dōTERRA Live
Lifestyle Overview
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.

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.
Eat Right

Give your body what it needs and it will thrive. It all starts with daily nutrition and digestive support. doTERRA whole-foods supplements are an ideal companion for your essential oils.

**dōTERRA LIFELONG VITALITY PACK®**
Crucial bioavailable micronutrients and cellular support.*

**DIGESTZEN TERRAZYME®**
Whole-food enzymes to support healthy digestion and metabolic processes.*

**PB ASSIST® AND PB ASSIST® JR**
Provides healthy intestinal flora and strengthens immunity.*

**dōTERRA a2z CHEWABLE™ AND IQ MEGA®**
Start your child’s day off with great nutrition as they are growing and developing.

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GREEN SMOOTHIE

1/2 frozen banana
1/2 cup frozen blueberries or strawberries
2 handfuls of baby spinach or kale
1 1/2 cups vanilla unsweetened almond milk
1 scoop dōTERRA TrimShake
1 scoop TerraGreens®
1 tbsp. IQ Mega® (optional)

Combine ingredients in blender until smooth.

OATMEAL

Add Cinnamon Bark, dōTERRA On Guard®, or Wild Orange to your oatmeal.

PRODUCE WASH

Wash off pesticides, germs, and residues by filling the sink with cold water, 1/2 cup white vinegar, and 6 drops of Lemon oil. Soak and then rinse fruits and vegetables.

ADD TO WATER

Add these essential oils to still or sparkling water for a delicious flavor (and zero calories):

- Tangerine
- Lemon
- Grapefruit and Cassia
- Wild Orange, Lime, and Grapefruit

Add 1–2 drops Peppermint, Ginger, or dōTERRA On Guard® to hot water for a therapeutic tea.

DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods
Decrease sugar, caffeine, dairy, and processed foods
Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems, among other crucial benefits. Essential oils and targeted supplementation support greater flexibility and energy, and ease feelings of tension in the body to help you stay active and strong.

**HEALTHY WEIGHT PLAN**

**BREAKFAST**
- Slim & Sassy® TrimShake
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3–5 drops in water

**LUNCH**
- Healthy meal or TrimShake
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3–5 drops in water

**DINNER**
- Healthy meal
- 1–3 capsules DigestZen TerraZyme®
- 1 Slim & Sassy® Softgel or 3–5 drops in water

**SLIM & SASSY® METABOLIC BLEND**
Promotes healthy metabolism.*
Take 3–5 softgels throughout the day as needed or dilute and apply topically.

**SLIM & SASSY® METABOLIC GUM**
The Slim & Sassy Metabolic Blend helps manage cravings throughout the day while supporting healthy metabolism.

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CHOCO-PEPPERMINT TRIM SHAKE

1 cup coconut water or almond milk
2 scoops Chocolate TrimShake
1 drop Peppermint
Ice (as desired)

Blend all ingredients until smooth.

ALSO TRY
Vanilla TrimShake with frozen berries, bananas, and 3 drops of Wild Orange.

DEEP BLUE® SOOTHING BLEND
Provides soothing effect to back, knees, feet, and other areas of concern.
Apply before and after exercise as needed or desired. Try applying Deep Blue® oil then layer with Deep Blue® Rub for added benefit.

MITO2MAX®
Energy & Stamina Complex. Supports healthy cellular energy production and promotes healthy circulation.*
Take 1 capsule with breakfast and lunch. Use as a natural substitute for caffeinated drinks.

DEEP BLUE POLYPHENOL COMPLEX®
Soothes aches and discomforts and supports muscle and joint function.*
Take 1–3 capsules daily with meals, or take 2 capsules for extra support.

dōTERRA BREATHE®
Creates feelings of easy breathing.
Rub 1–2 drops on chest. Dilute if needed.

SLIM & SASSY® TRIMSHAKE
Nutrient enhanced meal alternative.
For one or more meals each day. Available in chocolate, vanilla, and vegan.

