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LIVE

The dōTERRA® Lifestyle



Transform Your Health

Welcome to the dōTERRA® difference, where changing lives is the norm, and supporting your healthy lifestyle is our top priority. Use this guide to discover the powerful benefits of essential oils and create a wellness plan that sticks.



Live a Wellness Lifestyle

The dōTERRA® Wellness Lifestyle Pyramid illustrates the partnership between lifestyle and wellness. When lifestyle is the focus, wellness is naturally achieved and maintained. As you use these powerful products and live healthy daily habits, you'll experience new levels of wholeness.

Envision a life where finding solutions is simple. With an essential oil reference guide and a box of dōTERRA® CPTG® essential oils at your fingertips, you'll be prepared to address 80% of your wellness priorities. For those times when you need additional support, partner with practitioners who empower you in finding the best proven natural solutions.



ADD TO WATER

Add these essential oils to still or sparkling water for a delicious flavor and zero calories:

- Lime 15 ml
- Lemon 5 ml
- Grapefruit 15 ml and Cinnamon 5 ml
- Wild Orange 15 ml, Lime 15 ml, and Grapefruit 15 ml

Add 1–2 drops Peppermint 5 ml, Ginger 15 ml, or dōTERRA On Guard® 5ml to hot water for a soothing tea.

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

Nutrition & Digestion

Give your body what it needs to thrive. It all starts with optimal daily nutrition and digestive support. Try some of our essential oils when cooking and you will experience a boost of flavors as well as other benefits.

DAILY WELLNESS HABITS

- Eat whole, fresh foods.
- Decrease consumption of sugar, caffeine, dairy, and processed foods.

LAVENDER-BLUEBERRY MILKSHAKE

INGREDIENTS

1 cup vanilla coconut milk ice cream
½ banana
¼ cup blueberries
½ teaspoon raw honey
2 cups full fat coconut milk
Sprinkle of cinnamon
4–6 drops Lavender or Lemon essential oil

INSTRUCTIONS

Using a blender, blend all ingredients together until smooth. Serve in tall glasses.

Tip: Freeze fruit for a thicker consistency. For low fat coconut milk, combine 1 cup water with 1 cup coconut milk

OATMEAL

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

PRODUCE WASH

Wash off pesticides, and wax residues by filling the sink with cold water, ½ cup of white vinegar, and 6 drops of Lemon essential oil. Soak the fruits and vegetables, and then rinse.

TURMERIC TEA

INGREDIENTS

1 cup coconut milk
1 cup water
1 tablespoon honey
1 tablespoon butter (or ghee)
1–2 drops Turmeric essential oil
Turmeric spice for garnish

INSTRUCTIONS

Heat coconut milk and water in a saucepan on low for three to four minutes.

Add butter, honey, and Turmeric essential oil and stir until butter melts and ingredients combine.

Pour into mugs and add a pinch of turmeric powder as an optional garnish. Serve hot.

Tip: You can also add a drop of Ginger essential oil for a heartier flavor.

Nutrition



Cinnamon 5 ml

This essential oil will enhance the flavor in your recipes by adding a touch of spice.



Lime 15 ml

This essential oil will add a tart flavor with a slight hint of sweetness to your favorite beverages.



Grapefruit 15 ml

This essential oil brings a slightly bitter and tangy flavor to your recipes.

Digestion



DigestZen™ 5 ml

This blend will naturally aid and support the body in the digestion of food.



Lavender 5 ml

This essential oil provides calming and relaxing benefits when taken internally.

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

Movement

Your body is meant for movement. Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems. Essential oils and supplements support greater flexibility and ease feelings of tension in the body. Together, both can enhance your ability to stay active and strong.

DAILY WELLNESS HABITS

- Make time for 30+ minutes of daily movement.
- Stretch or practice yoga to increase flexibility.

dōTERRA BREATHE® SHOWER MELTS

INGREDIENTS

1 cup baking soda
25 drops dōTERRA Breathe
Respiratory Blend
¼–½ cup water

INSTRUCTIONS

Combine baking soda and water
in a small bowl. Mix well.

