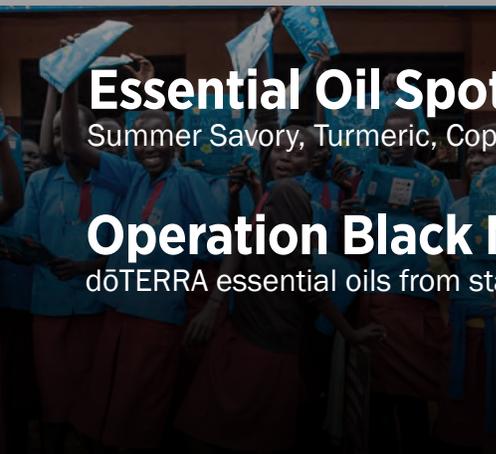


# LEADERSHIP



**Essential Oil Spotlight—4,15**  
Summer Savory, Turmeric, Copaiba, Yarrow POM

**Operation Black Mamba—10**  
dōTERRA essential oils from start to finish



**Adaptiv™ and the Importance of Mindfulness—6**

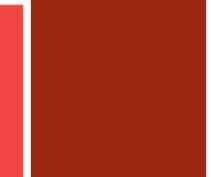


**Recognition—47**

- 4 PRODUCT SPOTLIGHT:  
Summer Savory, Turmeric
- 6 ADAPTIV™ AND THE IMPORTANCE OF  
MINDFULNESS
- 10 OPERATION BLACK MAMBA
- 15 PRODUCT SPOTLIGHT:  
Copaiba, Yarrow POM
- 17 MALAYSIA DIAMOND CLUB
- 18 THE ESSENTIAL 10
- 20 SINGAPORE DIAMOND CLUB
- 21 HEALING HANDS™  
A Day at Willing Hearts

**RECOGNITION**

- 48 DOUBLE DIAMOND
- 49 PRESIDENTIAL DIAMONDS
- 49 BLUE DIAMONDS
- 51 DIAMONDS
- 54 PLATINUMS
- 56 GOLDS
- 64 SILVERS



- 22 CONNECTING THROUGH THE NEW NORMAL  
Regional Director, SE Asia, Will Halterman
- 24 HEALING HANDS™ ARTICLE  
Malaysia General Manager, Ethan Wang
- 26 GLOBAL CONVENTION  
Singapore General Manager, Geraldine Toh
- 28 FIRST YEAR OF dōTERRA  
Philippines General Manager, Micheal Carson
- 30 INTRODUCING dōTERRA THAILAND  
Thailand Business Development Director,  
Niti Wattachongkol

**SOUTHEAST ASIA LEADERS**

- 32 BLUE DIAMOND  
Thitiporn Phoemthaweesuk

**SOUTHEAST ASIA LEADERS**

- 34 DIAMOND  
Caroline Huynh
- 35 DIAMOND  
Chia Pei Shan
- 36 DIAMOND  
Dr. Tan Kui Chin
- 37 DIAMOND  
Dussadee Puengpreeda
- 38 DIAMOND  
James Neo
- 39 DIAMOND  
Jenies Seow
- 40 DIAMOND  
Jocelyn Teh
- 41 DIAMOND  
Lee Sze Lin
- 42 DIAMOND  
Lim Bee Yong
- 43 DIAMOND  
Paweena Tangchawalit
- 44 DIAMOND  
Sunny Wong
- 45 DIAMOND  
Ting See Ling
- 46 DIAMOND  
Vecus & Vivien



# Summer Savory

Satureja hortensis

**Distillation:** Steam distillation

**Aromatic Description:** Spicy, herbaceous

**Plant Part:** Plant

Used throughout ancient Egypt, the dried summer savory herb was powdered and used in various tonics. The inventive uses throughout the world of Summer Savory have prompted the various uses in today's modern practice. Due to its high phenol content, caution should be taken when inhaling or diffusing Summer Savory; only one to two drops is needed. Additionally, Summer Savory should be diluted with a carrier oil when applied to the skin. Summer Savory essential oil has a warm and herbaceous aroma similar to that of Oregano and Thyme.

- + Apply topically to help support healthy looking skin
- + Great to be used to repel insects

## How to use

- + Diffuse or apply topically to calm the mood

## Fun FACT

Native to the eastern Mediterranean, Summer Savory is a low-growing plant that belongs to the mint family.

Products and names may differ according to the market. Kindly check with local offices for more information.

# Turmeric

Curcuma longa

**Distillation:** Steam distillation

**Aromatic Description:**

Warm, spicy, earthy, woody

**Plant Part:** Rhizome

As a key botanical of the traditional Ayurvedic health practices of India, turmeric root and turmeric essential oil have a long history that has inspired modern uses of turmeric today. Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and ar-Turmerone. Turmeric is also great to promote feelings of positivity when being diffused. Turmeric can help to promote clear, smooth, and radiant-looking skin.

- + May promote healthy immune function and response
- + When diffused, Turmeric provides an emotional lift and may help improve mood
- + Supports clean and healthy-looking skin while reducing the appearance of blemishes

## How to use

- + When needed, use Turmeric as a spot treatment or an all-over face mask to help reduce the appearance of blemishes or for a healthy-looking overall glow.
- + Diffuse Turmeric or put a drop or two into your hand and inhale to promote feelings of positivity and to improve mood.
- + After strenuous activity, incorporate Turmeric into your recovery routine for a soothing experience.

## Fun FACT

Turmeric is "the golden spice" that gives curry its colour and health benefits

Products and names may differ according to the market. Kindly check with local offices for more information.

Pursuing Peace:

# Adaptiv™ and the Importance of Mindfulness

Pursuing peace and adapting to make the most of any season is all about being proactive with your mental well-being, and it's easier and more scientifically validated than ever by focusing on mindfulness.



Products and names may differ according to the market. Kindly check with local offices for more information.

## What Is Mindfulness?

Sounds simple—and it is in theory—but it's difficult in practice. Being mindful means being present at an elevated level, being acutely aware of your environment and what you're doing, while also being capable of responding to your surroundings. To some, this heightened level of awareness comes naturally, but in others it has to be developed. There are a number of best practices to cultivate your ability to be present.

**1. Breathe:** Being mindful begins with focusing your attention on the most fundamental activities of life. Breathing is innate, but doing so effectively isn't. One of the first steps in improving mindfulness is to identify when you inhale and purposefully exhale. Focusing all your attention on the most basic of all human functions, breathing, can heighten your awareness of the present.

**2. Meditate:** Many methods of meditation exist, each with the end goal of reaching a composed and balanced state of mind. The key is to put yourself in an environment and position where concentration, observation, and awareness are the focus. Find a calm and quiet place to sit, set a time limit, keep your mind focused on your breathing, and be attentive to when and where your mind wanders.

**3. Move:** Mindfulness also encompasses the connection between the mind and the body. Combining heightened awareness with physical activity is one of the most effective ways of developing a stronger sense of self and promoting overall well-being. Yoga is essentially the state of connection between the mind and body, and clinical research has shown that regular yoga practice may help increase emotional and psychosocial quality of life<sup>1</sup>. Focus on your breathing and the connection between your mind and your body as you transition between movements. Observe your feelings, and where your mind wanders, rather than reacting, as you complete each pose.

# Listening to music may help us shift into our neural default network and become more in tune with the present.

## The Science behind Mindfulness

The scientific evaluation of the benefits stemming from mindfulness is one of the hottest areas of modern science. Depending on your research database, there were less than a dozen clinical trials evaluating mindfulness in 1997; according to PubMed, there are now nearly 500<sup>2</sup>. The effects on psychological health are profound and currently widely researched. A 2019 review showed strong evidence of the benefits of mindfulness on markers of mental health and overall quality of life<sup>3</sup>.

Interestingly, the evidence of physical health benefits is just as strong. A recent clinical study conducted at Harvard found that mindful meditation may induce potent gene expression, possibly helping modulate a healthy inflammatory response, healthy glucose metabolism, and even circadian rhythms<sup>4</sup>. A 2016 review and meta-analysis of clinical trials regarding mindfulness as therapy for pain found evidence of positive benefits, with far lower risk for adverse events than alternative treatments<sup>5</sup>.

Mindfulness is an extremely individual pursuit, but there are several things that can help you along the way. Recent surveys suggest that as much as a third of US adults have used a guided meditation mobile app<sup>6</sup>. Clinical evidence shows that listening to music may help us shift into our neural default network and become more in tune with the present<sup>7</sup>. Other clinical evidence suggests that regular supplementation with the neurotransmitter GABA, as in Adaptiv™ Capsules, may improve biomarkers of calmness<sup>8</sup>. And, as recent clinical results have shown, the perfect complement to mindful meditation may be aromatic use of essential oils<sup>9</sup>.

## How Can I Incorporate Adaptiv into My Mindfulness Routine?

Adaptiv Calming Blend was specifically formulated to be your aromatic companion to. This proprietary combination of essential oils known for their calming properties provides the perfect aromatic complement to mindful actions. But the Adaptiv System isn't limited to aromatic use of essential oils; Adaptiv Touch is ideal for topical application.

Breathe, meditate, and move toward lifelong mental and physical well-being.

## 3 best practices to cultivate your ability to be present:



Breathe



Meditate



Move

### References

1. Bazzano, A., et al. (2018). Effect of mindfulness and yoga on quality of life for elementary school students and teachers: Results of a randomized controlled school-based study. *Psychology Research and Behavior Management*, 11, 81–89.
2. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed>.
3. Wielgosz, J., et al. (2019). Mindfulness meditation and psychopathology. *Annual Reviews in Clinical Psychology*, 15, 285–316.
4. Bhasin, M., et al. (2018). Specific transcriptome changes associated with blood pressure reduction in hypertensive patients after relaxation response training. *Journal of Alternative and Complementary Medicine*, 24(5), 486–504.
5. Hilton, L., et al. (2017). Mindfulness meditation for chronic pain: Systematic review and meta-analysis. *Annals of Behavioral Medicine*, 51(2), 199–213.
6. Zantal-Weiner, A. (2018). Million-dollar mindfulness: How many people use meditation apps? Hubspot. Retrieved from <https://blog.hubspot.com/marketing/million-dollar-mindfulness-meditation-apps>.

7. Sridharan, D., et al. (2008). A critical role for the right fronto-insular cortex in switching between central-executive and default-mode networks. *Proceedings of the National Academy of Sciences of the United States of America*, 105(34), 12569–12574.
8. Yoto, A., et al. (2012). Oral intake of -aminobutyric acid affects mood and activities of central nervous system during stressed condition induced by mental tasks. *Amino Acids*, 43(3), 1331–1337.
9. Soto-Vasquez, M., & Alvarado-García, P. (2017). Aromatherapy with two essential oils from Satureja genre and mindfulness meditation to reduce anxiety in humans. *Journal of Traditional and Complementary Medicine*, 7(1), 121–125.

# The dōTERRA Adaptiv™



Introduce Adaptiv essential oil to your daily regime. Here are some helpful tips to guide you along the way.

Products and names may differ according to the market. Kindly check with local offices for more information.

- 1 Unlocking the power of essential oils**  
Adaptiv Calming Blend and Adaptiv Touch to help you truly elevate your life. While using the Adaptiv range, you can use daily habits like mindfully meditating and keeping a gratitude journal to transform a normal day into something better.
- 2 Practicing daily habits**  
A major part of mind wellness is practicing daily habits that give you time to pause, breathe, and think about how you feel. Simple meditation sessions that help quiet your mind, no matter how busy you are. You can also express gratitude and reflect on how you are feeling through habits like journaling. Over time, these daily habits can have a significant impact on your health.
- 3 Measuring to improve**  
How do you know you're building a healthy mind? The answer is measurement. As you take a little time each day to care for your mind and reflect on how you feel, you'll need an accurate assessment of how a given moment compares to how you felt yesterday, last week, or even last month. When it comes to achieving mind wellness, it's critical to increase your emotional self-awareness. What's consuming your attention each day? What makes you feel the way you do? By comparing your daily emotions to your baseline, you can accurately judge your mind wellness and determine why you might be feeling better or worse today than before.



# Operation Black Mamba



**On Sundays in a neighborhood outside of Nairobi, Kenya, trafficked girls are lined up and sold to the highest bidder. As horrible as that is, you might think such illicit transactions take place in secret. But these scenes have unfolded week after week in the middle of a public park, in broad daylight—for all to see. The problem is, no one has wanted to acknowledge that it was happening. No one has been willing to act.**

That all changed on Sunday, January 12, 2020, when a combined force of nearly 100 police officers from two countries surrounded the park and moved in to rescue the girls.

### Eight Months Earlier

Eight months before the operation, the anti-trafficking organization Freedom Now Africa (FNA) identified this trafficking ring when they were investigating suspects wanted in connection with child trafficking across the Uganda border. In May 2019, with funding support from the dōTERRA Healing Hands Foundation, their investigation led to the rescue of 14 girls and the arrests of six traffickers.

