

A close-up photograph of lavender flowers in a field, with a soft, out-of-focus background. The flowers are in various stages of bloom, showing their characteristic small, tubular shape and light purple color.

dōTERRA[®]
Live

Wellness Consult

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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 simple, safe, and natural solutions you can rely on to care for the whole you. As you personally experience the powerful benefits of essential oils, you understand why dōTERRA is revolutionizing the way families are caring for 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% of your 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 these principles and use dōTERRA's powerful products, you experience new levels of wholeness.



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Nutrition and Digestion

Give your body what it needs, and it will thrive. It all starts with optimal daily nutrition and digestive support. dōTERRA® whole-food supplements are an ideal companion for your essential oils.



PB Assist+®

A delicious apple powder enhanced with Bifidobacterium longum BB536, Bifidobacterium breve M-16V, Lactobacillus rhamnosus GG, inulin, mastic powder and Red Berries that complement well with your daily diet.



TerraMix FB®

Each serving provides 5 grams of recommended 20 - 30g daily intake of dietary fiber.



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A woman with long dark hair and a floral patterned top is looking down at a young girl and a young boy. The girl is holding a green pepper and looking at it with interest. The boy is leaning forward, looking at the pepper. There are other vegetables like bell peppers and a green pepper on the table in front of them.

DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods

Decrease sugar, caffeine, dairy, and processed foods

PRODUCE WASH

Wash off pesticides, germs, and residues by filling the sink with cold water, $\frac{1}{2}$ cup white vinegar, and 6 drops of Lemon oil. Soak fruits and vegetables, and then rinse.

Movement

Regular exercise strengthens the muscles and supports the cardiovascular and circulatory systems, among other crucial benefits. Essential oils support greater flexibility and energy, and ease feelings of tension in the body to help you stay active and strong.



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Metabolism

Your metabolic health and biological age are inseparable. As you age, so does your metabolic function. Your metabolism influences your energy, weight, body composition, and cognitive performance. The stronger and healthier your metabolic process, the better you feel from the inside out.

THE 3-STEP METAPWR SYSTEM

STEP 1

Eat a well-balanced, whole-food diet and add MetaPWR Essensial Oil Blend to your daily routine to support overall metabolic health.

STEP 2

Take MetaPWR Assist with your largest meal of the day for optimal cellular energy*.

STEP 3 (Coming Soon)

Consistent daily use of MetaPWR Advantage, with marine collagen and polyphenol antioxidants, can support a healthy metabolic age, helping you feel great and look younger*.



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Rest and Manage Stress

Sleep improves mood and gives your body the opportunity to repair and renew. Approximately 80% of health problems are estimated to be the result of persistent stress. Essential oils provide dynamic support to help relax, get consistent quality sleep, and create an uplifting environment so you feel centered no matter what life throws at you.

RELAXING BATH SALTS

1 cup Epsom salts
10 drops dōTERRA Balance,[®]
dōTERRA Lavender Peace,[®]
or Lavender

Mix and pour into bath.

PEACEFUL REST FAVORITES

PEACEFUL DREAMS

Place 1–2 drops of Lavender on pillow.



RELAXATION IN A FLASH

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



EASY BREATHING

Diffuse dōTERRA Easy Air[®].



LALUZ DIFFUSER

Diffuse oils in this ultrasonic diffuser, or inhale from cupped hands, or apply to pulse points.



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DAILY WELLNESS LIFESTYLE HABITS

7-9 hours of quality sleep nightly

Daily mindfulness/meditation

Mind and Mood

Feel great and stay centered. Identify which products you need for soothing support.

The dōTERRA® Adaptiv® System is an effective answer to promote feelings of calm and empower you when adapting to difficult situations.



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



CITRUS BLISS®

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



BLACK SPRUCE

Diffuse to create a soothing environment.



dōTERRA BALANCE®

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



dōTERRA CHEER®

Apply to wrist or pulse points for a cheerful boost of happiness and positivity to your environment throughout the day.

Consider using other essential oils in the dōTERRA Emotional Aromatherapy® system as desired.

