leader in aftercare for survivors of child sex trafficking. They collaborate with local governments, police, and social service organisations to care for exploited girls and empower communities to fight against sex trafficking. Currently, Rapha has four facilities located in Thailand, Cambodia, and Haiti. Each campus can care for up to 50 girls at a given time. In the last year alone, the staff provided more than 1.1 million hours of care to trafficking survivors.

Once a girl enters Rapha International, it is tempting and comforting to imagine that her first day at the aftercare facility is a happy one. The reality is, sadly, often different. "For many girls, this is a frightening day," explains Stephanie. "They don't know how to trust anymore, so we start building that trust from our first interaction by showing them how we'll take care of them. We show them where they will be provided with meals, regardless of their behaviour. We show them their bed and assure them that the bed is only for sleeping, not for 'working'. And we give them their own clothes and shoes. For most, they come with nothing, and we help them understand that their needs matter to us; we will consistently meet those needs, no strings attached."

Healing Wounded Hearts

The goal of Rapha International is to help girls safely re-enter their communities and live their lives in sustainable freedom. To accomplish this, they focus on four key things:

1. Safety and basic care

Many girls arrive significantly malnourished and deprived. Meeting their basic needs is the first step. Additionally, keeping them safe is a high priority, since many of their abusers are still on the streets. Highly trained security guards are onsite all day, every day.

2. Counselling and medical

Rapha International works hard to take care of emotional and physical needs. As Stephanie explains, "These are wounded hearts and wounded bodies coming through our gates."

3. Education and training

Rapha International knows that helping the girls with education and job training sets them up to break the cycle of generational poverty—for themselves and their families.

4. Social work and legal advocacy

Whenever Rapha International can help prosecute a case, they do. "We want our girls to know that they're worth fighting for," says Stephanie. "And we want to show that there are consequences for the abuse of children."

Rapha International seeks to provide the highest quality care at every level. Everyone, from the teachers to the security guards, is trained in trauma care. When a child acts out because of what she has experienced, the entire staff understands and can help to meet her emotional needs. No child is too difficult, and no case is too complicated.

Dr. Anne Wairepo, the executive director of the dōTERRA Healing Hands Foundation** explains why Rapha International is such a powerful organisation: "I can truly say that at each Rapha aftercare facility, they love every child and see her inherent individual worth. They empower girls who have faced extreme trauma to understand their great value and ultimately to live in safety and freedom. They are making a real and lasting difference for those whom society has exploited. The dōTERRA Healing Hands Foundation is honoured to be part of the incredible work happening in these countries."

Healing with the Help of dōTERRA

An important step in helping these girls heal their trauma is allowing them to express it. Doing so can be difficult for many girls, often because they are so young and the trauma so extreme, they simply don't have the words. Even if they wanted to talk about it, they couldn't. However, to begin addressing their trauma, it is critical that they be able to express it. To facilitate that expression, Rapha International and the dōTERRA Healing Hands Foundation created an art therapy centre at the Thailand aftercare facility. This beautiful space is a safe place for girls to tell their stories. They can draw it, act it out, or do anything else they need to start opening up. When they can do that, they start to heal. Since the opening of the art centre, hundreds of girls have been able to express their grief, anger, pain, and hope.

Ripples of Change

"The overarching mission of the dōTERRA Healing Hands Foundation is to end suffering and bring healing and hope to the people who need it most," explains Mark Wolfert, dōTERRA Founding Executive. That mission aligns perfectly with Rapha International's own. Each child who enters one of their aftercare facilities begins her recovery and can leave empowered to change not only her own life, but also the lives of countless others.

"We're genuinely grateful for the dōTERRA Healing Hands Foundation. Together, we're casting stones into the water



and creating ripples that will grow into waves of change," says Stephanie. "Sometimes I wonder if the Wellness Advocates know how much of a difference they're making for children. I want them to know that they are." The girls who are served by Rapha International will go on to make big changes, becoming strong voices as they advocate for the wellbeing and safety of other children for generations to come.

There's so much hope for these children. Not just hope that they can live their lives in freedom, but also that they will make an impact in the world. The ripple effect of these girls can never be measured, and the investment in them will be repaid a hundred times over.

Looking Forward

When Marie first walked through the gates of Rapha International, she didn't know she had a choice in her future. It took time and patience for her to fully realise that she was in control of her life. Once she did, she knew exactly what she wanted: to become an attorney and fight for the safety and freedom of children in her country.

Today, Marie is preparing to enter university and achieve her dream.

**Name has been changed.*

***dōTERRA Healing Hands Foundation is a US foundation.*

The dōTERRA Healing Hands Foundation is celebrating 10 years of making a difference!