Add 25 drops (depending on desired
potency) to mixture. Stir until well
combined.

Pack mixture into small silicone molds
and allow to set overnight.

To use, place a tab in your shower away
from the direct flow of water and enjoy
the cooling effect of the dōTERRA
Breathe® blend to help give feelings of
open airways and clear breathing.

Store in an airtight container. This will help
prevent the volatile compounds of the oil
from evaporating into the air. Use within
one week.

Movement



dōTERRA Deep Blue® Rub

Provides a soothing effect to the
back, shoulders, neck, knees,
feet, and other areas as desired.

*Apply before and after exercise for
a cooling sensation.*



Peppermint 15 ml

An essential oil that can help
when feeling fatigued or low
energy.

*Combine with Fractionated
Coconut Oil and massage into neck
and shoulders to relieve feelings of
tension or tightness.*



Lemongrass 15 ml

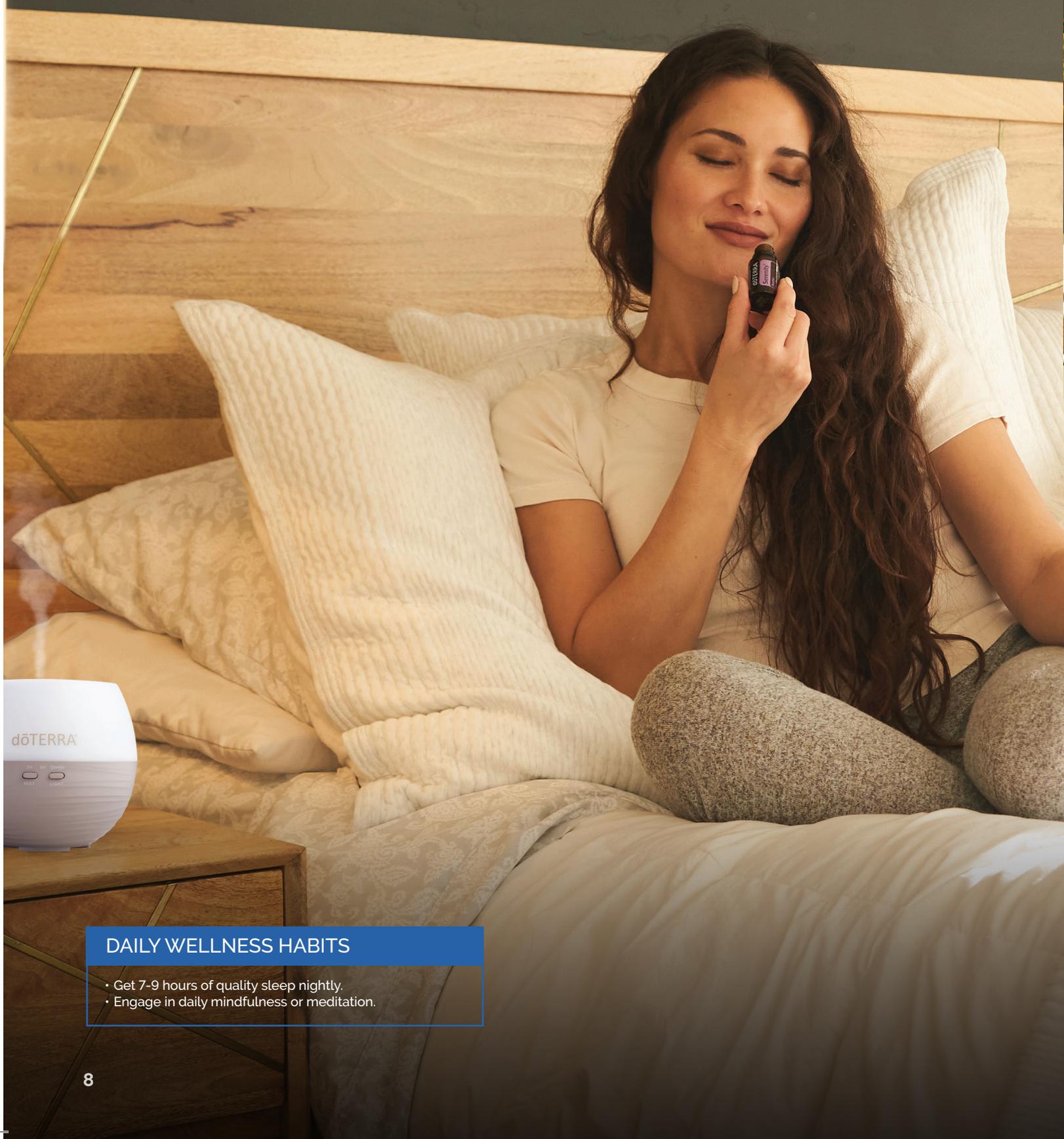
An essential oil that can revitalize
your body by stimulating your
senses.