When FNA looked closer, they began to suspect this was just the tip of the iceberg. All 14 girls were from the Karamojong tribe in Uganda. When questioned, many of them shared details that painted a disturbing picture. It seemed that girls from a specific community were being deliberately targeted and systematically exploited by a large criminal network. FNA had discovered a much bigger, more complex human trafficking operation than they previously thought.

They decided to follow the leads and see what they could find. If they really were dealing with a highly organized trafficking network, FNA needed solid evidence to get government and law enforcement involved.

A careful, long-term investigation into this trafficking network needed to happen, and that required support. So FNA reached out to the dōTERRA Healing Hands Foundation® Foundation.

### Support from the dōTERRA Healing Hands Foundation

Every time dōTERRA sources an essential oil, the health and vitality of the partner community is of utmost importance. Because several oils are sourced in Kenya, dōTERRA wanted to partner with an organization to actively prevent and fight trafficking in that area. Working with FNA was an ideal fit, as both organizations aligned in a commitment to protect vulnerable populations from the horrors of human trafficking.

"The dōTERRA Healing Hands Foundation is happy to partner with Freedom Now Africa because it helps protect children," explained Mark Wolfert, dōTERRA Founding Executive. "When families are stabilized, children are less vulnerable. The dōTERRA Healing Hands Foundation has requested that FNA focus on Kenya, where we have concerns around the extreme poverty in Kwale County and where we source oils, as well as Nairobi, where traffickers transport victims out of Africa and into the Middle East."

With funding from the dōTERRA Healing Hands Foundation, FNA was able to get a close look at the trafficking network's organization from top to bottom over the course of eight months. To find out as much as possible, FNA collaborated with someone on the inside. Working carefully, they made contact with eight of the victims. These women provided detailed information about the organization, helping investigators understand the dynamics and key players within the network. With help from these brave women, investigators gathered concrete evidence on a multinational criminal network.

What they discovered was truly appalling.

### Invisible and Vulnerable

These trafficked girls and women from Karamojong were raised believing that women are less important than men. They were denied education and job opportunities. Because of a lack of economic opportunities in the region, they couldn't create a better life for themselves if they stayed. But if they left, they risked their own safety.

Outside of the community, their ethnic group was highly discriminated against by the rest of the country. To many, these women were practically invisible. This made them vulnerable and open to exploitation. Nobody, it seemed, noticed or cared that Karamojong girls were disappearing by the dozens.

### The Inner Workings

Fully aware of these vulnerabilities, traffickers targeted these women specifically. Their strategy was to approach future victims with the promise of a job outside the country, arranging to meet at a certain time and place. At that point, the victims were transported across the border and into Kenya, an ideal place for international trafficking due to its busy airports. This human trafficking network was sophisticated, thorough, and organized, as evidenced by their payments to corrupt officials, ensuring easy access into Kenya.

A neighborhood outside Nairobi was their base of operations. Illegal activities flourished in the area because its violent reputation kept police out. The trafficked girls were locked in houses until they were sold and were even occasionally left to sleep in the streets.

No immigration paperwork was filed when the girls entered the country, which meant that, technically, they were in Kenya illegally. Even if they talked to the police about their situation, they could be treated as criminals themselves. Because they had no place to go and were afraid to talk to the authorities, it was easy for the traffickers to control their victims. Most importantly, perhaps, they still clung to the hope that started all of it—the promise of a good job, a better life.

But there was no job. After being sold, most victims became domestic slaves or sex workers in Kenya and the Middle East. Some of the girls were sent to Somalia, where they were recruited into terrorist groups.

### Presenting the Evidence

Armed with this important information, having done the necessary groundwork, FNA arranged a meeting with government and police agencies. "This was a critical moment for the operation," says Chris Gay, president of Freedom Now Africa. "They didn't think this sort of thing happened in their town. But not only was it happening, it was actually going on practically in their backyard. This was a seriously eye-opening situation. We brought them the evidence, and they got to see it all with their own eyes."

It was impossible for anyone to ignore the situation now. The 14 girls rescued in the first operation were only a fraction of the victims of this criminal organization. More had to be done.

When it came time to plan the rescue operation, FNA needed vehicles, fuel, manpower, security, food, supplies, and more. Once again, donations from dōTERRA Healing Hands Foundation® were put to good use. "The funding made it possible for everything to come together," reports Chris. "It took a lot of collaboration and preparation because the operation was so large in scale, including multiple countries and populations. Plus, it involved vulnerable people we needed to take extra care with."

### Operation Black Mamba

Finally, after months of work and collaboration, everything was ready. The only serious challenge at this stage was that the operational budget was for 50 victims, even though there ended up being far more. However, time was running out—they couldn't safely try to obtain additional funding. New intelligence had been uncovered, and the team needed to act quickly.

So, on January 12, 2020, the FNA Liberation Team— together with police from two countries, INTERPOL, law enforcement units, security agencies, and anti-human trafficking and child protection units— launched Operation Black Mamba. They made the decision, at great risk and sacrifice, to rescue as many victims as possible, no matter the number.

Teams were stationed out of sight, surrounding the park. Once the police moved in, they needed to be fast. The signal was given, and the police and liberation team rushed into the park. The traffickers scattered, fleeing in every direction while part of the rescue team surrounded the girls, making sure the eight who'd helped with the investigation were safe.

From their investigation, FNA knew that a ringleader of the trafficking network would be present. Arresting her was vitally important, and police successfully apprehended her before she could escape.

When the dust settled, the police and liberation team were astounded. They knew this was a large-scale rescue operation, but they were astounded to find that they'd just rescued 96 people from human trafficking, nearly half of them children.

“We’re still following leads from this operation. It has caused a massive disruption in the human trafficking network. The criminals weren’t expecting it. They didn’t think anybody could shut them down.”

Chris Gay | President of Freedom Now Africa

### Aftermath of the Rescue

Operation Black Mamba is the largest and most successful anti-trafficking rescue operation ever conducted by FNA and its partners in East Africa. The success of the rescue surpassed everyone's expectations.

Anne Wairepo, executive director of the dōTERRA Healing Hands Foundation, expresses her gratitude for the success of the operation: "Our partnership with Freedom Now Africa in anti-trafficking efforts has returned well beyond our expectations. We're incredibly grateful to the full team, who have put aside their comforts to do grueling and disturbing on-the-ground work to free over a hundred girls from slavery."

"In my wildest dreams, I didn't think this would go from 14 girls rescued in Kenya to an additional 96,"

says Chris. "Support from dōTERRA allowed us to uncover this criminal trafficking network that was happening without anybody knowing. Now, we can do things to protect vulnerable people, hold others accountable, and create justice in the courts."

### Caring for the Survivors

Incredibly, every single survivor of the operation received aftercare following the rescue—an integral part of the healing process. The dōTERRA Healing Hands Foundation helped fund comprehensive aftercare for the rescued survivors. "We used that donation to its fullest all along the way," Chris states. "We wouldn't have been able to do this without the support of dōTERRA. Obviously, we're ecstatic about this."



Aftercare is often difficult to find for trafficking survivors. Without it, survivors remain vulnerable to exploitation again. This is a problem with children especially. Most shelters—in all of Kenya, there are only four—are at maximum capacity. The fact that all 96 rescued individuals from this operation received care is almost unheard of.

With the help of effective aftercare, the rescued children are recovering. "When I visited them, I didn't recognize them," says Chris. "They're happy. They're smiling again. These strong, resilient children are going to have wonderful lives."

### Moving Forward

One of the most important aspects of Operation Black Mamba isn't the operation itself—it's everything happening as a result of the success. Now, no one can ignore what's happening. The traffickers' strategy is known. That means critical work can be done to establish prevention programs to help keep girls from becoming victims in the first place. FNA is currently working to establish an anti-human trafficking committee that will work with the Karamojong people to educate communities in vulnerable regions and prevent cross-border trafficking.

Following the rescue operation, FNA has been assisting the police with investigating, locating, and arresting traffickers connected to the 96 victims. Prosecuting criminals can be difficult, but with the information they gathered, FNA can assist government prosecutors in all the cases against these traffickers.

With the trafficking network's connection to terrorist groups proven, the evidence collected by FNA will be used to support anti-terrorism agencies in East Africa.

With so many people and agencies working together, the fight against trafficking is strong—and it continues to grow stronger. Relationships have been established, along with a certain level of trust between government, law enforcement, and agencies like FNA. Now, anti-trafficking programs and operations can move more quickly. Those in the fight against human trafficking are feeling empowered and supported in ways that they haven't before.

### Preventing the Tragedy of Human Trafficking

According to Chris, the future of the fight against human trafficking lies in prevention. The priority needs to be on addressing the things driving people out of their communities and into slavery in the first place.

One of the most powerful ways of fighting trafficking is by creating economic opportunities in vulnerable communities. And that's exactly where dōTERRA has put much of their effort.

"When dōTERRA pays fair and on-time wages, or when the dōTERRA Healing Hands Foundation brings in economic partners such as Mentors International®, it means that there are more economic ways for a disadvantaged family to thrive. Reducing such desperation really helps communities increase the safety of their most vulnerable populations," explains Missy Larsen, vice president of philanthropy and community impact at dōTERRA.

"We fight to eradicate human trafficking through daily business operations, practices, and philanthropic initiatives," says Missy Larsen. This is particularly important because too often corporations inadvertently allow human trafficking to occur along their supply chains. By paying attention and taking responsibility for what happens on a daily basis, companies can truly make a difference in the fight against trafficking.

dōTERRA goes further. Through the Cō-Impact Sourcing™ initiative, dōTERRA invests in the social, economic, and environmental well-being of the communities where essential oils are sourced. By creating and sustaining jobs in rural and underdeveloped areas, dōTERRA supports marginalized workers and small-scale producers in developing countries, enabling them to move from poverty toward self-sufficiency.

This long-term approach might not be the flashiest tool in the fight against human trafficking, but the reality is that healthy communities, with education and economic opportunities, are less vulnerable to trafficking and unfair treatment. By generating jobs in underdeveloped areas, dōTERRA gives workers an option for survival and growth, an opportunity to generate a fair income without being forced into labor.

"dōTERRA has an interest in not just business, but also in empowering the people who live in these communities," says Chris. "A business that does this is powerful. They put resources into fighting trafficking. In Africa, I can tell you, that sort of support is precious and rare."

Mentors International is a registered trademark of Mentors International.

# Copaiba

## Copaifera Essential Oil



Products and names may differ according to the market. Kindly check with local offices for more information.

### Fun FACT

The Copaiba tree can live up to 400 years and grow more than 100 feet tall

**Distillation:** Steam distillation

**Aromatic Description:** Spicy, woody

**Plant Part:** Resin

Copaiba essential oil is derived from the resin of the copaiba tree, which can grow upwards of more than 100 feet and can be found in tropical South America. Copaiba oil is widely used in cosmetic products including soaps, creams, lotions, and perfumes. Since the 16<sup>th</sup> century, copaiba essential oil has been utilized in traditional health practices by the natives of north and northeastern Brazil. Copaiba can be applied to the skin to promote a youthful look.

### How to Use Copaiba

- + Apply topically combined with a carrier oil or a facial moisturizer.
- + Swish with two drops of Copaiba and one drop of Peppermint to freshen the breath and promote oral cleanliness.
- + Apply two to three drops and cover with Deep Blue® Rub to soothe sore, tired muscles after strenuous activity.
- + Mix equal amounts of Copaiba and Fractionated Coconut Oil and apply to restore stressed skin.
- + Add one drop of Copaiba to your daily dōTERRA HD Clear® Facial Lotion application to improve the appearance of the skin.

# Yarrow POM

Active Botanical Duo



### Ingredients:

Pomegranate Seed Oil and Yarrow Essential Oil

### Aromatic Description:

Herbaceous, fruity, spicy

Yarrow|Pom is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil designed to be your go-to oil. The yarrow plant has been used as part of traditional health practices in both Europe and Asia for centuries. The Yarrow plant has also been used topically in lotions and ointments to soothe and promote healthy looking skin and help reduce the appearance of blemishes.

### How to use

- + Apply Yarrow|Pom as part of your skin care routine.
- + Create a soothing massage experience with a few drops of Yarrow|Pom to help soothe tension.

### Fun FACT

Yarrow is also known as "Soldier's Woundwort"

Products and names may differ according to the market. Kindly check with local offices for more information.



