

A man with a beard and tattoos is laughing heartily, his head tilted back. A woman with long brown hair is smiling and touching his chin. They are in a rustic setting with a stone wall and wooden beams.

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LIVE

Lifestyle dōTERRA®

Transform Your Health

Welcome to the dōTERRA® difference, where changing lives is the norm, and improving your health 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, health may naturally be 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 many of your life's priorities. For those times when you need additional care, partner with practitioners who support you in finding the best proven natural solutions.



Nutrition & Digestion

Give your body what it needs to thrive.

It all starts with optimal daily nutrition and digestive support. dōTERRA® whole-food supplements are an ideal companion for your essential oils.

DAILY WELLNESS HABITS

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



Nutrition

dōTERRA Lifelong Vitality Pack®

Offers crucial bioavailable micronutrients and cellular support.



Digestion

dōTERRA TerraZyme®

Supports healthy digestion and metabolic processes with whole-food enzymes.

dōTERRA PB Assist+®

Promotes a positive balance and proliferation of beneficial bacteria.



ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Movement & Metabolism

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
MetaPWR™
Advantage
with Collagen + NMN

Movement



Ice Blue® Rub Athletic Cream

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

Apply before and after exercise or activity to support ease of movement and recovery.



Ice Blue® Stick + Copaiba

Powerful targeted relief in a fast-acting solid. Formulated with plant-based menthol, methyl salicylate, and camphor, this easy-to-use stick creates a cooling sensation on skin.



Ice Blue Polyphenol Complex™

Proprietary formula containing extracts of Frankincense and Turmeric essential oils which are loaded with polyphenols that are used as an internal solution for soreness or discomfort.



Copaiba Softgels

Traditionally used in Western Herbal medicine to:

- Relieve inflammation
- Relieve mild rheumatoid aches and pain.

Metabolism



The MetaPWR® System helps you live your most active life, supporting the metabolism of carbohydrates, fats and proteins, maintaining energy production and general health. Designed to be used as a system, each product offers a specialty, while also supporting and enhancing the benefits of the other products in the MetaPWR® range. The whole is truly greater than the sum of its parts with the MetaPWR® system.

MetaPWR® Active Blend 15mL

Live your most active life with our MetaPWR® Active Blend. Developed with dōTERRA clinical researchers, this stimulating combination of CPTC® essential oils complements your wellness lifestyle.

MetaPWR® Assist

Developed to assist with your healthy lifestyle regimen and increase vitality, MetaPWR® Assist can help maintain healthy blood sugar and glucose levels, avoiding the spikes after eating by helping to balance out the release of sugars and sustain energy levels throughout the day.

MetaPWR® Advantage

Combined with healthy lifestyle choices, taking MetaPWR® Advantage once a day can help support energy production. MetaPWR® Advantage also contains nine types of collagen tripeptides from marine sources to support skin elasticity and hydration.

LIVE WELL

BREAKFAST

- 1 capsule xEO Mega®
- 3–5 drops MetaPWR® Active Blend in water
- 1 sachet MetaPWR® Advantage

LUNCH

- 1 capsule xEO Mega®
- 3–5 drops MetaPWR® Active Blend in water

DINNER

- 1–3 capsules TerraZyme®
- 1 capsule MetaPWR® Assist



Rest & Relaxation

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

DAILY WELLNESS HABITS

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

Prioritise Rest



dōTERRA® Lavender Peace™ Restful Blend & Lavender essential oil
Place 1-2 drops on your pillow for peaceful dreams.



dōTERRA Lavender Peace Stick + Valerian
Roll onto pulse points or soles of feet before bed as part of your sleep routine.



dōTERRA Peace® Reassuring Blend & Cedarwood essential oil
Massage 1-3 drops on feet and forehead at the end of a long day to feel calm and relaxed in a flash.



Petal Diffuser 2.0
Small convenient, and night-friendly diffuser with night light and far-reaching mist.

RELAXING BATH SALTS

1 cup Epsom salts
10 drops dōTERRA Balance® Grounding Blend, dōTERRA Lavender Peace™ Restful Blend, or Lavender essential oil.
Mix and pour into your bath.



