

dōTERRA | ESSENTIAL

Southeast Asia Recognition Magazine | Vol. 11

# LEADERSHIP



*Presidential Diamond*  
**Lee Hui Ling &  
Ng Say Leong**  
*(Founder MY)*



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Improving Your Quality of Sleep  
with dōTERRA Lavender  
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# DAILY HEALTH HABITS

Dr. David K. Hill, D.C., Founding Executive, Chief Medical Officer and Chairman, Scientific Advisory Committee

When I decided it was time to begin taking my own health more seriously, I didn't have to look very far for a road map. Health isn't about an extreme diet or exercise program, but a lifestyle focused on healthy sustainable habits — the six principles that make up the dōTERRA Wellness Pyramid.



1

## Nutrition & Digestion



Cleaning up my diet, which included drastic changes to both what and how much I was eating, wasn't that complex, but there were some factors that you don't always consider. Even those who have the cleanest of diets often fall short when it comes to meeting their body's nutritional needs, which makes supplementing your diet with dōTERRA Lifelong Vitality Pack (LLV) critical for anybody seeking optimal health. Starting every day with LLV along with my breakfast and including it with dinner is the foundation of my daily health habits. One of the lesser known side effects of a diet composed of mostly highly processed foods is its effect on the inner workings of your gut. We're beginning to discover that the health of your gut microbiome doesn't only influence digestion, but also may have significant impacts on metabolism, weight

management, and several other health factors. Supporting a healthy intestinal microflora balance by supplementing my new diet with PB Assist+® became a part of my day-to-day regimen. And as bad as my previous eating habits were, your body will adapt to anything. With a digestive system accustomed to highly processed food, the whole food diet I was embarking on would be an uncomfortable change. ZenGest® and TerraZyme® provided those active whole-food enzymes and the tummy tamer blend necessary for gastrointestinal comfort and food tolerance.\*Health and longevity begin with how you fuel your body; the nutritional building blocks provided by a diet composed of whole foods and supplemented by LLV, PB Assist+, ZenGest, and TerraZyme is the foundation of any health-promoting plan.\*

2

## Movement & Metabolism



Burning a few extra calories through increasing physical activity had to be a component of my new lifestyle and that meant the occasional discomfort that can accompany increased exercise. As regular date nights at the movies became hikes and neighborhood bike rides, Deep Blue® Essential Oil Blend and Deep Blue® Rub became my daily companion. With my increased activity levels, I found that it was most convenient to keep a bottle of both the oil and the rub in a desk drawer close to my front door.

## 3

## Rest and Manage Stress



You never really appreciate how important rest and stress management are until a lack of them is already having a powerfully negative impact on your overall health. Setting up a consistent bedtime routine and actionable steps to address stress are paramount for overall health and well-being. This is where Lavender and dōTERRA Balance® Essential Oil Blend come in. I start each day by putting dōTERRA Balance on the bottoms of my feet to promote calmness, and I end the day by diffusing Lavender as I prepare for sleep. The powerful combination of those two oils helps me maximize the times of the day that are meant for recovery.

## 4

## Reduce Toxicity



Reducing toxic load is becoming even more important to me as we begin seeing longitudinal data that supports the logical notion that our environment and the caustic substances we expose ourselves to can have real long-term health effects. One of the more interesting recent studies I read found that exposure to cleaning products has a direct negative impact on long-term respiratory health (Svanes). This recent evidence has only strengthened my views about using

natural products, minimizing exposure to toxins, and supporting the body's natural pathways of detoxification. This means using citrus essential oils in a variety of contexts. Along with using dōTERRA On Guard® products around the house, I consume 1-3 drops of Grapefruit, Tangerine, or Lemon in water 3-5 times daily to provide the immune system, liver, and metabolic support I need to minimize toxic load.\*

## 5

## Informed Self-Care/ Proactive Medical Care



Self-care is probably the most subjective and individual of all the steps of the dōTERRA Wellness Pyramid. How I feel day-to-day, how my body responds to supportive measures, and the type of health issues I feel comfortable addressing myself is highly distinct to me. I have found that the use of two specific products has a wide spectrum of benefits to promote well-being on a daily basis. In my experience, and validated by a growing body of scientific

research, Frankincense is the go-to oil for support of healthy cellular function.\*For years, my daily morning routine has included a Veggie Cap with 1-2 drops of Frankincense and 2-3 drops of dōTERRA On Guard Essential Oil Blend.\*If I need more that particular day, I may add a drop or two of Frankincense to a glass of water at lunch or have a few dōTERRA On Guard beadlets.

Reference: Svanes O, et al. Cleaning at home and at work in relation to lung function decline and airway obstruction. *American Journal of Respiratory and Critical Care Medicine*. 2018. doi: 10.1164/rccm.201706-13110C.



# GM's Messages Singapore Empowering Growth

2023 was a remarkable year for dōTERRA Singapore. We hosted 2 seasons of program, Accelerate Club and Silver Club. Driving an invaluable program for Wellness Advocates, providing them with the tools to expand their business and grow their teams.

We were delighted to welcome Alex Dabell, Vice President of Global Nutraceuticals & Innovation, to speak at an event on the MetaPWR™ System in the dōTERRA Singapore Frankincense room. The event drew nearly a full house, and Alex delivered a fruitful and insightful session on Lifelong Vitality and the MetaPWR System.



In the last quarter of 2024, we had the honor of hosting Presidential Diamond from Malaysia, Forest Chew, for a leadership training session. This training, organized quarterly throughout 2023, provided our Wellness Advocates with valuable lessons on leadership mindset and team management. Forest also conducted a workshop on creating a face massage blend, adding a practical dimension to the learning experience.



As the General Manager of dōTERRA Singapore, I want to express my heartfelt gratitude to all the leaders and Wellness Advocates who have stood by our side. Your support has been indispensable, and without you, we would not have achieved such significant milestones.

At dōTERRA, our mission and vision form the foundation of our journey – a journey defined by healing, empowerment, and a steadfast commitment to enriching lives. We are driven by the innovative use of essential oils and remain dedicated to making a positive impact on the world, one drop, one person, and one community at a time.

**Geraldine Toh**  
General Manager, dōTERRA Singapore



# GM's Messages Malaysia

## RISE Above All

Esteemed dōTERRA family, I'm grateful for the long journey we have embarked upon together. It is a journey marked by resilience, growth, and unwavering commitment to wellness.

Seven years ago, we planted a seed of empowerment, much like the resilient lotus flower that rises from the mud, emerging beautiful and unblemished. Like a lotus, dōTERRA Malaysia has blossomed, overcoming challenges and uncertainties. Amidst every challenge, dōTERRA essential oils serve as a connection to

community; uniting people by advocating and educating those around them with natural wellness solution that our essential oils provide. Spreading the love to friends and families, enriching their lives and fostering healthy living prove the transformative power our essential oils can bring to people's lives.

Today, we celebrate not only this milestone, but a new chapter in our journey. Our upcoming launch will revolutionize the way we approach nutrition and wellness. Even the most health-conscious among us can fall short of optimal nutritional intake. Our new products, TerraMix™ Protein and Fiber & Greens are designed to ensure that everyone has access to essential nutrients by providing the essential, foundational building blocks for optimal health and well-being.

However, dōTERRA® is more than just products. It is a symphony of wellness that encompasses the invigorating power of essential oils and the trusted pillar of supplements like our ever-popular PB Assist+ and many more. At dōTERRA, we believe in promoting a holistic wellness lifestyle that incorporate every aspect of health, from nutrition to metabolism to self-care as proposed in dōTERRA's Wellness Pyramid. Our products and practices are designed to impact health on a profound level, empowering individuals to take control of their well-being and live their best lives.



It's never too late to create a personalized wellness plan that resonates with your unique needs. So let's reaffirm our commitment to health and wellness and continue to support and uplift one another on this journey, knowing that together, we can overcome any obstacle and emerge stronger than ever before.

Thank you for being a part of this extraordinary story. Here's to many more years of health, growth, success and empowering Malaysians to live their healthiest and happiest lives!

Warmest Regards,  
**Ethan Wang**  
 General Manager, dōTERRA Malaysia



## GM's Messages Philippines

# Unlocking dōTERRA Success:

### The Value of Consistency in Your Pursuit of Your Goals

If you're part of the dōTERRA® family, you've likely heard about the importance of consistency. But what does that really mean, especially when it comes to being a leader in the dōTERRA community?

The key to consistency is perseverance through difficult tasks on a regular basis. For dōTERRA leaders, this entails maintaining laser-like focus on your goals, whether expanding your team, assisting others in discovering natural solutions, or reaching a specific rank within your organization.

Think of consistency as building a strong foundation for your dreams. Your dōTERRA journey requires constant effort, just like a house needs a strong foundation to stand tall. This entails sharing your essential oils with others, using them on a daily basis, and showing up for your team, rain or shine.

Consistency isn't just about doing the same thing over and over again — it's about progress. Your goals are getting closer each time you use your oils, recommend them to a friend, or lend support to a team member. And never forget that every little step matters.

But staying consistent isn't always easy. There will be days when you are worn out, frustrated, or overwhelmed. However, you may rely on the support of your dōTERRA community during difficult times. They can provide direction, support, and encouragement when you most need it because they have been where you are.

By staying committed to your goals, supporting your team, and showing up every day with passion and purpose, you can create the life you've always dreamed of — for yourself and those around you. So keep at it, stay consistent, and watch as your dōTERRA dreams become a reality.

