



# LIVE

The dōTERRA® Lifestyle





# Transform Your Health

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



# Live a Wellness Lifestyle

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

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



See individual labels for ingredients, cautions, and instruction for use.  
Product may not be available in the market.

Much of the evidence supporting these claims is based on pre-clinical studies. More confirming research is needed, and dōTERRA is committed to the science and research of essential oils.



# Nutrition & Support Digestion

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



## DAILY WELLNESS HABITS

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





## Cleansing



### Lemon

Enhance your health diet with Lemon Oil to clean fresh fruits and vegetables.



### Rosemary

Adding to dish wash soap to reduce germs.

### PRODUCE WASH

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

## Support Digestion



### Supermint

To enhance your diet and promote digestive system.

See individual labels for ingredients, cautions, and instruction for use.  
Product may not be available in the market.



# Movement

A man with short dark hair and a beard, wearing a white t-shirt and grey shorts, is performing a lunge on a blue yoga mat. He is smiling and looking to his right. His hands are clasped together in front of him. The background features a brick wall, a wooden bookshelf with books and plants, a glowing orange lamp, and a grey sofa.

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

## DAILY WELLNESS HABITS

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





## Movement



### Wintergreen

Provided a soothing effect to your body.



### dōTERRA Deep Blue®

Use before or after exercise or activity to support ease of movement and relax.



### Easy Air

Use during activity to enhance active and clean environment.



### dōTERRA AromaTouch®

Diffuse after activity to balance your mood and mind.



### Copaiba

Apply on your skin to help soothing and relax your body.

See individual labels for ingredients, cautions, and instruction for use.  
Product may not be available in the market.



# Metabolism

A woman with long brown hair in a ponytail, wearing a light gray sports bra, is shown in profile drinking water from a clear glass. The background is a blurred indoor setting, possibly a kitchen or living area.

**Your metabolic health and biological age are inseparable.** As you age, so does your metabolic function. Your metabolism influences your energy, weight, body composition, quality of sleep, and cognition. The stronger and healthier your metabolic function, the better you feel from the inside out. Use MetaPWR® to optimize your active healthy life style and live your most powerful life.

## DAILY WELLNESS HABITS

- Eat a whole-food diet, move more often, and focus on quality sleep.
- Use smart supplementation to complement targeted metabolic health efforts.

\*Product may not be available now, they will be coming soon.





# dōTERRA® MetaPWR®

FIRST STEP TO MAINTAIN YOUR ACTIVE LIFESTYLE

## MetaPWR®

Helps support healthy metabolic function and help to support healthy active lifestyle