DIAMOND CLUB

Malaysia  
2020

# Congratulations!



**1<sup>st</sup> Prize Winner**  
**Ting See Ling**

**2<sup>nd</sup> Prize Winner**



Lee Shiao Tao

**3<sup>rd</sup> Prize Winners**



Andus Low



Chia Pei Shan



Simon Lew

## Graduates

Andrea Chin Chew Lian  
Andrea Soon  
Andus Low  
Ang Choon Cheak  
Chia Pei Shan  
Chu Pei Fun  
Eva Teoh Li Feng  
Fion Loo Zhi Qing  
Grace Chiew Geok Ming  
Grace Phoon Yoke Chun  
Irene Song  
Janice Choo Siew Fung  
Jeniifer Chong  
Jenny Wai

Joanne Koay Leng Leng  
Joyce Law  
June Sim  
Jyn Loi Li Chin  
Karen Chang  
Kong Hung Geok  
Lee Chia Nee  
Lee Shi Wen  
Lee Shiao Tao  
Lee Sze Lin  
Lim Chin Yin  
Ling Xi Yuin  
Liron Hee  
Lynn Ooi

Manson Soo  
Simon Lew  
Soo Yoke Hui  
Sunny Wong Bee Kim  
Tan Sheau Ling  
Tan Yee Chun  
The Body Space Yoga & Dance Studio  
Ting See Ling  
Vecus & Vivien  
Wong Chee Kean (Kyo)  
Wong Hooi Mun  
Wong Mew Teng  
Woon Suat Ing

"Alone we do so little, together we can do so much." – Helen Keller

\*Kindly note that the names in the list are arranged in an alphabetical order, it does not hold any significant meaning whatsoever.

# The Essential 10

Not sure where to start when it comes to essential oils? The dōTERRA Family Essentials Collection is a great way to start. Experience the infinite ways that dōTERRA essential oils can help you and your family.

## Lavender Essential Oil

Packed with a myriad benefits, Lavender is a soothing essential oil that is great for its calming and relaxing qualities.

- + Apply on skin for soothing occasional skin irritations
- + Diffuse to help support a restful sleep

## Peppermint Essential Oil

One of the best selling oil in dōTERRA, Peppermint is well known for its uplifting properties as well as support to help alleviate occasional stomach upset.

- + Diffuse for a perk-me-up in the morning
- + Rub on temples after you wake up for a morning energy boost

## Oregano Essential oil

Oregano essential oil is known for its powerful cleaning properties as well as its powerful antioxidants.

- + Add 1 drop of Oregano to 10 drops of Fractionated Coconut Oil as a part of soothing massage
- + Diffuse 2-3 drops in diffuser to help purify air

## On Guard® Essential oil

A proprietary essential oil blend that provides a natural and effective alternative for immune support.

- + Rub On Guard on the bottoms of a child's feet during the school season
- + Diffuse On Guard to protect yourself from seasonal and environmental threats



Product names may differ according to the market. Kindly check with local offices for more information.

## Frankincense Essential Oil

Renowned as one of the most prized and precious essential oils, Frankincense has a variety of notable uses and benefits.

- + Rub Frankincense on your hands after a long busy day for a warm and soothing effect
- + Reduces the appearance of skin imperfections
- + Apply to the bottoms of feet to promote feelings of relaxation and to balance mood

## Deep Blue® Essential Oil

Deep Blue® is a powerful and effective natural soothing blend designed to help soothe tired muscles and joints.

- + Apply on feet and knees before and after exercise
- + Rub Deep Blue® on your lower back after a day of heavy lifting at work or during a move

## dōTERRA Breathe Essential Oil (Easy Air)

dōTERRA Breathe helps maintain feelings of clear airways and easy breathing.

- + Diffuse, inhale directly from palms, or rub on chest or feet when seasonal and environmental threats are high
- + Diffuse at bedtime for a restful night's sleep

## DigestZen® Essential Oil (ZenGest)

Known for its ability to help soothe occasional stomach upset when applied topically. DigestZen® is great to have handy.

- + Rub on stomach before for a calming aroma
- + Apply DigestZen® topically when traveling or trying new foods to soothe occasional stomach upset

## Lemon Essential Oil

When diffused, Lemon essential oil is very uplifting and energizing and has been shown to help improve mood.

- + Diffuse to create an uplifting environment and promote a positive mood
- + Dilute with Fractionated Coconut Oil for a daily fingernail conditioning massage

## Tea Tree (Melaleuca) Essential Oil

Best known for its purifying properties, Tea Tree Essential Oil can be used to support a healthy complexion and support occasional skin irritations.

- + Combine 1-2 drops with your facial cleanser for added cleansing properties, or apply to skin after shaving
- + Apply to fingernails and toenails after showering to purify and keeps nails looking healthy

# Congratulations!

to our

*Singapore Diamond Club  
2020 Graduates*



 **2nd Prize  
Winner**

**Ancilla Audry**



 **1st Prize  
Winner**

**James Neo**



 **3rd Prize  
Winner**

**Gwen Teo**

## Graduates

**Amanda Quah  
Belinda Lim  
Francis Teo**

**Irene Leong  
Lynnette Tay  
Marcus Yeo**

**Tanya Lai**



“ Do what you can, with what you have, where you are. ”

..... -Theodore Roosevelt

Last August, the dōTERRA Southeast Asia team decided to leave our desk work for a day and play a part in serving our community. We rolled up our sleeves and spent a day in the kitchen of Willing Hearts, a non-affiliated soup kitchen in Singapore that is wholly run by volunteers and a couple of staff.

We got to experience first-hand what it took to prepare close to 5000 meals, with beneficiaries that include the elderly, the disabled, low income families, children from single parent household or otherwise poverty stricken families and migrant workers in Singapore.

We arrived for the afternoon shift and were surprised by the number of volunteers there that were helping prepare meals. Our team was assigned to be in the kitchen to help prepare a chicken dish that would be delivered for dinner that day. Helping in a large-scale kitchen was no easy feat. It was nothing like cooking at the comfort of our homes. From cutting packets after packets of chili, to defrosting and marinating pails of chicken, our Southeast Asia team put our hearts and hands forward.

After a 4-hour shift, the meals were finally done and ready to be sent out. This short volunteer activity under the dōTERRA

Healing Hands® project, left us with a full heart, knowing that there are great communities out there that are supporting each other to help get by, especially during this pandemic. We would like to thank Willing Hearts for accommodating us in this volunteering project and at the same time, allowing us to play a part in the day's activity.



## Lending a Hand

.....  
Many around the world may have been affected during this pandemic and as a dōTERRA family, we would like to give back to the communities we live in by taking part in various Healing Hands projects around the world. This year marks 10 years of dōTERRA's Healing Hands initiatives with various initiatives in place across the globe.

Find out more about dōTERRA's Healing Hands initiative at <https://www.doterrahealinghands.org>, or contact your local offices to see how you can play your part today!

# Growing toward the New Normal



Wow! This has certainly been an amazing year! Never has the world seen a pandemic and such economic unease together as we have in 2020. However, this year has also inspired me to redouble my efforts toward making sure that everyone I encounter can experience all the benefits that dōTERRA® has to offer. Yes, we are all having to adopt a ‘new normal’ in our lives, but I also believe making these changes means the future looks brighter than ever!

Although I lived in several different places during my early years, I have always remained close to the land. While my family did not have a lot of acreage, we always grew vegetables and raised sheep, cattle and horses while I was growing up. To this day visiting my parents means spending time on horseback or in the seat of an antique tractor. It was during these formative years that I learned that nothing grows without first knowing what you want, putting forth the action to make it happen and then persevering until the goal is achieved.

Your dōTERRA business is no different. Without vision, action, and perseverance, the goals that each of us have cannot be accomplished. Everyone knows that to grow vegetables some weeding and watering are required or the plants will die. As with a garden, if we are unwilling to put a little bit of work into our dōTERRA business every day, our organizations will wither and die as well.

Here’s an idea to help keep your dōTERRA garden growing: Simply pick your favourite lesson or idea from the recent Pursue 2020 Global Connection and share it with someone else! Even though we may need to stay ‘socially distanced’ there are still many ways we can share information with others. You can share convention information through your preferred social media site. Prepare a short video or Tik Tok clip and share your excitement about oils in your own unique way. Or maybe – if your community has lifted their meeting restrictions – invite a friend to coffee and share with them in person.

I am reminded of a quote by the famous aviator Norman MacEwan who said, “Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give.” Having received such useful information on the benefits of essential oils, it is now up to each of us to share it with others. Share with others why you enjoy essential oils, what they have done for you and how they might help them. No need for a fancy sales pitch, no need for hype or memorized word tracks; just share your experience. After all, happiness is in sharing.

Now that lockdowns are slowly lifting and we are starting to come back together, let us all take this time as an opportunity to tend to our dōTERRA gardens. Share what we have learned from the Pursue 2020 Global Connection, or what we have learned about products while we were unable to meet with others. What a great opportunity to end 2020 strong, and to make 2021 the best year ever!



**WILL HALTERMAN**  
Regional Director, SE Asia



# dōTERRA HEALING HANDS® MALAYSIA

The year 2020 posed serious challenges to global economy. From oil prices crashing, to the COVID-19 outbreak which crippled economies worldwide, many individuals found their sources of income suffering with businesses closing down left and right. For many, this unprecedented trend has caused immense pressure to their livelihood.

Despite the economic slowdown, Malaysia's dōTERRA Healing Hands® initiatives have not slowed down. From 2019 to 2020, we have rolled out many activities to help those who are less fortunate, those who need a little more help to get by, and those who found themselves affected by unforeseen situations.



## INHERITING THE CULTURE OF CARING

dōTERRA Malaysia has always been showing immense support to resonate the mission of the dōTERRA Healing Hands® which was started in our headquarters in the United States of America (USA). The culture of love and care that is rooted deeply in our core value and is what set us apart from other organizations in the world. We believe in giving back to society, and to touch the lives and hearts of those in need. This was demonstrated through our activities in 2019 and 2020, where we raised awareness and gifted a van to The National Autism Society of Malaysia (NASOM) to help with logistics. Our close affiliations with local NGOs such as Tenaganita have allowed us to contribute efficiently to various outreach programmes, including providing financial support for the recovery and empowerment of women and child survivors of human trafficking in Malaysia through the Adopt a Shelter project.



## RELIEVING THE BURDEN OF COVID-19

Less than two weeks after announcing a donation matching campaign in support of COVID-19 community outreach to ease the burdens of the low-income families from B40, single mothers, daily wage workers, migrants, and refugees, dōTERRA Malaysia reached RM60,000 in proceeds from Magnolia Touch, Amavi Touch, and Balance Touch purchases. Despite the pledge of RM40,000, the Company donated an amount totalling RM60,000 which went directly towards supporting the COVID-19 community outreach with food packs benefitting over 1000 underprivileged and affected

families and/or individuals in Kuala Lumpur and Klang Valley. The latest initiative, conducted in light of the COVID-19 outbreak in the country, is part of dōTERRA Healing Hands® Initiative, where the company periodically works with four local NGOs, namely Tenaganita, Refuge for the Refugees (RFTR), Dapur Jalanan KL, and Liga Rakyat Demokratik (LRD), and develops special donation drives to aid communities in need.

All in all, we believe these little gestures will become the driving force to empower impoverished communities with the support

needed to become self-reliant. We hope to sustain the dōTERRA Healing Hands® initiatives for the long-term to bring healing and hope to the world, for lives free of disease and poverty.

Thank you.



*Ethan Wang*  
**ETHAN WANG**  
 General Manager  
 dōTERRA Malaysia



# MAKING THE dōTERRA CONNECTION

I was so blessed and excited to start my first day with the company at the dōTERRA Global Convention in Salt Lake City two years ago.

For me, the best part of the Convention is learning from our dōTERRA's founders. I was totally blown away by the warmth of the family, giving culture and the powerful love for essentials oils shown in every part of the Convention by our founders and Wellness Advocates. It is truly an experience of a lifetime with beautiful surprises and inspiring moments which were so meaningful and impactful as to guide me through building Singapore.

dōTERRA Global Convention is the event that gathers over 40,000 Wellness Advocates from all over the world to celebrate, learn and connect. Every year, new products are launched, innovative projects are revealed, and the latest research and partnerships are unveiled.

## PURSUE 2020

This year, the dōTERRA Convention was brought to another level during this unprecedented and challenging time. We were able to gather as a dōTERRA family and virtually learn more about how we can continue to grow in difficult times like these.

Although it was unlike other Conventions, this was the time where all the members of our dōTERRA Singapore family were able to join the convention with everyone else around the world, right from the comfort of our homes. The PURSUE 2020 Global Connection was full of exciting news and updates of dōTERRA. It covered new and exciting PURE products, PURE business practices, and more importantly, dōTERRA's PURE intention and PURE love for humanity.

### Sourcing the Best, Doing the Most

Together, we have raised more than one million dollars for Wellness Advocate projects – it was a privilege to see the latest developments on the humanitarian missions sponsored by Healing Hands Foundation®. This was truly gratifying that together we belong to an organization that not only believes in producing the purest product, but also doing its best for the community.

### Renovating a School in Rwanda

Before the renovation, the school had no working water pipes to facilitate their everyday needs. As an alternative, students had to use buckets to shower and for laundry. The lavatories were located outside and the sleeping arrangements were uncomfortable. Since the renovation, the facilities have been fitted with new beds and mattresses, showers, sinks for cleaning, and wardrobes to store belongings. Students now have a clean, healthy environment to continue developing their minds and characters.