*Combine a few drops of
Lemongrass essential oil with
Fractionated Coconut oil for a
massage after a hard workout.*

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

Rest & Manage Stress

Essential oils provide dynamic support for getting consistent quality sleep and managing stress. Create an environment where your sleep gives your body the opportunity to repair and renew. Choose solutions to keep feeling great and stay centered no matter what life throws at you.



DAILY WELLNESS HABITS

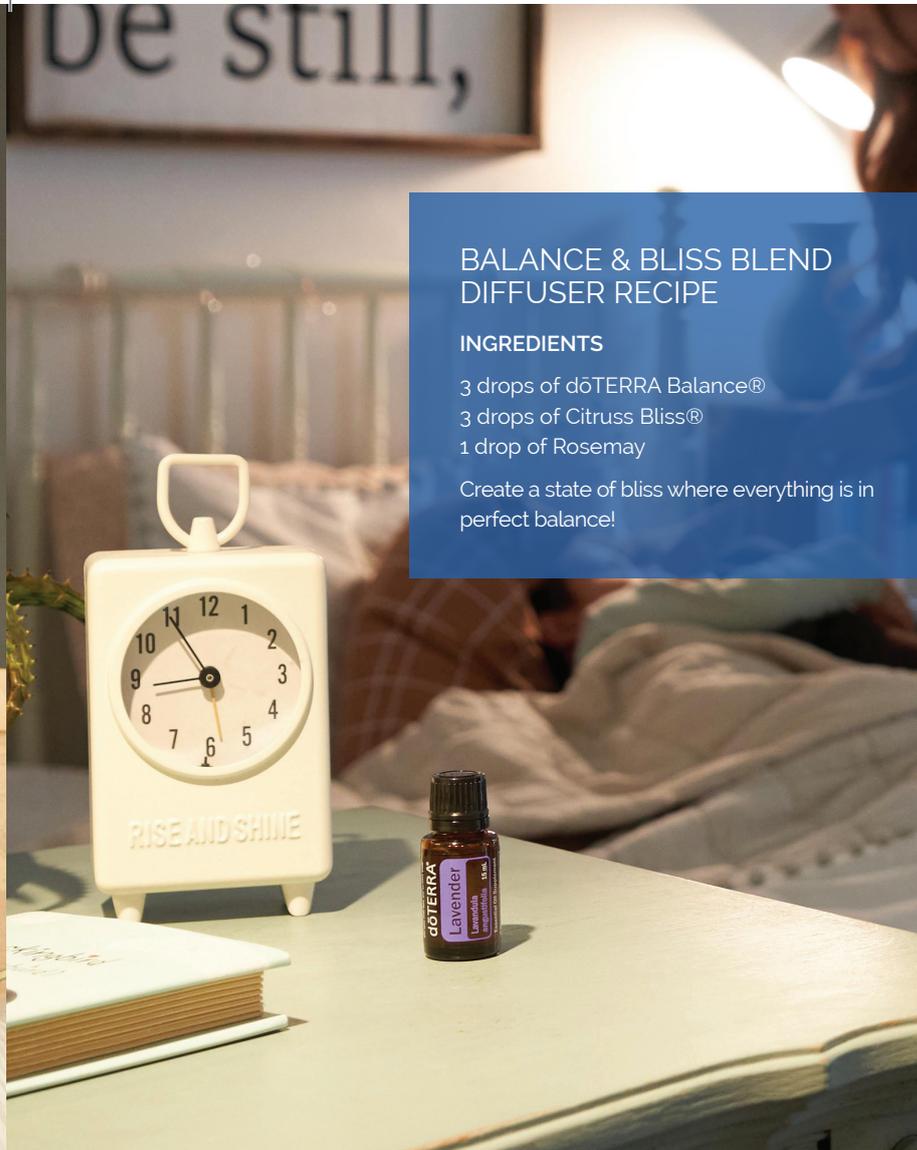
- Get 7-9 hours of quality sleep nightly.
- Engage in daily mindfulness or meditation.