DAILY WELLNESS LIFESTYLE HABITS

30+ minutes daily movement
Stretch or practice yoga to increase flexibility

30+ minutes daily movement
Stretch or practice yoga to increase flexibility

30+ minutes daily movement
Stretch or practice yoga to increase flexibility
RESTING BATH SALTS
1 cup Epsom salts
10 drops doTERRA Balance®, doTERRA Serenity®, or Lavender
Mix and pour into bath.

PEACEFUL REST FAVORITES

PEACEFUL DREAMS
Place 1–2 drops of Lavender or doTERRA Serenity® on pillow.

DEEP SLEEP
Take 1–2 doTERRA Serenity® Softgels before bed for rejuvenating sleep.*

RELAX IN A FLASH
Combine 1–3 drops of Wild Orange and Vetiver, and massage on feet and spine.

EASY BREATHING
Gargle 1–2 drops of doTERRA On Guard® and diffuse doTERRA Breathe® or apply doTERRA Breathe® Vapor Stick.

LUMO DIFFUSER
Diffuse oils in this cool mist atomizing diffuser, or inhale from cupped hands, or apply to pulse points.

Rest and Manage Stress

Sleep improves mood and gives your body the opportunity to repair and renew. Approximately 80% of health problems are estimated to be the result of persistent stress. Essential oils provide dynamic support for getting consistent quality sleep and managing stress.
Emotional Balance
Feel great and stay balanced. Identify your emotion(s) and the doTERRA® oil(s) you need to support your emotional balance.

- doTERRA PEACE®
  Reassuring Blend
  Support feelings of reassurance and composure, and return to peace and presence.

- doTERRA CONSOLE®
  Comforting Blend
  Feel more hopeful, comforted, and emotionally balanced.

- doTERRA FORGIVE®
  Renewing Blend
  Release anger and guilt; move forward feeling relieved and renewed.

- doTERRA MOTIVATE®
  Encouraging Blend
  Strengthen belief in yourself. Increase courage, confidence, and unleash creativity to manifest powerful results from your best efforts.

- doTERRA CHEER®
  Uplifting Blend
  Create a bright disposition, cheerful attitude, and boost happiness and positivity.

- doTERRA PASSION®
  Inspiring Blend
  Rekindle excitement and inspire the willingness to take risks and make new discoveries.

DAILY WELLNESS LIFESTYLE HABITS
7-9 hours quality sleep nightly
Daily mindfulness/meditation
**WHY CLEANSE?**
- Enhance mood
- Enhance metabolism
- Support healthy weight
- Improve digestive function
- Improve elimination and natural detox processes of body
- Support nervous system
- Increase energy

**TIP**
Use citrus oils daily in your water for gentle, natural cleansing.

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**EXPERIENCE dōTERRA’S 30 DAY CLEANSE**

<table>
<thead>
<tr>
<th>Days</th>
<th>Supplement</th>
<th>Dosage</th>
<th>Notes</th>
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<tbody>
<tr>
<td>DAYS 1–30</td>
<td>SUPPORT HEALTHY DIGESTION AND METABOLISM*</td>
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<tr>
<td></td>
<td>DigestZen TerraZyme®</td>
<td>1–3 capsules with meals daily</td>
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<td></td>
<td>Lemon</td>
<td>1–3 drops in water 3–5 times daily</td>
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<td></td>
<td>Zendocrine® Detoxification Complex</td>
<td>1 capsule 2–3 times daily</td>
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<td>DAYS 1–10</td>
<td>SUPPORT FILTERING ORGANS*</td>
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<td></td>
<td>Zendocrine® Softgels</td>
<td>1 softgel 2–3 times daily</td>
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<td>DAYS 11–20</td>
<td>CLEANSE INTESTINAL TRACT*</td>
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<td>GX Assist®</td>
<td>1–3 softgels a day with meals</td>
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<tr>
<td>DAYS 21–30</td>
<td>SUPPORT HEALTHY DIGESTIVE FUNCTION AND IMMUNITY*</td>
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<td></td>
<td>PB Assist®</td>
<td>1–3 capsules a day with meals</td>
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<td>SUPPORT CELLULAR HEALTH*</td>
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<td></td>
<td>DDR Prime® Softgels</td>
<td>Take 2 softgels daily with meal</td>
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</table>
DAILY WELLNESS LIFESTYLE HABITS

8-10+ water glasses daily
Eliminate chemical-based cleaning and self-care products

NATURAL SELF-CARE

dōTERRA

ON GUARD® TOOTHPASTE
Natural Whitening Toothpaste.