**Michael Carson**

*General Manager, dōTERRA Philippines*





# GM's Messages Thailand This is Best Time to Shine...

On behalf of dōTERRA Thailand, congratulations to our wellness advocates for your strong commitment and persistence in achieving the mission to "help the world heal" together.

2023 was another great year for dōTERRA Thailand. Our wellness advocates made a huge impact in the market, individually carrying the dōTERRA Thailand mission and uniting together as one dōTERRA.

With ongoing participation in foundational programs including Diamond Club and Silver Club, we had consistent new enrollment growth and wellness advocates continued to expand their organizations. This success proves that we are growing stronger than ever.

For me, the key to wellness advocates growth and success is to take part in "sharing" and "doing key basic oil classes". These models are simple but powerful tools to create an impact and expand the organization and customers' base. Every time dōTERRA® essential oils are being shared, we are helping the world to heal by changing lives of those who use oils and those who are behind the bottles who produce oils. This makes dōTERRA different.

Finally, I would like to say thank you for all the hard work wellness advocates have done so far. You shine and you bring change to Thailand. Let's keep moving forward together and we will **shine brightly** together.

**Niti Wattanachongkol**  
General Manager, dōTERRA Thailand



Diamond Club activities in Thailand



Improving Your  
Quality of Sleep with

# dōTERRA Lavender Peace® Sleep System

By Dr. Natalie Underberg

Is waking up between 2:00 and 4:00 a.m. getting old? Dr. Natalie Underberg, DC, IFMCP, Diamond and U.S. Founder 2.0 says it could be due to blood sugar imbalances, even within the normal ranges. When drops in normal-range blood sugar occur this usually means our eating habits need some improvement throughout the day.

In a recent presentation at the 2023 convention, Dr. Underberg provides some advice on improving our sleep.

She says that if we are undereating or not eating enough of the right foods during the day, it can affect cortisol levels which is our primary stress hormone. Rise in cortisol sends signals to your brain to wake up, therefore hindering you from a quality night's sleep.

## How can we support and better improve our sleep?

Dr. Underberg has some suggestions:

- Eat a protein rich breakfast every morning.
- Consume 30-40 grams of quality protein at each meal.
- Reduce sugar and processed food.
- Incorporate the MetaPWR® line into your daily routine.
- Balance stress during the day to regulate our cortisol levels at night.
- Bonus tips: Walk for 10-15 minutes after each meal to help balance blood sugar.



So many things are affected by interrupted sleep: Hormones, our heart, metabolism, emotions, and immune system all take a hit when quality sleep is not prioritized.

Dr. Underberg explained that one night of four hours of sleep results in a 70% reduction of natural killer cells. These cells are an essential part of our immune system. Inadequate sleep also affects our cognitive health as we age.

*Product availability may vary depend on each market, benefit and usage may different, result may different depends on each individual.*

A study by Harvard University revealed that individuals who had five hours, or less, of sleep were twice as likely to experience significant age-related decline, compared with those who sleep 6-8 hours.

The average adult needs at least seven hours of sleep. However, most need 7-9 hours.

Women need more sleep than men. Hormones play a crucial role in our well-being. Poor sleep affects hormones.

### Here's how hormones take a hit when sleep is not prioritized:

- Changes the way and rate our body stores fat.
- Can affect cognitive function.
- Lowers immune response.
- Slows down our metabolism.
- Increases stress hormones.
- Increases fat storage hormones.

If your sleep is being affected, your hormones will quickly follow.

## Dr. Underberg provides suggests 6 sleep hygiene tips:

- Avoid TVs and phones two hours before bed.
- Avoid stimulating conversations.
- Take a relaxing bath with dōTERRA Lavender Peace® or dōTERRA Balance® blends.
- Wear blue light blocking glasses 1-2 hours before bed.
- Diffuse dōTERRA Lavender Peace® blend in your bedroom.
- Take dōTERRA Lavender Peace® Softgels and apply the dōTERRA Lavender Peace® Sleep Stick

○ dōTERRA Lavender Peace® Restful Blend combines a select group of powerful, CPTG® essential oils to help calm and relax when stressful feelings arise. It can be used aromatically and topically to promote relaxation, encourage calm emotions, and lessen feelings of tension.

○ The newly formulated dōTERRA Lavender Peace® Softgels contain natural melatonin through the ingredient, tart cherry. Preliminary studies suggest tart cherry may make falling asleep easier, faster, and longer.

○ The new dōTERRA Lavender Peace® Sleep stick includes valerian oil which promotes a calming and restful ambiance.



Sleep and metabolic health go hand in hand. Dr. Underberg encourages combining lifestyle changes, the dōTERRA Lavender Peace® Sleep System and the MetaPWR System, to improve your quality of sleep. We all need better sleep, so commit to some simple changes that will make a world of difference in your day!

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# TerraMix™ Plant Protein

## A Comprehensive Meal Replacement For Nutrition Optimization & Weight Management

It seems like everyone is talking about protein these days, but it can be daunting and confusing to sort through all the protein powder options in the market and to know which source you should trust to fuel your body.



### Direction of Use:

Add 2 scoops (~35g) of dōTERRA Plant Protein into 200ml water (best served cold). Stir and mix until dissolved.

18.4g Protein (per serving)

### What is TerraMix™ Plant Protein?

A perfect, well-rounded plant-based formula encompasses 7 Types of Plant-based Proteins, a rich assortment of 28 Vitamins and Minerals, a Dual Fiber Blend and a French Botanical Blend that work synergistically to meet your daily well-being needs.

## 7 Types of Plant-based Proteins

Improve Muscle Growth & Repair



Soy Protein



French Alfalfa Protein Concentrate



Oat Protein Concentrate



Pea Protein Powder



Pumpkin Seed Protein



Hydrolyzed Rice Protein



Brown Rice Protein

## 2 Excellent Energy Sources from Fats & Carbs

Instant & Sustainable Energy



Isomaltulose



Medium Chain Triglycerides (MCT)

## Dual Fiber Blend & French Botanical Blend

Enhance Gut Health & Improve Satiety



Acacia Gum



Inulin



Locust Bean Gum



Xanthan Gum



Cactus Powder

## 28 Vitamins & Minerals

Support Body Processes

Vitamin A, B1, B2, B3, B6, B12, C, E, D, K1, Pantothenic Acid, Biotin, Folic Acid, Choline, Calcium, Iron, Copper, Chloride, Chromium, Potassium, Selenium, Molybdenum, Magnesium, Phosphorus, Iodine, Manganese, Zinc, Sodium

## MetaPWR™ Essential Oil Blend Powder



Cinnamon



Ginger



Grapefruit



Lemon



Peppermint

Product availability may vary depend on each market, benefit and usage may differ, result may different depends on each individual.

# TerraMix™ Fiber & Greens



### Direction of Use:

Take 1-2 sachets daily, mix with 150mL of water. Stir and mix until dissolved.

4.6g Fiber (per serving)

## Wholesome Fibers Botanical Complex

Fad diets is a popular trend and most focus on consuming high amount of proteins and low amount of carbohydrates. This imbalance can wreak havoc on our fiber intake!

## What is TerraMix™ Fiber & Greens?

TerraMix Fiber & Greens is created as a convenient and delicious way to supplement your fiber & greens intake. One serving of Fiber & Greens provides 4.6g of dietary fiber, 6 mixtures of soluble and insoluble fiber and prebiotics blend, 3 supergreen concentrates, 31 green botanical superfood, full spectrum of phytonutrients and MetaPWR Essential Oil Blend Powder.

6

## Mixtures of Soluble & Insoluble Fiber and Prebiotics Blend

Improve Digestive Health & Functions



Green Banana Fiber



Pineapple Fiber



Inulin



Acacia Gum



Grape Extract



Soluble Corn Fiber

3

## Supergreen Concentrates

Powerful Antioxidant Potential



French Alfalfa Concentrate



Wheatgrass



Barley Grass Concentrate

31

## Green Botanical Superfood

Powerful Antioxidant Potential



Kale



Broccoli Sprout



Brussels Sprout



Broccoli



Rosemary



Mint Leaf



Curry Leaf



Oregano



Green Tea



Blue Spirulina



White Pepper



Clove



Onion



Garlic



L-Ergothioneine



Acerola



Elderberry



Blackcurrant



Blueberry



Bilberry



Camu-Camu



Sweet Cherry



Raspberry



Chokeberry



Blackberry



Carrot



Grape Seed



Grape Extract



Mangosteen



Apple



Tomato



Cinnamon



Ginger



Grapefruit



Lemon



Peppermint

## MetaPWR™ Essential Oil Blend Powder

Product availability may varies depend on each market, benefit and usage may different, result may different depends on each individual.



# MetaPWR™ System

The MetaPWR system helps you live your most powerful life, supporting your metabolism, energy, and health on a cellular level.\* Many of the natural ingredients included in MetaPWR system were specifically chosen for their ability to optimize metabolic efficiency.\* Each product offers a specialty, while also supporting and enhancing the benefits of the other products in the system.

The MetaPWR system can optimize the positive effects of your healthy choices.\* There are no silver bullets — you still have to make smart, healthy lifestyle decisions. But MetaPWR system products maximize and optimize the effects of those decisions, making their impact go further than they could on their own.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Product availability may varies depend on each market, benefit and usage may different, result may different depends on each individual.