Relaxation



Citrus Bliss® Invigorating Blend
Put a drop in your palm and inhale for a quick pick-me-up. Diffuse for an uplifting environment.



Black Spruce essential oil
Diffuse to help you relax and create a steadying environment.



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



dōTERRA Cheer® Uplifting Blend
Apply to the wrists 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.

dōTERRA® Adaptiv™



dōTERRA® Adaptiv™ Tranquil Blend is here to support your body, mind and spirit through life's more stressful moments. Diffuse or roll on to soothe the mind and relax the body by enjoying the calming aromas of Lavender, Magnolia and Neroli essential oils.

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Reduce Toxicity

Support your body's natural pathways by experiencing the dōTERRA® Lifestyle. Nature experiences cycles of releasing and renewing. Our bodies also experience seasons of regeneration. dōTERRA's CTPG® essential oils support the body's natural renewal process to promote wellness.

DAILY WELLNESS HABITS

- Drink 8 or more glasses of water daily.
- Use citrus oils in your water daily for gentle, refreshing flavour.



Experience the dōTERRA® 30-Day Refresh

DAYS 1-30



MAXIMISE NUTRITION AND SUPPORT LONGEVITY
dōTERRA Lifelong Vitality Pack®
Take 2 capsules of each supplement with morning and evening meals.



SUPPORT HEALTHY DIGESTION
TerraZyme®
Take 1-2 capsules with each meal daily.



REFRESH
Lemon essential oil
Add 3 drops to drinking water 3 times daily.

MetaPWR® Daily Routine



Step 1: MetaPWR® Active Blend
Eat a well-balanced, whole-food diet and MetaPWR® Active Blend to your daily routine.



Step 2: MetaPWR® Assist
Take 15-30 mins before your largest meal of the day.



Step 3: MetaPWR® Advantage
Add a sachet to cold or room temperature water. Shake to dissolve before drinking.

DAYS 1-10



HEALTHY APPETITE
Zendocrine® Restart Blend
Add 2 drops for flavouring in drinking water twice daily.

DAYS 11-20



SUPPORT HEALTHY DIGESTIVE FUNCTION
PB Assist® Probiotic Formula
Take 1 to 3 capsules a day with meals.

DAYS 21-30



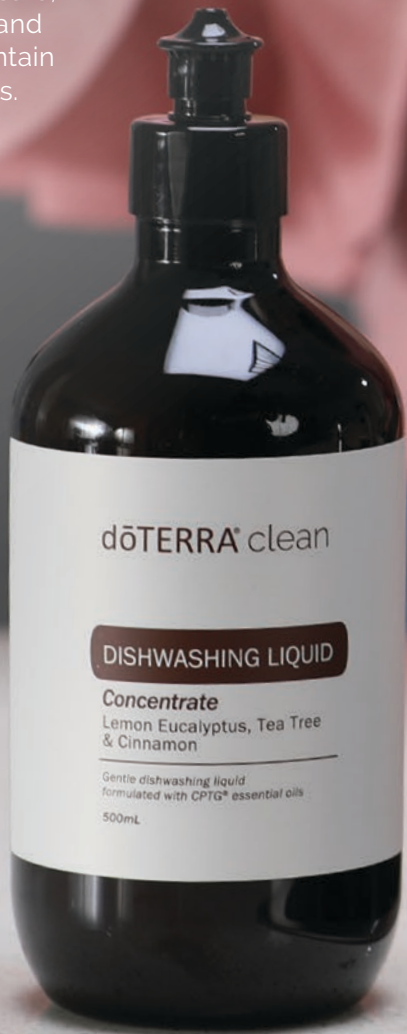
SUPPORT CELLULAR HEALTH
DDR Prime® Softgels
Take 1-2 softgels with meals twice daily.



SWITCH & DITCH DIFFUSING BUNDLES
Transform your mind, body and home with natural, non-toxic products. Our Home Essentials Starter Pack features 10 nurturing essential oils and blends thoughtfully curated to take your entire family on a wellness journey with essential oils.