VERÀGE® FACIAL KIT
Plant-based, essential oil-infused, natural skin care line.

dōTERRA

SALON ESSENTIALS® KIT
Essential oil-infused premium hair products: Protecting Shampoo, Smoothing Conditioner, Healthy Hold Glaze, and Root to Tip Serum.

NATURAL CLEANING
Reduce toxicity in your environment by using safe, plant-based, non-toxic, natural cleaners.

GLASS CLEANER
1 1/2 cups white vinegar
1/2 cup water
8 drops Lemon
Mix ingredients in 16 oz. glass spray bottle & shake thoroughly.

BATHROOM FRESHENER
5 drops Lemongrass
5 drops Grapefruit
5 drops Bergamot
Water
Add water to nearly full 4 oz. spray bottle. Mix, shake, and spray.
Make it a habit to use dōTERRA natural solutions as your first line of defense. With a trusted essential oil reference book, increase your understanding and application of the possibilities you have at your fingertips.

**PASTTENSE®**
Eases occasional head and neck tension.

**CORRECT-X®**
Natural ointment for use on any minor skin irritations.

**dōTERRA ON GUARD® BEADLET**
Consume 1 beadlet daily for immune support.*

**LAVENDER**
Calms, comforts, and soothes sensitivities.*

**dōTERRA ON GUARD® SANITIZING MIST**
Naturally derived hand sanitizing mist kills 99.9% of germs and bacteria.

**8 VIAL KEYCHAIN**
Pack your 8 most frequently used oils to be ready for anything!

**KEYCHAIN FAVORITES**

- Lavender
- DigestZen®
- Peppermint
- Frankincense
- dōTERRA Breathe®
- dōTERRA On Guard®
- Deep Blue®
- Melaleuca

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Targeted Support
Identify specific body systems and/or organs needing support.* Choose additional essential oils to enhance your daily wellness plan and results.

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**ENDOCRINE**
Direct body through hormone secretion, hypothalamus, thalamus, pineal, pituitary, parathyroid, thyroid, pancreas, adrenals
- dōTERRA On Guard®
- Lemongrass • Slim & Sassy®
- Frankincense • Rosemary

**LIMBIC**
Production of emotion, hypothalamus, thalamus, etc.
- dōTERRA Balance®
- dōTERRA Serenity®
- Peppermint • Frankincense
- Lavender • Rose Touch

**RESPIRATORY**
Sinuses, lungs, trachea
- dōTERRA Breathe®
- Peppermint • Eucalyptus
- Cardamom • Lemon
- dōTERRA On Guard®

**IMMUNE**
Protection of normal body function; thymus, spleen, lymphatic system, glands, ducts, tonsils
- dōTERRA Lifelong Vitality Pack®
- dōTERRA On Guard®
- Lemon • DDR Prime® • Thyme

**URINARY**
Produce and store urine; eliminate toxins and waste through kidneys, bladder
- Zendocrine® • Geranium
- Zendocrine® Softgels
- Juniper Berry • Lemon

**MUSCULAR & SKELETAL**
Supports organs and body movement; bones, cartilage, muscles, ligaments, tendons
- AromaTouch® • Deep Blue®
- Lemongrass • Deep Blue® Rub
- Wintergreen • Siberian Fir

**Skin & Hair**
Protects body, sensation and elimination through the largest organ—skin
- Immortelle
- Sandalwood
- Verage® Skin Care
- dōTERRA Salon Essentials® Hair Care

**NERVOUS**
Collect, transfer, and process information, communication; brain, spinal column, nerves
- Frankincense
- xEO Mega®
- Patchouli
- Bergamot
- Copaiba

