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 overall 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.

*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.

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

- **Cleanse and Detoxify**
  Add a drop of a citrus oil of your choice to your water to release toxins.*

- **Calm and 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, and 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+®.*

Rate yourself in each area (1-10)
Eat Right

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

*dōTERRA LIFELONG VITALITY PACK*
Offers crucial bioavailable micronutrients and cellular support.*

**DIGESTZEN TERRAZYME**
Support healthy digestion and metabolic processes with whole-food enzymes.*

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

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

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GREEN SMOOTHIE

¼ frozen banana
½ cup frozen blueberries or strawberries
2 handfuls of baby spinach or kale
1 ½ cups vanilla unsweetened almond milk
1 scoop dōTERRA TrimShake
1 scoop TerraGreens®
1 tsp IQ Megā® (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, ½ cup white vinegar, and 6 drops of Lemon oil. Soak fruits and vegetables, and then rinse.

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
Exercise

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

**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**
Helps manage cravings throughout the day and supports healthy metabolism.

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CHOCO-PEPPERMINT TRIMSHAKE

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 oil.

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

DAILY WELLNESS LIFESTYLE HABITS

DEEP BLUE® RUB
Provides soothing effect to back, knees, feet, and other areas of concern.

Apply before and after exercise as needed. For added benefit, apply Deep Blue® oil, then layer with Deep Blue® Rub.

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 open and easy breathing.

Rub 1–2 drops on chest. Dilute if needed.

COPAIBA SOFTGELS
Supports the healthy functioning of the cardiovascular system and a healthy inflammatory response in the body.*

Take 1 softgel as needed.

TURMERIC DUAL CHAMBER CAPS
Supports a healthy inflammatory response in the body.*

Take 1 capsule with breakfast and another with dinner to support an active lifestyle.

HELICHRYSUM TOUCH
Best known for its restorative properties.

Apply topically for a comforting massage and soothing sensation.
Relaxing Bath Salts
1 cup Epsom salts
10 drops dōTERRA Balance®, dōTERRA Serenity®, or Lavender
Mix and pour into bath.

Rest and Manage Stress

Sleep improves mood and gives your body the opportunity to repair and renew. Approximately 80 percent of health problems are estimated to be the result of persistent stress. Essential oils provide dynamic support to help manage stress, get consistent quality sleep, and create an uplifting environment so you feel centered no matter what life throws your way.

PEACEFUL REST FAVORITES

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

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

RELAXATION IN A FLASH
Combine 1–3 drops of Wild Orange and Cedarwood and massage on feet and spine.

EASY BREATHING
Diffuse dōTERRA Breathe® or apply dōTERRA Breathe® Vapor Stick.

VOLO DIFFUSER
Diffuse oils in this ultrasonic diffuser, or inhale from cupped hands, or apply to pulse points.

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Mind and Mood

Feel great and stay centered. Identify which products you need to support your emotional balance.

The dōTERRA® Adaptiv™ System is an effective answer to reduce tension and empower you when adapting to difficult situations.

The Adaptiv® Calming Blend is the answer during life’s most demanding moments. Diffuse or roll on to promote feelings of calm confidence.

Adaptiv capsules combine clinically studied botanicals with a blend of essential oils to help manage the effects of stress and anxiousness*.

DAILY WELLNESS LIFESTYLE HABITS

7–9 hours of quality sleep nightly
Daily mindfulness/meditation

CITRUS BLISS®
Put a drop in your palm, and inhale for a quick pick-me-up. Diffuse for an uplifting environment.

BLACK SPRUCE
Diffuse to help you relax, reduce and manage stress, and calm emotions.

dōTERRA BALANCE®
Apply to bottom of feet to start your day. Diffuse to create a calming, grounding space during demanding or difficult times.

dōTERRA CHEER®
Apply to wrist or pulse points for a cheerful boost of happiness and positivity throughout the day.

