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. doTERRA®, “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 doTERRA 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 doTERRA’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 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+.®

*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. dōTERRA whole-food supplements are an ideal companion for your essential oils.

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**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

½ 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 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, ½ cup white vinegar, and 6 drops of Lemon oil. Soak fruits and vegetables, and then rinse.

DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods
Decrease sugar, caffeine, dairy, and processed foods

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.
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

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

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

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.

DAILY WELLNESS LIFESTYLE HABITS

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

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

COPAIBA SOFTGELS
Supports the healthy functioning of the cardiovascular system and healthy inflammatory response.*
Take 1 softgel as needed.

SLIM & SASSY® TRIMSHAKE
Nutrient-enhanced meal alternative.
For one or more meals each day. Available in chocolate, vanilla, and vegan.
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 for getting consistent quality sleep and managing stress.

**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 Vetiver and massage on feet and spine.

**EASY BREATHING**
Gargle 1–2 drops of dōTERRA On Guard® and 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.

**STRESS LESS**
Take one Adaptiv™ Calming Blend Capsule daily to help manage the effects of stress, tension, and anxiousness.

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**RELAXING BATH SALTS**
1 cup Epsom salts
10 drops dōTERRA Balance®, dōTERRA Serenity®, or Lavender
Mix and pour into bath.

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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. 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, promote confidence, and unleash creativity to manifest powerful results from your best efforts.

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

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

DAILY WELLNESS LIFESTYLE HABITS

- 7–9 hours of quality sleep nightly
- Daily mindfulness/meditation
Reduce Toxic Load

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.

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.

EXPERIENCE doTERRA’S 30-DAY CLEANSE

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 DIGESTION AND METABOLISM*
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

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

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.

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.

NATURAL SELF-CARE

dōTERRA
ON GUARD® TOOTHPASTE
Natural Whitening Toothpaste.

VERÂGE® 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.

dōTERRA
SPA MOISTURIZING BATH BAR
AND REFRESHING BODY WASH
Cleanse your body with natural soap and body wash, free of harsh ingredients.

dōTERRA
YARROWPOM COLLECTION
A powerful three-layered botanical approach to beauty, inside and out. Use daily for a youthful glow.
**Informed Self Care**

Make it a habit to use doTERRA 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.

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### 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

LIMBIC
Production of emotion: hypothalamus, thalamus
- dōTERRA Balance®
- Peppermint
- Lavender
- Adaptiv™ Capsules
- Frankincense
- Rose

RESPIRATORY
Sinuses, lungs, trachea
- dōTERRA Breathe®
- Peppermint
- Eucalyptus
- Lemon
- Douglas Fir
- dōTERRA On Guard®

IMMUNE
Protection of normal body function: thymus, spleen, lymphatic system, glands, ducts, tonsils
- dōTERRA Lifelong Vitality Pack®
- dōTERRA Serenity®
- Adaptiv™ Capsules
- Frankincense
- Thyme

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
- Verage® Skin Care
- Tea Tree
- Geranium
- dōTERRA Salon Essentials® Hair Care

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

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

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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<tr>
<td>dōTERRA Lifelong Vitality Pack®</td>
<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>dōTERRA Serenity® Softgels</td>
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<td><strong>Digestive Support</strong></td>
<td><strong>Respiratory Support</strong></td>
<td><strong>Emotional/Stress Support</strong></td>
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<td>dōTERRA DigestZen TerraZyme®</td>
<td>dōTERRA Breathe®</td>
<td>dōTERRA Emotional Aromatherapy® Kit</td>
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<td>PB Assist® +</td>
<td>Peppermint</td>
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<td><strong>Metabolic Support</strong></td>
<td><strong>Elevation</strong></td>
<td><strong>Citrus Bliss®</strong></td>
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<td>Slim &amp; Sassy®</td>
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<td>dōTERRA Emotional Aromatherapy® Kit</td>
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<td>Elevation</td>
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<tr>
<td><strong>Soothe &amp; Energize</strong></td>
<td><strong>Adaptiv™ Capsules</strong></td>
<td><strong>dōTERRA Balance®</strong></td>
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<td>Citrus Bliss®</td>
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<td>Calm and Harmony Kit</td>
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REduce Toxic Load

Cleanse Support
- Lemon
- Tangerine

Natural Cleaning
- dōTERRA On Guard® Cleaner 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
- dōTERRA On Guard®
- DigestZen®
- ClaryCalm®
- Tea Tree
- Copaiba Softgels

Targeted Support

Note any needed natural solutions from page 13.

1.
2.
3.

Immune Support Kit
- DDR Prime®
- Shampoo and Conditioner
- Frankincense
- Turmeric

Cleanse and Restore Kit
- dōTERRA On Guard®
- Frankincense
- Turmeric
- DDR Prime®
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 and Your Family</th>
<th>90-Day Goals</th>
<th>Natural Solutions You Have or Need</th>
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<tbody>
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</table>

2. **Create your Daily Wellness Plan.**
   Take the solutions you identified above and organize them into your daily plan.