“From the beginning, we wanted to establish a pattern of meaningful and sustained giving within dōTERRA, and the dōTERRA Healing Hands Foundation answers that call. None of what we've been able to accomplish over the past 10 years would be possible without the generosity of our Wellness Advocates, customers, and employees who have actively engaged in the Foundation's mission to make positive change. Your loyalty and belief in this mission have led to such an incredible impact. Every act of goodness contributes to changing the world one drop, one person, one community at a time.”

—Mark Wolfert, dōTERRA Founding Executive



Nurture Yourself at Any Age

The human body is amazing. It carries us through the joys and sorrows of life—through wellness, loss, change, and growth at every age. Show your body some gratitude by nurturing it with love and attention. Loving and serving others becomes easier when you can love and serve yourself.

Your body is wise. It wants to feel its best. Help your body's intuitive process by incorporating high-quality products into your daily beauty routine. Enlist the **Veráge™ Skin Care Collection** to nourish skin and reduce the appearance of blemishes. Use **Yarrow|Pom** daily, which contains blue yarrow essential oil and cold-pressed pomegranate seed oil that may help to moisturise and restore healthy-looking skin. This expertly crafted proprietary blend is beautifying to the skin and helps reduce the

appearance of blemishes. You can also apply a thin layer of **Salubelle™ Beauty Blend** to help promote youthful-looking skin.

Keeping your skin hydrated will not only make you glow, but it can also help fade the appearance of skin imperfections. Massage this whipped body butter daily on rough and cracked skin, focusing on your heels and elbows.



Whipped Body Butter

Ingredients:

118 ml shea butter

118 ml cocoa butter

118 ml coconut oil

118 ml **Fractionated Coconut Oil**

30 drops of dōTERRA™ essential oils

(**Sandalwood, Frankincense, Geranium, and Lavender** is a good combination)

Instructions:

1. In a glass bowl, combine the shea butter, cocoa butter, coconut oil, and Fractionated Coconut Oil together. Place the glass bowl on top of a saucepan of hot water at a rolling boil.
2. Stir every few minutes until the ingredients are melted and combined (about 10–15 minutes).
3. Once everything is melted, remove from heat and let it sit for up to 10 minutes to cool, and then add desired essential oils.
4. Once the essential oils are added, let it rest in a cool place (such as the refrigerator) until it has set.
5. Once set, remove from the refrigerator and use a stand or hand mixer to whip, slowly increasing speed until the lotion becomes light and fluffy (around three to five minutes).

Note: Store this mixture in a glass jar and keep in a cool place. If needed, re-fluff the body butter by whipping it back up to the desired consistency with a hand mixer.



Citrus oils can cause photosensitivity, so we do not recommend using them if you plan to be in direct sunlight or UV rays after topical application.



Stress and worry can wreak havoc on your body's overall health, no matter your age. Take time for yourself to do the things you love: take a bath, read a book, go for a long walk, call a friend, cook for your family, or meditate. Try applying **Adaptiv™** or **Copaiba** topically for a calming aroma. These simple acts of self-care will make your days brighter and help release the tension and lingering negative feelings.

Show your hair some love by adapting your hair treatment routine to benefit you at each stage in life. Changes in hormones, whatever the cause, can result in thinning or brittle hair. Take a few extra minutes in your hair routine to deeply condition.

It is human to compare yourself to others or wish you could turn back the clock. Resist the temptation to dwell on your flaws and use self-affirming statements to show gratitude for your body's strengths, whatever they may be. If you feel yourself starting to think negatively, repeat phrases like "I'm worthy of love and joy" or "I love and accept my flaws." Apply **dōTERRA Balance™** to your wrists, neck, and lower back to encourage feelings of balance and tranquillity. Thinking positively about yourself is a powerful tool for becoming your best self.

Take time for yourself to do the things you love: take a bath, read a book, go for a long walk, call a friend, cook for your family, or meditate.



Essential Oil Spotlight

dōTERRA Balance™

dōTERRA Balance and SPA Balance Bath Bar

The fresh and woody aroma of **dōTERRA Balance** is a perfect go-to-oil when you need a little harmony in your life. This blend helps to promote feelings of balance and tranquillity.

Spruce, Ho Wood, **Frankincense**, **Blue Tansy**, and Blue Chamomile blend perfectly with **Fractionated Coconut Oil** to offer an enticing fragrance that, when applied topically, promotes calm, relaxation and wellbeing.

The brand-new **dōTERRA SPA Balance Bath Bar** brings those amazing properties to your daily routine. In addition to skin-soothing essential oils, the African black soap bar combines shea nut butter, coconut, sunflower, palm kernel oil, and cocoa husk. The result is a bath bar that leaves your skin feeling clean, soft, and refreshed.