Consider using other essential oils in the dōTERRA Emotional Aromatherapy® system as desired.
WHY CLEANSE?

- Enhance mood
- Enhance metabolism
- Support healthy weight
- Improve digestive function
- Improve elimination and natural detox processes of the body
- Support nervous system
- Increase energy

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

Nature experiences cycles of releasing and renewing. Our bodies also benefit from seasons of cleansing and focused detox for renewal. Support your body’s natural pathways of detoxification by using natural cleaning and self-care products, along with targeted use of doTERRA CPTG® essential oils.

EXPERIENCE doTERRA’S 30-DAY CLEANSE

**DAYS 1–30**

**SUPPORT HEALTHY DIGESTION AND METABOLISM***
- DigestZen
- TerraZyme®
  1–3 capsules with meals daily

**CLEANSE**
- Lemon
  1–3 drops in water 3–5 times daily

- Zendocrine® Detoxification Complex
  1 capsule 2–3 times daily

**DAYS 1–10**

**SUPPORT FILTERING ORGANS***
- Zendocrine® Softgels
  1 softgel 2–3 times daily

**DAYS 11–20**

**CLEANSE INTESTINAL TRACT***
- GX Assist®
  1–3 softgels with meals daily

**DAYS 21–30**

**SUPPORT HEALTHY DIGESTIVE FUNCTION AND IMMUNITY***
- PB Assist®
  1–3 capsules with meals daily

**SUPPORT CELLULAR HEALTH***
- DDR Prime® Softgels
  Take 2 softgels with meals daily

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DAILY WELLNESS LIFESTYLE HABITS

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

NATURAL SELF-CARE

dōTERRA On Guard® Cleaner Concentrate

dōTERRA On Guard® Hand Wipes

dōTERRA On Guard® Foaming Hand Wash

dōTERRA On Guard® Laundry Detergent

dōTERRA On Guard® Cleaner Concentrate

dōTERRA On Guard® Foaming Hand Wash

dōTERRA On Guard® Hand Wipes

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

NATURAL DEODORIZER
Add 5 drops of Purify essential oil to a small glass spray bottle filled with water and spray to deodorize shoes, bathrooms, and garbage cans.

GLASS CLEANER
1 ½ cups white vinegar
½ cup water
8 drops Lemon oil
Mix ingredients in sixteen-ounce glass spray bottle and shake thoroughly

COUNTER CLEANER
Mix 2 Tablespoons (1 ounce) of dōTERRA On Guard® Cleaner Concentrate with 24 ounces of water in a spray bottle. Mix and spray.
Informed Self Care

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.

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

**KEYCHAIN FAVORITES**
- Lavender
- DigestZen®
- Peppermint
dōTERRA Breathe®
dōTERRA On Guard®
- Frankincense
- Deep Blue®
- Tea Tree

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Targeted Support

Identify specific body systems and/or organs in need of support. Choose additional products to enhance your daily wellness plan and results.

**ENDOCRINE**
Direct body through hormone secretion: hypothalamus, thalamus, pineal, pituitary, parathyroid, thyroid, pancreas, adrenals
- dōTERRA On Guard®
- Rosemary
- Lemongrass
- dōTERRA Serenity®
- Adapтив Capsules

**LIMBIC**
Production of emotion: hypothalamus, thalamus
- dōTERRA Balance®
- Peppermint
- dōTERRA Serenity®
- Lavender
- Adapтив Capsules
- Frankincense
- Rose

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

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

**URINARY**
Production and storage of urine and elimination of toxins and waste: kidneys, bladder
- Lemongrass
- Celery Seed
- Zendocrine® Softgels
- Juniper Berry
- Lemon

**MUSCULAR & SKELETAL**
Supports organs and body movement: bones, cartilage, muscles, ligaments, tendons
- Turmeric Dual Chamber Capsules
- AromaTouch®
- Deep Blue®
- Lemongrass
- Copaiba
- Wintergreen
- Siberian Fir

