

dōTERRA® | INDIA
Leadership
RETREAT | 2024



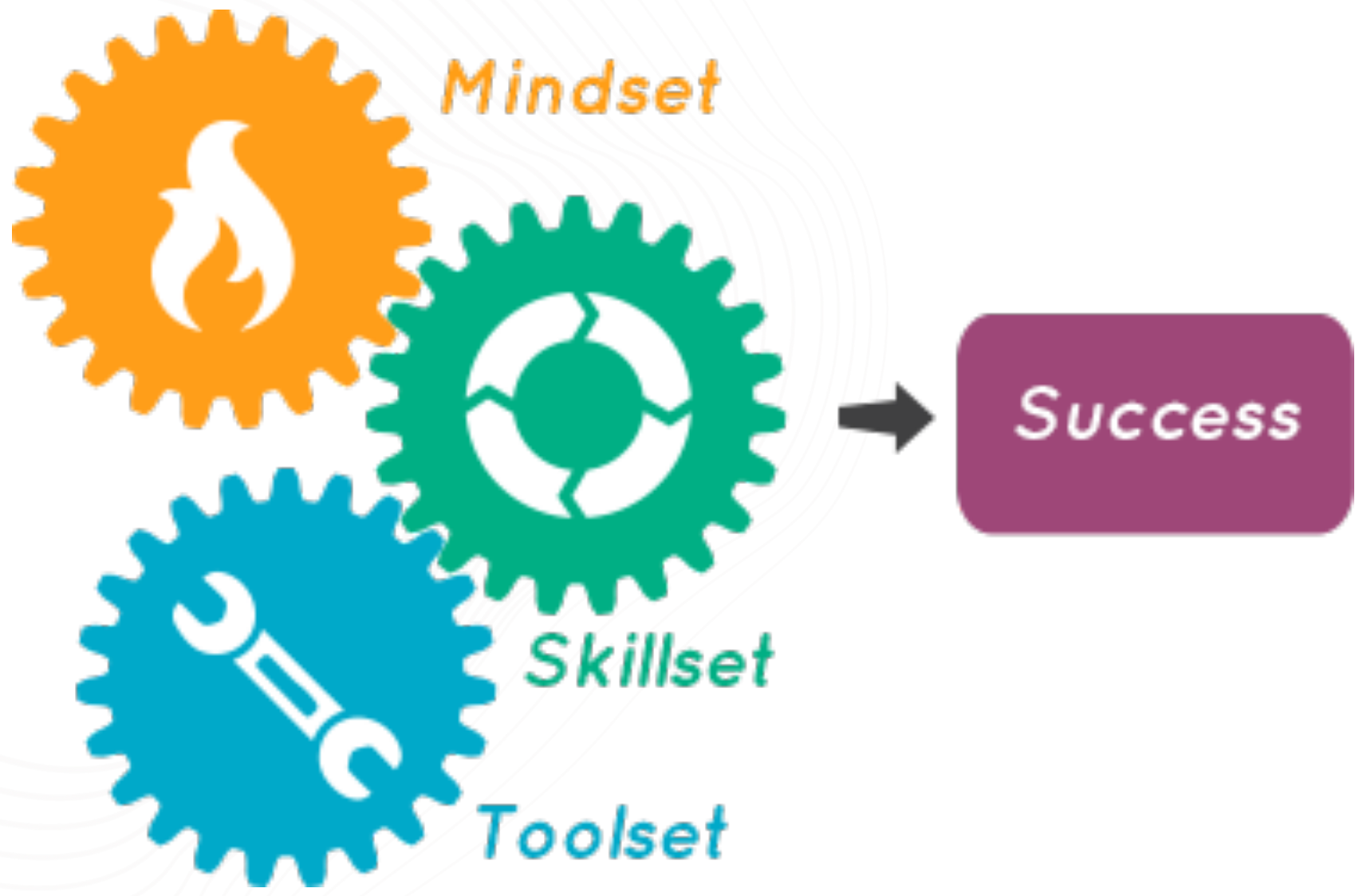
Leveraging the Available Resources

Lingling Zhang

Double Diamond

China Founder





The Biggest Resource is **YOU**

- Your Belief
- Your Mindset
- Your Talents, imagination, and skills
- Your Actions



Success Is Simple

Three simple steps to build your dōTERRA business



1. Learn & Use Products



2. Share dōTERRA



3. Teach others

Learn & Use Products

- **doterra.com/IN/en_IN website**

- Products

- Our Story

- Discover

- Resources

- Essential Oil Specialist Certification Course

- **Social Media**

- Facebook

- Instagram

- YouTube

- **Books & Apps**

- Essential Life

- Modern Essentials

- Symphony of the Cells

- **Weekly Training Courses**

- Thursday 9:30pm Product Training Course

- **Mentors**

- Ask any questions!