## MetaPWR® Beadlets

*Dissolve 1-2 in mouth.*



## MetaPWR® Oil Blend

*Add 2-4 drops to water once daily.*

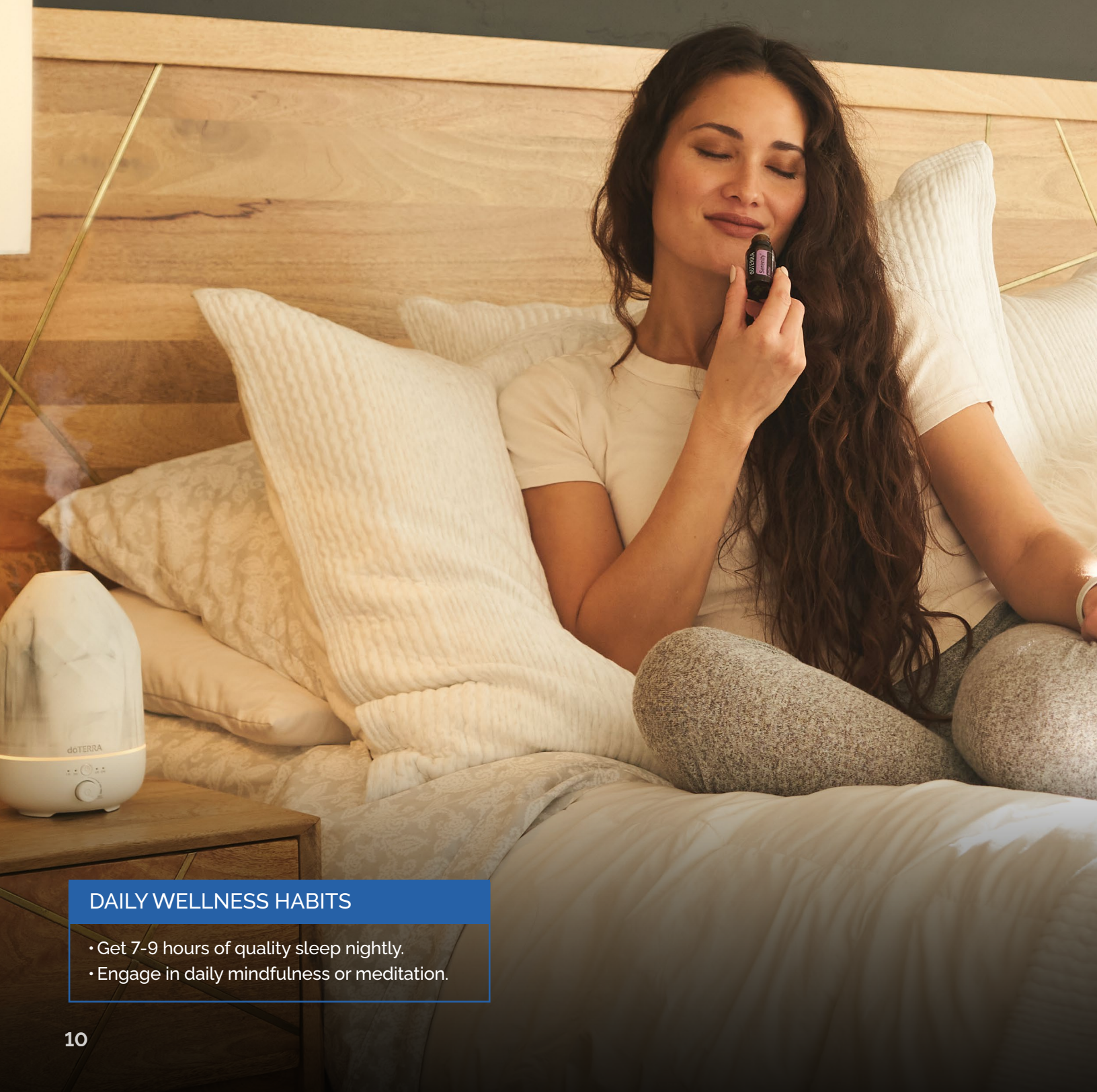
See individual labels for ingredients, cautions, and instruction for use.  
Product may not be available in the market.

\*More confirming clinical research is needed.



# Rest & Manage Stress

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



## DAILY WELLNESS HABITS

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





## Prioritize Rest



### Lavender

*Place 1–2 drops apply to skin for peaceful dreams.*



### Serenity®

*Place 1–2 drops in diffuser to diffuse for peaceful sleeps.*



### Cedarwood

*Massage 1–3 drops on feet and forehead at the end of a long day for a calming, relaxing aroma in a flash.*



### Lavender Touch

*Roll on to the back of the neck and chest as part of a relaxing nightly ritual.*

## Manage Stress



### dōTERRA Citrus Bliss®

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



### Citrus Bloom

*Diffuse to create a steady environment.*



### dōTERRA Balance®

*Diffuse to create a calming, grounding space during demanding or difficult times.*



### Frankincense Touch

*Apply to the wrists or pulse points for relax and sooth your skin.*

## RELAXING BATH SALTS

1 cup Epsom salts

10 drops Lavender

Mix and pour into your bath.



## The dōTERRA Adaptiv® System



dōTERRA Adaptiv Essential Oil Blend is the answer during life's most demanding moments. Diffuse or roll on to create a calming atmosphere. Using dōTERRA Adaptiv Touch during the situation you need focus and calmness.