BALANCE & BLISS BLEND DIFFUSER RECIPE

INGREDIENTS

3 drops of dōTERRA Balance®
3 drops of Citrus Bliss®
1 drop of Rosemay

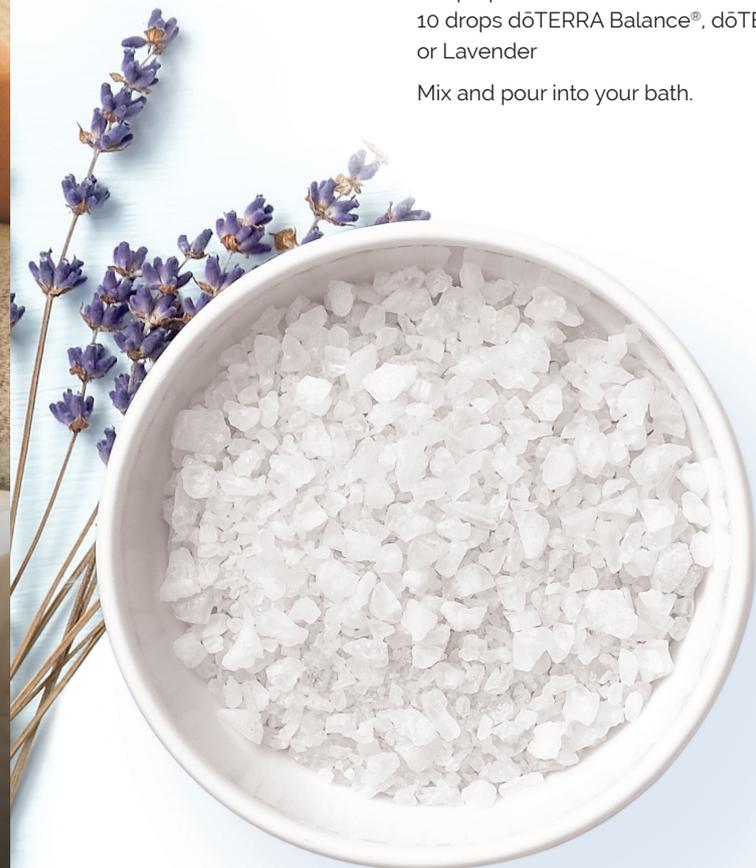
Create a state of bliss where everything is in perfect balance!



RELAXING BATH SALTS

1 cup Epsom salts
10 drops dōTERRA Balance®, dōTERRA Serenity®,
or Lavender

Mix and pour into your bath.



Prioritize Rest



dōTERRA Serenity® and Lavender

Place 1-2 drops on your pillow for peaceful dreams.



Cedarwood

Diffuse 1-3 drops and enjoy its relaxing and grounding aroma.

Manage Stress



Citrus Bliss®

Put a drop in your palm and inhale for a quick pick-me-up. Diffuse for an uplifting environment.



dōTERRA Balance®

Apply to bottoms of feet to start your day. Diffuse to create a calming, grounding space during demanding or difficult times.

The dōTERRA Adaptiv® System



dōTERRA Adaptiv® Calming Blend is the answer during life's most demanding moments. Diffuse or roll on to create a calming atmosphere.

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

Natural Self-Care

You don't have to settle for questionable ingredients in your self-care routine. Avoid adding to your body's toxic load. Instead, choose safe and natural products that provide a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA® naturally formulated essential oil-based options.



DAILY WELLNESS HABITS

- Eliminate chemical-based self-care products.
- Use safe and natural products in your self-care routine.