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Reduce Toxicity

Nature experiences cycles of releasing and renewing. Our bodies also benefit from seasons of cleansing. Support your body's natural pathways of protection by using natural cleaning and self-care products, along with targeted use of dōTERRA® CPTG® essential oils.

WHY CLEANSE?

- Enhance metabolism*
- Support healthy weight*
- Improve digestive function*
- Improve elimination and natural detox processes of the body*
- Support nervous system*
- Increase energy*

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DAILY WELLNESS LIFESTYLE HABITS

8–10+ glasses of water daily

Eliminate chemical-based cleaning and self-care products

NATURAL SELF-CARE



ON GUARD® NATURAL WHITENING TOOTHPASTE, MOUTHWASH

Use both morning and night to naturally brighten your smile.



VERÁGE® FACIAL KIT

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



HAIR CARE

Essential oil-infused premium hair products: Salon Essentials® Protecting Shampoo, Smoothing Conditioner, Healthy Hold Glaze, Root to Tip Serum, Protecting Shampoo, Daily Conditioner and Leave-In Conditioner.



dōTERRA®

SPA MOISTURIZING BATH BAR AND REFRESHING BODY WASH

Cleanse your body with natural soap and body wash, free of harsh ingredients.



dōTERRA®

YARROW|POM

A powerful botanical approach to beauty, inside and out. Use daily for a youthful glow.

NATURAL DEODORIZER

Add 5 drops of dōTERRA Purify® essential oil to a small glass spray bottle filled with water and spray to deodorize shoes, bathrooms, and garbage cans.

GLASS CLEANER

1 ½ cups white vinegar
½ cup water
8 drops Lemon oil

Mix ingredients in 16 ounce glass spray bottle and shake thoroughly.

COUNTER CLEANER

Mix 2 tablespoons (1 ounce) of On Guard® Cleaner Concentrate with 24 ounces of water in a spray bottle. Mix and spray.

NATURAL CLEANING

Reduce toxicity in your environment by using safe, plant-based, non-toxic, natural cleaners.



On Guard®
Cleaner
Concentrate



On Guard®
Laundry
Detergent



On Guard®
Foaming
Hand Wash

Informed Self-Care

Make it a habit to use dōTERRA® natural solutions as your first line of defense. With a trusted essential oil reference book, increase your understanding and application of the possibilities you have at your fingertips.



ON GUARD® SCENTED MIST

With a good purification effect, it can clean hands and the environment anytime, anywhere, while creating an uplifting and refreshing atmosphere and achieving a protection effect.



ON GUARD® BEADLET (Coming Soon)

*After eating, take one to two capsules to keep your breath fresh.**



CORRECT-X®

Use natural ointment for any minor skin irritations. Can help to soothe, moisturise and repair the skin, as well as boost skin defense.



LAVENDER

Apply topically to soothe occasional skin irritations.



PEPPERMINT

Apply to ease occasional head and neck tension. Dilute as needed.



TEA TREE

For occasional skin irritations, apply 1-2 drops of Tea Tree essential oil onto the affected area.



8-VIAL KEYCHAIN

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

KEYCHAIN FAVORITES

Lavender
ZenGest™
Peppermint
dōTERRA Easy Air®
On Guard®
Frankincense
Deep Blue®
Tea Tree

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Targeted Support

Determine your wellness needs to enhance your daily wellness plan and results.

GENERAL WELLNESS



- On Guard®
- Rosemary
- MetaPWR™
- Lemongrass
- Frankincense

EMOTIONAL MANAGEMENT



- Lavender
- Peppermint
- Frankincense

RESPIRATORY



- On Guard®
- Cardamom
- Lemon
- Peppermint

PROTECTION



- On Guard®
- Turmeric
- Lemon
- DDR Prime®
- Thyme

METABOLISM



- Lemongrass
- Juniper Berry
- Lemon

MUSCULAR & SKELETAL



- Turmeric
- Lemongrass
- Copaiba
- Siberian Fir

SKIN & HAIR



- Immortelle
- Yarrow|Pom
- Hawaiian Sandalwood
- Rose
- Verâge® Skin Care
- Tea Tree
- HD Clear®
- Geranium
- dōTERRA Salon Essentials® Hair Care