See individual labels for ingredients, cautions, and instruction for use.  
Product may not be available in the market.

# Reduce Toxicity

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**Support your body's natural detoxification pathways** by experiencing the dōTERRA® Essential Oils into your daily routine to help you to maintain healthy lifestyle.

## DAILY WELLNESS HABITS

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





## Experience the dōTERRA Essential Oils



### **dōTERRA On Guard®**

*Using internally to enhance your daily diets  
or use as multi-purpose oil as natural way  
to keep you surrounding clean.*



### **dōTERRA ZenGest®**

*Use 3-4 drops to diffuse.*



### **Lemon**

*Add 1-2 drops to drinking water.*



### **Zendocrine®**

*Take 1-2 drops with water daily.*



### **Turmeric**

*Take 1-2 drops with water daily.*



### **dōTERRA DDR Prime®**

*Use 3-4 drops to diffuse.*

See individual labels for ingredients, cautions, and instruction for use.  
Product may not be available in the market.



# Natural Home Care

A warm, sunlit kitchen scene featuring a woman with brown hair, wearing a striped shirt and jeans, sitting on a wooden floor and holding a young child. The child, wearing a striped shirt and brown pants, is looking up at the woman with a smile. The background shows white kitchen cabinets and a wooden chair.

**A clean home doesn't need to come at the cost of your health.** Go greener by replacing synthetic products with safe, plant-based, nontoxic, and natural cleaners that contain pure CPTG essential oils.

## DAILY WELLNESS HABITS

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





Time and time again, essential oils outperform synthetic counterparts when it comes to purifying any surface or space. Free of phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in recyclable containers, use natural enzymes, and feature the abōde Refreshing Blend to provide a natural, fresh aroma and deliver effective results.



**dōTERRA  
abōde®**

A high-powered essential oil blend, perfect for making nontoxic DIY cleaners and refreshing the air in any space.



**dōTERRA  
On Guard® Foaming Hand Wash**

Concentrate Effective against impurities, leaving the hands fresh and clean.



**Tea Tree**

To help promote clean atmosphere in your home.



**Eucalyptus Blend**

Keep your home clean and promote fresh air.



**TerraEssential® & TerraEssential® Spray**

Keep your home clean and keep out insects and mosquitos.



**dōTERRA  
Purify®**

To eliminate odor in your kitchen or garbage.

See individual labels for ingredients, cautions, and instruction for use.  
Product may not be available in the market.



# Natural Self-Care

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



## DAILY WELLNESS HABITS

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





### Essential Skin Care

Designed to meet all your anti-aging and skincare needs. Use twice daily to keep the skin feeling healthy and looking young.



### Yarrow | Pom & Immortelle

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



### dōTERRA® Hair Care

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



### Oral Health

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

### dōTERRA® Sun Care

Protect your body and skin with moisturizing and effective products free of harsh ingredients.



See individual labels for ingredients, cautions, and instruction for use.  
Product may not be available in the market.



# Informed Self-Care

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

## Oils on the Go



### 8-VIAL KEYCHAIN

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

### KEYCHAIN FAVORITES

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

## DAILY WELLNESS HABITS

- Turn to natural solutions as your first line of defense.
- Refer to Product Guide for safe use.





**dōTERRA**  
**On Guard® Foaming Hand Wash**  
*Apply naturally derived hand wash to reduce germs and dirt.*



**dōTERRA**  
**On Guard®<sup>†</sup>, Beadlets & Drops**  
*Consume 1 -2 drops mix with water or 1-2 drops/beadlets as needed to promote healthy lifestyle.*



**dōTERRA**  
**Easy Air & Drops**  
*Diffuse, apply, or enjoy a drop to create feelings of easy breathing and open airways or take 1-2 drops to create fresh feelings.*



**Helichrysum**  
*Use this to apply on skin with carrier oil to sooth skin.*



**Lavender**  
*Apply topically to soothe occasional skin irritations.*



**Oregano**  
*Apply for a relax and sooth skin. Dilute as needed.*



**Tea Tree**  
*Use apply 1-2 drops and diffuse.*



**dōTERRA**  
**ClaryCalm™**  
*Roll this women's monthly blend on lower abdomen and use with a heating pad.*

See individual labels for ingredients, cautions, and instruction for use.  
 Product may not be available in the market.