Essential Skin Care

Designed to meet all your skincare needs. Use twice daily to help keep the skin's natural radiance and vibrant look.



Yarrow | Pom and dōTERRA Immortelle®

These powerful yet gentle products are a must have in your beauty routine. Use daily for a radiant glow.



dōTERRA® Hair Care

Use essential oil-infused, premium hair products: Protecting Shampoo, Daily Conditioner, and Leave-In Conditioner.



Oral Care

Use dōTERRA On Guard® Toothpaste morning and night to naturally brighten your smile.



Body Care

Hydrate your body with the Spa Hand and Body Lotion which is free of harsh ingredients.

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

Informed Self-Care

Make it a habit to use dōTERRA® natural solutions as your first line of defense. When life's challenges arise, use a trusted essential oil reference book to search the possibilities of solutions at your fingertips.

Oils on the Go



8-VIAL KEYCHAIN

Pack your eight most frequently used essential oils and be ready for anything!

KEYCHAIN FAVORITES

Lavender	dōTERRA On Guard®
DigestZen™	Frankincense
Peppermint	dōTERRA Deep Blue®
dōTERRA Breathe®	Tea Tree

DAILY WELLNESS HABITS

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



dōTERRA Correct-X®

Use this natural ointment for soothing the skin as needed.



Lavender

This is a great option to add to your skincare products during your morning/night routine. This essential provides soothing properties to the mind and body.



Peppermint

Apply for a cooling sensation or to awaken your senses when tired. Dilute as needed.



Tea Tree

Combine one to two drops with your facial cleanser for added cleansing properties, or apply to skin after shaving.



dōTERRA ClaryCalm®

The calming aroma of ClaryCalm® can both soothe and balance heightened emotions when applied topically.

Roll this blend on lower abdomen and use with a heating pad when needed.

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



Loyalty Rewards Program

Earn Free Products of Your Choice

The dōTERRA Loyalty Rewards Program (LRP) provides free product credits for monthly purchases ordered on the program. As a participant in the Loyalty Rewards Program, you will immediately begin to earn product credits that can be redeemed for dōTERRA® products. The longer you participate, the more credits you can earn—up to 30% of your total monthly Loyalty Rewards purchases!

Loyalty Rewards Program FAQs

How do I get free products?

EARN FREE PRODUCT POINTS IN ADDITION TO YOUR 25% DISCOUNT

LRP BENEFITS: PERCENTAGE BACK IN PRODUCT POINTS FOR FREE PRODUCTS



TOTAL SAVINGS WITH YOUR WHOLESALE PRICE OF 25% AND INCLUDING LRP POINTS:



How do I get 30% back in free product points?

Your Loyalty Rewards percentage grows over time and begins the first month you place a qualifying 50 PV or more loyalty order. You'll increase by 5% every three months when your orders are over 50 PV until you reach the maximum of 30%.

How do I maximize dōTERRA specials?

Place a loyalty order of at least 125 PV (Personal Volume) between the 1st and the 15th of the month. This sets you up to receive the Product of the Month for free and take advantage of promotions. Pay attention to the PV versus price, as many specials are PV-related and start on the first of the month.

How do I create a new loyalty order?

Log into www.doterra.com/IN/en_IN Click "Create New LRP Order", add items to your cart, complete shipping and payment details to process your order.

PRODUCT VALUE (PV) MUST EXCEED	1	50	100	125
Maintain LRP points previously earned	●	●	●	●
Earn LRP product points (to use for free products) and increase percentage from 10% to 30%		●	●	●
Qualify to earn commissions			●	●
Receive the free Product of the Month (orders placed between the 1st-15th)				●

*PV (Personal Volume): This is a numeric value assigned to each product. It's used as the qualifier for commissions, rank, and promotions. Products purchased with points have no PV.

When can I use my product points?

Redeem your product points anytime within a year from when you earn them.

How do I redeem my LRP points?

In your virtual shopping cart, select "Use Points" on the products you'd like to redeem with your LRP points. New points are added the 15th of the following month after each order placement.

Can I have more than one loyalty order?