### Art Therapy Centre in Chiang Mai, Thailand

Freed from a world of exploitation, young girls rescued from sex-trafficking began new paths to build their lives. They engaged in art therapy at the new Art Therapy Centre in Chiang Mai, Thailand, under the careful guidance of Rapha House counsellors. These girls are able to express themselves, find their voice, and release the pain they have endured through the medium of art. These methods are designed specifically to help them in the long journey towards health and healing.

### Sanaag Health Care Centre, Somalia

A new health centre in a remote region of Somalia is currently in development. Once completed, the facility will provide professional health care to a region where people would not have had access to any kind of medical care. People will be able to maintain their health and receive medical assistance for themselves and their families.



### Ethical Sourcing

No matter what we do, we always go back to the bigger picture: sourcing. The quality and sustainability of essential oil sourcing was a widely discussed topic during the three days at the Convention. Through Cō-Impact Sourcing we have been able to create 70,412 new jobs since last year's Convention and in turn, impact even more lives.

With the growing popularity of essential oils, one thing dōTERRA focuses on is sustainability. We are working towards eco-friendlier packaging, recycling more materials, and developing technology to produce green energy during the process of distilling essential oils.

**The future is healing, empowering, sustainable and, above all, pure.**

### Together We can Change the World.

Now is a time in which connecting with and understanding one another are essential. Whether it be virtually or in person, connecting with both loved ones and strangers with compassion is crucial as we work together to make the world a greater place.

There is nothing more valuable than the connections we make with others.

Let us continue to spread the love of dōTERRA, one drop, one family, one community at a time!



*Geraldine*  
**GERALDINE TOH**  
General Manager  
dōTERRA Singapore





## Celebrating a year into

# dōTERRA Philippines

The dōTERRA Philippines market is celebrating another milestone – we are celebrating our first birthday. With all that has transpired since November 2019, when 1,500 people met in a grand ballroom in Manila to celebrate the long-awaited opening of the market, it is hard to believe that it has already been one year. In many ways, we have seen growth that defied the odds, given the global pandemic and in-country restrictions on the movements of people and goods. We have seen the number of Wellness Advocates more than double. The number of Wellness Advocates sharing the life-changing benefits of essential oils has more than tripled this year.

In early February, 19 wellness advocate leaders participated in our first incentive trip to Taipei, Taiwan. For many it was an eye-opening and memorable opportunity to meet with leaders from other Southeast Asia markets. Since June, leaders have been carefully tracking their points to ensure their participation in the upcoming incentive trip to Osaka, Japan.

In the late part of Q1, the unthinkable happened as the world hit the pause button on life as we knew it and Wellness Advocates were forced to reinvent their approach to sharing essential oils and enter an oft-times unfamiliar virtual world. Many found this change had many hidden benefits as they conducted classes in new and efficient ways.

During the last year, dōTERRA Philippines launched several essential oils suitable for internal use, and DDR Prime® Soft Gels and Alpha CRS+® in the Philippines have ushered in a new era of opportunities for wellness. Adaptiv™ also was made available in the Philippines – dōTERRA’s proprietary calming blend – which came to market at a time of great need among many fighting off feelings of anxiety and stress after several months of community quarantine.

In the last quarter of 2020 we will be wrapping up our first ever Philippines Sprint Club. dōTERRA Philippines is

fortunate to have more than 30 committed (and daring) leaders to participate in this maiden Sprint Club. The program has helped leaders focus on more planned and intentional sharing and teaching activities – key elements to any successful dōTERRA venture.

As 2021 approaches, leaders have optimism and confidence that will build on the lessons of this year and launch forward to greater success. We look forward to conducting two successful Sprint Clubs in the next year and seeing a new generation of leadership in our leader ranks.



*Micheal Carson*

**MICHEAL CARSON**  
General Manager  
dōTERRA Philippines



# Introducing dōTERRA Thailand

## A new market with huge potential

As dōTERRA's vision is to change the world one drop at a time, we continue to move forward to expand our business in Southeast Asia. With recent years of continuous expansion in the SEA region, from Singapore and Malaysia to the Philippines, we are honoured to be announcing our soon-to-be open market, Thailand.

With the increasing trend of Thais being conscious of their health and well-being, Thailand is a great opportunity for both Thai local leaders and leaders around the world to expand their businesses in Thailand. Wellness and healthcare are becoming uptrend concerns amongst the Thai and many are looking for alternative possibilities for looking after their own health and that of their loved ones.

We foresee essential oils becoming a popular natural alternative for wellbeing amongst Thais and dōTERRA growing exponentially in Thailand in the years to come.



### Playing our Part in Thailand

Thailand has always been a partner for us in our Healing Hands™ initiative. Having an office would mean that we can play a bigger part in contributing back to our Thai community and that we are able to continue to grow our mission in changing the world, one drop at a time. In addition to the current projects that we have in Healing Hands™, the local office is also working on partnering with many other organisations in Thailand to extend our outreach.



#### OVERVIEW OF THAILAND <sup>1</sup>

CAPITAL <b>Bangkok</b>	REGION <b>Asia</b>	GDP PER CAPITA, PPP <b>\$19,484</b>
GDP <b>\$505 billion</b>	POPULATION <b>69,428,524</b>	AREA <b>513,120 SQ.KM</b>

1. <https://www.usnews.com/news/best-countries/thailand>

We have been moving rapidly in our development of Thailand in the past year, with strong support in corporate to set up a solid and efficient office to support your business needs.

We are currently making great progress in locating the office for dōTERRA Thailand, ensuring that it is connected to the central business district, connected to major forms of commute, have access to major roads and expressways, with surrounding food and shopping areas. We want to be able to look into all areas of comfort for our leaders and customers. Most importantly, we are looking into experienced local staff to support our Wellness Advocates.

In 2021, dōTERRA Thailand plans to offer a wide range of products to make sure we can meet the demands from Thai customers. With a variety of products, we are able to cover all potential target groups. Our goal is to support both international and local leaders, assisting you to be able to share your dōTERRA business smoothly.

Stay connected via the dōTERRA Thailand website: [www.doterra.com/TH/en\\_TH](http://www.doterra.com/TH/en_TH) or follow the official dōTERRA Thailand Facebook at: <https://www.facebook.com/doterraTHOfficial/>

Last but not least, on behalf of dōTERRA Thailand, we would like to encourage all leaders who are interested to be a part of the change in the dōTERRA Thailand family. Let's get started by setting goals, planning your work, and taking action! There is no better time than this to explore your dōTERRA opportunity in Thailand! Thank you for being a part of the dōTERRA family and for welcoming dōTERRA Thailand into yours. I am excited to meet with all of you in THAILAND!

KHOB KHUN KRUB!



**NITI WATTANACHONGKOL**  
Thailand Business Development Director  
dōTERRA Thailand

## Here are some reasons why you should consider developing your team in Thailand.

- Affordable business/travel costs**  
 Travelling in and out of Thailand is relatively affordable with many flights available in a day. 
- A friendly and rich culture**  
 Known for its hospitality, you are sure to enjoy our friendly locals while building a team here. 
- Sufficient infrastructure**  
 Located in Bangkok, we are near the heart of the city with well developed infrastructures to facilitate your business. 
- Convenient regional transportation**  
 With convenient links to the rest of Southeast Asia, interlinking your SEA team will not be an issue. 
- Thailand is safe**  
 The country has a well developed society that is known to be safe, giving you peace of mind as you work to develop your team. 

## Introducing Blue Diamond THITIPORN PHOEMTHAWEESUK

THAILAND

Love dōTERRA, share dōTERRA, and you will get more things out of it all than you could ever imagine!

### What have been the biggest hurdles you have had to overcome on the way to Blue Diamond?

Normally Thai people use Thai herbs in daily life. When I come to know of the goodness of dōTERRA, I made a point to research more on it, and to translate the information into Thai in order to educate others here on how different dōTERRA is. I did, and will do, my best even though English is not my first language.

What's more, Thailand has not officially opened a local office yet, so we have to wait for products from the US. That takes about one month each time. With the situation around the world this year, dōTERRA's products were in high-demand, we had to think of different ways to overcome the product shipment issue.

### What advice would you give to someone who is trying to reach Blue Diamond?

If you have an authentic experience with essential oils, I think you will not stop sharing the good things about the oils to your loved ones. For example, I will not keep quiet about dōTERRA and keep the good things to myself! I have to go out and share about

dōTERRA - to my sister, my friends in church, and everyone who knows me; they must know about dōTERRA. So, my advice is, share this to your team; don't stop sharing. I firmly believe that, "You can change the world, one drop at a time."

### How do you and your spouse work together in the business? (If applicable)

It's not just my husband who is working with me in this business, but my two daughters as well. They are the important people who help me pack all the orders to my customers. Without the support of my family, I cannot do it.

### How have you learned to balance running your business and taking care of your family?

I actually have my own business in a printing company. For dōTERRA, I always communicate to my team via LINE. Every question they have, I answer in messages or I will call them. Moreover, I would also share all the information in the Thai language which I translate from the dōTERRA website. That saves a lot of time in my answering the myriad of questions

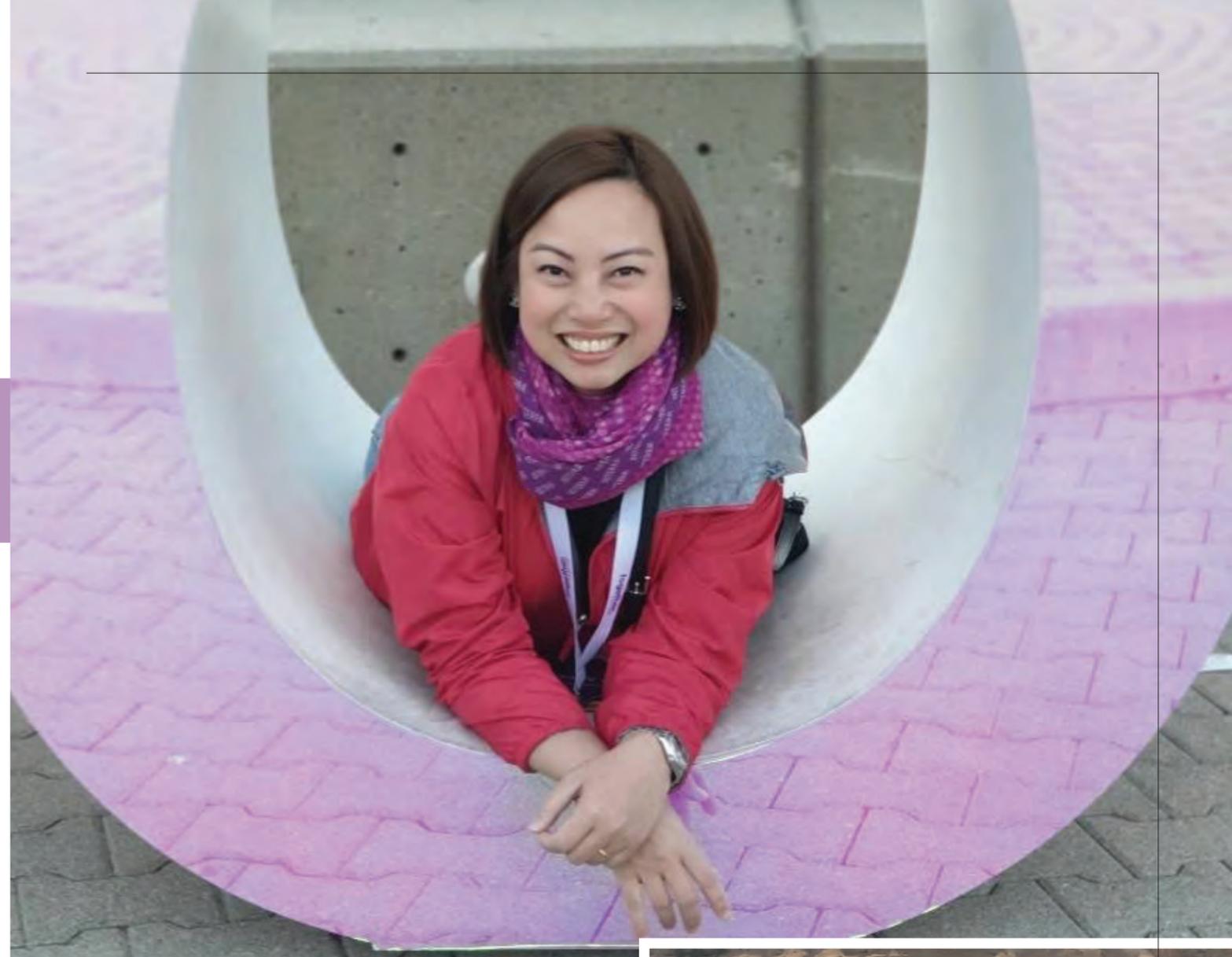
in a day. I don't waste time holding meetings outside and face-to-face as the traffic in Bangkok is terrible. I learned to harness the power of technology from the comfort of my place. That way, I can take care of my daughters at the same time.