**SKIN & HAIR**
Protects body, sensation and elimination through the largest organ—skin
- Immortelle
- Sandalwood
- Rose
- Verāge® Skin Care
- Tea Tree
- Geranium
- dōTERRA Salon Essentials® Hair Care

**CIRCULATORY**
Nutrients, gases, and waste movement to and from cells: heart, blood, arteries, veins, valves
- AromaTouch®
- ylang ylang
- Alpha CRS+®
- Peppermint
- xEO Mega®
- Black Pepper

**NERVOUS**
Collection, transference, and processing of information and communication: brain, spinal column, nerves
- Frankincense
- xEO Mega®
- DDR Prime®
- Adapтив
- Bergamot
- Copaiba

**DIGESTIVE**
Breakdown and absorption of food: mouth, teeth, stomach, pancreas, liver, gallbladder, intestines, colon, appendix
- DigestZen TerraZyme®
- Fennel
- Ginger
- Peppermint Softgels
- Celery Seed
- Tamer™

**REPRODUCTIVE**
Ovaries, uterus, breasts, testes, prostate
- Clary Calm®
- Black Spruce
- Phytoestrogen Essential Complex
- Rosemary
- Spikenard
- Jasmine

*Each product may help with one or more functions of the body systems or organs 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 dōTERRA 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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<td>- Deep Blue®</td>
<td>- Lavender</td>
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<td>- dōTERRA a2z Chewable™</td>
<td>- Mito2Max®</td>
<td>- dōTERRA Serenity®</td>
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<td>- Aromatouch®</td>
<td>- Diffuser</td>
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<td>- PB Assist® Jr</td>
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<td>- dōTERRA Emotional Aromatherapy® Kit</td>
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<td>- Adaptiv™ Capsules</td>
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<td>- Elevation</td>
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<td>- Citrus Bliss®</td>
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<td>- dōTERRA Balance®</td>
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<tr>
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<th><strong>Performance Support</strong></th>
<th><strong>Emotional/Stress Support</strong></th>
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- Daily Habits Kit
- Relief Program
- Mind & Mood Program
REDUCE TOXIC LOAD

Cleanse Support

- Lemon
- Tangerine

Natural Cleaning

- ☐ dōTERRA On Guard® Concentrate
- ☐ dōTERRA On Guard® Laundry Detergent
- ☐ dōTERRA On Guard® Foaming Hand Wash

Natural Self-Care

- ☐ Verage® Skin Care Collection
- ☐ dōTERRA On Guard® Toothpaste
- ☐ Shampoo and Conditioner

Protect & Restore

- ☐ Peppermint
- ☐ Tea Tree
- ☐ Copaiba Softgels

Targeted Support

Note any needed natural solutions from page 13.

1.
2.
3.

- ☐ ClaryCalm®
- ☐ InTune®
- ☐ Correct-X®

- ☐ Frankincense
- ☐ Turmeric Dual Chamber Capsules
- ☐ DDR Prime®

Cleanse and Restore Kit

Immunity Program
Targeted Wellness Delivered

Whether you’re looking for relief, support for immunity, or a greater sense of balance, the Wellness Programs are a simple, almost effortless way for you to target a specific health goal and get the exact products you need for what you want to achieve.

Each program—Immunity, Relief, and Mind & Mood—is a 90-day program, made up of three kits that rotate each month and are automatically delivered to you. The products in each collection have been carefully selected by essential oil experts, and experienced doctors and scientists, giving you the routines that produce the results you want in an easy set-it-and-forget-it format.

Every kit within each Wellness Program comes with exclusive products and premium gifts you can’t get any other way.

Simply choose the benefits you want, sign up, and receive powerful products, delivered to your doorstep.

Starting a Wellness Program is easy.

1. Choose your Program
2. Use your products
3. Own your health
4. Save and repeat
Immunity Wellness Program
Protect, strengthen, and respond.