Share



Teach

Natural Solutions Class Outline

dōTERRA | INDIA

1 What are Essential Oils?



Peppermint Leaf Oil Sac

- Pure plant extracts
- Aromatic compounds that are extracted and distilled from plants for various wellness benefits
- Highly concentrated
- Found in seeds, bark, stems, roots, flowers and other plant parts
- Natural solutions for your home and wellbeing



Peppermint 15ml 1 2 3 4
Sourced from India/USA

- Use a drop around the neck to wake the senses
- Combine 1-2 drops with shampoo to promote a healthy scalp
- Add to cold water foot bath to cool feet

2 Why use Essential Oils?



- 100% natural, without any synthetic chemicals
- Affordable cost-per-drop
- Pure, safe, and potent
- Easily absorbed by your body
- Contain an array of compounds that provide versatile benefits



Lavender 15ml 1 2 3 4
Sourced from Bulgaria/France

- Calms emotions
- Apply 1-2 drops to soothe skin
- Apply a few drops to pillows, bedding, or feet to support restful sleep

3 How do you use Essential Oils?



A Aromatic

Inhale or diffuse to open airways, improve mood and freshen the air.



T Topical

Apply topically to localize desired areas. Use a carrier oil to sustain absorption.



I Internal

Enjoy a few drops in water or under your tongue.



dōTERRA Breathe[™] 5ml 1 2 3 4
(Respiratory Blend)

- Apply 1-2 drops to the chest and back to help provide easier breathing
- Diffuse at night to soothe the senses and promote restful sleep
- Use when outside at times of seasonal changes



dōTERRA Deep Blue[™] 5ml 1 2 3
(Soothing Blend)

- Apply to feet and knees before and after exercise
- Use for a soothing massage
- Massage with a few drops of carrier oil on growing kids' legs



Lemon 5ml 1 2 3 4
(Sourced from Brazil/Italy)

- Powerful home cleaning solution
- Adds a sweet and zesty flavor to dessert recipes
- Add 1-2 drops to your water as an alternative to soda



Frankincense 15ml 1 2 3 4 5
(Sourced from Somalia/Oman/Ethiopia)

- Diffuse 3-4 drops for peaceful and relaxed feelings
- Creates an uplifting environment
- Apply 1-2 drops to help reduce appearance of skin imperfections



DigestZen[™] 15ml 1 2 3 4 5
(Digestive Blend)

- Apply topically after eating a large meal
- Use 1-2 drops to soothe an upset stomach
- Take on a road trip to ease motion sickness



dōTERRA On Guard[™] 5ml 1 2 3 4 5
(Protective Blend)

- Add 2-3 drops to water for immune support
- Use during chilly days to invigorate the body
- Take on a road trip to ease motion sickness
- Energize and uplifts when diffused

Application Methods:

- A Can be used aromatically
- T Can be used internally
- I Can be used topically
- N Can be used with no dilution (neat)
- S Dilute for young or sensitive skin (sensitive)



Tea Tree 15ml 1 2 3 4 5
(Sourced from Australia/Kenya)

- Combine 1-2 drops with your facial cleanser or aftershave
- Apply to nails after bathing to keep them looking healthy
- Natural alternative to cleaning supplies



Oregano 5ml 1 2 3 4 5
(Sourced from Turkey)

- Supports a healthy digestive system
- Put one drop in place of dried oregano in sauces or on a roast



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LIVE
 The dōTERRA® Lifestyle



dōTERRA
Share
 Hosting Overview

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dōTERRA
Build
 Intro to Build

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Build Business

Empowered Success

www.doterra.com/IN/en_IN/empowered-success

- Launch Guide
- Sales Guide
- Business Building Guide
- Compensation Plan

Build Business

Business Trainings

- Your Team Calls
- Monthly India Connect Call
- Business Building Certification Course