### Some people don't want to reach Blue Diamond because of how hard and stressful it seems. What are the benefits of this rank? Why should someone else want to reach it?

I start out by setting my goal, then I focus on the plan and follow that up with communication with my team. Finally, there will be success. Nothing is for free, we must work hard, and the benefits will be the last thing to fulfill and reward all your hard work.

### At this stage, what motivates you to continue building your business?

Hundreds of messages and reviews from my friends that share about how dōTERRA has helped them has always motivated me to build the dōTERRA business in Thailand. My happiness comes from the fact that my beloved family, friends, and customers know how support their healthy lifestyles



with dōTERRA. Nowadays, the dōTERRA business has become my priority instead of the printing company.

### How has this business changed your life?

The most important thing that dōTERRA has changed in my life is my daughter's health. My daughter used dōTERRA to help support her with her regular sinus, allergies and asthma issues. dōTERRA helped to support her in her daily wellbeing. From this experience, I believe in the goodness of dōTERRA so I share these essential oils stories to others. The income from dōTERRA is a bonus to me.

### Do you have anything else you would like to add?

Love dōTERRA, share dōTERRA, and you will get more things out of it than you could ever imagine!



## Caroline Huynh

SINGAPORE

**“ View difficult situations as lessons in the journey and not the destination. ”**



## Persistence, Balance & Passion

One of the most challenging things when Caroline Huynh first started being a full-time builder was the pressure to perform. Taking that leap of faith and throwing herself into the unknown was scary. She really did not know what was going to happen because she was outside her comfort zone. However scary as it was, the one thing that came from listening to her intuition was, and still is, the feeling of freedom and joy. She told herself that being a builder is an ongoing learning process and she has to be prepared to deal with many types of situations along the way, whether they be good or not so good.

Some of the roadblocks in Caroline's early days included understanding the compensation plan and learning the ropes to better serve her members. She feels so blessed to have the supportive leadership team by her side. They kept her focused on what she needed to do to improve, and she has now gained more confidence to build in-depth knowledge on various health topics to share with her members. It was also a turning point as she witnessed how she was able to touch the hearts of her community.

If Caroline could go back in time, she would tell herself this – “Like it or not, you can't avoid making mistakes.” It was more important not to try to avoid mistakes but be able to handle them well when they occur. At times when she was faced with difficult situations, she tended to forget that she had a team. When she did so much by herself, it was neither productive nor effective.

She realised she had access to a very talented group of individuals (her team) who are eager to help. Each of them brought their unique skills from diverse experiences. Caroline is grateful for their ongoing advice and feedback, and it motivates her to rise up even in challenging times. She believes that ultimately, she has to view difficult situations as lessons which in turn puts her on the right path. It is a journey and not just the destination.

One other pertinent thing that Caroline has discovered is that it is common to see people's desire to succeed at the detriment to their own well-being, just to fast track results. Everyone is different and finding a schedule that balances work and personal life is

key to avoiding the risk of burnout and other negative effects.

During the initial periods when Caroline started building, she admits most of her days were focused on work, and she spent less time and energy on personal activities. It was overall draining. That was when she knew she had to take responsibility for her actions. She had to include time for herself and her loved ones.

Over time, Caroline has learnt that a work life balance is not about drawing hard lines between work hours and personal life, but is instead more about flexibility to get work done and to balance commitments. Some days, she focuses more on work while on other days, she focuses more on spending time with her family. There are no perfect schedules, only realistic ones (with balance achieved over time, not each day). She knows she has more control over various commitments than most would believe, and that is what drives her forward, one drop at a time.

## Chia Pei Shan

MALAYSIA

**“ Everything happens twice in life. Once in a dream and once in reality, and you can make it happen in reality! ”**

Every organisation has their own challenges. It is common that we will be facing many obstacles among team members as every leader and member has different personalities and different working styles. It is indeed hard to satisfy everyone's needs and expectations. For Pei Shan, she spends time listening to downline problems so she can provide advice.

From her experiences, Pei Shan discovered the best way to help her downline – and that is to help them discover their 'whys'. In their careers, without the clear answers to their 'whys', it is not possible to fly. By having this kind of a practice, Pei Shan is able to help her downline and also be able to strengthen her relationships with them. It is another way she develops her leadership skills.

Pei Shan recognises that she is not alone in her journey. Her family and career are equally important to



her. Previously, she was being very careful about her husband's feelings – she felt that he did not support her on her journey. It was an internal struggle because Pei Shan badly wanted to join the Diamond Club. Thus, she decided to communicate that to her husband. To her surprise, he had been supportive of her all along but had not outwardly expressed it. From then on, Pei Shan makes effort to spend time with her family and also to put in equal effort to achieve her goals in dōTERRA.

Pei Shan's husband is the key. She describes him as someone who has polished her – from a rough stone to a sparkling diamond. He is the one who motivates her and she is now who she has become, thanks to him. Besides having great support from her partner, mentors, the organisation, and the team's culture also play important roles in her growth. Those are the things that one should pursue as a builder. Pei Shan is glad that she is one.

## Dr. Tan Kui Chin

FOUNDER, MALAYSIA

Having a background in both education and counseling, Dr. Tan Kui Chin has always been passionate about promoting one's personal development and emotional wellbeing. She started using essential oils 20 years ago as she found them to be a powerful tool in emotional healing. As there is a wide range of essential oil qualities in the market, the search for high-grade essential oil was one she was always after. This pursuit ended when she was introduced to dōTERRA. In dōTERRA, she works toward duplicating her services and raising leaders in her team.

Besides being loving and having a sense of servitude, building a strong team also requires one to be versatile and extroverted. One of Dr. Tan's biggest challenges was to adjust herself - from being someone who enjoys having time alone, to becoming a team leader - she had to change from being individualistic and selective to taking a more proactive approach and allowing for opportunities to work as a team with members of diverse backgrounds.

With the world having to adapt to a new normal in daily life, she learned the importance of educating friends and

the community about the importance self-care and how to support one's immune health. Dr. Tan started online classes for members. She and her team diligently reached out to their friends through social media to promote and to bring about awareness of essential oils. Dr. Tan finds meaning in helping her friends and family members in learning about essential oils and how that makes a difference to family dynamics. She is grateful that dōTERRA has essential oils that help support mental wellbeing and strengthen family bonding.

Dr. Tan envisions herself growing, progressing and eventually enjoying the synergy of togetherness. She plans to empower many to achieve their goals with the vision of sharing how one drop of essential oil, one person at a time, can eventually change the world.

She is grateful to her uplines for introducing her to essential oil. Her gratitude also goes to her builders and members who work hard in sharing dōTERRA.

Sharing dōTERRA with compassion, building a better world and community for our next generation.



## Dussadee Puengpreeda

THAILAND



Dussadee is someone who has overcome many challenges as a builder. That is because Thai people are not familiar with essential oils. The public did not understand why they should choose dōTERRA over other essential oils. In this situation, Dussadee gave them samples so as to let them know the difference. She wanted them to be able to eventually discover for themselves that the dōTERRA oils can help them and support a healthy lifestyle. To Dussadee, it is essential that great experience should be with others, especially the best oils.

It is growth that Dussadee is after. She has had her fair share of lessons that helped mould her in her journey. In Thailand, supporters are far and few, and there was no

'right' way to handle the business. Dussadee often made mistakes but she was resourceful in researching online using Google and YouTube. If she could go back in time. She would spend time to learn and explore more on product knowledge. She believes that to be a leader, you need to know the dōTERRA products at the back of your hand, and after which, to educate your team likewise.

Sharing with love is the most important thing in Dussadee's team. They never hesitate to share and to help each other. Dussadee encourages her team to experience every product before recommending them to others. Her philosophy is to apply dōTERRA into one's daily life. From there, one will love dōTERRA and in turn, share dōTERRA with love.

## Apply, Love & Share dōTERRA

In spite of having few supporters in Thailand, Dussadee never gave up being a builder. She faced her problems, tried to figure them out, what challenges Dussadee and helps her to continue sharing and helping others are the many testimonies that give thanks to dōTERRA.

## James Neo

SINGAPORE

# Just Getting Started

How many Wellness Advocates are able to say that they started building their team before they enrolled?

Well, James can. James was previously the Account Manager in dōTERRA Singapore. In this role, he was already familiar with both the benefits of using essential oils, as well as dōTERRA's generous compensation plan. When James decided to commit to building his dōTERRA team, he made sure that he always shared about both the product and business knowledge right from the beginning. He had always felt the need to share what he was passionate about, especially if it can benefit others too. He began explaining the benefits of essential oils to those he encountered even before he enrolled.

As he always says, "I want to be a Resourcer for people, and truly give them my best within my knowledge."

Because of his personality, James has attracted a unique team and he is dedicated to run the race with them. James

strives to help each member in his team find their own strengths and in turn, allow them to find success in their own ways. His patience and down-to-earth approach has allowed his team to blossom under his leadership.

### "No war is won without strategy"

James' unique out-of-the-box sales and human-centric strategical support enabled his leaders to have a multi-dimensional business outlook during their planning process. To top it off, his attention to details empowered them to focus on what they do best.

"I would like to thank Angie and Mr Khor for their trust in me, the support that they have given to the team and the wonderful system that they have created."

With a dedication to sharing and helping others, James is excited for the future with his team in dōTERRA.



"We are just getting started. From here on, there is no limit to what my team and I can achieve."



## Jenies Seow

MALAYSIA

# CREATING POSITIVE TRANSFORMATIONS

Jenies considers herself a guardian of her husband, children, and home. At the same time, she is helping out with her husband's business. By this, Jenies demonstrates that a woman is more than just the 'queen of the household'. She is able to 'sway' seamlessly in and out of different areas of her life. Jenies is grateful to her upline Shelly. The latter is the one who introduced her to dōTERRA and also the essential oils that work best for Jenies' and her family's needs.

At the beginning, although the oils were great, Jenies didn't give much thought about building up a business with it at that time. As a dōTERRA essential oil lover, she always spread love to those around her about the goodness of essential oils. Unknowingly, more and more people started looking for her and seeking her advice, and asking her where they could buy the oils. Something clicked in Jenies' mind and she started to think, "I should give it a try". That was how her dōTERRA entrepreneurial journey thus began.

Step by step, she invested time in learning about the products and increasing her knowledge. She got to know the different benefits of the oils and learned how to present in a more profession manner. Her persistence paid off when she saw her pay check increase month after month, and more and more people benefited from her sharing. Their quality of life was improving. Now, helping others and empowering others are Jenies' biggest motivators. She throws herself wholeheartedly into her dōTERRA business with the hope to create positive transformations in everyone she meets.

Last but not least, Jenies wants to extend her sincere appreciation for all the support from her husband and family. They are the reasons for her smiles and her happiness.



## Jocelyn Teh

MALAYSIA

Jocelyn Teh finds comfort in nature and holistic remedies. She runs a dance and yoga studio with the aim to bring everyone into balance and harmony and having us connect back to our true nature. Personally, she has been using many other essential oils brands before as she firmly believes that nature itself provides the solutions for modern day challenges. Jocelyn is constantly in pursuit of some kind of natural solutions.

She came across dōTERRA through her wedding planner and her current upline, Mian Foo. It was unexpected when dōTERRA oils helped Jocelyn's daughter with her healthy sleep. Not only did Jocelyn's kids benefit using the dōTERRA oils, Jocelyn herself and her family members also gained benefits as well. The oils empowered them to create healthy lifestyles.

With such great personal experiences, Jocelyn decided to share about dōTERRA and the products at her studio. The going was slow at first but picked up. She received enquiries and soon recruited many users and sharers. From one-to-one sharings, to small groups, she now has an efficient and strong team. Of course, the journey is not easy and Jocelyn insists, "Sharing should come naturally". Develop the right mindset and avoid 'sales' in every sharing because it is all about creating love and connection. If one does that, the sales will follow naturally.

Never give up  
and success will come naturally

When Jocelyn began her dōTERRA entrepreneurial journey, she had a hard time in managing customers' questions as she was new to dōTERRA. Fortunately, with the help of her upline, she learned what she needed and is now a lot more professional in her discussions. The other challenge was in managing a team. It was clear to Jocelyn that a team meant a group of different people with different skills and thoughts. Although it was hard to manage the expectations of each individual, her team members had one thing in common – they had the same mindset and with that, everyone was able to work in harmony.

Jocelyn believes that in dōTERRA, as long as you treat your customers with love, build your team with love, success will follow. "Never give up! Keep going! People who quit going after their goals usually have feelings of deep regret," Jocelyn says with determination. She knows that these people would have persevered if they had realised that success was actually close at hand. "So, do not give up!"



## Lee Sze Lin

MALAYSIA

There was a time where Sze Lin felt mentally and emotionally exhausted because of her children's health issues. One day, out of the blue, something appeared in her mind. She remembered her sister, Hui Ling, telling her about the benefits of essential oils and she wanted to give it a try. From that time onwards, she started to share about dōTERRA with her friends.