Natural Home Care

A clean home doesn't need to come at the cost of your health. Shop consciously and replace synthetic products with safe, plant-based, non-toxic, and natural cleaners that contain pure CPTG® essential oils.



DAILY WELLNESS HABITS

- Eliminate chemical-based cleaning products.
- Use safe and natural cleansers and detergents.



dōTERRA® clean

Time and time again, essential oils out perform their synthetic counterparts when it comes to purifying any surface or space. Free from phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in 100% recyclable containers, and harness the natural antibacterial power of dōTERRA Tea Tree and Lemon Eucalyptus essential oils to provide a natural, fresh aroma and deliver effective results.



dōTERRA® clean Multi-Purpose Surface Spray
Consciously created to be gentle on the environment and safe on food surfaces, while being tough at removing residue.



dōTERRA® clean Bathroom Cleaner
Consciously created to be tough at removing dirt and residue, while being gentle on the environment.



dōTERRA® clean Dishwashing Liquid Concentrate
A more joyful way to do dishes, consciously created to be gentle on the environment and your skin, while being tough on greasy pots and pans.



dōTERRA® clean Dishwashing Powder
Reduce chemical waste as you clean and purify your dishes and deodorise your dishwasher with this Australian-made, clean formulation Dishwasher Powder.



dōTERRA® clean Liquid Laundry Detergent Concentrate
Reduce chemical waste and pollution, consciously created to keep your home, family and the environment safe and healthy.



dōTERRA® clean Powdered Laundry Detergent
Mindfully formulated with a powerful blend of naturally derived, plant-based ingredients in powdered form.



dōTERRA® clean Glass Cleaner
Achieve a streak-free shine every time without the use of harmful chemicals with this Australian-made, clean formulation glass cleaner.



dōTERRA® Clean & Green Liquid Laundry Bundle
A combination of effective, eco-friendly dōTERRA clean products featuring the Liquid Laundry Detergent Concentrate for a low-tox lifestyle.



dōTERRA® Clean & Green Powdered Laundry Bundle
A combination of effective, eco-friendly dōTERRA clean products featuring the Powdered Laundry Detergent for a low-tox lifestyle.

Australian-Made

Non-toxic

Eco-friendly

Leaves no harmful residue

No animal ingredients or testing

100% recyclable packaging

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 with CPTG® essential oil-based products that provide a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA® nature-derived formulations.

DAILY WELLNESS HABITS

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



Verage® Skin Care Collection

Containing only the best natural ingredients of CPTG® dōTERRA essential oils, emollients, and plant extracts that will leave skin feeling nourished and hydrated while encouraging confidence through reduced signs of visible aging.



Yarrow | Pom Collection

A powerful synergistic and first-of-its-kind blend that promotes the appearance of a smooth, glowing complexion.



Protecting Shampoo and Daily Conditioner Refill Pouches

Reduce carbon footprint and landfill with these environmentally friendly shampoo and conditioner refill pouches.



Oral Care

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



Body Care

Cleanse your body with the Spa Moisturising Bath Bar and Refreshing Body Wash, which are free of harsh ingredients.

Informed Self-Care

Make it a habit to use dōTERRA® natural solutions as your first line of defence. 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 FAVOURITES

Lavender	dōTERRA On Guard®
ZenGest®	Frankincense
Peppermint	Ice Blue®
dōTERRA EasyAir®	Tea Tree

DAILY WELLNESS HABITS

- Turn to natural solutions as your first line of defense.
- Refer to the AUNZ Product Guide for possibilities.



On Guard® Foaming Hand Wash
dōTERRA's On Guard Foaming Hand Wash is a gentle alternative to harsh soaps that may dry and irritate sensitive skin.



On Guard® Sanitising Mist
Spray this naturally derived hand sanitising mist, which cleanses by killing bacteria on the skin.



Correct-X®
Use this natural ointment for any minor skin irritations.



Lavender essential oil
Apply topically to soothe occasional skin irritations.