**CIRCULATORY**
Moves nutrients, gases, and waste to and from cells; heart, blood, arteries, veins, valves
- AromaTouch®
- Alpha CRS+®
- Peppermint
- xEO Mega®
- Neroli Touch

**DIGESTIVE**
Breakdown and absorption of food; mouth, teeth, stomach, pancreas, liver, gallbladder, intestines, colon, appendix
- DigestZen TerraZyme®
- Fennel • DigestZen®
- Ginger • Peppermint

**REPRODUCTIVE**
Ovaries, uterus, breasts, testes, prostate
- Clary Calm® • Rosemary
- Melaleuca • Spikenard
- Phytoestrogen Essential Complex

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*Each product may help with one or more functions of the body system or organ it is listed under. See product information pages at doterra.com.
# Customize Your Wellness Plan

Ensure you are living in an empowered way by focusing on each level. Refer back to your ratings in each area on page 3. Select desired support from each of the following levels of the doTERRA Wellness Lifestyle Pyramid.

<table>
<thead>
<tr>
<th>1 EAT RIGHT</th>
<th>2 EXERCISE</th>
<th>3 REST &amp; MANAGE STRESS</th>
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</thead>
<tbody>
<tr>
<td><strong>Fuel, Support &amp; Fortify</strong></td>
<td><strong>Soothe &amp; Energize</strong></td>
<td><strong>Sleep Support</strong></td>
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<tr>
<td>- doTERRA Lifelong Vitality Pack®</td>
<td>- Deep Blue®</td>
<td>- Lavender</td>
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<tr>
<td>- doTERRA a2z Chewable™</td>
<td>- Mito2Max®</td>
<td>- doTERRA Serenity®</td>
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<td>- IQ Mega®</td>
<td>- doTERRA Serenity® Softgels</td>
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<tr>
<td><strong>Digestive Support</strong></td>
<td><strong>Respiratory Support</strong></td>
<td><strong>Emotional / Stress Support</strong></td>
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<td>- doTERRA Breathe®</td>
<td>- doTERRA Breathe®</td>
<td>- doTERRA Emotional Aromatherapy® Kit</td>
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<td>- DigestZen TerraZyme®</td>
<td>- Peppermint</td>
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<td>- PB Assist® Jr.</td>
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<td>- Elevation</td>
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<td>- PB Assist® +</td>
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<td>- Citrus Bliss®</td>
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<td>- doTERRA Balance®</td>
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<tr>
<td><strong>Metabolic Support</strong></td>
<td><strong>Sleep Support</strong></td>
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<td>- Slim &amp; Sassy®</td>
<td>- Lavender</td>
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<td>- doTERRA Balance®</td>
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- Daily Habits Kit
- Athlete Care Kit
- Calm and Harmony Kit
REDUCE TOXIC LOAD

Cleanse Support
- Lemon
- Tangerine

Natural Cleaning
- doTERRA On Guard® Cleaner Concentrate
- doTERRA On Guard® Laundry Detergent
- doTERRA On Guard® Foaming Hand Wash

Natural Self-Care
- Verage® Skin Care Collection
- doTERRA On Guard® Toothpaste
- Shampoo & Conditioner

INFORMED SELF-CARE

Protect & Restore
- doTERRA On Guard®
- Frankincense

Targeted Support
Note any needed natural solutions from page 13
1. 
2. 
3.

Targeted Support
- ClaryCalm®
- Melaleuca
- Copaiba Softgels

- PastTense®
- InTune®
- Correct-X®

- TerraShield®
- DDR Prime®

Cleanse & Restore Kit
- Immune Support Kit
1. **Write down your health priorities and find solutions.** Find your natural solutions on pages 13 and 17 or in a reference guide.

<table>
<thead>
<tr>
<th>Top Health Priorities for you or your family</th>
<th>90-Day Goals</th>
<th>Natural Solutions you have or need</th>
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2. **Create your Daily Wellness Plan.**
Take the solutions you identified above and organize them into your daily plan.