<table>
<thead>
<tr>
<th>MORNING</th>
<th>AFTERNOON</th>
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   **Daily Wellness Habits (see page 3)**
   - dōTERRA Lifelong Vitality Pack®
   - Frankincense
   - DigestZen TerraZyme®
   - dōTERRA On Guard®
   - Lemon

   [☐] dōTERRA Lifelong Vitality Pack®
   [☐] DigestZen TerraZyme®
   [☐] dōTERRA Balance®
   [☐] DigestZen TerraZyme®
   [☐] PB Assist+®
   [☐] Lavender

   - ☐ = Topical
   - ☐ = with Meal

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

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).

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<th>MONTH 1 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, grounding
- **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
- **Black Spruce** Relaxing 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; 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
- **Clove** Numbing; soothe teeth and gums; support oral health; antioxidant properties
- **Copaiba** Powerful antioxidant; support cardiovascular; immune, cellular, and digestive systems; healthy inflammatory response
- **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; 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 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** Cellulocyte health; antioxidant; brain and prostate
- **Tulsi** 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** Support 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

- **Adaptiv™** Improve sustained attention; boost mood; relieve stress; support and uplift
- **AromaTouch™** Relieve sore muscles from exercise or tension; increase circulation/overrun intake
- **dōTERRA Balance®** Grounding; reduce anxiousness/nervousness; improve attention
- **dōTERRA Breathe®** Respiratory support; invigorating vapor
- **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 Gizeh®** Support occasional digestive upset and nausea
- **Elevation** Reduce frustration; elevate mood; promote energy and joy
- **Immortelle Support** 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
- **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
- **TruEase®** Seasonal and environmental relief; respiratory support; immune support
- **Zendocrine®** Support urinary system; detoxification; antioxidant
- **Yoga Collection** Increase benefit from yoga practice

### WELLNESS

- **dōTERRA LifeLong Vitality Pack®** Comprehensive trio for optimal health, energy, and longevity
- **dōTERRA Black Spruce®** Polyphenol Complex: Provide soothing, relief, and structural support
- **dōTERRA Fractionated Coconut Oil®** Dilution aid and skin moisturizer
- **dōTERRA PB Assist®** Proprietary probiotic supplement; support digestive and immune system
- **dōTERRA Peppermint Softgels** Alleviate occasional stomach upset; reduce gas, bloating, and digestive difficulties; support gastrointestinal comfort
- **dōTERRA DigestZen®** TerraZyme® Digestive Enzyme Complex: Support healthy digestion and metabolism
- **dōTERRA Zendocrine®** Complex: Herbal cleansing for liver, kidneys, colon, respiratory system, and skin

### PERSONAL CARE

- **dōTERRA Correct-X®** Protect and hydrate skin; soothe and promote skin renewal after stress
- **dōTERRA Spa Hand & Body Lotion®** Base lotion to add oils to
- **dōTERRA HD Clear® Skin Care Facial Lotion and Foaming Face Wash**
- **dōTERRA Verage®** Skin Care Collection: Natural Cleanser, Toner, Moisturizer, Hydrating Serum
- **dōTERRA Breathe® Drops** Respiratory support; clear and soothe Airways
- **dōTERRA Deep Blue® Rub** Soothing lotion
- **dōTERRA On Guard® Toothpaste** Natural Whitening Toothpaste
- **dōTERRA On Guard® Sanitizing Mist®** KI-999% of germs and bacteria; quick-drying mist
- **dōTERRA On Guard®** Protecting Throat Drops: Immune health
- **dōTERRA On Guard®** Foaming Hand Wash: Safe and effective cleanser
- **dōTERRA Yolo Diffuser** Aromatic oil use
- **dōTERRA 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 Smartest Way to Buy

You can always order a standard wholesale order for 25 percent off retail pricing; however, to get the best value, create an LRP (Loyalty Rewards Program) order for even greater savings and opportunities to receive free products.

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.

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dōTERRA

Buy 1 Lifelong Vitality Pack®

$79.50 wholesale
(60 PV)

+ Choose up to 3 Additional Supplements at Reduced Prices

Lifelong Vitality Pack

- Microplex VMz®
  $39.50
  $20/10 PV

- xEO Mega®
  $42.50
  $20/10 PV

- Mito2Max®
  $45.50
  $20/10 PV

- Deep Blue Polyphenol Complex®
  $50.50
  $20/10 PV

- DigestZen TerraZyme®
  $37.50
  $20/10 PV

- PB Assist+®
  $34.50
  $20/10 PV

- Kids Kit
  (IQ Mega® & a2z Chewable™)
  $29.50
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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.

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

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<th>PERCENT BACK IN PRODUCT CREDITS:</th>
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<th>25%</th>
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TOTAL SAVINGS AND CREDITS:
35% | 40% | 45% | 50% | 55%

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**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.
- Use oils topically with Fractionated Coconut Oil to achieve greater sustained absorption.

**Safety**
- Avoid contact with eyes, inside of nose and ears.
- 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.
- Avoid sun exposure for at least twelve 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 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.