Peppermint essential oil
Apply for a cooling sensation. Dilute as needed.



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



ClaryCalm® Monthly Blend for Women
Roll this women's monthly blend on lower abdomen and use with a heating pad.



Family Essentials Starter Pack
Take your entire family on a wellness journey with essential oils. Our Family Essentials Kit features 10 nurturing essential oils and blends thoughtfully curated to help transform your mind, body and home.

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Customise Your Wellness Plan

Check the products that will help you achieve your health goals and experience remarkable changes in how you feel.



NUTRITION & DIGESTION	<p>Fuel, Support, and Fortify</p> <div><input type="checkbox"/> xEO Mega®</div> <div><input type="checkbox"/> Alpha CRS+®</div> <div><input type="checkbox"/> Microplex VMz®</div>	<p>Support Digestion</p> <div><input type="checkbox"/> TerraZyme®</div> <div><input type="checkbox"/> PB Assist+®</div> <div><input type="checkbox"/> DigestZen®</div>	<p>Curated Wellness Kits</p> <div><input type="checkbox"/> Lifelong Vitality Pack®</div>		
	MOVEMENT & METABOLISM	<p>Soothe and Energise</p> <div><input type="checkbox"/> Ice Blue®</div> <div><input type="checkbox"/> MetaPWR® Active Blend</div> <div><input type="checkbox"/> Turmeric Capsules</div> <div><input type="checkbox"/> Copaiba Softgels</div>	<p>Support Metabolism</p> <div><input type="checkbox"/> MetaPWR® Advantage</div> <div><input type="checkbox"/> MetaPWR® Assist</div>	<div><input type="checkbox"/> Lifelong Vitality Pack®</div>	
		REST & RELAXATION	<p>Support Sleep & Relaxation</p> <div><input type="checkbox"/> Lavender</div> <div><input type="checkbox"/> Lavender Peace®</div> <div><input type="checkbox"/> Lavender Peace® Stick + Valerian</div> <div><input type="checkbox"/> Petal 2.0 Diffuser</div> <div><input type="checkbox"/> Valerian</div> <div><input type="checkbox"/> Cedarwood</div>	<p>Manage Stress and Mood</p> <div><input type="checkbox"/> dōTERRA Cheer®</div> <div><input type="checkbox"/> Black Spruce</div> <div><input type="checkbox"/> dōTERRA Adaptiv®</div> <div><input type="checkbox"/> Citrus Bliss®</div> <div><input type="checkbox"/> dōTERRA Balance®</div>	
	REDUCE TOXICITY		<p>Support Cleansing</p> <div><input type="checkbox"/> Lemon</div> <div><input type="checkbox"/> Grapefruit</div> <div><input type="checkbox"/> Wild Orange</div>	<p>Purify & Protect</p> <div><input type="checkbox"/> dōTERRA On Guard®</div> <div><input type="checkbox"/> Eucalyptus</div>	<p>Natural Home Care</p> <div><input type="checkbox"/> dōTERRA® clean</div>
		INFORMED SELF-CARE	<p>Natural Personal Care</p> <div><input type="checkbox"/> dōTERRA SuperMint™</div> <div><input type="checkbox"/> EasyAir®</div> <div><input type="checkbox"/> Verage®</div> <div><input type="checkbox"/> dōTERRA® Hair</div>	<div><input type="checkbox"/> Salubelle®</div> <div><input type="checkbox"/> Brightening Gel</div> <div><input type="checkbox"/> Yarrow Pom</div> <div><input type="checkbox"/> ClaryCalm®</div>	<div><input type="checkbox"/> Home Essentials Starter Pack</div>
	PROACTIVE WELLNESS		<div><input type="checkbox"/> Frankincense</div> <div><input type="checkbox"/> Five Faves</div>		

11/11/2019

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2

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

SUPPLEMENTS

*When beginning dōTERRA Lifelong Vitality Pack®, start with half doses for two weeks. with Meal

3

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

4

Create a 90-day wellness plan by adding the product you need to your loyalty orders (recommended to run between the 1st-15th, to receive the Product of the Month FREE).