The Immunity Wellness Program provides the targeted support you need, offering a curated selection of products that are designed to support your immune system, keep your environment clean, and protect your home.

Relief Wellness Program
Soothe, support, and comfort.

Discomfort can make you feel like you are not living life to the fullest. Stop feeling held back from the activities you love and say hello to liberation and freedom with the safe and natural solutions in the Relief Wellness Program.
Mind & Mood Wellness Program

Balance, center, and adapt.

Daily ups and downs are to be expected. Don’t let them take a toll. Instead, let this wellness collection help you manage your mind and mood naturally. Choose to consistently create uplifting environments so you feel centered no matter what life throws at you.
The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of wellness convenient and affordable. These essential nutrients can be paired perfectly with any Wellness Program or essential oil to maximize results.

Make Wellness Complete

For greater savings and opportunities to receive free product, create an LRP (Loyalty Rewards Program) order.

The Smartest Way to Buy

Buy 1 Lifelong Vitality Pack®
$79.50 wholesale
(60 PV)

Choose up to 3 Additional Supplements at Reduced Prices

- Microplex VMz®
  - Only $20/10 PV
- xEO Mega®
  - Only $20/10 PV
- Mito2Max®
  - Only $25/10 PV
- Deep Blue Polyphenol Complex®
  - Only $25/10 PV
- PB Assist+®
  - Only $25/10 PV
- Kids Kit
  - Only $25/10 PV
  (IQ Mega® & a2z Chewable™)

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### Top Health Priorities for You and Your Family

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### 90-Day Goals

### Natural Solutions You Have or Need

#### Morning
- dōTERRA Lifelong Vitality Pack®
- Frankincense
- DigestZen TerraZyme®
- dōTERRA On Guard®
- Lemon

#### Afternoon
- dōTERRA Lifelong Vitality Pack®
- DigestZen TerraZyme®
- dōTERRA Balance®

#### Evening
- DigestZen TerraZyme®
- PB Assist®
- Lavender

### Daily Wellness Habits (see page 3)

<table>
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<tr>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
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<tbody>
<tr>
<td>dōTERRA Lifelong Vitality Pack®</td>
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<tr>
<td>Lemon</td>
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### What other wellness choices could support your goals?
(e.g. increase water, sleep, exercise, dietary changes)

### 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>MONTH 2 LRP</th>
<th>MONTH 3 LRP</th>
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<tr>
<td>Date:</td>
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<tr>
<td>TOTAL PV</td>
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### How can you re-purpose dollars and replace everyday household items with more natural, high-quality dōTERRA products? (e.g., skin, hair, laundry, cleaning)

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Reach your wellness goals!

Essential oil reference book/app:
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; grounding
- Basil Mental alertness; inner ear health *
- Bergamot Calming and energizing; uplift mood
- Black Pepper Broad-spectrum immune support; support tobacco cessation; digestive support *
- Black Spruce Relieving and calming; reduce stress; soothe skin irritations; feelings of easy breathing
- Cardamom Digestive and respiratory support; soothe stomach and motion discomfort *
- Cedarwood Hair and scalp support; skin 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 *
- Clove numbing; soothe the teeth and gums, support oral health; antioxidant properties *
- Copaiba Powerful antioxidant; support cardiovascular, immune, cellular, and digestive systems; healthy inflammatory response *
- Eucalyptus Promotes feelings of clear breathing
- Fennel Digestive support; circulation; skin support *
- Frankincense Healthy inflammatory response; mood support; cellular health; immune support *
- Geranium Soothe the 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; antioxidant *
- 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 *
- 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; antioxidant; hormone support *
- Patchouli Calming; support nerves, skin, and mood; detoxification; boost confidence *
- Peppermint Cooling; soothe the 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 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
- Tangerine Digestive and metabolic support; uplifting; cleansing; immune support; reduce anxious feelings *
- Tea Tree Cleansing; skin support; healthy complexion
- Thyme Cellular health; antioxidant; brain and prostate *
- Turmeric Powerful antioxidant; 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; warming effect on skin
- 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**