Yes. Once you are opted in to India's Loyalty Rewards Program, any order you place in the Virtual Office will be counted as a loyalty order. Qualifications to earn points and promotions will often require a certain PV amount on a single order, but Wellness Advocates are welcome to place multiple orders each month as needed.

How do I opt out of the Loyalty Rewards Program?

You can opt out of this program anytime via phone, or email to india@doterra.com. dōTERRA India Customer Service can assist you with redeeming any free product points you've accumulated prior to cancellation so points aren't lost. If you opt out of the Loyalty Rewards Program, you'll start back at 10% rewards when you resume consistent loyalty order purchasing.

What if I want to return products?

dōTERRA refunds 100% of anything unopened within 30 days of purchase and 90% of the purchase price if opened or used. Please refer to our Returns Policy, www.doterra.com/IN/en_IN/policy-manual-product-return-policy

Wellness Consult

Reach your wellness goals!

Essential oil reference book/app: _____

1 Write down your wellness priorities and find solutions.

Top Wellness Priorities for You and Your Family	Natural Solutions You Have	Natural Solutions You Need
1.		
2.		
3.		

2 Create your Daily Wellness Plan.

Take the solutions you identified above and organize them into your daily plan.

MORNING	AFTERNOON	EVENING
Daily Wellness Habits <input type="checkbox"/> 1-3 drops Lemon 5 ml essential oil in glass of water <input type="checkbox"/> 2 drops Frankincense 15 ml essential oil on bottoms of feet <input type="checkbox"/> 2 drops dōTERRA Balance® on neck or bottom of feet	<input type="checkbox"/> 1-3 drops Lemon 5 ml essential oil in glass of water <input type="checkbox"/> Diffuse 4-5 drops dōTERRA On Guard® 15 ml <input type="checkbox"/> Apply dōTERRA Deep Blue® Rub after workout	<input type="checkbox"/> 2 drops Frankincense 15 ml essential oil on bottoms of feet <input type="checkbox"/> 2 drops dōTERRA Balance® on neck or bottoms of feet <input type="checkbox"/> Apply dōTERRA Deep Blue® where needed <input type="checkbox"/> Diffuse 3-5 drops Lavender 15 ml at bedtime

3 What other wellness choices could support your goals?

(e.g. increase water, sleep, exercise, dietary changes)

How can you redirect your spending and replace everyday household items with more natural, high-quality dōTERRA® products?

(e.g. skin, hair, laundry, cleaning)

4 Live empowered with natural solutions.

Create a 90-day wellness plan by adding the product(s) you need to your LRP orders (recommended to run before the 15th).

MONTH 1 LRP	MONTH 2 LRP	MONTH 3 LRP
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____



Essential Tips

Effectiveness



Use many available essential oil reference resources to find solutions to your daily wellness questions.



Different essential oils work for different people. When you're not getting the desired results, try different oils or application methods.



Massage to increase benefits and promote rapid absorption.



Try different application methods: apply to the bottoms of the feet, spine, or navel.



Use oils topically with Fractionated Coconut Oil to enjoy greater sustained absorption.

Safety



Avoid contact with the eyes, inside of the nose, and ears.



Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has prediluted oils.



Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.



Read labels and follow recommendations.

Best Practices



Keep your products at their best by avoiding exposure to extreme temperatures or direct sunlight.



Use glass containers with your essential oils, as they can break down some plastics over time.



dōTERRA® essential oils are potent. Use smaller amounts more frequently for best results.

Learn More

Member # _____

Password _____

Log in at www.doterra.com/IN/en_IN

Your Key Support _____

Phone _____

Email _____

Other Support _____

Phone _____

Email _____

Upcoming Local or Online Classes and Events _____

Team Call/Website/Facebook Group(s) _____

Email: india@doterra.com

Customer Service: 000 8000 503246

Americas: +1 800-411-8151

Australia: +61 (02) 8015-5080

UK: +44 2033180064

Member Services:

Monday to Friday: 12:30pm - 8:30pm (IST)

Facebook:

www.facebook.com/doterraindiaofficial

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www.instagram.com/doterraindia/



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