Build Business

Promotions

- Monthly Product Promotions (POM, 10% off)
- Special Product Promotions (150PV or 200PV, BOGO)
- Enrollment Promotions (for new enrollees and enrollers)

Build Business

Events

- Leadership Retreat
- Convention
- Co-Impact Sourcing Trip
- Silver Club
- Rise to Founders Club
- Leader-led Events

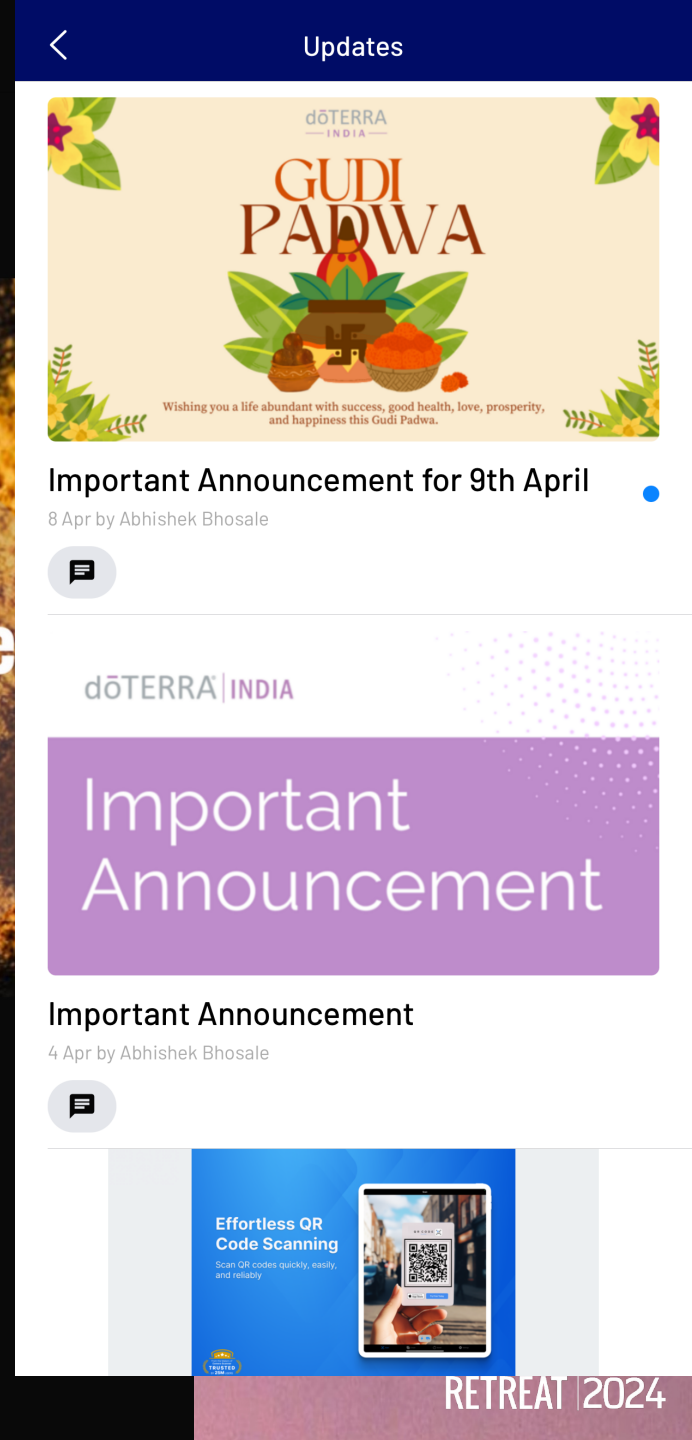


Sri Lanka
dōTERRA
cō·impact
SOURCING
Experience - Jun'24

Build Business

Communication Tools

- Stack Team App
- Customer Service
022-4165 5655
india@doterra.com
- Account Managers (Silver+)



Don't forget the three powerful resources
you always have available to you:
love, prayer, and forgiveness.

- H. Jackson Brown, Jr.

Indumati Uddaraju

Silver



A vast field of lavender flowers in shades of purple and blue, with green stems and leaves visible in the foreground. The background is softly blurred, creating a sense of depth and tranquility.

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