MetaPWR™ system products work together as a system to help you live your most powerful life, supporting your metabolism, energy, and health on a cellular level.\* Each product offers a specialty, while also supporting and enhancing the benefits of the other products in the system.

The MetaPWR system also includes MetaPWR Assist, which helps with blood glucose regulation already in the normal range, and MetaPWR Advantage, which tackles metabolism from the perspective of aging.\*

The foundation of the system is the MetaPWR Essential Oil Blend, which features proprietary balanced ratios of CPTG® Certified Pure Tested Grade Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils.



Every morning, you'll take one sachet of MetaPWR Advantage in five to eight ounces of water, with two drops of MetaPWR Essential Oil Blend. If lunch is your largest meal of the day, you'll take MetaPWR Assist before or with your meal. After lunch, take another two drops of MetaPWR Essential Oil Blend with water. If dinner is your largest meal of the day, then you'll take MetaPWR Assist before or with

dinner. And after dinner, take another two drops of MetaPWR Blend with water.

The other action you'll do every single day is eat nutritious whole foods and get 30 minutes of movement. That movement can be whatever you personally enjoy—just make sure you move.



# Experiencing Forest Bathe with **Shinrin-Yoku™**



Return to the forest to nurture mind, body, and soul. Research indicates that the ancient Japanese practice of 'Shinrin yoku', or forest bathing, has healing benefits to both our physical and mental health.

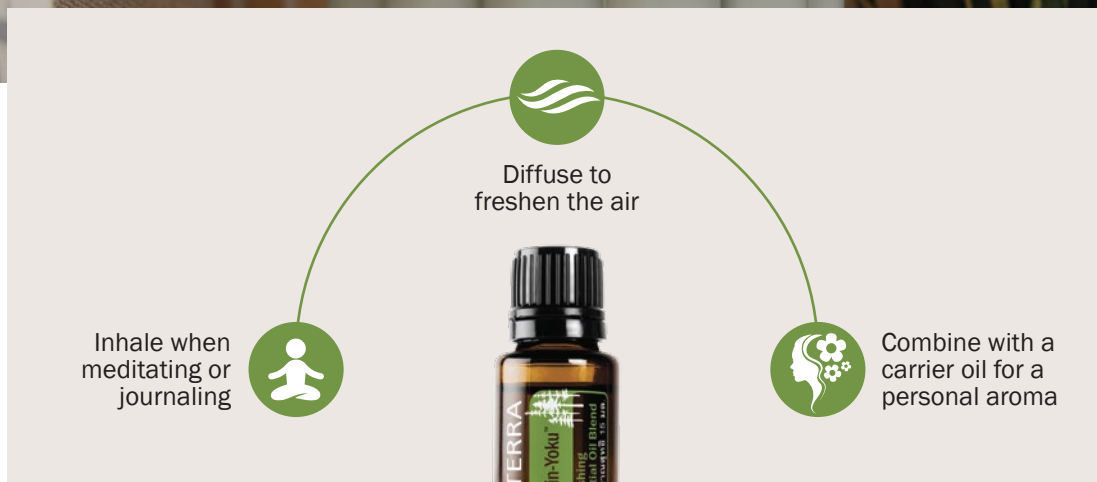
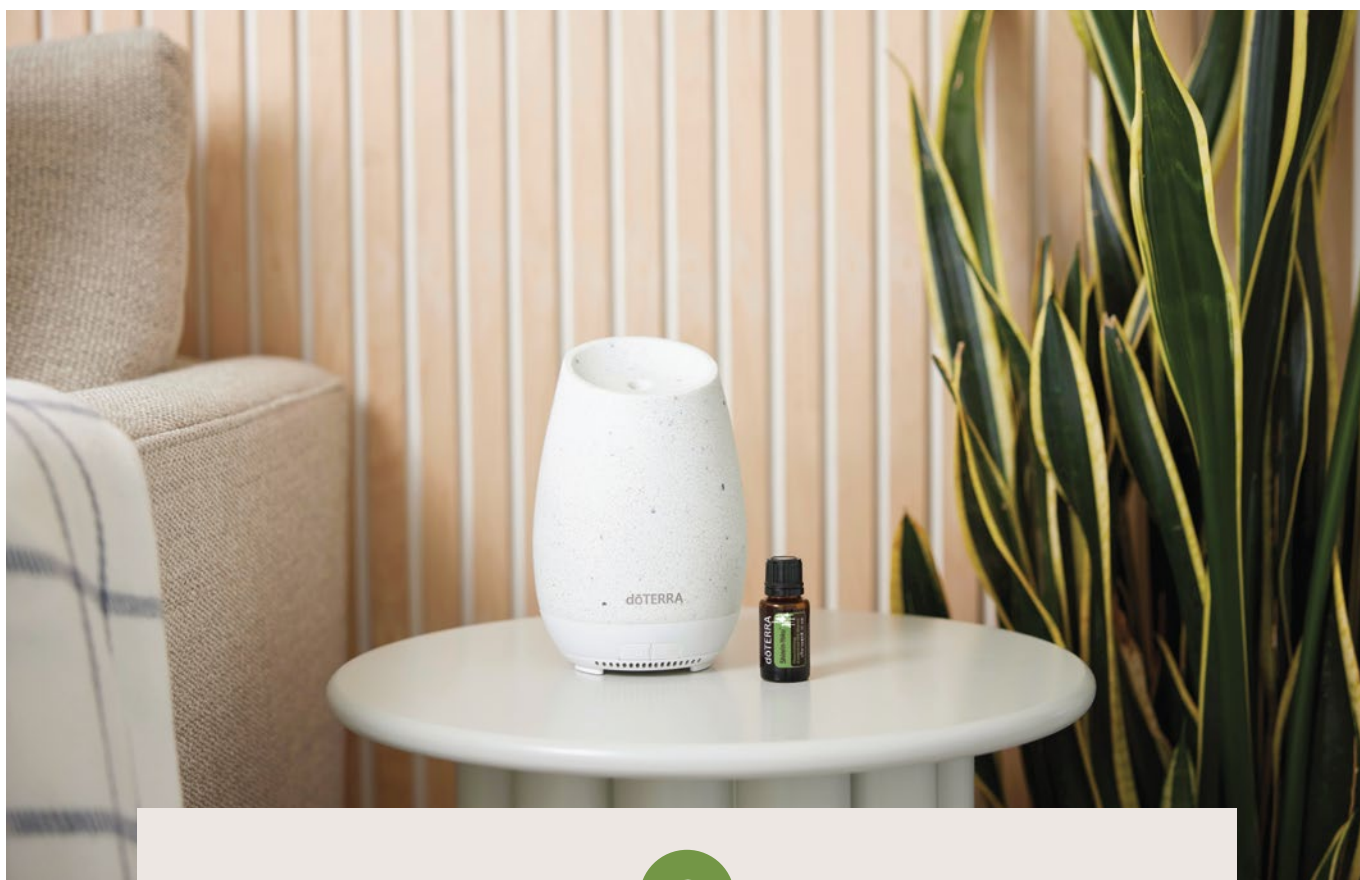
dōTERRA Shinrin-Yoku™ Forest Bathing Blend features the aromas of the great outdoors and includes essential oils with the same chemical constituents you inhale when you walk amongst the trees, Lemon, Magnolia, Patchouli, Cardamom, Siberian Fir, Hinoki, Cypress, Lavandin, Pink Grapefruit, Geranium and Petitgrain.

*Product availability may varies depend on each market, benefit and usage may different, result may different depends on each individual.*



# Bring The Aroma of Shinrin-Yoku™ Into Your Living Space

There are times when your schedule may not allow you to spend as much time in the forest as you'd like, or you may not live close enough to a forest or wild area to visit often. dōTERRA® has developed a blend of CPTG® Certified Pure Tested Grade essential oils that have these same phytoncides found in forest air. Shinrin-Yoku brings the rejuvenating essence of lush forests right into your home.



Product availability may varies depend on each market, benefit and usage may different, result may different depends on each individual.



# Nurturing Hope: Our Commitment To Support

In May 2021, dōTERRA Malaysia launched a sponsorship program in support of the National Cancer Society of Malaysia (NCSM). Our initial focus was to support the Play Therapy Recovery program for children from the children’s home. With a fund of RM50,000, we also aided the Children’s Home, providing free accommodation to disadvantaged families during their cancer treatments in Kuala Lumpur.



With approximately 1 in 10 people in Malaysia diagnosed with cancer in their lifetime, many families go through hardship when cancer strikes. Limited treatment centers across Malaysia compel families to travel long distances to Kuala Lumpur, where they stay for days or weeks while their children undergo the treatments. Even then, hospital wards are often fully booked, further aggravating accommodations and financial strains for the family.

Our support for the **NCSM Children’s Home of Hope** provides reassurance to child cancer patients and their

caregivers, offering free accommodations outside of Kuala Lumpur during their treatments. These homes offer lodging and comprehensive care for mind and body, including counseling, therapeutic activities, dietary and nutritional advice, and a fully equipped room for Bone Marrow Transplant (BMT) patients.



In 2022, we contributed another RM50,000 to the Relay for Life event, a global initiative uniting communities to celebrate survivors, commemorate loved ones lost, raise awareness, and fundraise for cancer treatment for the poor. The effort did not stop there.

Last October, we also funded the breast cancer ultrasound screening for 67 underprivileged women in November and December. This helps raise awareness about the importance of breast health by offering women a chance for early detection and timely intervention. Breast cancer is

the No.1 most common cancer among women and is leading the chart of Top 5 common cancers in Malaysia. Limited access to breast cancer screenings results in late-stage diagnoses (Stages 3 & 4) for about 49% of cases in Malaysia.

