

Congratulations

Your choice to engage in holistic, self-directed healthcare offers new possibilities for ways to live empowered in your daily life. dōTERRA®, "gift of the earth" in Latin, provides you with simple, safe, and natural solutions you can rely on to care for the whole you and enhance your physical, mental, and emotional health. As you personally experience the powerful benefits of essential oils, you understand why dōTERRA is revolutionizing the way families are boosting their health.

Ready to Discover Self-Directed Health?

Envision a life where finding solutions is simple. With a reference guide and a box of dōTERRA's CPTG® essential oils at your fingertips, you are prepared to address 80 percent of your health priorities. For those times when you need support from a specialist, partner with a practitioner who supports you in finding the best scientific and natural solutions.



Live a Wellness Lifestyle

dōTERRA's Wellness Lifestyle Pyramid illustrates how wellness is a combination of lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. Your daily habits make all the difference. As you live these principles and use dōTERRA's powerful products, you experience new levels of wholeness.

Rate yourself in each area (1-10)



Protect & Restore

Use dōTERRA On Guard® to support immunity* and Frankincense to promote cellular health.*



Cleanse & Detoxify

Add a drop of a citrus oil of your choice to your water to release toxins.*



Calm & Ground

Use a calming oil of your choice to help you relax and manage stress while keeping you grounded.



Soothe

Use Deep Blue® Rub before and after your workout. Apply topically where needed.



Fuel, Support, & Fortify

Maximize your daily nutrient intake with dōTERRA Lifelong Vitality Pack®, a trio of power-packed supplements to fuel and support your body.

Support digestion with DigestZen TerraZyme®.*

Fortify and optimize your GI tract, support digestion, and support immunity with PB Assist+®.*



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.