In 2019, Sze Lin decided to embark on an entrepreneurial journey with dōTERRA. Together with her sister, she flew to the US Head Office to attend the dōTERRA convention to understand the company more. The experience was amazing and she was convinced even more about the products. She felt blessed to have found a company that makes such a beautiful impact on millions of lives. She fell in love with dōTERRA's culture and also how different the company felt. Sze Lin wanted to follow dōTERRA's footsteps to empower people in changing their lives. Like what the founder, Emily Wright, said, "Every time you buy a bottle of dōTERRA essential oil, you're changing someone's life".

Sze Lin joined the Diamond Club in 2020 and leveraged this amazing platform to push her business to new heights. She was invigorated but the recent pandemic threw a wrench in all her well-planned events. Sze Lin admits that she was not in the best of moods. However, in due time, thanks to her sense of positivity, she adjusted and found new ways to organise online events. She learnt, she tried, and unexpectedly, the results were outstanding. Sze Lin recruited many through this medium. It even expanded her social network. She puts it down to her strong will that enabled her to turn a negative situation into positive one.

On the road to the rank of Diamond, this was what Sze Lin said about success, "Don't think too much! Overthinking is the enemy of success, because success is action. When you do things consistently, at the end, you will realise how close you are to success. Believe in yourself and never give up".

"IF YOU SPEND TOO MUCH TIME  
THINKING ABOUT A THING, YOU  
WILL NEVER GET IT DONE."



## ■ Lim Bee Yong

FOUNDER, MALAYSIA

**BE MORE, FEEL MORE, AND  
LIVE MORE. BE GRATEFUL  
AND THANKFUL ALWAYS**



Some time back, Bee Yong was flying to the States for a holiday. During the journey, she had immense pain in her shoulders but did not want to rely on medication. She had wanted to find a natural solution. After returning to Malaysia, she met her current Upline Joshua and her mother, Molly. They introduced her to peppermint essential oil and she felt that it had helped with her situation. She saw dōTERRA as an opportunity and decided to learn more about the network marketing business.

When she started the dōTERRA business, her team was also growing, and Bee Yong needed more time, commitment, and a lot more travelling. That was when the tension in the family started. Her family was not supportive of her work but she had faith that with good communication and working out a balance between time spent on dōTERRA and the family, it would all even out. This was almost like a given opportunity for Bee Yong to learn from her mistake and to find a solution, as she faced her career head-on.

When Bee Yong joined dōTERRA, there were many orders from members. The orders could only be fulfilled from Singapore and the US because Malaysia did not have an office then. She is thankful that during that period, her members were patient in waiting for the stock to arrive. Her team leaders were also supportive and were independently sourcing for their own suppliers of the stock.

So why should one continue in this journey, and why should Bee Yong continue in her career when it can be difficult and challenging? This is because she finds the journey meaningful – it helps her in her personal growth. She sees herself contributing to her family, to society, to the county, and to the world.

Bee Yong feels that her dōTERRA work empowers the individual and the family to take control of their own health and to be informed about self-care through the use of natural, essential oils. Her motto is for one to live a quality life.

## ■ Paweena Tangchawalit

THAILAND

### SHARING THE HAPPINESS OF HAVING dōTERRA

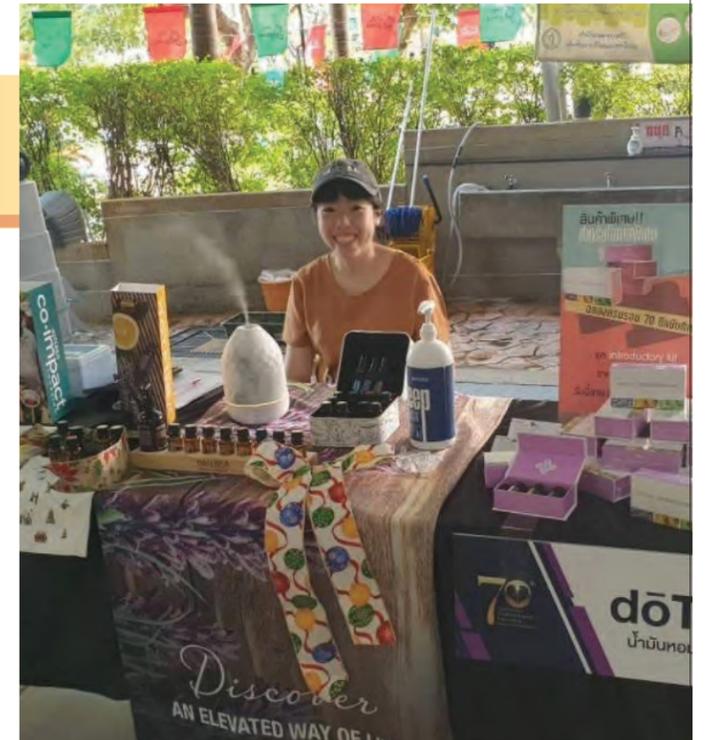
Paweena is not a newcomer to overcoming challenges and dōTERRA was a business that also tested her mettle. The obvious roadblock she faces in Thailand is the lack of experience and encounters people have with essential oils. That results in them not having much confidence in dōTERRA's name and products.

However, Paweena overcame that by approaching those she knew with love. She had, by then, fallen in love herself with dōTERRA's products. Most of the people she shared about the products with were her friends and family members. In turn, after being amazed by dōTERRA, they shared with their friends. That is how many people ended up going right back to Paweena and asking her share about the benefits of dōTERRA with them.

There were lasting lessons learned along Paweena's journey as well as mistakes she made while learning to handle her team. She used to argue with her upline on how to control their downline. She made her upline angry, and that resulted in a lack of team unity. Paweena caught herself in time when she realised that she cannot succeed without a team – that being the most important a step to success. She took the initiative to apologise to her upline, and from then on, there were no more arguments.

To reiterate that the team is important to Paweena is needless. She always says to her downline that dōTERRA is not a product, and that they should not 'sell' it to anyone. She emphasises to them that dōTERRA is an offer of happiness. If they saw anyone that needed to be happy, then offer that person this happiness. In that way, anyone who receives dōTERRA that way will usually come back to buy more for their friends and family.

On her part, Paweena makes it a point to take extra care of her team. She teaches them how to use the products, how to share, and how to manage the Loyalty Reward Programme. As a graduate in marketing, Paweena feels a great sense of duty to help her team, and that is how her modus operandi just is.



## Sunny Wong

MALAYSIA



**“THE WILLINGNESS TO TRY AND CHANGE IS AN OPEN DOOR TO SOAR.”**



Sunny was a hardworking woman and was always a tremendous asset to the team and the company. Being a mom of three, she chose to leave the corporate life and became a full-time housewife to take care of her children. For years, she was a stay-at-home mother and housewife. Gradually, Sunny expressed her desire to return to work or to start some part-time work, like online and WeChat business, etc. to generate income and to be a source of income for the family. This was because her husband was always travelling or was outstationed for work and was only back at home once a month. He worked so hard, and all Sunny wanted was for her husband to have more time to be with her and their children.

By chance, she came across dōTERRA and she and her family experienced incredible benefits after using the essential oils. She was thoroughly convinced about these awesome oils and products and eventually began her sharing journey. Compared to other

businesses, Sunny found that essential oils easily attracted and engaged people, and the acceptance rate is high due to strong and ever-rising demands in lives. With great dedication and commitment, and of course her super team, Sunny advanced to the Diamond rank. It was one of the most amazing achievements in her life.

She still remembers when her husband said his company's business was affected by COVID-19 and he might be losing his job. At that time, Sunny felt lucky that she was building her dōTERRA business and that she was able to make a decent income to support the family. She said determinedly, "It's time for women to stand up. In a family, it doesn't matter how money comes to your home, whether it's from the wife or from the husband, everyone is equal and it is all fair game." Now, in a turn of events, Sunny can wholeheartedly build her dōTERRA business without worries because her husband is helping to take care of the children.

Like many successful people, Sunny faced many challenges and obstacles. A huge obstacle she faced was how she struggled to manage her time. When she started the dōTERRA business, she was a housewife and there were three lovely children that needed her care. On weekdays, she had to arrange for their school needs and whatnots with the tuition centre so that she had time for oil parties and meetings. In the weekends, she took her children to the meetings. She said, children are not our burden or obstacle in doing dōTERRA business, but it is a great motivation for us to move forward. We learn and grow together. She did not know the essential oils well, but she was willing to learn. She did not know how to manage a team but with a positive attitude and mindset, she created a strong team. All in all, it was Sunny's strong will that enabled her to overcome all the challenges she faced. She leaves us with this - Success - it's all about you. YOU unlock your inner greatness!

## Ting See Ling

MALAYSIA

# Find the Courage to Pursue Your Dreams

See Ling is very mature for her age. She was a teen entrepreneur who ran an online business for almost six years while studying. She studied and graduated in Taiwan in 2017. After she returned to her homeland, Malaysia, she knew that the 9-to-5 life was never going to be her primary choice. However, she had to work multiple jobs, including running an online business by sheer circumstance. By chance, dōTERRA came into her life. Fate is truly a wonderful thing.

You see, when See Ling returned to Malaysia, it took her time to adapt to the change in the weather. She took ill for many months and saw many doctors but her condition did not improve - until she found out about dōTERRA.

It was See Ling's very first encounter of a network marketing company. She obviously did not have any experience in running the necessary activities. Thus, she followed her upline's advice, accepted the guidance and participated in all the available activities to learn and to get practical experience.

At that time, there were many voices in See Ling's head, saying things like, "Oh, you're just a little girl, you are not going to make it." Today, she is grateful she had the strength to persist in the business. She says these said voices are her driving forces and moves her forward, step by step. See Ling is thankful for her upline for delivering on her promise to travel to East Malaysia every month to support her and her team. She cherishes her dedication in the past two years. In addition, without See Ling's leaders, she is not sure she could have grown as tremendously as she did. She wants to express her sincere appreciation to dōTERRA and her team for organising so many awesome events. See Ling still travels

often to West Malaysia to learn in order to speed up her learning.

If there is one thing she wants to share with others, it is this - Always remember that this is your own business, and you can achieve anything that you set your mind to.

See Ling lives by a 'right attitude with a positive mindset'. A leader once asked her if her journey had any obstacles. There were, of course. The trick to this is how one perceives these problems. If you look at something from a different angle, you are already looking at it from a different point-of-view. From there, you will see how your challenges morph into motivation. Soon, you will realise that you are over-thinking and 'under'-doing. Negative thoughts do not help any of us to solve anything, so why not look at each problem positively? Furthermore, everyone makes mistakes. The most important thing is to learn from them and improve oneself. When other problems arise, repeat the process, and keep at practising to make yourself more professional.

See Ling has a strong stance in chasing one's dream. She encourages all to accept the fact that there are many ups and downs, challenges, and difficulties. Even so, one can be unstoppable! The mindset is of utmost importance. If you can think like a business owner, you can learn to take initiative in your dōTERRA entrepreneurial journey. A dream without taking action will stay a dream. Take small, simple steps each day that will give you courage. Every step will help you achieve your goals and help you reach your greatest potential. See Ling is grateful for her dogged persistence in the past because it has changed her life for the better. And yet, she says, "A better me is still on the way..."



## Vecus & Vivien

MALAYSIA

Prior to joining dōTERRA, Vecus and Vivien were running an organic restaurant and food business because they believe passionately that natural, organic foods have many beneficial nutrients. Not only are there powerful health benefits, it is also better for the environment. By chance, Vecus came across dōTERRA essential oils. He was amazed by dōTERRA's story - that the company is built with the mission of changing the world one drop, one person, one community at a time. This inspiring purpose-filled mission connected deeply with Vecus and was aligned to his life's purpose. He joined dōTERRA without any hesitation.

Vecus began his dōTERRA journey as an essential oil lover like most who first embark on this path. After experiencing the incredible benefits of the essential oils, he, and everyone in his family, were convinced. They started to share with others - their aim was to bring positive change to people. Vecus and Vivien found the experience extremely positive and rewarding. Not only could they empower people and change their lives, they were also able to enjoy free products and earn extra income at the same time.



## SELFLESS LOVE *Creates Growth*

Slowly, the couple met more and more people, connecting closely with each other thanks to a similar mindset. A team formed naturally.

Vecus and Vivien feel that there is so much to explore, to learn and to know about essential oils. Thus, they created a learning culture in their team that supports an open mindset and shared learning. This empowers the team members, increases happiness, and improves performance. They also practise pursuing selflessness and creating love and connections through sincere and open sharings.

If you ask them how they achieved the success they have today, Vecus and Vivien would say that the road to success is always paved with obstacles. When others see obstacles as reasons for not succeeding, the couple, coupled with a positive attitude, see it as an opportunity to grow. This kind of a positive thinking helped them overcome negative thoughts time and again. Last but not least, Vecus and Vivien are grateful to their upline, their dedicated team, and the company for making them who they are today.