# Customize Your Wellness Plan

## NUTRITION & DIGESTION

### Cleansing



☐ Lemon



☐ Zendocrine®

## MOVEMENT & METABOLISM

### Soothe and Energize



☐ dōTERRA Deep Blue®



☐ Wintergreen



☐ Copaiba



☐ Turmeric

## REST & MANAGE STRESS

### Support Sleep and Rest



☐ Lavender



☐ Serenity®



☐ Pebble Diffuser



☐ Vetiver



☐ Cedarwood



☐ Clary Sage



☐ Lavender Touch

## REDUCE TOXICITY

### Support Cleansing



☐ Lemon



☐ Zendocrine®



☐ Oral Health



☐ Essential Skin Care



☐ Yarrow | Pom & Immortelle

### Natural Self-Care

## INFORMED SELF-CARE

### Protect and Restore



☐ dōTERRA On Guard®,  
Beadlets and Drops



☐ dōTERRA Easy Air  
and Drops



☐ dōTERRA  
ZenGest®



☐ Peppermint  
and Beadlets







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

On the next page, create your 90-day wellness plan and record each future month's product wish list in the spaces provided.

### Support Digestion



☐ dōTERRA ZenGest®



☐ SuperMint



☐ Peppermint and Beadlets



☐ Spearmint

### Strengthen Metabolism



☐ MetaPWR®



☐ MetaPWR® Beadlets



☐ Grapefruit

### Manage Stress and Mood



☐ Citrus Bloom



☐ Frankincense Touch



☐ dōTERRA Adaptiv® and dōTERRA Adaptiv® Touch



☐ dōTERRA Citrus Bliss®



☐ dōTERRA Balance®

### Natural Home Care



☐ Hair Care



☐ Sun Care



☐ dōTERRA abode®



☐ dōTERRA Purify®



☐ Clearify®



☐ Tea Tree



☐ Frankincense



☐ dōTERRA ClaryCalm™



☐ Helichrysum



☐ TerraEssential® and TerraEssential® Spray

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Product may not be available in the market.



**1 Write down your health priorities and find solutions.**

## 2 Create your daily wellness plan.

### 3 What other wellness choices could support your goals?

**4 Live empowered with natural solutions.**



# Make Wellness Complete

## น้ำมันหอมระเหยสกัดบริสุทธิ์ ประเภทเครื่องสำอาง : Essential Oil Singles (Cosmetic)

- ◆ คอเรียนเดอร์ (Coriander)
- ◆ แคลรี เสง (Clary Sage)
- ◆ โคพาอึบา (Copaiba)
- ◆ ซีดาร์วูด (Cedarwood)
- ◆ โซบิเรียน ฟัวร์ (Siberian Fir)
- ◆ โซปรัสส์ (Cypress)
- ◆ เบซิล (Basil)
- ◆ เฟเนล (สวีท) (Fennel (Sweet))
- ◆ แพรงค์อินเซนส์ (Frankincense)
- ◆ มาดากัสการ์ วานิลลา (Madagascar Vanilla)
- ◆ เมอร์ห์ (Myrrh)
- ◆ โรมัน คาโมมายล์ (Roman Chamomile)
- ◆ โรส (Rose)
- ◆ ลาเวนเดอร์ (Lavender)
- ◆ เลมอนกราส (Lemongrass)
- ◆ ไรต์ ออเรนจ์ (Wild Orange)
- ◆ ออริกาโน (Oregano)
- ◆ ยาลาง ยาลาง (Ylang Ylang)
- ◆ เฮลิคัลซัม (Helichrysum)