Hence, we urge your continuous support and participation in the Healing Hands initiatives by adding the Rose Hand Lotion or Hope Touch to your monthly LRP to make a difference or save a life.

# Healed Hearts!



We have been so blessed to be in partnership with Hearts of Joy International through our dōTERRA Healing Hands program which gives back to communities in need around the world. This was Hearts of Joy International's biggest mission yet! Eight kids went for life saving heart surgery in the Philippines!

We provided diffusers and healing oils for their little patients throughout the surgery process. Their favorites for

cardiac recovery were On Guard, Breathe & Lavender. The oils were used both topically and aromatically, to create a clean environment that refreshes the air and strengthens immunity! Not to mention, they smell amazing!

Hearts of Joy surgeries went well and now eight kids have happy and healed hearts. They are all recovering, and their families are so thankful that they now have a better chance and a full life ahead of them.



dōTERRA  
*healinghands*<sup>®</sup> **Healing  
 Hearts**



dōTERRA's priority is to help the world heal and one area of our focus is to support needy children, especially children with health conditions, and their parents who have limited incomes, when they are in urgent need of high technology medical devices to perform effective treatments.

According to statistics, children with heart disease wait in queue for more than a year to have access to treatment, some of them cannot wait and they die. dōTERRA supports healthcare professionals and is helping to increase the speed and efficiency with which children receive examination and treatment with the latest technology.



For this reason, dōTERRA Thailand has launched the Peppermint Healing Heart Campaign so that our wellness advocates can be a part of dōTERRA's Healing Hand culture through the purchase of Peppermint Essential oil. The fund of 30 baht from sales of Peppermint Essential Oil being sold in Thailand will be given to the Children's Hospital Foundation to subsidize some of the necessary expenses for pediatric cardiac patients in the Pediatric Heart Unit at Children Hospital. This Campaign will run August - December 2023, and dōTERRA Thailand raised 200,000 THB and contribute to the foundation.



# Co-impact Sourcing® Story

## Blue Lotus *Nymphaea Caerulea*

**Background** – *Nymphaea caerulea*, or Blue Lotus Flower, is a blue-purple water lily with a bright yellow center. It requires hot, humid weather to grow and is native to parts of Asia where it holds historical and cultural significance to the communities where it grows. For ancient Egyptians, blue lotus flowers signified immortality because they resprouted after long periods of drought. In China, the blue lotus was a religious symbol and an emblem of femininity. More specifically to Buddhism, the blue lotus flower symbolizes both wisdom and enlightenment as represented in the way the flower blooms out of muddy water. Blue lotus flowers remain closed when it's dark or cloudy, only blooming when the sun appears in the morning.

Blue Lotus is not a steam-distilled essential oil but comes from using solvent extraction methods, which can be particularly useful when processing delicate floral raw materials like blue lotus flowers. It's also used when distillation simply cannot properly extract the aromatic compounds, like in the case of tonka beans or vanilla beans.



**Impacting Lives** – To provide Blue Lotus Touch, dōTERRA® has developed a partnership to ensure traceable, sustainable, and transparent supply chains that produce the best quality product. Through this partnership, 22 blue lotus farmers and labourers receive income. In Guangzhou, the land owner received (and continue to receive) prepayments to support the expansion of their lotus production ponds which provides cash flow to pay their upfront costs rather than waiting for full payment after harvest. The expanded lotus pond in Hainan allows farmers who previously sold the flowers for the fresh market alone to expand their business producing flowers for extraction—guaranteeing a reliable and sustainable supplemental income. The newer lotus pond set up in Guangzhou has generated job opportunities for the local community including many women who have learned new skills that support their livelihoods and provide a pleasant work

environment. Furthermore, with the retirement age being 55 years old for women, this supply chain allows additional income for their families. This produce supports 92 jobs, impacting 285 lives.

In one of the small villages where many of the blue lotus farmers live, many farmers often must leave to work in bigger cities to sufficiently provide for their families, only returning to visit their families once a year. By working with dōTERRA, farmers can earn enough income in their hometown to stay to provide for their families.

# Becoming dōTERRA Singapore Post Convention 2023!

It was a successful dōTERRA Singapore Post-Convention event where we invited Jason Bell, the corporate speaker, to discuss two newly launched essential oils – Shinrin-Yoku, the Forest Breathing Blend, and Blue Lotus Touch.

Despite the event being held on a weekday night, our wellness advocates and guests eagerly attended. It was a

fantastic evening with an array of engaging experiences, including an essential oil experience zone, a Shinrin-Yoku Forest Bathing Photo Booth, an Aroma Hand Technique Booth, a MetaPWR Advantage Tasting Corner, and displays of other dōTERRA products.



Following the experience area, the post-convention commenced with opening remarks from our General Manager, Geraldine Toh, followed by Jason Bell's launch of Shinrin-Yoku. A delightful surprise awaited all attendees: a sample of Shinrin-Yoku essential oil was discreetly placed under each chair. The excitement was palpable as attendees discovered their surprise.



The event then featured stories shared by local leaders. Some provided testimonials about their experiences with the MetaPWR system, while others shared personal anecdotes about their journey into the dōTERRA business, spreading oil one drop at a time.



When it came time to unveil Blue Lotus, the facilitator prompted the audience to check their event tickets. Those with ticket numbers ending in "8" were treated to an additional surprise sample of Blue Lotus Touch. Jason Bell then proceeded with his presentation on Blue Lotus products.



The event was touching and successful, leaving leaders thoroughly pleased with the experience.



# dōTERRA Malaysia Becōming POST CONVENTION

In October 2023, the dōTERRA Becoming Post Convention unfolded as one of the largest events, drawing over 800 participants. Hosted at the luxurious Aloft Kuala Lumpur, attendees were immersed in a captivating experience, gaining insights into essential oils, skincare, and supplements, including the exciting new releases - MetaPWR Essential Oil and MetaPWR Assist! As part of the event, participants enjoyed the opportunity to undergo blood glucose tests at the Healing Hands booth and engaged in Body Composition Analysis, promoting holistic health and wellness awareness.

The highlight of the convention showcased esteemed motivational speakers and Wellness Advocates, igniting inspiration and empowerment among attendees to prioritize their health and well-being through essential oils. The esteemed speakers invited were Jonathan Kunz (Vice President of Asia Pacific Markets); Ethan Wang (General Manager of dōTERRA Malaysia); Forest Chew (Presidential

Diamond; Kong Jia Wei (Diamond); and Alex DaBell (Vice President of Global Nutraceuticals & Innovation). Notably, the unveiling of the MetaPWR Essential Oil and MetaPWR Assist alongside corporate representatives marked a pivotal moment for all. Furthermore, Michelle Wong, representing the National Cancer Society Malaysia, shared uplifting updates, including a heartfelt gratitude for the RM 10,000 check dōTERRA donated in support of their therapy recovery program.

During the afternoon Terra Talk session, Alex DaBell delivered an insightful on the Science behind MetaPWR essential oil, followed by compelling MetaPWR Transformation Testimonials from Lee Hui Ling (Presidential Diamond); Wilfred Loh (Blue Diamond); Janet Lim (Diamond); and Angie Ng Hui Chin (Nutrition). These impactful success stories deeply resonated with participants, leaving them invigorated and poised to elevate their business endeavors to new heights!





# dōTERRA Malaysia Leadership Bootcamp

The dōTERRA Leadership Bootcamp 2023 conducted on the 7th to 8th December 2023 serves as an extensive training program tailored for dōTERRA members and leaders, aimed at unlocking opportunities and refining their skills as business builders.

The first day commenced with participants immersing themselves in cultivating an entrepreneurial mindset, acquiring knowledge on direct sales, and gaining valuable insights into the dynamics of the dōTERRA business and industry. They were challenged to compile a 300-name list of potential prospects and received comprehensive guidance on understanding the dōTERRA compensation plan.

Transitioning to day two, the focus shifts towards expanding networks and honing techniques for customer engagement during business and social events. Attendees deepen their knowledge of recruiting business partners and were encouraged to surpass performance benchmarks. The overarching goal remains the pursuit of additional business partners and customers to drive further growth in their ventures.

Overall, the dōTERRA Malaysia Leadership Bootcamp 2023 concluded with resounding success, brimming with vibrant and enthusiasm! Participants convened to explore the transformative powers of discipline, team building, and leadership, igniting a collective spirit of innovation. A special acknowledgment to all who participated and completed this enriching course, continuing to propel forward on the journey toward a brighter future!



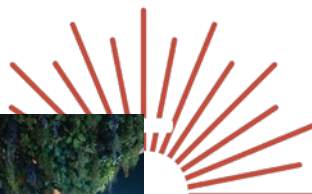


# Thailand 3<sup>rd</sup> Anniversary Event

dōTERRA Thailand momentum in Thailand is strong and continues to grow in 2024. March saw more than 800 in attendance for the biggest dōTERRA event of the year, the sold-out 3rd anniversary celebration in March.

Wellness advocates who change lives and help the world to heal were recognized and celebrated on stage while they shared unforgettable moments together as one dōTERRA Thailand.