## dōTERRA® SE ASIA WELLNESS ADVOCATE

# Recognition

CURRENT AS OF AUGUST 2020

### DOUBLE DIAMOND



FOUNDER SGMV

ANGIE NG

PRESIDENTIAL DIAMONDS



FOUNDER SGMY

LAM YEE MUN & STANLEY HO



FOUNDER MY

WINNY YEOH

BLUE DIAMONDS



FOUNDER MY

ANDA LEE



FOUNDER SGMY

CHOK SIN EE



FOUNDER SGMY

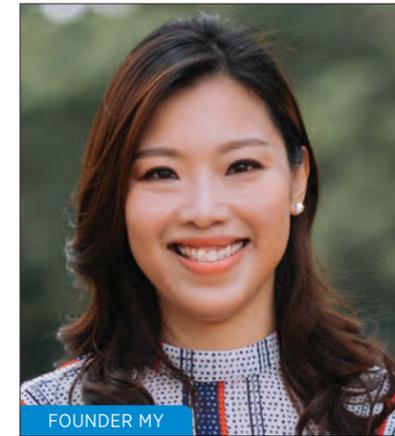
CHUA HONG LEONG & LAW SHU LI

BLUE DIAMONDS



FOUNDER SGMY

ELIZABETH HO



FOUNDER MY

FOREST CHEW



FOUNDER SGMY

HENRY FONG



FOUNDER MY

JOSHUA ANG DUN XIN



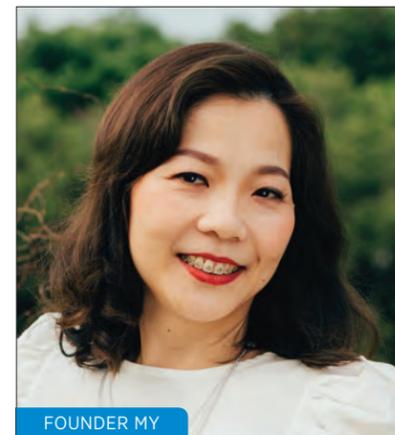
FOUNDER SGMY

LEE SEANG LOOI



FOUNDER MY

LIM MIAN FOO



FOUNDER MY

PAULINE TEY



FOUNDER SGMY

BRYAN CHEW



SHELLY TAN

BLUE DIAMONDS



FOUNDER MY  
STEVEN OOI &  
HO MEI LI



SUMMER TAN



THITIPORN PHOEMTHAWEE Suk

DIAMONDS



FOUNDER MY  
ADAM ONE FAMILY



ALAN TAY & COEI  
CHOO



FOUNDER MY  
NSCANDA WONG &  
DEREK PHANG



CANDY ONG



CAROLINE HUYNH



CHIA PEI SHAN



CHARLENE LU



CYNTHIA WOON

DIAMONDS



DEBORAH WONG &  
FABIAN TAN



FOUNDER MY  
DR. TAN KUI CHIN



DUSSADEE  
PUENGPREEDA



FOUNDER MY  
FOO SIEW PING



JAMES NEO



JANET KANG



JANICE GOH



JENIES SEOW



JENNY WAI



JOCELYN TEH



KWEENIE OOI



LAU C HUN



FOUNDER SG  
LEE ENG KIAT



FOUNDER MY  
LEE HUI LING &  
NG SAY LEONG



LEE SHIAO TAO



LEE SZE LIN

DIAMONDS



LIM BEE YONG



LING KUOK EE



LIU WENHUI



LOMAX  
ANG CHOON YEE



MAX LEE



MICHELLE YONG



NICOLE TAY



PATRICIA YEO



PAWEENA  
TANGCHAWALIT



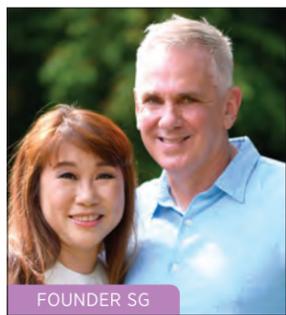
PITEULIA FOO



RAYMOND PAN



SANDRA LEE



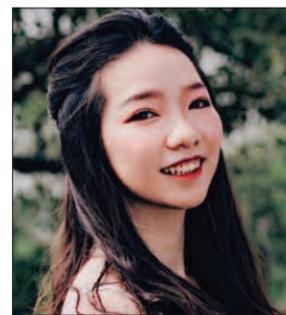
SRI MULYADI &  
PAUL FILMER



SUNNY WONG



TAN JEN LEE



TING SEE LING

DIAMONDS



VECUS & VIVIEN



VICKY CHANG



WILFRED LOH



YAP SHY CUAN

PLATINUMS



ALBERT AU



ANDUS LOW CHING AN



ANG YEON KHIM



ANGELINA



ANGIE ONG



APPLE YONG



CANNAN



CHRISTINE GUN



CHUAH SAI PEOH



DENNIS KOH



ENG ZEE LIN



IRENE NGIAM



JACKI LIM



JOVIN TAN



KEE MIAN CHAI

PLATINUMS



LEE GEN JIE



MARCUS WEE



NUTHIKA  
CHONGSAWAD



PAULETTE JOY GO



RASSAPORN  
YANAPRAWALAPAT



RONA DHARMALI



SOONG SUK PUI



TAN KEN TEN



ANDREA  
CHIN CHEW LIAN



YVONNE CHEAH

PLATINUMS NOT PICTURED:

CHI HWEI HOE

LEE QIAU ROU

MICHAEL CHAN

TANG TUA BAA

YEOH JING LI

RECOGNITION IS BASED ON THE MAXIMUM RANK REACHED. RECOGNITION IS CURRENT AS OF AUGUST 2020

GOLDS



ABBY BOO



ADELINE WONG



ANG CHOON CHEAK



ANGELINE VELOSO  
ROSALES



ANGIE TEOH



ANN LOY



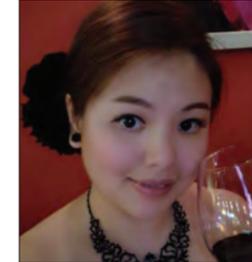
ARENA WAN



CARMEN TAN



CATHERINE  
KONG YII SING



CHERRY LIM



CHIDCHANOK  
CHAOWANAPONG



CHIEW GEOK PING



CHIN SOON KHOON



CHUAH AH TEEN



CHUAH YEW YEAN



CHUTIMA SUTAVEESUB



CLAIRE LAU



CLAIRE ONG HO SIN



DAVID YAP NIEN SUNN



DENNIS TAN



DERRICK  
KOID WAH SEONG



ELAINE PHUA



EVA TEOH



EVON LIM XIN YI



FOONG JIA LI

GOLDS



GAN CHOON LIAN



GOH SUAN CHIN



GRACE CHIEW & VICKY KONG



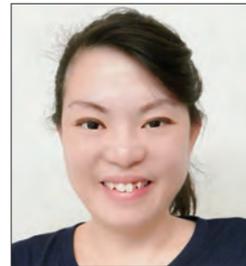
GRACE NG CHEE WEI



GRACE PHOON



GRYNN CHANG



GWEN BEATRICE TEO



HILDA LAU



H'NG KWANG KHAI



IKE YUANITA



IRENE LEONG



IVY LOH



JACY LIM



JANICE CHOO



JASMINE ALIYA HO



JASMINE TAY



JAYNE HEE



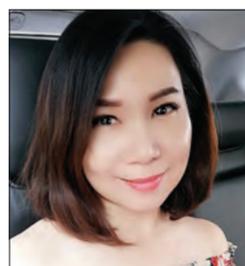
JENIIFER CHONG



JENNY LIEW



JENNY LOO LAY YEO



JOYCE LAW



JUNE SIM



JYN LOI



KAREN CHANG



KAVITHA KOLANDEVELOO

GOLDS



KENNIE LOKE



KONG HUNG GEOK



KONG HUNG PUI



KONG JIA LING



LEE CHAN YUEN



LEE CHOOI LIM



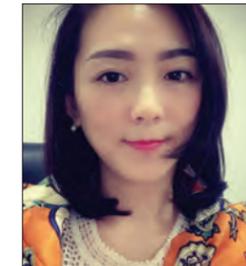
LEE EAI LUAN



LEE LAI PENG



LEE SAI GUAT



LEE SEOW YUN



LEE SIEW BEE



LIM BEE HA



LING KOK SIEW



LIM CHIN YIN



LING XI YUIN



LIRON HEE



LOH WAN QI



LOO ZHI QING



LOUISA GOMULYA



LOW CHAI ENG



MAGGIE LIANG



MANDY LOH



MANSON SOO



MARCUS YEO



MARY JOAN LANDICHO

GOLDS



MELMEL HUI



MICHAEL TAY



NG CHOON CHOON



NG SIEW LEN



NICOLE TAN & SHERWYN CHEW



ONG POH CHIN



OOI LEE YIN



PAULINE YEO & VINCENT KANG



PEARLY WONG KAH PUI



PN SRI GINNEY CHEW



PRISCILLA GOH



PUNG HOI HONG



QUEENIE VILLOSTAS



RACHEL LIM RUI QI



RAISA ESPARTINEZ



REGIE PASTERA MENDOZA



ROSALIND LIM



SEAAAN YEW



SIMON LEW YOKE MIN



SIRIPAT PHOEMTHAWEEESUK



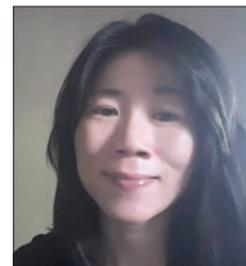
STEPHANIE YI



SYLVI AGUSTINA & TANDRIADI CHANDRA



TAN CHEW MOOI



TAN GEOK CHING



TAN SHEAU LING

GOLDS



TAN SUAN BEE



TAN THEAM CHUN



TAN THENG HAN



TAN YAM CHUAN



TAN YEE CHUN



TAPALIN CHAROENSOOK



TEOH QI YI



TIONG SING YEE



TIONG YEE HOON



VINCE LEAN



WIYADA MAHACHA VAROJ



WONG SIONG BING



YASUKO & TAKAMORI UETSUHARA



YIT LI LING



YU HUI KHIM

GOLD NOT PICTURED:

ANG CHING MIN  
BRANDON CHEW  
CHEANG POOI SAN  
CHIN KOK FENG

CHOI HAR LIEW  
CHONG YAN CHWEE  
KONG SIEW KEN  
LAW KUNG PUI

LEE YOON FOON  
NG SEOK LAN  
POOI SAN CHEANG  
SHIRLEY TEO

SU YIN MAH & LYE JUE WILFRED LIOW  
TAY SHAY LI  
TEY CHIN LIAN & TEY CHUI LIAN

RECOGNITION IS BASED ON THE MAXIMUM RANK REACHED. RECOGNITION IS CURRENT AS OF AUGUST 2020

SILVERS

ADAM MUN YU WAN	BENJAMIN ROSAL	CHIEW HOOI LING	DAI AN BIN
ADDY CHANG	BOB TANG	CHIM YEW KEAT	DANCY LOH
ADELIA HARIYONO	BRENDA CAM	CHIN CHENG YEAN	DANNY BROWN
ADELINE CHONG	BRENDA YONG	NGO CHIN CHOO	DARREN QUAH HONG WAN
ALAN TAN & JACELYN LOW	BRYCE CHEE	CHIN CHOOI YUEN	DARYANTI SUTANTO
ALECIA FOO	BUSERA ABDULLAH	CHING LOO YEN	DATO DR NOR S. KHAIRULLAH
ALICE AU STEENSON	CALLIE NG	CHOMPUNUTH SOMLUECHACHAI	DEVI A/L KARUPPIAH
ALLYSSA YAP	CATHERINE GUNAWAN	CHONG MOHNG NEE	DING SIOK HUA
ALTHEA SIASICO	CHAI PHEY PHEY	CHONG PEI FANG	DIORELLA ROSABELLE LAUS
ALVIN TAN	CHAN MENG YEE	CHONG PUI SUN	DOMINADOR JR. & MAIRAVIC OFICIAL
AMANDA GOH	CHAN PEI LOO	CHOO CHIN MUN	DOROTHY NG & VICTOR CHEN
AMANDA JONG XIN TONG	CHAN YEAT SHIM & HOI KONG	CHOO SEOW MEI	DOTERRADIALOVE
AMY ANG	CHAN YOKE GEN	CHONG CHOON VOON	DR. WAN JULIA
ANDIKA ANDIKA	LEE CHAN YUEN	LIEW KWAI CHOONG	DUDY DUDY
ANDREA SOON	CHANG YI I-CHEN	CHOW CHIA LIH	EDAMAN ZAINAL
ANG CHEE HING	CHARMAINE LEONG	CHOW YOON LING	EDLYN PALARA
ANG CHEELING	CHAU CHOK KAI	CHRISTIANA SRI EFIE	ENG ZEE YNG
ANG WEE MING	KONG FUI CHAU	CHRISTINE SOONG	ERLYN TAN
ANGIE NG	CHEN KIAN LOY	CHU PEI FUN	EVOLUTION SDN BHD NCH
ANITA LAM FONG MEI	CHEN TEIK YUNG	LEONG CHU PING	FAN HOO CHANG
ANNA HONG	CHENG MEE LENG	CHU YUN SANG	FANNY TAN
ANSON ANG & AMANDA QUAH	CHEONG JUN LI	CHUA MIN HUI & CHRISTINE CHUA	FELICIA SIAW
ANTHONY YAN	CHEW CHIN CHIAN	CHUAH MOOI SUAN	FLORIQUE ESSENTIALS WELLNESS
ARIANNE AILIE DIZON	CHEW CHIOU ER	CHUAH SIEW KEE	FOO MEI SHAN
ASTRID SUSANTIO	CHEW KOI SEE	CHUAH YEW HONG	FRAEDA SEOW
ASZARINA BUSU LEMAN	CHEW PENG HOCK	CHUTINAN ACHAWAKORN	FRANCIS TEO
AU LAI MEI	CHEW WENG CHUANG	CLOVIS PUAH	FRANCISCA GO MORAN
AUDRY ANCILLA	CHEW YEAN LEONG	CONNIE LIM	FREDERICK FOO CHERNG CHING
AW YAN TSUEY	CHEW YEAN MOO	COREEN KEH	FU YONGZHEN
BEATRICE CHRISTIANAWATI	CHIA SIN LING	CUNMIN LEE	GARY HENG YOKE WEI
BELINDA LIM	CHIEW AI KIONG	DAHLIA SURAPATI SASIANG	

