



LIVE

The dōTERRA® Lifestyle



Transform Your Health

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



Live a Wellness Lifestyle

The dōTERRA® Wellness Lifestyle Pyramid illustrates the partnership between lifestyle and 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.

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.



Cleansing



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



Rosemary
Add Rosemary to dish soap to reduce germs.

Support Digestion



Supermint
Use SuperMint to enhance your diet and promote your digestive system.

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

Movement

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

Provides a soothing effect to your body.



dōTERRA Deep Blue®

Supports ease-of-movement and relaxation when used before and after exercise.



Easy Air

Creates a clean environment when used during activity.



dōTERRA AromaTouch®

Balances your mood and mind after activity.



Copaiba

Soothes and relaxes your body when applied to skin before and after exercise.

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

Metabolism

Your metabolic health and biological age are inseparable. As you age, so does your metabolic function. Your metabolism influences your energy, weight, body composition, 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 a 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
Use 1-3 drops to flavor food or beverages.



Serenity®
Add 1-2 drops to diffuser for peaceful rest.



Cedarwood
Massage 1-3 drops on feet and forehead at the end of a long day for a calming, relaxing aroma.



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

RELAXING BATH SALTS

1 cup Epsom salts
10 drops Clary Sage
Mix and pour into your bath.



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 to relax and soothe your skin.

dōTERRA Adaptiv®

dōTERRA Adaptiv Essential Oil Blend is the answer during life's most demanding moments. Diffuse to create a calming atmosphere.

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

Reduce Toxicity

Support your body's natural detoxification pathways by adding 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 dōTERRA Essential Oils



dōTERRA On Guard®
Use internally to enhance your daily diet or use as a natural multi-purpose oil to keep you surrounding clean.



dōTERRA ZenGest®
Use 1-3 drops to flavor food or beverages.



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 1-3 drops to flavor food or beverages.

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

Natural Home Care

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

DAILY WELLNESS HABITS

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



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



dōTERRA abode®

A high-powered essential oil blend, perfect for making non-toxic 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

Helps promote a clean atmosphere in your home.



Eucalyptus Blend

Keeps your home clean and promotes fresh air.



TerraEssential® & TerraEssential® Spray

Keeps your home clean and keep out insects and mosquitos.



dōTERRA Purify®

Eliminates odor in your kitchen and 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 your 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 sun 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
Use naturally derived hand wash to reduce germs and dirt.



dōTERRA On Guard®, Beadlets, & Drops
Add 1-2 drops to water, take 1-2 Beadlets, or a Drop 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
Apply with carrier oil to soothe skin.



Lavender
Use 1-3 drops to flavor food or beverages to help relax.



Oregano
Apply to cleanse the skin. Dilute before use.



Tea Tree
Diffuse 1-2 drops.



dōTERRA ClaryCalm™
Roll this women's monthly blend onto the 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



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.

NUTRITION & DIGESTION	<div>Cleansing</div> <div><div><input type="checkbox"/> Lemon</div><div><input type="checkbox"/> Zendocrine®</div></div>	<div>Support Digestion</div> <div><div><input type="checkbox"/> dōTERRA ZenGest®</div><div><input type="checkbox"/> SuperMint</div><div><input type="checkbox"/> Peppermint and Beadlets</div><div><input type="checkbox"/> Spearmint</div></div>	
	MOVEMENT & METABOLISM	<div>Soothe and Energize</div> <div><div><input type="checkbox"/> dōTERRA Deep Blue®</div><div><input type="checkbox"/> Wintergreen</div><div><input type="checkbox"/> Copaiba</div><div><input type="checkbox"/> Turmeric</div></div>	<div>Strengthen Metabolism</div> <div><div><input type="checkbox"/> MetaPWR®</div><div><input type="checkbox"/> MetaPWR® Beadlets</div><div><input type="checkbox"/> Grapefruit</div></div>
REST & MANAGE STRESS		<div>Support Sleep and Rest</div> <div><div><input type="checkbox"/> Lavender</div><div><input type="checkbox"/> Serenity®</div><div><input type="checkbox"/> Pebble Diffuser</div><div><input type="checkbox"/> Vetiver</div><div><input type="checkbox"/> Cedarwood</div><div><input type="checkbox"/> Clary Sage</div><div><input type="checkbox"/> Lavender Touch</div></div>	<div>Manage Stress and Mood</div> <div><div><input type="checkbox"/> Citrus Bloom™</div><div><input type="checkbox"/> Frankincense Touch</div><div><input type="checkbox"/> dōTERRA Adaptiv®</div><div><input type="checkbox"/> dōTERRA Citrus Bliss®</div><div><input type="checkbox"/> dōTERRA Balance®</div></div>
	REDUCE TOXICITY	<div>Support Cleansing</div> <div><div><input type="checkbox"/> Lemon</div><div><input type="checkbox"/> Zendocrine®</div></div>	<div>Natural Self-Care</div> <div><div><input type="checkbox"/> Oral Health</div><div><input type="checkbox"/> Essential Skin Care</div><div><input type="checkbox"/> Yarrow Pom & Immortelle</div></div>
INFORMED SELF-CARE		<div>Protect and Restore</div> <div><div><input type="checkbox"/> dōTERRA On Guard®, Beadlets and Drops</div><div><input type="checkbox"/> dōTERRA Easy Air and Drops</div><div><input type="checkbox"/> dōTERRA ZenGest®</div><div><input type="checkbox"/> Peppermint and Beadlets</div></div>	<div></div> <div><div><input type="checkbox"/> Tea Tree</div><div><input type="checkbox"/> Frankincense</div><div><input type="checkbox"/> dōTERRA ClaryCalm™</div><div><input type="checkbox"/> Helichrysum</div><div><input type="checkbox"/> TerraEssential® and TerraEssential® Spray</div></div>

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

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

MORNING		AFTERNOON	EVENING

MONTH 1 LRP	Date: /	MONTH 2 LRP	Date: /	MONTH 3 LRP	Date: /
TOTAL PV		TOTAL PV		TOTAL PV	

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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

10%
Months 1–3

15%
Months 4–6

20%
Months 7–9

25%
Months 10–12

30%
Months 13+

TOTAL SAVINGS AND PRODUCT POINTS:

35%

40%

45%

50%

55%

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 doTERRA'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

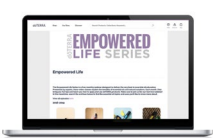
-  Avoid contact with the eyes, inside of the nose, and ears.
-  Dilute with Fractionated Coconut Oil for sensitive skin. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch line has prediluted oils.
-  Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, 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)



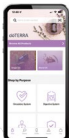
Empowered Life Series
doterra.com/US/en/empowered-life-series
View this webinar series to continue learning ways you can use your products.



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



Explore dōTERRA TH website :
https://www.doterra.com/TH/en_TH



Refer to Product Guide.

Member Services

Your Key Support _____

Phone _____
Email _____

Other Support _____

Phone _____
Email _____

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

Email:
thailand@doterra.com

Call Center:
02 180 5111

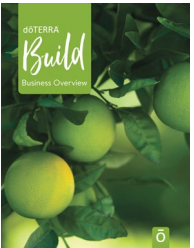
Every Bottle Makes a Difference

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**

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