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<tr>
<th>MORNING</th>
<th>AFTERNOON</th>
<th>EVENING</th>
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**Daily Wellness Habits**
- dōTERRA Lifelong Vitality Pack®
- Frankincense
- DigestZen TerraZyme®
- dōTERRA On Guard®
- Lemon

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<thead>
<tr>
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3. **What other wellness choices could support your goals?**
(e.g. increase water, sleep, exercise, dietary changes)

How can you re-purpose dollars and replace everyday household items with more natural, high-quality dōTERRA products? (e.g., skin, hair, laundry, cleaning)

4. **Live empowered with natural solutions.**
Create a 90-day wellness plan by adding the product you need to your LRP orders (recommended to run between the 5th—15th).

<table>
<thead>
<tr>
<th>MONTH 1 LRP</th>
<th>Date:</th>
<th>MONTH 2 LRP</th>
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<th>MONTH 3 LRP</th>
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Getting Started

Check off products you currently have and circle those you want or need for your personal wellness plan and household.

**SINGLE OILS**

- Arborvitae: Cleansing, immune and cellular health support; seasonal relief
- Basil: Mental alertness; inner ear health
- Bergamot: Calming and energizing; uplift mood; promote self-acceptance and self-worth
- Black Pepper: Broad-spectrum immune support; support tobacco cessation; digestive support
- Cardamom: Digestive and respiratory support; soothe stomach and motion discomfort
- Cedarwood: Hair and scalp support; nervous and respiratory system support
- Cilantro: Heavy metal detox; cooking; lessens occasional head tension
- Cinnamon: Maintain already healthy blood sugar levels; immune and cholesterol support
- Clary Sage: Calming; healthy hormone balance; circulation support
- Clave: Numbing; soothe teeth and gums; support oral health; antioxidiant properties
- Copaiba: Powerful antioxidant; support cardiovascular, immune, cellular, and digestive systems; healthy inflammatory response
- Coriander: Digestive support
- Cypress: Enhancing; circulation and breathing support
- Eucalyptus: Sinus, respiratory, and oxygen support
- Fennel: Digestive support; circulation; skin support
- Frankincense: Healthy inflammatory response; mood support; cellular health; immune support
- Geranium: soothe skin; hormone balance; gall bladder, liver and mood support
- Ginger: Digestive health; relieve occasional motion sickness/nausea
- Grapefruit: Manage appetite and cravings; stabilize weight; detox
- Green Mandarin: Mood support; digestive health; respiratory support
- Helichrysum: Renew and revitalize; tissue support; improve skin; support liver
- Jasmine Touch: Uplift mood; healthy complexion; personal fragrance
- Juniper Berry: Digestive support; respiratory health; emotional support; immune support
- Lavender: Soothing and calming; soothe occasional skin sensitivities; promote sleep
- Lemon: Uplifting; detoxification; support liver and kidneys; antioxidiant
- Lemongrass: Support thyroid and connective tissue; ease sore muscles; detoxification
- Lime: Calming; respiratory support; soothe occasional throat irritation; improve focus
- Magnolia Touch: Promote calm and relaxing mood
- Marjoram: relieve occasional sore, tight, or tense muscles; digestive and bowel upset
- Melaleuca: Cleansing; skin support; healthy complexion
- Melissa: Strengthening; emotional and cognitive health; calm nerves; support confidence; support immune system
- Myrrh: Immune support; soothe occasional throat irritation; gum and skin health; thyroid support
- Oregano: Cleansing; antioxidiant; hormone support
- Patchouli: Calming; support nerves, skin, and mood; detoxification; boost confidence
- Peppermint: Cooling; soothe head tension; support alertness, respiration, exercise, and digestion
- Pink Pepper: Cleansing and invigorating; digestive and immune support
- Roman Chamomile: Promote calm and restful sleep; skin health; mood support; liver support
- Rosemary: Immune support; reduce mental fatigue
- Rose Touch: Calming; support skin; promote confidence and mood
- Sandalwood: Support brain, skin, and mood
- Siberian Fir: Reduce stress and balance emotions; soothe minor skin irritations; relaxing massage
- Thyme: Cellular health; antioxidiant; brain and prostate
- Tangerine: Powerful antioxidiant; cellular health; immune, digestive, and respiratory support
- Vetiver: Grounding and calming; promote focus and concentration; support sleep
- Wild Orange: Calming; cellular health; digestive support; uplift mood
- Wintergreen: Soothe occasional soreness; healthy inflammatory response
- Yarrow Pom: Promote cellular, immune, skin and nervous system health; calming and soothing
- Ylang Ylang: Support heart, adrenals, hormones, mood, and maintain already healthy blood pressure