# Presidential & Blue Diamond Summit 2024

8 January – 11 January 2024 | Sicily, Italy



The 2024 dōTERRA® Presidential & Blue Diamond Summit brought leaders together for an unforgettable experience, highlighted by a visit to Salvatore’s Bergamot farm in Reggio di Calabria, enriching the Co-Impact Sourcing trip. On January 8th, more than 60 dōTERRA Presidential Diamond and Blue Diamond leaders from Singapore, Taiwan, and Malaysia converged in Sicily to honor their accomplishments and dedication to the dōTERRA® business.

Despite the considerable distance traveled, the journey proved invaluable as leaders witnessed firsthand the sourcing processes and gained insights from founding executives, farmers, and manufacturers. A series of event unfolded as all of the leaders had the opportunity to meet Emily Wright, Founding Executive of dōTERRA®. In her speech, she emphasized the joy of making a positive impact by unlocking human potential and the significant role each Diamond participant plays in empowering families, serving communities, and improving lives through essential oils, aiming to triple dōTERRA’s impact by 2030. The summit included celebratory dinners, scenic attractions and a special visit to local family-owned groves and distillery, offering insight into the challenges faced by farmers and the enduring passion and perseverance required

to uphold their heritage. The dōTERRA Co-Impact Sourcing has enabled families in Sicily and Calabria to preserve their culture and tradition of cultivating lemons and bergamot, spanning four generations. The itinerary provided leaders with opportunities to celebrate their achievements while immersing themselves in local culture, cuisine, and breathtaking scenery.

All in all, the 2024 PD & BD Summit was a resounding success, as leaders return home with a renewed sense of purpose and dedication to the dōTERRA® mission, empowered to continue making a positive impact in their communities and beyond.





# Sea Incentive Trip 2024

## Unforgettable Journey Through Hong Kong and Macau!



The Southeast Asia Incentive Trip 2024 to Hong Kong and Macau offered dōTERRA attendees a thrilling blend of urban exploration and cultural immersion. Beginning in bustling Hong Kong, participants were captivated by the city's vibrant energy and iconic attractions, including the Avenue of Stars and Victoria Peak. Essential oil enthusiasts found inspiration at the dōTERRA Hong Kong office, while indulging in the city's culinary delights, such as a sumptuous roast goose dinner.

The adventure continued in Macau, where history and luxury intertwined at sites like the St. Paul Ruins and the Venetian. Exploring the charming streets of Taipa Village, attendees savored a delightful Portuguese dinner, showcasing Macau's culinary fusion. Back in Hong Kong, the adventure unfolded with a traditional dim sum breakfast and panoramic views from Lantau Island. Visits to iconic landmarks like the Monster Building and Golden Bauhinia Square enriched the cultural tapestry of the trip.



The journey culminated with a heartwarming dinner at FAM restaurant, accompanied by a traditional lion dance, symbolizing a grand welcome. More than a mere visit to iconic destinations, the dōTERRA Southeast Asia Incentive Trip was a celebration of community, discovery, and shared moments. It etched cherished memories in the hearts of attendees, promising future adventures. This remarkable journey epitomized the spirit of exploration and the joy of collective experiences, making it an unforgettable expedition for all involved.



# Silver Club

dōTERRA | SINGAPORE

Alex Chia

★ Angie Chng

Annie Ooi

Catherine Wong

Doreen Chitra

Erni Soesanto ★

Geraldine Tan

★ Ivy Yeo

Jess Chay

Jess Neo

Josephine Neo

★ Josephine Phua

★ Lily Tan

Lin Ya Hui

Low Yee Man

Sharon Eng

Tan Ai Chin

Tjoa Hui Ping



# Silver Club

dōTERRA | THAILAND

**Abhibhop Phrombandit**  
**Apirat Narintarakul Na Ayuthaya**  
**Arunyaneer Danmadtam**  
**Chutinun Sukmak**  
**Hirunrasa Suwachira**  
**Jaruwan Pongleerat**  
**Jintana Ito**  
**Jirapapai Piyarattanakun**  
**Jitchada Nonthasorn**  
**Kankanit Bamroongwong**  
**Kornchanok Siriratana**  
**Kritsana Prommanee**  
**Krittayoch Wattanaserichaisakule**  
**Napapat Pongkosen**  
**Natha Methabutsayathon**  
**Natthira Baisri**  
**Nicharee Vattagorn**  
**Ninart Kasemsai**  
**Panfan Panyaparu**  
**Panthip Suratichaikul**  
**Papassorn Soun-Oon**  
**Phartchai Rueansit**  
**Pich Kongtiem**  
**Pitchalineer Lertboonkul**

**Pongtanit & Tanwarin Thanasinwanishkul**  
**Poonsap Virulhakul**  
**Praphawan Chuanchaiyakul**  
**Preyanart Na Songkhla**  
**Rajcha Wongsawa**  
**Ratana Praphakarn**  
**Ratchadawan & Pornpavit Wongprasert**  
**Sintrakulchai Limited Partnership**  
**Sirikan Wiroonthanyaton**  
**Somboon Phuenthong**  
**Somthawin & Vachirawit Sa-nguansap**  
**Supaporn Khetsopa**  
**Tanyaluk Warojvised**  
**Tawipapa Charpensuk**  
**Thitiya Saengtes**  
**Thunwa Muthitanont**  
**Thwicha Surattichaiyakul**  
**Toonthip Thuamcharoen**  
**Watcharaporn Wilaimethanan**  
**Wiphaporn Saisin**  
**Wisanu Meeboon**  
**Yarika Kruaboonma & Thadasak Thasurin**  
**Yotsawin Kasemchotiphan**  
**Yulawan Intayos**



## Presidential Diamond Lee Hui Ling & Ng Say Leong

Before I joined dōTERRA, I co-ran a health food store with my husband while managing an organic cafe. My roles included overseeing staff, inventory, and customer service. I was committed to supporting my husband without taking any wages and at the same time looking after our child. At that time, I was struggling with serious insomnia to a point where it has taken a toll on my emotions, causing skin sensitivity and hair loss. I turned to essential oil in hopes to alleviate my insomnia, despite my surface-level knowledge of it. My initial perception of the oils is solely for their fragrance. However, my perspective shifted when I encountered dōTERRA essential oils, prompting me to see them in a new light.

Continuous usage of dōTERRA's Lavender and Cedarwood oils, as recommended by a mentor, had shown remarkable improvement on my sleep quality.

dōTERRA essential oils spoke to me in a way no other remedy has. It has granted a profound effect when traditional Western and Eastern treatments failed me. I gradually increased my use of dōTERRA oils and this newfound relief inspired me to delve deeper into the potential of essential oils and explore their diverse health benefits.

It was later I begin seeing potential in dōTERRA's business. Encouraged by its efficacy, I transitioned my focus to dōTERRA products, gradually phasing out other brands in my store. Though unfamiliar with concepts like direct-selling and passive income, guidance from my Taiwanese mentor empowered me to expand my business knowledge and embrace new opportunities.





Despite initial skepticism from my husband, who viewed dōTERRA as a hobby rather than a business venture, I persevered in building my direct-selling business while balancing family time, which eventually won his support after I achieved my Diamond rank. Together, we set ambitious goals, including reaching the Blue Diamond rank in the span of two years, which we achieved through hard work and perseverance. The journey to Blue Diamond rank was challenging but rewarding, as it meant greater financial stability and the ability to help more people.

The dōTERRA business has brought many firsts to my life: my first salary, my first incentive trip, my first time

having a team to work together, etc. Running this business also allows me to have a quality life, giving my children a good education, and a good learning environment. Finally, I would like to thank my partner and mentor in Taiwan, who is committed to virtual meet-ups on a weekly basis. Of course, I would like to extend my thanks to the General Manager of dōTERRA Malaysia, Ethan Wang for his support. Last but not least, my Account Manager, Johnathan for his massive support, inspiration and advice along the way. I'm grateful for the support of my team and mentors throughout this journey and I will continue to work hard to share dōTERRA to help more people experience the benefits of essential oils, nature's gift of the earth.

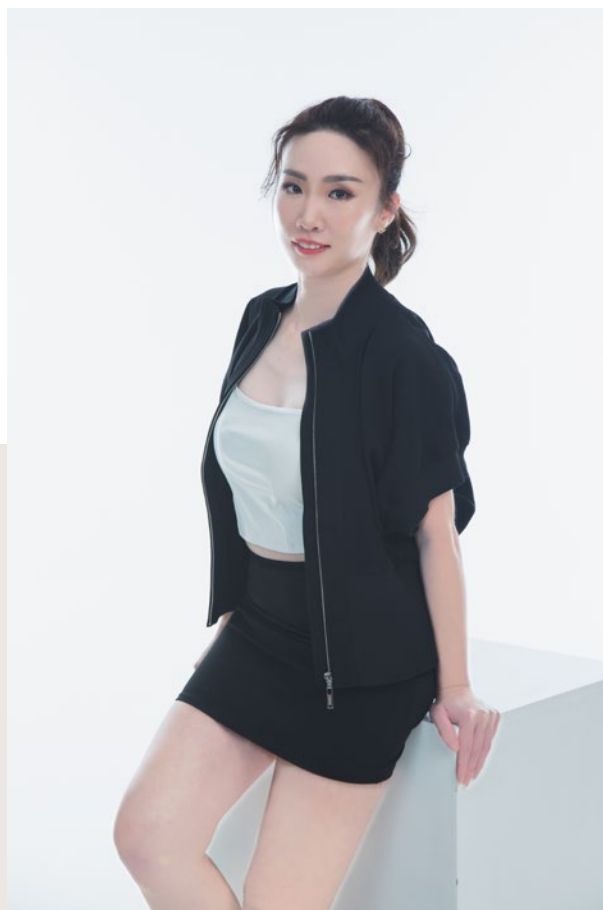
## Diamond

# IVVIE CHONG

I chose dōTERRA as my career because of my passion for essential oils and the wonders it had on me and those around me. While the many obstacles I face usually revolve around customers, financials, etc., one challenging aspect is to educate every member or customer on the beneficial knowledge that sets dōTERRA apart from other brands. Distinguishing ourselves requires extensive education and explanation, as many individuals often mistake "essential oils" for "fragrance oils" exclusive for aromatherapies only. Whenever I encounter a new friend, articulating the essence of dōTERRA and our essential oils proves challenging. However, I am passionate about discussing the benefits and intricacies of our products, and the more I engage, the more driven I become.