SILVERS

GEE WAN YIN	JOHNATHAN CHENG & YING PENG	KOH HUI SIM	LEE WAI
GINNY LENG	JONG SIEW PHIN	KOH SIEW HUNG	LEE WAI LENG
GINNY PHANG	JOSEPHINE GO	KOK KEN KONG	LEE WEI JIN
GLOBAL NETWORK PTE LTD ET	JOYCE CHIA	KRISTIENE MAY CAYANAN	LEE WEI MEE
GOH JIN LIEW	JOYCE LOO	KRISTY CHAN	LEE YU LI
GOVIND DASWANI	JOYCE LOW	KU WAI SEE	LEE YUET PHIN
HANISAH AZHARI	JUSTINA NAR	KWANG YIEU LING	LEE ZI THUNG
HERE, HENG TUAN	KANG KEAT SEANG	KWE CHIN PAN	LEONORA LEONORA
HEW SIEW PHIN	KANYAPAWEE LERTPITAKKULKORN	LAM BEE MAU	LEOW CHEE HOW
HII SIK KING	KAREN SEE	LAM KIT KWEE	LEOW YIH YIN
HO SIEW HUI	KATHLEEN SENG	LAM SIEW JIANG	LIBERTY TOLEDO
HO SOO YIN & GOH BOON YEOW	KEA WAI FUI & YAP WAI FUI	LAM SIEW WEE	LIE PIK THO
HONG ENG LAU	KEE SOO LI	LAU HEE PHAY	LIEW MEI YUEN
HONG PING LEI	KELL CHEW	LEAH LANOJAN	LIEW POOI WEN
HOO MEI CHUEN	KHAW SHUENN CHENG	LEE AH HATT	LIEW SYUEH LING
HUANG MEI TING	KHAW SIOK HAN	LEE CHIA NEE	LILY AW
HUNG HOON TAN	KHOO BEE KIM LORRAINE	LEE CHIEN UN	LIM AI SEUW
IRZA MARTINI ADINOTO	KHOO CHENG HOOI & YUEN TATT	LEE CHIN NYIA	LIM BOON KIAM
JAMES LIM	KHOR BEOW CHOO	LEE CHOR YOKE	LIM CHENG SIONG
JANE NEO	KHOR SOOK FERN	LEE HUI THING	LIM CHOON SENG
JANET LIM PEI YIN	KHOR SZE PING	LEE KHIA KIAT	LIM CHWEE CHWEE
JANICE CHONG	KHOR YIE PING	LEE KIT YENG	LIM DI YANG
JARUWAN PHIWSUWAN	KHRISTIANNE BELTRAN PUNZALAN	LEE LI TENG	LIM HOOI KHOON
JENNIFER SIM	KIM BONG KUI	LEE LING JIE	LIM KIM LAN
JENNY ONG	KIM GUAN YEE	LEE MING YU	LIM KIM LIAN
JESSICA LIM ENG HWA	KIM HOE OON	LEE QIAU YING	LIM KOK HONG
JIMMY AMAN	KIM HONG LEE & YEE LENG NG	LEE SEE KOK	LIM PHAIK HOON
JIMMY FOO KOK KEONG	KINGKAMOL ONGVACHIRANUKUL	LEE SHI WEN & CHANG CHAY HONG	LIM SAY BIN
JIN WEN YEOH	KOAY LENG LENG	LEE SIOW HOON	LIM SHIOW LEE
JINTANA TANGCHAVALIT		LEE THEN POO	LIM SU KEN
JOANNE KHAW		LEE VERN SHIH	LIN KAH HUAY

**SILVERS**

LINDA KONG SIU LAI	NG KOK PIN	PAUL NAVARATNA SENEVIRATNE	SAI YUNYUN
LING KOK HUA	NG LAI YEE	PAULINE CHEN	SAMANTHA SEAH
LING KUOK ENG	NG PIK FEN	PAULINE FOO FONG TING	SAMMIE SAN
LIOW PEI FONG	NG SEE PUAY	PEH YING YING	SAOVALUX SINLUA
LOO YENG HIONG	NG SOCK WEN	PEMLA SAIGAL & RAMESH JAGGI	SAVON LEONG POOI WAN
LOURDES & RENE MASCARINAS	NG SOH LING	PHANG DE REN	SEOH MENG HONG
LOW CHIEN TAT	NG XIN WEE	PHANG WEI PING	SEOW JUNG KUN
LOW ENG SUANG	NGO SIOW TONG	PHARTCHAI RUEANSIT	SER SEH KIANG
LOW HUM POH	NIKKO THALAWATHUGODHA	PHUA POH POH	SERENE KHOO
LOW, KAH HENG	NOELLE ANGELICA POLACK	POH SOO MEI	SHARRON WAN
LUE SIN KANG	NOVIANA DARMADJI	POWERTOP MARKETING SDN BHD	SHIRLEY TANG
LUMPIN FREDERICA	NURUL YAQIN BINTI BAHRUM AZHAR	PRANEET PRATEEPTONGKAM	SHIRLEY TAY
LYNN SD	OI CHING PEI	PRIME STEEL RESOURCES	SHOW YOOK CHOON
LYNNETTE TAY	ONG HO INN	PUANGPET THAMMASORN	SIAW YAK HUA
MARIA SHERLETTE LAUS	ONG LEE LEE	QUEK KOK HEONG	SIM LI FUNG
MARICEL CUA	ONG SEOK CHIN	QUINNIE CHAN	SIM YI JIN
MARICHEL NAVARRO	ONG SIEW KIN	RACHEL CHAN AI LIAN	SIMON LEW
MARIE KLETKE	ONG SINE HOCK	REGINA WONG	SIRIRATH PANITCHAYAROM
MELANY ANG	ONG WAY HUEY	RESOURCES MLM	SO LEE LEE
MICHAEL HEALY	ONG YEW SEE	RIANA XAVERIUS	SO WAN NEE
MICHELLE TAN	ONG YOKE MENG	ROGER TAN	SONG SWEE KUAN
NAPAT PERMSUBHIRUNYA	OOI KOK LOW	ROMINA JOY DUMPIT	SONY LIM
NARINA PANICHPONG	OON YEW CHUAN	RONALD LIM ZHI HAO	SOONG SUK MEN
NATTAVEE ANUCHOT	PAKWALUN ANGKASEKVILAI	ROONGRUDEE WONGWUTTHIKRAI	SOONG SUK PING
NEO BENG HOCK	PAMELA ALMARIO	ROSLIND TAN LI LENG	SOPHIE SOO
NEO LING LING	PAN, YOON POW	ROSE LOW	SUNI WIJAYA
NG CHEE SIN	PANG KEE BENG	ROSY TANG	SUSANTI PRATADAJA
NG CHIN NAM	PANG YOKE PING	RUDYARD BUSCATO & REGGIL VILLASIS	SUSIE LAU SU SU
NG CHING SENG	PANICHA SUESATTABONGKOT	RUNGPHET SRIVICHAILAMPHAN	SUTTIRAT SANGBUNJONG
NG KHAI LI	PARINDA WATTANASUTHIPONG	SAFFRON NG	SYLVIA HAKIKI
NG KIM YEAN	PATRICK FOO		TAI HUEY PING

**SILVERS**

TAI SHYAN CHEN	TANG YAH CHEE	WINNIE CHIA PEI WOON	YEOH PHAIK EAN
TAMARA NEKRASOVA	TANYA LAI & JANSEN KWOK	WONG AH CHOY	YEOH YI WEI
TAN AI CHIEH	TATCHAI CHAILAPSIRI	WONG AH NGOO & WONG POH TUCK	YEOH ZHONG MENG
TAN AI KIM	TAY KWEE LIAN	WONG AH YOKE	YEOH ZHONG XIANG
TAN BEE BEE	TEAY RUI FENG & CHIN SU CHING	WONG CHEE KEAN	YONG HOI CHING
TAN BEE HONG	TEE AI SEE	WONG HOI LIN & YEAP HEONG MOI	YONG LAY SEE LINDA
TAN CHA BOO & TAN LEE KHENG	TEE LAY CHOO	WONG HOOI MUN	YONG SU THAU
TAN CHENG SEE	TEE PHENG CHIEW	WONG KAH WHY	YONG TECK LEONG
TAN CHIA SING	TEE SWEE YING	WONG KEE ENG	YONG TZE TIEN
TAN GAIK YING	TEELIA TOH	WONG KUAN SENG	YVONNE SUMM CHI CHAN
TAN GUAT SIM	TEH BAT KUAN	WONG LAY HUA	ZAKARIA ISMAIL
TAN KOK TIONG	TEH KEOK HUI MICHELLE	WONG LEE MAY	ZELINA TAN
TAN KWAI KUAN	TEO HEE KEE	WONG LEE WAH	ZHANG YIN DI
TAN LEE ENG	TEOH YEE CHOONG	WONG MEW TENG	
TAN LEE PHENG	TERESA LEE	WONG SIEW KUEN	
TAN LO THIAM	THE BODY SPACE YOGA & DANCE STUDIO	WONG SIEW PENG & PENG YAN YANG	
TAN PEK YUN	THE LOE CHI	WONG TENG SIONG	
TAN POH LING	THENG CHONG LEE	WONG YIN KENG	
TAN QI HAN	THOMAS DUMPIT	WONG YOKE PENG	
TAN SHI FUNG	TINA TIONG	WONG YONG HEE	
TAN SHU AN	TING SHA ING	WONG YUET OR	
TAN SHU KENG	TING SIE HUNG	WOON SUAT ING	
TAN SIEW WAN	TOPER SDN BHD	WUN WAI PENG	
TAN SUM MOY	TUAK CHU CHIN	YAK SIEW GIM	
TAN TIAN CHEE	TYNG YEK HUI & LING CHEE HAN	YAP SEOW TING	
TAN WEI CHUAN	VASUDRA DAVI SINNASAMY	YAP WAN CHIEN	
TAN YANG CHENG	VIVIAN LIM PHOY WOON	YAT FOOK LOY	
TAN YANG NAI	WAEOTA RANGSEEPRASERTSIN	YAW WANE TENG	
TAN YEE WEI	WANG CHUN LI	YEAU SIEW MOI	
TAN YOKE TUAN	WEE SWEE HONG	YEO LEE MEI	
TAN ZI LING			



dōTERRA Malaysia Sdn. Bhd.  
BO3-B-05-01, Menara 3A,  
No 3, Jalan Bangsar, KL ECO CITY,  
59200, Kuala Lumpur, Malaysia  
Tel: +603 26337888  
[doterra.com/MY/en\\_MY](http://doterra.com/MY/en_MY)

dōTERRA Philippines Inc.  
6F Port Royal Place, 118 Rada  
Street, Legazpi Village,  
Makati City, Philippines  
Tel: +63 22711194  
[doterra.com/PH/en\\_PH](http://doterra.com/PH/en_PH)

dōTERRA Enterprises Singapore Pte. Ltd.  
111 Somerset Road,  
#12-28 TripleOne Somerset,  
Singapore 238164  
Tel: +65 68016900  
[doterra.com/SG/en\\_SG](http://doterra.com/SG/en_SG)

dōTERRA Enterprises (Thailand) Limited  
999/9 The Offices at Centralworld  
29th Floor, Suite 2901  
Rama I Rd, Pathumwan  
Pathumwan, Bangkok 10330  
Tel: +662 566 0163  
[doterra.com/TH/en\\_TH](http://doterra.com/TH/en_TH)