- Adaptiv® Improve sustained attention; boost mood; relieve stress; soothe and uplift
- AromaTouch® Comforting and relaxing effects to a soothing massage
- dōTERRA Balance® Grounding; reduce anxiousness/nervousness; improve attention
- dōTERRA Breathe® Promotes feelings of clear breathing
- Citrus Bliss® Invigorating; uplift mood; reduce stress
- ClaryCalm® The best oil for your worst week. Period
- DDR Prime® Protect cellular health and DNA; support thyroid *
- Deep Blue® Relieve occasional soreness
- DigestZen® Promote 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
- Serenity On Guard® Boost immune system; soothe occasional throat irritation *
- PastTense® Promotes relaxation

**WELLNESS**

- dōTERRA Serenity® Reduce stress, anxiousness, tension, and mental chatter; sleep support
- Slim & Sassy® Target metabolism, appetite, cravings; maintain already healthy blood sugar *
- TerraShield® Support outdoor activity
- TriEase® Seasonal and environmental relief; respiratory support; immune support *
- Zendocrine® Support urinary system; detoxification; antioxidant *
- Yoga Collection Increase benefit from yoga practice

**PERSONAL CARE**

- Correct-X® Protect and hydrate skin, soothe and promote skin renewal after stress
- Spa Hand & Body Lotion Base lotion to add oils to
- HD Clear® Skin Care Facial Lotion and Foaming Face Wash
- dōTERRA Salon Essentials® Protecting Shampoo and Smoothing Conditioner
- Verage® Skin Care Collection Natural Cleanser; Toner; Moisturizer; Hydrating Serum
- dōTERRA Breathe® Drops Respiratory support; clear and soothe airways *
- Deep Blue® Rub Soothing lotion
- On Guard® Toothpaste Natural Whitening Toothpaste
- On Guard® Sanitizing Mist Kill 99.9% of germs and bacteria; quick-drying mist
- On Guard® Protecting Throat Drops Immune health *
- On Guard® Foaming Hand Wash Safe and effective cleanser
- Volo™ 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 healthcare 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 dōTERRA Loyalty Rewards Program (LRP) provides an automatic shipment of the products you use on a monthly basis. If your LRP 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 Loyalty Rewards purchases!

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?
• dōTERRA refunds 90 percent of the purchase price if opened or used and 100 percent 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 template and run it again on 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?
• Fifty 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 dōTERRA’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 first of the month.

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.
• You will increase by 5 percent every three 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.

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

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<tr>
<th>Effectiveness</th>
<th>Safety</th>
<th>Best Practices</th>
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<tbody>
<tr>
<td>Use your reference guide to find solutions for concerns as they arise.</td>
<td>Avoid contact with eyes, inside of nose and ears.</td>
<td>Keep your oils at their best by avoiding exposure to extreme temperatures or direct sunlight.</td>
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<tr>
<td>Different oils work for different people. When you’re not getting desired results, try different oils or different application methods.</td>
<td>Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Refer to the dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has pre-diluted oils.</td>
<td>Use glass containers with your oils, as they can break down some plastics over time.</td>
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<td>Massage to increase benefits and promote rapid absorption.</td>
<td>Avoid sun exposure for at least twelve hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.</td>
<td>dōTERRA® oils are very potent. Use smaller amounts more frequently for best results.</td>
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<td>Try different application methods; apply oils under tongue, or to bottoms of feet, spine, or navel.</td>
<td>Read labels and follow recommendations.</td>
<td></td>
</tr>
<tr>
<td>Use oils topically with Fractionated Coconut Oil to achieve greater sustained absorption.</td>
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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 AND MAKE AN IMPACT

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