**SIGNATURE OIL BLENDS**

- AromaTouch®: Relieve some muscles from exercise or tension; increase circulation/oxygen
- aTERRA Balance®: Grounding; reduce anxiousness/nervousness; improve attention
- aTERRA Breathe®: Respiratory support; invigorating vapor
- Citrus Bliss®: Invigorating; uplift mood; reduce stress
- CalmCalm®: The best oil for your worst week. Period
- DDR Prime®: Protect cellular health and DNA; support thyroid
- Deep Blue®: Relieve occasional soreness
- DigestZen®: Support occasional digestive upset and nausea
- Elevation: Reduce frustration; elevate mood; promote energy and joy
- Immortelle: Promote skin health and rejuvenation; mood support
- InTune®: Support focus, concentration, attention, mental clarity, and mood
- Kid’s Collection: Positive essential oil introduction; mood support
- PastTense®: Relieve occasional head tension and discomfort; promote relaxation
- aTERRA Serenity®: Reduce stress, anxiousness, tension, and mental chatter; sleep support
- Slim & Sassy®: Target metabolism, appetite, cravings; maintain already, healthy blood sugar
- TerraShield®: Outdoor protection; support healthy boundaries
- TruEase®: Seasonal and environmental relief; respiratory support; immune support
- Zendocrine®: Support urinary system; detoxification; antioxidiant
- Yoga Collection: Increase benefit from yoga practice

**WELLNESS**

- aTERRA LifeLong Vitality Pack®: Comprehensive trio for optimal health, energy, and longevity
- Deep Blue® Polyphenol Complex: Provide soothing, relief, and structural support
- Fractionated Coconut Oil: Dilution aid and skin moisturizer
- PB Assist®: Proprietary probiotic supplement; support digestive and immune system
- DigestZen TerraZyme™: Digestive Enzyme Complex; support healthy digestion and metabolism
- Zendocrine® Complex: Herbal cleansing for liver, kidneys, colon, respiratory system, and skin

**PERSONAL CARE**

- Correct-X®: Protect and hydrate skin, soothe and promote skin renewal after stress
- aTERRA® Spa Hand & Body Lotion: Base lotion to add oils to
- HD Clear®: Skin Care Facial Lotion and Foaming Face Wash
- aTERRA Salon Essentials®: Protecting Shampoo and Smoothing Conditioner
- Verage®: Skin Care Collection: Natural Cleanser, Toner, Moisturizer, Hydrating Serum
- aTERRA Breathe®: Drops: Respiratory support; clear and soothe airways
- Deep Blue®: Rub: Soothing lotion
- aTERRA On Guard®: Toothpaste: Natural whitening toothpaste
- aTERRA On Guard®: Sanitizing Mist: Kill 99.9% of germs and bacteria; quick-drying mist
- aTERRA On Guard®: Protecting Throat Drops: Immune health
- aTERRA On Guard®: Foaming Hand Wash: Safe and effective cleanser
- Lumo/Lotus: Petal Diffuser: Aromatic oil use
- Veggie Caps: Empty gel capsules

**DISCLAIMER:** This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment. 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.
Loyalty Rewards

The Smartest Way to Buy
You can always order a standard wholesale order for 25 percent off retail pricing, but to get the best value, create an LRP (Loyalty Rewards Program) order for even greater savings and opportunities to receive free product.

Loyalty Rewards Program FAQs

How do I create or change my LRP order?
• Log in to doterra.com. Click “Create New LRP Order” or edit items in an existing LRP order.