## น้ำมันหอมระเหยสกัดบริสุทธิ์ ประเภททั่วไป : Essential Oil Singles (Consumer)

- ◆ แคสเซีย (Cassia)
- ◆ เจอรานิยม (Geranium)
- ◆ ที ทรี (Tea Tree)
- ◆ เบอร์กามอต (Bergamot)
- ◆ เพทิตกรีน (Petitgrain)
- ◆ แพตชูลี (Patchouli)
- ◆ เลมอน ยูคาลิปตัส (Lemon Eucalyptus)
- ◆ วินเทอร์กรีน (Wintergreen)
- ◆ เวตทิเวอร์ (Vetiver)
- ◆ ฮาวายียน แซนด์ลวูด (Hawaiian Sandalwood)

## น้ำมันหอมระเหยสูตรผสม ประเภทเครื่องสำอาง : Essential Oil Blends (Cosmetic)

- ◆ โคพาอึบา ทัช (Copaiba Touch)
- ◆ จัสมีน ทัช (Jasmine Touch)
- ◆ เนโรลี ทัช (Neroli Touch)
- ◆ แพรงค์อินเซนส์ ทัช (Frankincense Touch)
- ◆ ยาร์โรว์ พอม (Yarrow POM)
- ◆ โรส ทัช (Rose Touch)
- ◆ ลาเวนเดอร์ ทัช (Lavender Touch)
- ◆ วีเมน แคลร์คาล์ม (Women ClaryCalm)
- ◆ อะแดปทีฟ ทัช (Adaptiv Touch)
- ◆ อิมมอร์เทิล (Immortelle)
- ◆ ออสแมนธัส ทัช (Osmanthus Touch)
- ◆ โฮป ทัช (Hope Touch)

## น้ำมันหอมระเหยสูตรผสม ประเภททั่วไป : Essential Oil Blend (Consumer)

- ◆ กวาเออคูวูด (Guaiacwood)
- ◆ เคลียร์ฟาย (Clearify)
- ◆ ซิตรัส บลิสส์ (Citrus Bliss)
- ◆ ซิตรัส บลูม (Citrus Bloom)
- ◆ เซนเจสท์ (ZenGest)
- ◆ เซเรนิตี้ (Serenity)
- ◆ ดีดีอาร์ ไพรม์ (DDR Prime)
- ◆ ดีปบลู (Deep Blue)
- ◆ เทอร์ราเอสเซนเชียล (TerraEssential)
- ◆ เทอร์ราเอสเซนเชียล สเปร์ย์ (TerraEssential Spray)
- ◆ บาลานซ์ (Balance)
- ◆ เพอร์ฟาย (Purify)
- ◆ ยูคาลิปตัส (Eucalyptus)
- ◆ อโรมาทัช (AromaTouch)
- ◆ อะแดปทีฟ (Adaptiv)
- ◆ อะโบด (Abode)
- ◆ อีซี่ แอร์ (Easy Air)

## วัตถุแต่งกลิ่นธรรมชาติ (Natural Flavor)

- ◆ กรีน แมนดาริน ออยล์ (Green Mandarin Oil)
- ◆ กราฟฟรุต ออยล์ (Grapefruit Oil)
- ◆ โคลฟ ออยล์ (Clove Oil)
- ◆ จินเจอร์ ออยล์ (Ginger Oil)
- ◆ จูนิเปอร์ เบอรี่ ออยล์ (Juniper Berry Oil)
- ◆ ซินนามอน บาร์ก ออยล์ (Cinnamon Bark Oil)
- ◆ ซูเปอร์มินต์ ออยล์ เบลนด์ (SuperMint Oil Blend)
- ◆ เซนด์โคริน ออยล์ เบลนด์ (Zendocrine Oil Blend)
- ◆ แทนเจอริน ออยล์ (Tangerine Oil)
- ◆ เทอร์เมอร์ริก ออยล์ (Turmeric Oil)
- ◆ แบลค เปปเปอร์ ออยล์ (Black Pepper Oil)
- ◆ เปปเปอร์มินต์ ออยล์ (Peppermint Oil)
- ◆ มาร์เจอร์ราเม ออยล์ (Marjoram Oil)
- ◆ เมลิสซา ออยล์ (Melissa Oil)
- ◆ เลมอน เอสเซนเชียล ออยล์ (Lemon Oil)
- ◆ โลม์ เอสเซนเชียล ออยล์ (Lime Oil)
- ◆ โรสแมรี่ ออยล์ (Rosemary Oil)
- ◆ สมาร์ท แอนด์ แซสซี เอสเซนเชียล ออยล์ เบลนด์ (Smart & Sassy Oil)
- ◆ สเปียร์มินต์ ออยล์ (Spearmint Oil)
- ◆ ออนการ์ด ออยล์ เบลนด์ (On Guard Oil Blend)