This blend combines essential oils of:

Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower

Fun Fact

Many of the essential oils in this blend have been used for thousands of years to bring overall harmony.

How to Use dōTERRA Balance

- + Apply at the start of your day to the bottom of your feet.
- + Use to help create a calm environment when meditating or practising yoga.
- + Apply topically before bed to help steady yourself.

How to Use dōTERRA SPA Balance Bath Bar

- + Work into a rich lather during your morning shower to start your day off with a unique, at-home spa experience.
- + Apply a little wool roving to make your own DIY felted soap bar.

dōTERRA and You



Getting started on your
wellness journey

Don't know where to begin? Here are some products to help you get started.

Essential Oils



Lavender

Pure Essential Oil
Lavandula angustifolia | 15 ml

- Add a few drops of Lavender to encourage calm and relaxing feelings
- Apply one drop to your beauty routine to promote healthy skin
- Add a few drops of Lavender to pillows or bedding to promote relaxation



Lemon

Pure Essential Oil
Citrus limon | 15 ml

- Add Lemon oil to your water for a refreshing taste or as an alternative to sodas and sugary drinks
- Add Lemon oil to your favourite treats and dessert recipes for a sweet and zesty punch



Peppermint

Pure Essential Oil
Mentha piperita | 15 ml

- Try adding one drop of Peppermint oil to your morning smoothie to start your day feeling more refreshed than ever
- Mix a drop of Peppermint oil with a drop of Lemon essential oil in water for refreshing mouth rinse



Tea Tree (Melaleuca)

Pure Essential Oil
Melaleuca alternifolia | 15 ml

- For occasional skin irritations, apply 1-2 drops of Tea Tree oil onto affected area
- Apply to fingernails and toenails after showering to purify and keep nails looking healthy
- Combine with Cedarwood and apply to face after shaving for an invigorating aftershave



Oregano

Pure Essential Oil
Origanum vulgare | 15 ml

- Replace one tablespoon of dry oregano with one drop of Oregano oil in Italian dishes
- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast



Frankincense

Pure Essential Oil
Boswellia Carterii, frereana, sacra, and papyrifera | 15 ml

- Add two drops to moisturiser to help reduce appearance of blemishes and promote rejuvenation of skin
- Massage on skin to promote feelings of relaxation and to balance mood



Deep Blue™

Soothing Blend
15 ml

- Use Deep Blue oil in a massage to benefit from its soothing and cooling properties
- Dilute Deep Blue with Fractionated Coconut Oil and massage into kid's legs
- Apply to feet and knees before and after exercise for an invigorating and cooling effect



On Guard™

Essential Oil Blend
15 ml

- Possesses an energising and uplifting aroma
- Adds a warm, citrusy spice to hot drinks and desserts
- Soak sliced apples in a bowl of water with one drop On Guard for a healthy snack
- Add one drop On Guard to water or tea



doTERRA Air™

Essential Oil Blend
15 ml

- Calms the senses
- Promotes feelings of clear airways
- Combine with Epsom salts in a warm bath for a soothing sensation
- Add three drops to shower floor
- Use topically before outdoor activity



ZenGest™

Supportive Blend
15 ml

- Add 1-2 drops to water or tea after large or heavy meals
- Add 1-2 drops to water or tea before flying or taking a road trip



doTERRA Adaptiv™

Calming Blend
15 ml

- Helps boost mood when applied on the skin
- Soothes the skin
- Soak in a relaxing Epsom Salt bath by adding three to four drops of diluted Adaptiv to bathwater
- Mix three drops with Fractionated Coconut Oil for a soothing massage



doTERRA Balance™

Grounding Blend
15 ml

- Use to help create a calm environment when meditating or practicing yoga
- Apply to the bottom of feet to promote feelings of balance throughout the day
- Apply topically before bed to steady yourself and promote peaceful dreams

Kits and Collections

At dōTERRA, we want to make it easy for you, by providing the essentials you need to best support your home, family and lifestyle. Whether you are at the beginning of your journey or a seasoned oil expert, these carefully crafted kits and collections are the simplest way to bring all the essentials to you!