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

11/11/2019

The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of wellness convenient and affordable. These essential nutrients can be paired perfectly with any of the Wellness Programs or your essential oils to maximise results.



Alpha CRS® contains powerful polyphenols which may assist in protecting the body from the effects of free radical damage and reduce free radicals formed in the body.



xEO Mega® contains ultra pure essential fatty acids and other fat-soluble nutrients that support heart, cardiovascular system, bone, eye and immune system health, also supports brain and muscle function.



Microplex VMz® contains a balanced formula of bioavailable vitamins and minerals, that support collagen health, energy levels and production and other health benefits for when dietary intake is insufficient in modern diets.

Loyalty Rewards Program, *The Smartest Way to Buy*

For greater savings and opportunities to receive free products, create a Loyalty Rewards order.



Buy dōTERRA Lifelong Vitality Pack®

Choose Up to 3 Additional
Supplements at Reduced Prices



Ice Blue
Polyphenol Complex™



TerraZyme®



Copaiba Softgels®



DDR Prime®



PB Assist+®

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.



Loyalty Rewards Program

Earn Free Products of Your Choice

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

Loyalty Rewards Program FAQs

EARN FREE PRODUCT 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 Rewards 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 maximise dōTERRA specials?

Place a Loyalty Reward order of at least 125 PV between the 1st and the 15th (MST). This sets you up to receive the Product of the Month for free and take advantage of promotions.

How do I create a Loyalty Rewards order?

Log into mydoterra.com. Click "Create a new Loyalty Rewards template" or edit items in an existing Loyalty Rewards template.

Will my product points ever expire?

PERSONAL VOLUME (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.

Points expire after 12 months. This is a rolling date from when the points are issued into your account.

What is the difference between PV and product points?

PV and product points are not the same thing. Each product is assigned PV. This PV is then used each month to qualify for commissions, rank, and promotions among other things. You will earn a certain percent of that PV back as reward product points that can then be redeemed for free product.

How do I redeem my product 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 shortly after commission run the following month (normally runs between 15th-17th MST each month).

Can I have more than one Loyalty Rewards order?

Yes. If you need more than your monthly order, simply change your LRP template and run it again on whatever day of the month you choose, or you can set up as many Loyalty Rewards template as you like.

How do I cancel my Loyalty Rewards order?

You can cancel your Loyalty Rewards order anytime via phone, online chat, or email to australia@doterra.com or newzealand@doterra.com. However, if you wish to cancel all your LRP templates, you need contact Member Service team so that dōTERRA customer service can assist you with redeeming any free product points you've accumulated prior to cancellation so points aren't lost. If you cancel your LRP template, you'll start back at 10% rewards when you resume consistent Loyalty Rewards 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.







Essential Tips

Effectiveness

-  Use your reference guide to find solutions to health priorities or concerns as they arise.
-  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 under the tongue or 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 essential 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 doterra.com.

 [@doterraAU](#)
[@doterranzofficial](#)  [@doterraaunz](#)

Your Key Support _____
Phone _____
Email _____

Other Support _____
Phone _____
Email _____

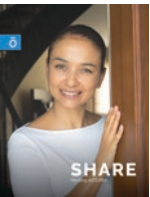
Upcoming Local or Online Classes & Events _____

Live chat: doterra.com	Australia: (02) 8015 5080
Email: Australia MS: australia@doterra.com New Zealand MS: newzealand@doterra.com	New Zealand: (08) 0046 6815

Team Call/Website/Facebook Group(s) _____

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 essential oil represents hands that have nurtured the earth for our benefit.



Share with those you love.
Change Others' Lives
Host a dōTERRA class to be of service to your friends and family.



Build an income and make an impact.
Change Your Future
Create recurring income and greater freedom by sharing and empowering others with natural solutions.



Australia



New Zealand

Notes

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dōTERRA®
AUSTRALIA & NEW ZEALAND

pursue what's **pure**®

LIVE-AUS EN 140723



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July 2025