## บีดเล็ตส์ & ดรอปส์ (Beadlets & Drops)

- ◆ เปปเปอร์มินต์ บีดเล็ตส์ (Peppermint Beadlets)
- ◆ ออนการ์ด บีดเล็ตส์ (On Guard Beadlets)
- ◆ ซูเปอร์มินต์ บีดเล็ตส์ (SuperMint Beadlets)
- ◆ อีซี่ แอร์ ดรอปส์ (Easy Air Drops)
- ◆ ออนการ์ด ดรอปส์ (On Guard Drops)

## ชุดน้ำมันหอมระเหย : Essential Oil Kit

- ◆ น้ำมันหอมระเหย 3 ชนิดสำหรับเริ่มต้น (3 Oils for Introduction)
- ◆ บิกินเนอร์ ทรีโอ (Beginner's Trio)
- ◆ น้ำมันหอมระเหย 10 ชนิด สำหรับครอบครัว (10 Oils for Family)

## ผลิตภัณฑ์ดูแลผิวหน้า : เอสเซนเชียล สกิน แคร์ (Essential Skin Care)

- ◆ เอสเซนเชียล สกินแคร์ คิท (Essential Skin Care Kit)
- ◆ เอสเซนเชียล สกินแคร์ สตาร์ทเตอร์ คิท (Essential Skin Care Starter Kit)
- ◆ ไทเทนนิง เซรัม (Tightening Serum)
- ◆ ไบรท์เทนนิ่ง เจล (Brightening Gel)
- ◆ พอร์ รีดิวซิ่ง โทเนอร์ (Pore Reducing Toner)
- ◆ เฟเชียล คลีนเซอร์ (Facial Cleanser)
- ◆ อินวิโกรติง สกrub (Invigorating Scrub)
- ◆ แอนตี้-เอจิง มอยซ์เจอร์ไรเซอร์ (Anti-aging Moisturizer)
- ◆ แอนตี้-เอจิง อาย ครีม (Anti-aging Eye Cream)
- ◆ ไฮเดรติง ครีม (Hydrating Cream)

## ผลิตภัณฑ์อונการ์ด : On Guard

- ◆ น้ำยาบ้วนปาก สูตรอונการ์ด (On Guard Mouthwash)
- ◆ ยาสีฟัน สูตรอונการ์ด (On Guard Toothpaste)
- ◆ อุนการ์ด โฟมมิง แอนด์ วอช (On Guard Foaming Hand Wash)
- ◆ อุนการ์ด โฟมมิง แอนด์ วอช พร้อมขวดปั๊ม 2 ชั้น (On Guard Foaming Hand Wash with 2 dispenser)

## ผลิตภัณฑ์ดูแลเส้นผม : Salon Essential

- ◆ โพรเทคติ้ง แชมพู (Protecting Shampoo)
- ◆ เดลี่ คอนดิชันเนอร์ (Daily Conditioner)
- ◆ สลฟ-อิน คอนดิชันเนอร์ (Leave-in Conditioner)

## ผลิตภัณฑ์ดูแลผิวกาย : Living & Others

- ◆ แฟรคชันเนตด โคโคนัท ออยล์ ฟอว์ สกินแคร์ (Fractionated Coconut Oil)
- ◆ สปา แอนด์ แอนด์ บอดี้ โลชั่น (Spa Hand and Body Lotion)

## เครื่องพ่นน้ำมัน : Diffuser

- ◆ รุ่น ดอว์น อโรมา ฮิวมิดิฟายเออร์ (Dawn Aroma Humidifier)
- ◆ รุ่น เพบเบิล (Pebble)
- ◆ รุ่น ลาลูซ (Laluz)

Learn more   
for Thailand Products Price.