NERVES



- Frankincense
- DDR Prime®
- Copaiba
- Bergamot

CIRCULATORY



- Ylang Ylang
- Peppermint
- Black Pepper

DIGESTIVE



- Fennel
- ZenGest™
- Ginger
- Peppermint

REPRODUCTIVE



- Rosemary

Customize Your Wellness Plan

Ensure you are living in an empowered way by selecting desired support from the following levels of the dōTERRA® Wellness Lifestyle Pyramid. Refer back to your ratings in each area on page 3.

1 NUTRITION & DIGESTION

Fuel, Support & Fortify

.....



TerraMix FB®



PB Assist+

2 MOVEMENT & METABOLISM

Soothe & Energize

.....



Deep Blue®

Performance Support

.....



Easy Air®



Aromatouch®

Metabolic Support

.....



MetaPWR™



MetaPWR™ Assist

3 REST & MANAGE STRESS

Sleep Support

.....



Lavender

Lavender Peace®



Diffuser

Emotional/Stress Support

.....



Emotional Aromatherapy® Kit



Citrus Bliss®



Balance®

4 REDUCE TOXICITY

Cleanse Support



Lemon



Tangerine

Natural Cleaning



On Guard®
Cleaner
Concentrate



On Guard®
Laundry
Detergent



On Guard®
Foaming
Hand Wash

Natural Self-Care



Verage®
Skin Care
Collection



On Guard®
Toothpaste
& On Guard®
Mouthwash



Hair Care

5 INFORMED SELF-CARE

Protect & Restore



On Guard®



ZenGest™



Peppermint



Tea Tree



Copaiba



ClaryCalm®



InTune®



Correct-X®



Frankincense



Turmeric



DDR Prime®

Targeted Support

Note any needed natural solutions from page 14.

- 1.
- 2.
- 3.
- 4.
- 5.



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 14 and 15 or in a reference guide.

| Top Health Priorities for You and Your Family | Natural Solutions You Have | Natural Solutions You Need |
|---|----------------------------|----------------------------|
| 1. | | |
| 2. | | |
| 3. | | |

2 Create your Daily Wellness Plan.

Begin with the foundational daily habits listed below. Then add the natural solutions you need and organize them into your daily plan.

| | | |
|----|--|--|
| 1. | | |
| 2. | | |
| 3. | | |

3 What other wellness choices could support your goals?

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

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



LOYALTY REWARDS

★ PROGRAM ★

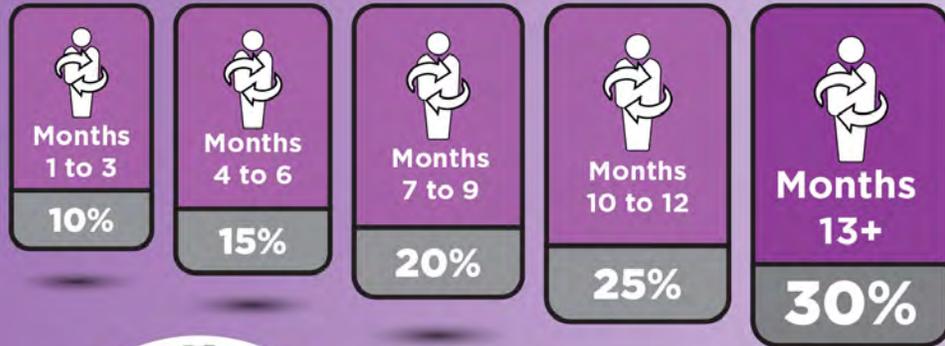
- ✓ Earn up to 30% in free product points
- ✓ Free product of the month
- ✓ Receive a surprise gift* on your birthday month



* Terms & conditions apply.