Introduction to Essential Oils Kit

Includes Lavender (5 ml), Lemon (5 ml), and Peppermint (5 ml)



Family Essentials Kit

Includes Lavender (5 ml), Lemon (5 ml), Peppermint (5 ml), Tea Tree (5 ml), Oregano (5 ml), Frankincense (5 ml), Deep Blue™ (5 ml), dōTERRA Air™ (5 ml), ZenGest™ (5 ml), and dōTERRA On Guard™ (5 ml)



Kids Collection

Includes dōTERRA Thinker™ (10 ml), dōTERRA Calmer™ (10 ml), dōTERRA Stronger™ (10 ml), dōTERRA Rescuer™ (10 ml), dōTERRA Steady™ (10 ml), dōTERRA Brave™ (10 ml), dōTERRA Tamer™ (10 ml), Seven Silicone Toppers with Carabiners, Illustrated Flashcards, and Carrying Case with Carabiner



dōTERRA Essential Aromatics Kit

Includes dōTERRA Motivate™ (5 ml), dōTERRA Cheer™ (5 ml), dōTERRA Passion™ (5 ml), dōTERRA Forgive™ (5 ml), dōTERRA Console™ (5 ml), and dōTERRA Peace™ (5 ml)



Home Essentials Kit

Includes: Frankincense (15 ml), Lavender (15 ml), Lemon (15 ml), Tea Tree (15 ml), Oregano (15 ml), Peppermint (15 ml), dōTERRA Air™ (15 ml), Deep Blue™ (5 ml), ZenGest™ (15 ml), dōTERRA On Guard™ (15 ml), Petal Diffuser, and a dōTERRA Essentials Booklet



Natural Solutions Kit*

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

*This is a Fast Track Enrolment Kit. Please refer to page 39 for more details.
 *Vegan option available.

Vitamins and Supplements

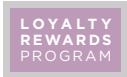
As one of dōTERRA's most popular lifestyle products, dōTERRA Lifelong Vitality Pack™ is full of vitality-promoting benefits. Taking the first step on the path toward a lifetime of vitality and wellness is convenient and affordable with the dōTERRA Lifelong Vitality Pack.



dōTERRA Lifelong Vitality Pack™*



dōTERRA Lifelong Vitality Pack™ Vegan*



*Available through the Loyalty Rewards Program (see more details on page 38)

As we all know, biological, environmental and physiological factors all contribute to our overall wellbeing. This means that many of us may require additional help in a unique area. Through cutting-edge scientific development, dōTERRA has provided that extra boost of support with specialised supplements.



xEO Mega



vEO Mega



Microplex VMz



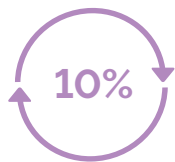
Alpha CRS+



Loyalty Rewards Program

The Loyalty Rewards Program (LRP) allows Members to earn points that can be used towards dōTERRA products. As a participant in the Loyalty Rewards Program, you will immediately earn Loyalty Points that can be used to purchase dōTERRA products. The longer you participate, the more Loyalty Points you can earn—**up to 30%!**

Loyalty Points



**months
1-3**



**months
4-6**



**months
7-9**



**months
10-12**



**months
13+**



Customise and Save

With the purchase of one dōTERRA Lifelong Vitality Pack™ or one dōTERRA Daily Nutrient Pack™ via the Loyalty Rewards Program, choose up to 2 additional targeted supplements at a significant saving.

Buy 1 dōTERRA Lifelong Vitality Pack
or dōTERRA Daily Nutrient Pack



or



or



And choose up to 2 of any combination of the items
listed below at reduced prices

Mito2Max™



Deep Blue
Polyphenol
Complex™



Fast Track Program

Want to get on the Loyalty Rewards Fast Track? New Wellness Advocates or Wholesale Customers who purchase one of our Fast Track Enrolment Kits within 30 days following their enrolment have the opportunity to earn:

- Bonus Loyalty Points
- Boost their LRP Percentage




How do I Qualify for Fast Track?

Month 1: Purchase a qualifying enrolment kit

Month 2: Place a 100 PV Loyalty Order (LRP Order)

Month 3: Place a Loyalty Order (LRP Order)*

On the 15th day of the third month of enrolment, the bonus Loyalty Points will be added to the Member's account, the new LRP Percentage will be put into effect and the Loyalty Points from the second month's Loyalty Order (LRP Order) will be added to the Member's account using the new LRP Percentage. Months 1-3 must be consecutive.

Fast Track Kits	Bonus Loyalty Points	Starting LRP Percentage
 <p>Natural Solutions Kit</p>	+100	15%
 <p>Essential Oil Collection</p>	+200	20%
 <p>Business Leader Kit</p>	+400	25%

*If the LRP is cancelled before 60 days (month 3), the new Wellness Advocate or Wholesale Customer will not receive the bonus Loyalty Points nor the new LRP Percentage from the Fast Track enrolment kit.

When the pure gifts of the earth
are paired with the pure love of each
other, we can achieve anything.

dōTERRA™
pursue what's **pure**



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