Scan Here :







# Loyalty Rewards Program

## Earn Free Products of Your Choice

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

## Loyalty Rewards Program FAQs

### How do I get free products?

#### EARN FREE PRODUCT POINTS IN ADDITION TO YOUR 25% DISCOUNT

LRP BENEFITS: PERCENTAGE BACK IN PRODUCT POINTS FOR FREE PRODUCTS



TOTAL SAVINGS AND PRODUCT POINTS:



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

Your Loyalty Rewards percentage grows over time and can begin on your first order when you sign up for a qualifying LRP order with your enrollment. Your percentage grows by 5% every three months when your orders are over 50 PV until you reach the maximum of 30%.

### How do I maximize dōTERRA specials?

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

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

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

### How do I create a new loyalty order?

Log into doterra.com. Click "Create New LRP Order" or edit items in an existing loyalty order template.

### When can I use my product points?

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

### How do I redeem my LRP points?

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

### Can I have more than one loyalty order?

Yes. If you need more than your monthly order, simply change your LRP template and run it again on whatever day you choose, or you can set up as many orders as you like in advance. Remember to cancel any orders you don't want to receive the following month prior to your order processing date..

### How do I cancel my loyalty order?

You can cancel your loyalty order anytime via phone, online chat, or email to thailand@doterra.com. dōTERRA customer service can assist you with redeeming any free product points you've accumulated prior to cancellation so points aren't lost. If you cancel your loyalty order, you'll start back at 10% rewards when you resume consistent loyalty order purchasing.

### What if I want to return products?

Please refer to dōTERRA's Policy Guide Section 6 for guidelines on returning products.





# Essential Tips

## Effectiveness



Use your reference guide to find solutions to health priorities or concerns as they arise.



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



Massage to increase benefits and promote rapid absorption.



Try different application methods: apply to the bottoms of the feet.



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

## Safety



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



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



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



Read labels and follow recommendations.

## Best Practices



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



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



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

# Learn More

Member # \_\_\_\_\_

Password \_\_\_\_\_

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



## Empowered Life Series

[doterra.com/US/en/empowered-life-series](https://doterra.com/US/en/empowered-life-series)

View this webinar series to continue learning ways you can use your products.



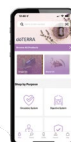
## Essential Oil Solutions Podcast

Subscribe to learn the best ways to use essential oils.



## Learn more and get great ideas:

[doterra.com/US/en/magazines/doterra-living](https://doterra.com/US/en/magazines/doterra-living)



## Explore dotTERRA TH website :

[https://www.doterra.com/TH/en\\_TH](https://www.doterra.com/TH/en_TH)



## Refer to

Product Guide.

## Your Key Support

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Other Support

Phone \_\_\_\_\_

Email \_\_\_\_\_

Upcoming Local or Online Classes and Events \_\_\_\_\_ Team Call/Website/Facebook Group(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Member Services

### Email:

[thailand@doterra.com](mailto:thailand@doterra.com)

### Call Center:

02 180 5111

## Every Bottle Makes a Difference

Consistently using dōTERRA products can change your life, as well as the lives of the growers and their families all over the world. Every drop of essential oil represents hands that have nurtured the earth for our benefit.



## Share with those you love.

### Change Others' Lives

Host a dōTERRA class to be of service to your friends and family.



## Build an income and make an impact.

### Change Your Future

Create recurring income and greater freedom by sharing and empowering others with natural solutions.







dōTERRA®  
pursue what's **pure**

LIVE-TH EN 100423



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