Earn up to 30% in free product points:

You can earn from 10% up to 30% back on your LRP orders. The longer you participate in the program, the larger percentage you get back on your purchases.



BENEFITS OF LRP



Free product of the month:

Receive one free product monthly whenever you purchase at least 125PV in a single order on LRP between the first and fifteenth of the month. The free product of the month changes each month and can be earned only once a month.



Receive a surprise gift* on your birthday month:

Purchase a minimum of 100PV on LRP Malaysia OTG in a single order during your birthday month and receive a surprise birthday gift.

Loyalty Rewards Program

Earn Free Products of Your Choice

The dōTERRA® Loyalty Rewards Program (LRP) provides an automatic monthly shipment of the products you use on a regular basis. If your LRP order contains at least 50 PV*, you immediately begin to earn product points that can be used as cash to receive free dōTERRA products. The longer you participate, the more points you can earn—up to 30% of your total monthly Loyalty Rewards purchases!

Loyalty Rewards Program FAQs

How do I create a new LRP order?

- Log in to doterra.com. Click “Create New LRP Order” or edit items in an existing LRP order template.

How do I cancel my LRP order?

- You can cancel your LRP order anytime via phone, or email to malaysia@doterra.com. dōTERRA Customer Service can assist you in redeeming any free product points you’ve accumulated prior to cancellation so points are not lost. If you cancel your LRP order, you will start back at 10% rewards when you resume consistent LRP order purchasing.

What if I want to return the product?

- dōTERRA refunds 90% of the purchase price if opened or used and 100% 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 template and run it again on whatever day(s) of the month you choose or you can 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 anytime within the year from when you earn them.

How do I maximize dōTERRA’s specials?

- Place an LRP order of at least 125 PV (personal volume) between the 1st and the 15th. This sets you up to receive the Product of the Month for free and to 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.

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

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+ LRP order.
- It increases by 5% every three months when your orders are over 50 PV until you reach the maximum of 30% LRP Rewards.

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 | | | | |
| 10% | 15% | 20% | 25% | 30% |
| Months 1–3 | Months 4–6 | Months 7–9 | Months 10–12 | Months 13+ |
| TOTAL SAVINGS AND PRODUCT POINTS: | | | | |
| 35% | 40% | 45% | 50% | 55% |

How do I redeem my LRP 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 on the 15th of the following month after each order placement.

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



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.
-  Try different application methods; apply oils, or to bottoms of feet, spine, or navel.
-  Use oils topically with Fractionated Coconut Oil to achieve greater sustained absorption.

Safety

-  Avoid contact with eyes, inside of nose and ears.
-  Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Refer to the doTERRA sensitivity guidelines. For convenience, the doTERRA Touch® line has pre-diluted 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

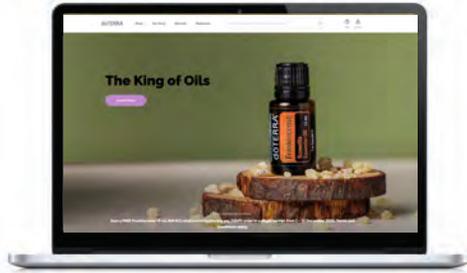
-  Keep your oils at their best condition by avoiding exposure to extreme temperatures or direct sunlight.
-  Use glass containers with your oils, as they can break down some plastics over time.
-  doTERRA® oils are very potent. Use smaller amounts more frequently for best results.

Learn More

Member # _____

Password _____

Log in at [doterra.com](https://www.doterra.com)



For product information, please see the official website

▪ https://www.doterra.com/MY/en_MY

Your Key Support _____

Phone _____

Email _____

▪ Email Malaysia Customer Service:
malaysia@doterra.com

Other Support _____

Phone _____

Email _____

Upcoming Local or Online Classes and Events _____

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 AND MAKE AN IMPACT



CHANGE YOUR FUTURE

Launch your dōTERRA business by sharing
and empowering with natural solutions and
teaching others to do the same.

dōTERRA Malaysia Sdn Bhd
201401037485 (11113630-U) (AJL932137)
www.doterra.com/MY/en_MY