Another challenge is achieving business performance. Every industry has its off-seasons, and ours is no exception, since we're not in the line of daily necessities. Regardless of the seasons, I always press on to finding coping methods like special sales techniques or diversifying our essential oil products for versatility. In this long-term business model, having customers using essential oils with confidence through the thorough knowledge I have shared about essential oils gives a lasting impression of two associations: "Ivvie" and "essential oils". When people think of essential oils, they think of me.

As a leader, my main challenge is uniting my team and aligning their goals despite their diverse backgrounds and personalities. Motivating them requires leading by example, offering support without keeping score, and solving problems collaboratively. Clear communication and understanding of their individual circumstances are crucial in guiding them through



challenges. In the essential oil industry, our focus goes beyond product selling, it is based on the foundation of love and prioritizing others' needs. Our mission is driven by the belief that even a small gesture, like a drop of essential oil, can profoundly impact lives, emphasizing our commitment to making a positive difference. I believe that genuine love can move the world. That is our aim.

Within a team, mutual tolerance and understanding are imperative. Mistakes are inevitable for everyone, including myself, and it's essential to address, accept, and resolve conflicts. Maintaining an open-minded perspective, looking at the big picture, accepting constructive criticism, and embracing change is vital. As leaders, it's our responsibility to guide and support our team members in rectifying their mistakes. I firmly believe that by treating others with kindness, they will do the same for you. As long as everyone shares common ideas and goals, helps each other, avoids envy or hidden agendas, harmony prevails within the team, and we will all pave the way toward success together.

## Diamond

# Yarika Kruaboonma & Thadasak Thasurin

A question people often ask us, why did we choose to partner with dōTERRA? How do we succeed and be able to pass on success to the team?

Before answering those questions, let me tell you about myself and my family first. Our family includes me, my husband, and a son. As parents, we want to take care of our child in every way as best we can. This is our primary goal and to take good care of someone we love, there are many elements. Whether it is the readiness of money or time, if both aspects come together at an age when we are still in good health, we will be able to live happily with the people we have loved for a long time.

So I was looking for a business model that would meet the needs of my family. I was looking for natural products to take care of my son and family then, I found dōTERRA. First, I must thank you Dr. Phartchai, who was the first person to share the first drop of Peppermint oil with me and my husband. I started using essential oils, until I was confident in the quality of the oil, so I decided to take a good look at dōTERRA business as a platform to have good product and helping people. We started to go out to share essential oils with the people we love and continue to expand our sharing. Until now, we have had a big team and we decided to bring teams to learn about the system to work together as a team and use company programs such as “Diamond Club and Silver Club” as

tools to expand our business. Aside from business model, dōTERRA's culture makes me a better person every day and I'm always happy to share purest essential oils with people all over the world, as our slogan “One drop One person One community at a time”





## Double Blue Diamond



**Angie Ng** (Monarch)  
(Founder SGMY)

1. Rank recognition is based on alphabetical order.
2. Refer to each market on the qualifying criteria for SEA Leadership Magazine Recognition.



## Presidential Diamond



**Annda Lee**  
(Founder MY)



**Forest Chew & Steven Teh**  
(Founder MY)



**Henry Fong**  
(Founder SGMY)



**Joshua Ang Dun Xin**  
(Founder MY)



## Presidential Diamond



**Lam Yee Mun & Stanley Ho**  
(Founder SGMY)



**Lee Hui Ling & Ng Say Leong**  
(Founder MY)



**Lim Mian Foo**  
(Founder MY)



**Patricia Yeo Tee Sang**



## Presidential Diamond



**Pauline Tey**  
(Founder MY)



**Sunny Wong Bee Kim**



**Ting See Ling**



**Vanni Ling Kuok Ee**



## Presidential Diamond



**Winnie Yeoh**  
(Founder MY)





## Blue Diamond



**Bryan Chew**  
(Founder SGMY)



**Candy Ong**



**Chok Sin Ee**  
(Founder MY)



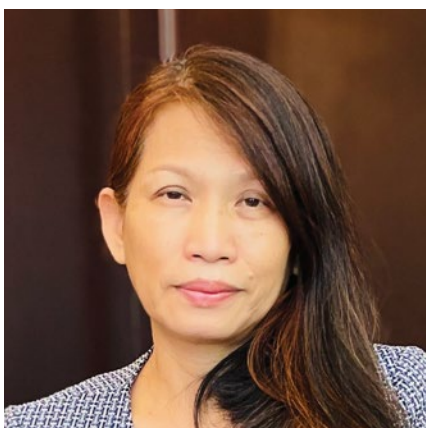
**Chua Hong Leong & Law Shu Li**  
(Founder SGMY)



**Deborah Wong & Fabian Tan**



**Dr. Phartchai Rueansit**



**Dr. Tan Kui Chin**  
(Founder MY)



**Elizabeth Ho**  
(Founder SGMY)



**Janet Kang**



## Blue Diamond



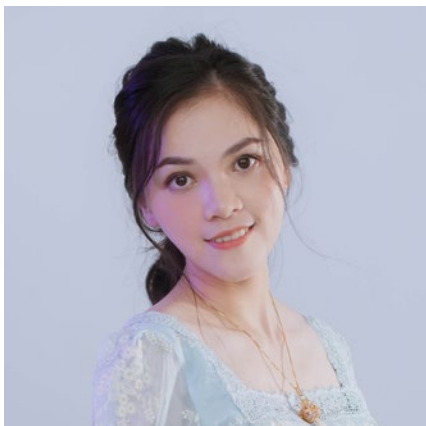
**Janice Choo**



**Jenies Seow Bee Ean**



**Jenny Wai**



**Joanne Kong Jia Ling**



**Kweenie Ooi**



**Lee Seang Looi**  
(Founder SGMV)



**Lee Shiao Tao**



**Lee Sze Lin**



**Lim Bee Yong**



## Blue Diamond



**Max Lee**



**Ratchadawan &  
Pornpavit Wongprasert**



**Rosy Tang**



**Thitiporn Phoemthaweesuk**



**Wilfred Loh**



# Diamond



**Adam One Family**  
(Founder MY)



**Alan Tay & Coei Choo**



**Andrea Chin & Teay Rui Xuan**



**Andus Low**



**Angeline Nai Eng Choo**



**Angie Ong**



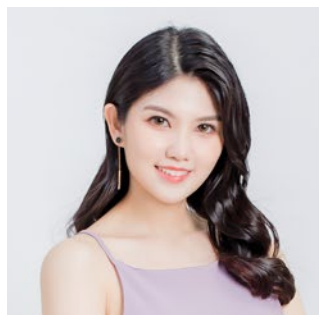
**Candy See Cul Wei**



**Catherine Kong Yii Sing**



**Chia Pei Shan**



**Chong Seow Yin**



**Chua Kwee Lee**



**Dennis Koh**



**Dr. Natha Methabutsayathon**



**Dussadee Puengpreeda**



**Eng Zee Lin**



**Eva Teoh Li Feng**



# Diamond



**Evon Lim Xin Yi**



**Fanny Chu Pei Fun**



**Fion Loo Zhi Qing**



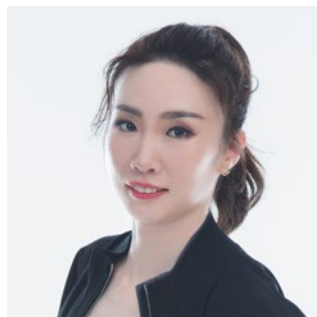
**Foo Siew Ping**  
(Founder MY)