How do I cancel my LRP order?
• You can cancel your LRP order anytime via phone, online chat, or email to service@doterra.com. dōTERRA Customer Service will assist you in redeeming any free product points you’ve accumulated. If you cancel your LRP order, you will start back at 10 percent rewards when you resume consistent LRP order purchasing.

What if I want to return product?
• If opened or used, dōTERRA refunds 90 percent of the purchase price and 100 percent full refund of anything unopened within 30 days of purchase.

Can I have more than one LRP order?
• Yes. If you have a need for more than your monthly order, simply change your LRP order and run it again whatever day(s) of the month you choose. Set up as many orders as you like. Remember to cancel any orders you do not wish to receive the following month.

When can I use my product points?
• Redeem your product points within a year from when you earn them.

How do I get 100 percent of my shipping reimbursed?
• 50 percent of your shipping will be reimbursed in product points when placing any LRP order. The remaining 50 percent will be reimbursed in product points if the LRP order is processed online, without calling customer support.

How do I maximize doTERRA’s specials?
• Place an LRP order of at least 125 PV (personal volume) between the 5th and the 15th. This sets you up to receive the Product of the Month for free and take advantage of any promotions. Pay attention to the PV versus price, as many specials are PV-related, and start on the 1st of the month.

PRODUCT VALUE (PV) MUST EXCEED | 1 | 50 | 100 | 125
--- | --- | --- | --- | ---
Maintain LRP Rewards Points | ✓ | ✓ | ✓ | ✓
Earn 10—30% Points & Increase % | ✓ | ✓ | ✓ | ✓
Qualify to Receive Income | ✓ | ✓ | ✓ | ✓
Receive Free Product of the Month (orders placed between the 1st-15th) | ✓ | ✓ | ✓ | ✓

+ Choose up to 3 Additional Supplements at Reduced Prices

- Microplex VMz®
  - $39.50
  - $20/10PV

- xEO Mega®
  - $47.50
  - $20/10PV

- Mito2Max®
  - $42.50
  - $20/10PV

- Deep Blue Polyphenol Complex®
  - $59.50
  - $20/10PV

- DigestZen TerraZyme®
  - $44.50
  - $20/10PV

- PB Assist®
  - $34.50
  - $20/10PV

- Kids Kit (IQ Mega® & a2z Chewable™)
  - $29.50
  - $25/10PV

dōTERRA
Buy 1 Lifelong Vitality Pack®
$79.50 wholesale
(60 PV)
How do I get 30 percent back in FREE product credits?
• Your Loyalty Rewards percentage grows over time from the first month you order after enrolling.
• Your starting percentage depends on the kit you started with. Whatever percentage you start at, you will increase by 5 percent every 3 months until you reach the maximum of 30 percent LRP Rewards.

How do I redeem my LRP Points?
• In your virtual shopping cart select “Use Points” on the products you would like to redeem with your Loyalty Rewards Points. New points are added the 15th of the following month after each order placement.

EARN UP TO 30% IN FREE PRODUCT CREDITS
Your rewards percentage grows over time.

<table>
<thead>
<tr>
<th>PERCENT BACK IN PRODUCT CREDITS:</th>
<th>10%</th>
<th>15%</th>
<th>20%</th>
<th>25%</th>
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<td>Months 1-3</td>
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<td>Months 13+</td>
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TOTAL SAVINGS & CREDITS:
35%  40%  45%  50%  55%

Essential Tips

Effectiveness

Use your reference guide to find solutions for concerns as they arise.

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

Massage to increase benefits and promote rapid absorption.

Try different application methods; apply oils under tongue, or to bottoms of feet, spine, or navel.

Safety

Avoid contact with eyes, inside of nose and ears.

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

Read labels and follow recommendations.

Best Practices

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

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

dōTERRA® oils are very potent. Use smaller amounts more frequently for best results.
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 oil represents hands that have nurtured the earth for all of our benefit.

SHARE WITH THOSE YOU LOVE

CHANGE OTHERS’ LIVES
Host a dōTERRA class with your friends and family!

BUILD AN INCOME & MAKE AN IMPACT

CHANGE YOUR FUTURE
Launch your dōTERRA business by sharing & empowering with natural solutions & teaching others to do the same.