**Foong Jia Li**



**Gee Wan Yin**



**Ivie Chong**



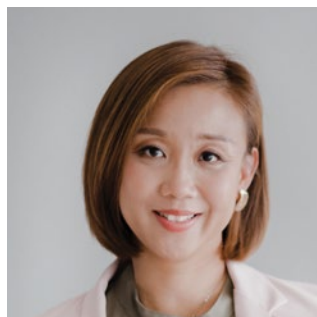
**Ivy Loh**



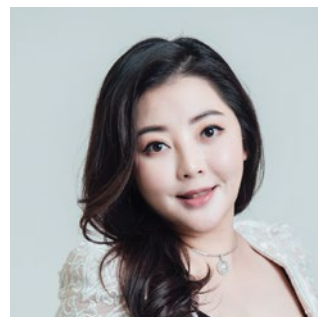
**Jacob Loh Jaw Horng**



**James Neo**



**Janet Lim Pei Yin**



**Jocelyn Teh**



**Jyn Loi Li Chin**



**Karen Chang**



**Kong Hung Geok**



**Kong Jia Wei**



# Diamond



**Lau C Hun**



**Lee Eng Kiat**  
(Founder SG)



**Ling Xi Yuin**



**Liron Hee**



**Liu Wenhui**  
(Founder SGMY)



**Michelle Yong**  
(Founder SG)



**Nscanda Wong & Derek Phang**  
(Founder MY)



**Nicole Tay**  
(Founder SG)



**Ninart Kasemsai**



**Onsuvisa Koseelpeeragorn  
& Nut Kosinprakorn**



**Paweena Tangchawalit**



**Pearly Wong Kah Pui**



**Piteulia Foo**



**Pongtanit &  
Tanwarin Thanasinwanishkul**



**Rajana Chong**



**Rassaporn Yanaprawalapat**



# Diamond



**Sandra Lee**



**Somboon Phuenthong**



**Somthawin Sa-Nguansap**



**Sophie Soo**



**Sri Mulyadi & Paul Filmer**  
(Founder SG)



**Tan Jen Lee**



**The Wellness Friends**



**Vecus & Vivien**



**Winnie Lim Wan Whee**



**Yarika Kruaboonma & Thadasak Thasurin**



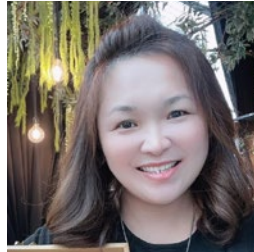
# Platinum



**Albert Au**



**Ang Yean Khim**



**Christie Tang Yah Chee**



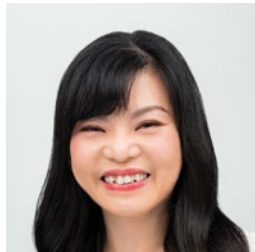
**Chuah Ah Teen**



**Edmund Yap Hon Mun**



**Grace Phoon**



**Gwen Beatrice Teo**



**Irene Leong**



**Irene Ngiam**



**Jacki Lim**



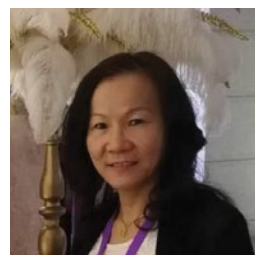
**Jeremy Ang**



**Jovin Tan**



**Jongruk &  
Udomsak Pakinsee**



**Kong Hung Pui**



**Lee Gen Jie**



**Lee Qiau Rou**



**Lee Sai Guat**



**Lim Chin Yin**



**Ling Kok Hua**



**Ling Kok Siew**





# Platinum



**Ling Kuok Eng**



**Michelle Loo**



**Michelle Phuah**



**Nuthika Chongsawad**



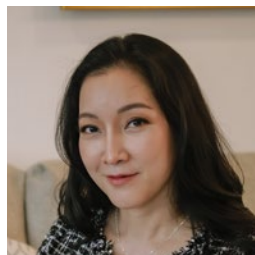
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**Pipatsa Sriyanyong**



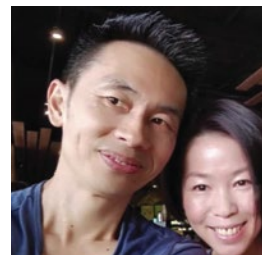
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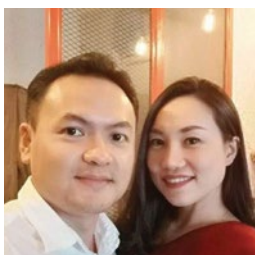
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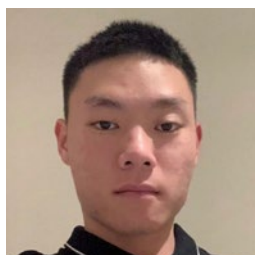
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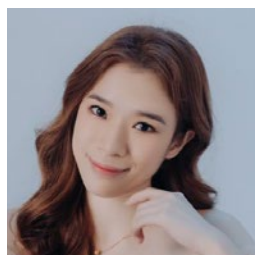
**Tee Ai See**



**Thanyarat & Thinawat  
Kawinphatthanaphonkun**



**Ting Sie Hung**



**Vivian Sim Xin Yee**



**Wong Wai Kuan**

## WITHOUT PICTURE

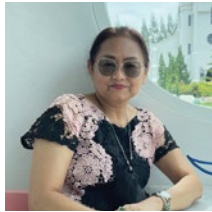
- Hoe Kee Siew**
- Shawn Poh Shao Wei**
- Tang Aik Shen**
- Tey Chin Lian & Tey Chui Lian**



# Gold



**Adeline Wong**



**Adsanee Chatvittayanon**



**Alecia Foo**



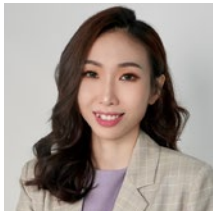
**Amanda Quah**



**Angela Wong Fei Ping**



**Angeline Veloso Rosales**



**Angie Ng Hui Chin**



**Ann Loy**



**Carmen Tan**



**Chan Suat Ney**



**Chen Teik Yung**



**Chia Pei Woon**



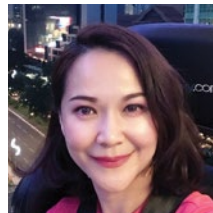
**Chidchanok Chaowanapong**



**Chiew Geok Ming & Kong Chih Wei**



**Chin Soon Khoon**



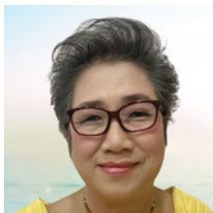
**Chua Yew Yean**



**Chutima Sutaveesub**



**Danai Vanichyobol**



**Dr. Praphawan Chuanchaiyakul**



**Elaine Law Yee Ling**



**Elaine Phua**



**Erni Soesanto**



**Fam Sze Sieng**



**Fraeda Seow**



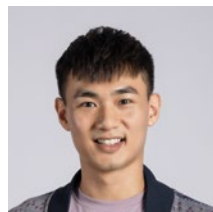
**Geraldine Tan**



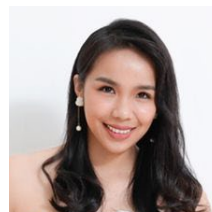
**Hirunrasa Suwachirat**



**Ho Jeng Jeng**



**Ho Kuok How**



**Irene Song Swee Kuan**



**Jayne Hee**



# Gold



**Jenny Loo Lay Yeo**



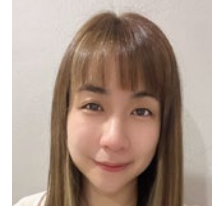
**Jisapat  
Siriwattanawong**



**Kamon  
Ketsawatsakun**



**Kansire Sriyanyong**



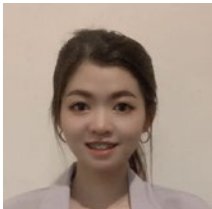
**Karen Kho  
Chui Khim**



**Kavitha  
Kolandaveloo**



**Kesorn Chamswat**



**Kong Jia Xin**



**Kornchanok  
Siriratana**



**Kuak Moy Chin**



**Kuson Saythong**



**Kwang Yieu Ling**



**Lee Shwu Fei**



**Lee Wei Mee**



**Liew Pooi Wen**



**Lim Ee Ying**



**Low Yee Man &  
Woen Guey Yee**



**Manson Soo**



**Marcus Yeo**



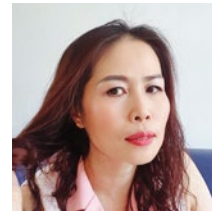
**Mary Joan Landicho**



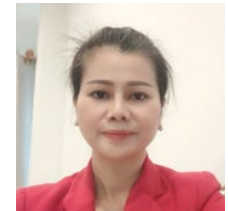
**Michael Tay**



**Morain Oil  
Family Wellness**



**Nattanicha  
Boontum**



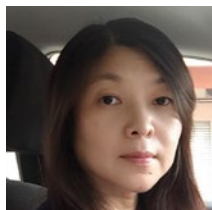
**Natthira Baisri**



**Ng Kim Yean**



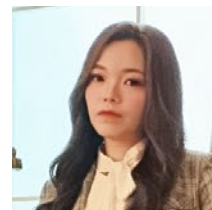
**Ng Siew Len**



**Ng Soh Ling**



**Nicole Tan &  
Sherwyn Chew**



**Ong Ho Inn**



**Ong Way Huey**



# Gold



**Padisant Tuntrirat**



**Papassorn Soun-oon**



**Pauline Yeo & Vincent Kang**



**Phol Songsirithanaphat**



**Pimsorn Mongkolapiboon**



**Potjane Udomsartpor**



**Preeawan Mingmitolan**



**Professor (Adv) Dr. Bowornsilp Chowchuen**



**Puangpet Thammasorn**



**Rachel Lim Rui Qi**



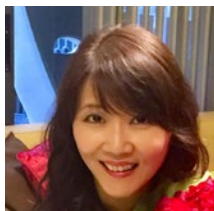
**Raymond & Shen Cayanan**



**Regie Pastera Mendoza**



**Ronnachai Dachtuyawat**



**Rosalind Lim**



**Sasinat Chittasirinuwat**



**Shelly Tan**



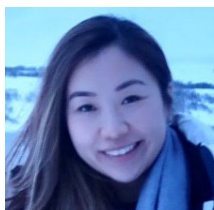
**Sheum Choy Kuan**



**Sirikorn Sukasem**



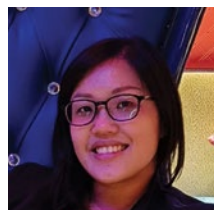
**Siripat Phoemthaweesuk**



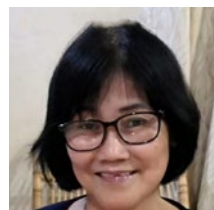
**Stephanie Yi**



**Sutheepong Yonpramotsakul**



**Tan Shu An**



**Tan Lee Eng**



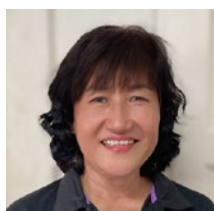
**Tan Suan Bee**



**Tan Yee Chun**



**Tan Yoke Tuan**



**Tang Sew Ling**



**Tang Siew Kiong**



**Tanya Lai**



**Tanya Sng**



## Gold



**Tapalin  
Charoensook**



**Tasa Sueppheng**



**Teo Joon Far**



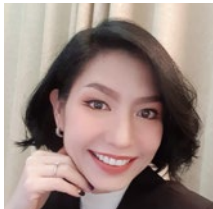
**Thananrada  
Thanart**



**Titikarn Yurayard**



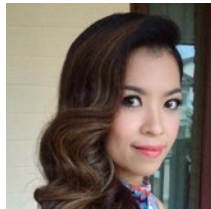
**Tuangsalun  
Sriyanyong**



**Viraviran  
Jirasukprasert**



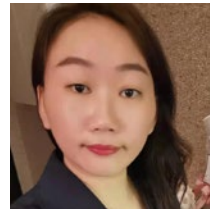
**Vorkon Patrayanan**



**Waranpat  
Phumpurin**



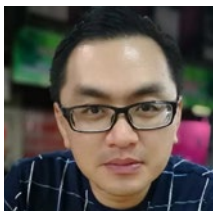
**Warut Chaijaraspon**



**Wendy Lee**



**Wimonmas  
Chaiwongsri**



**Wong Siong Bing**



**Yasuko & Takamori  
Uetsuhara**



**Yit Li Ling**



**YML Capital**



**Yotsawin  
Kasemchotiphan**

## WITHOUT PICTURE

**Bob Tang**

**May Lim**

**Ngoi Lai Mei**

**So Lee Lee**

**Syenly Laurentia Luguman**

**Tang Lok Lee Michael**

**Tay Siok Keow**

**Therapyworks1ders**



## Silver

Abdullah Busera	Coreen Keh Siew Tin	Kathleen Seng Bee Ling
Abhibhop Phrombandit	Darmadji Noviana	Kenneth Kong
Achara Settapitayakul	Dasmien Ong	Kesrin Sriboonrueang
Agnes Khew	Dorothy Ng Poh Hong	Koay Pei Eng
Agnes Woo	Eden Garden Health Center	Koh Gim Guan
Alan Tan	Eng Zee Yng	Kok Siau Yien
Alisabeth Kim Loh	Esther Liew Siew Yun	Krissana Chimpinit
Amanda Goh Sin Lian	ET Global Network Pte Ltd	Kristy Chan Man Lay Kristy
Andrea Soon	Fang Li Ching & Chong Fang Keat	Kritradatun Macharoen
Ang Ting Ni Melany	Feng PengYu	Ku Wai See
Angie Chng	Francis Teo	Kwintrat Rattanphumirajtibadee
Anupong Suntornsombut	Fu Yongzhen	Lai Wei Jun
Arkom Muthitanone	Hannah Tan Rou Jun	Lee Siow Hoon
Arunee Cheeranont	Ho Soo Yin	Lee Wai
Arunee Ludewigs	Hwei Xian Chin	Lee Wai Leng
Beacon Premier Health & Wellness	Ismail, Zakaria	Lee Xin Ru
Beauty Salon Centre Scental	Issaree Ratjateerawat	Leng Lai Kuan
Belinda Lim	Ittidej Krutrabiab	Leong Peng Mrs Cheryl Anne Gunalan
Bryce Chee	Ivy Yeo Sok Mui	Leong Yoke Har
Calicia Jasmine Lim	Jane Neo Sui Ping Jane	Leow Yih Yin
Cando Fam Pte Ltd	Jaruwan Pongleerat	Leslie Wong Kah Ho
Chamnan Hongthong	Jeanie Chua	Lily Tan
Chanyanuch Khumpruengdej	Jenny Ong	Lim Ai Seuw
Chen Pauline Chen	Jessica Quek	Lim Chee Leong
Cheong Su Chen	Jintana Tangchavalit	Lim Cheng Siong
Cherng Ching, Frederick Foo	Jitchada Nonthasorn	Lim Chwee Chwee
Chew Kell	Johnathan Cheng	Lim Kok Hong
Chia Wing Chee	Jompoj Hongvilas	Lim Lai Geok
Chin YW	Joyce Chia Aik Noi	Lim Pei Han
Chitchaya Tuchinda	Jurena Goh	Lim Say Bin
Chompunuth Somluechachai	Justina Nar	Lim Siok Hoon
Chong Siew Keat	Kanokporn Chinorak	Lin Kah Huay
Choo Mui Fung	Kantapat Patcharasuvivat	Lin Ya Hui
Chua Yao Hong	Karen See Kim Hua	Linda Wong Siew Ming
Chung Yee Lan	Kasemsak Khunsriraksa	Lo Hui Chung
Chutinan Achawakorn	Kasinee Kasemsai	Loh Seow Huan



## Silver

Low Eng Suang	Patrick Foo	Serene Khoo
Low Rose Gek Lee	Pattanan Homboonyasak	Shirley Tay
Lum Cheng Wai	Paveen Chetanananda	Silvia Japara
Lynn SD	Paweena Chaisaen	Sim Chijia
Madeline Kiong	Per Chee Seng	Sim Yi Jin
Manop Yuttagomol	Petchada Thinkarn	Simon Lew
Michael Healy	Phakphattra Apinyakornwong	Sinnasamy Vasudra Davi
Michelle Tan	Phang De Ren	Sirirath Panitchayarom
Monnapat Mallikamas	Phang Hoi Ling	Sittisak Buasaraban
Napapat Pongkason	Phang In Yung	Sopon laichuthai
Napassanan Mannusitt	Phang Wei Ping	Sornnarong Kanpai
Napassorn Junpanichravee	Pimpavee Chalewan	Sunanta Sujirat
Napat Amornpimon	Pitcha Pongpanstaporn	Sununta Thanasarndechachai
Napat Kamnoedlom	Poh Soo Mei	Supaporn Khetsopa
Narina Chulkarat	Pornprom Suwanna	Supattra Suatham
Nattavee Anuchot	Preeya Chainiyom	Tan Eleen
Natthanon Lerkkumsup	Premyuda Luangjai	Tan Qi Han
Natthayos Sechanah	Priyanuj Sathavonmanee	Tan Tian Hong
Nawamonkit Panusooksa-Ngeeam	Punpim Pavasuti	Tan Zi Ling
Neo Beng Hock	Punyanun Lerthiransahakij	Tanawan Tanakkasaeranee
Neo Ling Ling	Queen's Market	Tang Ming Luan
Ng Chee Boon	Quek Hang Tian Steven	Taspol Ponpisit
Ng Nei Nei	Quinnie Chan	Tatchai Chailapsiri
Ng Poh Gaik	Rachel Hee Hoay Yin	Tay Bee Lai
Ng Ser Chian	Rassamee Pengwong	Tee Swee Ying
Nidvadee Pongsirithanakul	Ratana Praphakarn	Teo Hee Kee
Normazlinda Binti Kamarudin	Ratchata Pumiratkul	Teresa Lee Yuk Yee
Nupee Srihot	Ronald Lim Zhi Hao	Thamon-An Thanarueansit
Pakwalun Angkasekvilai	Rungnapa Putivanich	Thanaporn Pongsutham
Pang Hok & Pang Hoe Hwa	Saigal Pemla	Thanrawepokchat & Akkharaporaman
Pang See may	Sandra Ting Wei Wen	Nawa-ammaratthibodee
Panicha Suesattabongkot	Saovalux Sinlua	Thawaanphat Srijaruphat
Panumas Hiranmas	Sasiang Dahlia Surapati	The Loe Chi
Parinda Wattanasuthipong	Seah, Peck Boon Samantha	Thitiya Saengtes
Patiparn Nangam	Seneviratne, Paul Navaratna	Thunwa Muthitanont
Patipat wacharasricharoen	Seoh Meng Hong	Thuspong Wechusdorn



## Silver

**Tipawan Sirimas**

**Toh Li-Ping Teelia**

**Tussnee Taovalanont**

**Utoomporn Kosintrakulchai**

**Vongphet Silisouk**

**Waeota Rangseeprasertsin**

**Wang Chun Li**

**Wanirin Aphiatsadakon**

**Warisa Iamsaard**

**Warisa Wongsanoraseth**

**Watcharacoopatid Rattanaphumirajtibadee**

**Watcharaporn Wilaimethanan**

**Wichai Khantikittikul**

**Wong Ah Choy**

**Wong Ei Min**

**Wong Lee May**

**Wong Siew Kuen**

**Woon Choon Geok**

**Yak Siew Gim**

**Yan Kin Wan**

**Yong Wei Cheng**


**Yulee Sae-Fang**



**Yunyun Sai**




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