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LIVE

The dōTERRA Lifestyle

Transform Your Health

Welcome to the dōTERRA difference, where changing lives is the norm and improving your health is top priority. Use this guide to explore the powerful benefits of natural solutions to create a wellness plan that sticks and works for you.



Live a Wellness Lifestyle

The dōTERRA Wellness Pyramid models a healthy partnership between lifestyle and healthcare and illustrates how health is a hierarchy built on a foundation of proper nutrition and gut health. When approached this way, health is more naturally achieved and maintained. As you choose powerful products and build healthy daily habits, you'll experience new levels of wholeness.

For those times when more care is needed, envision a life where finding solutions is simple. With a dōTERRA® reference guide and a box of dōTERRA CPTG® essential oils at your fingertips, you're prepared to address most of your health priorities. For those times when it makes sense to seek additional care, partner with practitioners who support you in finding the best proven natural solutions.



*See individual labels for ingredients, cautions, and usage instructions.

*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.

Much of the evidence supporting these claims is based on preclinical studies. More confirming research is needed, and dōTERRA is committed to the science and research of essential oils.

Nutrition & Digestion

Give your body what it needs to thrive. It all starts with optimized daily nutrition and digestive support. dōTERRA whole-food supplements are ideal companions for your essential oils.



DAILY WELLNESS HABITS

- Eat whole, fresh foods.
- Decrease consumption of sugar, caffeine, dairy, and processed foods.



Nutrition



VMG+™

Meets daily nutritional needs with over 90 whole-food ingredients, including vitamins, minerals, and greens.*

Take 1 stick pack per day in water.



EO Mega+®

Supports the healthy function of bodily systems, emphasizing heart and brain health, with essential fatty acids.*

Take 3 softgels per day.

Digestion and Elimination



TerraZyme™

Supports healthy digestion and metabolic processes with whole-food enzymes.*

Take 1-2 capsules with meals daily.



dōTERRA

PB Restore® PB Assist+®

Provide healthy diversity of intestinal flora for digestive and systemic health benefits.*

Take 1 capsule or sachet per day.



RevitaZen+™ Advanced Organ Detoxification Complex

RevitaZen™ Detoxification Blend

Provides daily support for healthy organ function and promotes the body's natural detoxification processes when used internally.*

Take 1 capsule with AM meal.

Add 2-5 drops to 8-16 ozs of drinking water or veggie capsule 2-3x's per day.†



dōTERRA Fiber

Supports regular healthy digestion.* Also helps optimize appetite control and already healthy blood sugar levels.*

Take 1 scoop in water daily.

GREEN SMOOTHIE

- ½ banana, frozen
- ½ cup blueberries or strawberries, frozen
- 2 handfuls baby spinach or kale
- 1 ½ cups vanilla almond milk, unsweetened
- 1 scoop dōTERRA Fiber
- 1 VMG+ Stick pack

Combine all ingredients in a blender.

OATMEAL

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

PRODUCE WASH

Wash off pesticides, impurities, and residues by filling the sink with cold water, ½ cup of white vinegar, and 6 drops of Lemon essential oil. Soak the fruits and vegetables and then rinse.

†See individual labels for ingredients, cautions, and usage instructions

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Movement



Your body is meant for movement. Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems. Essential oils and supplements support greater flexibility and ease feelings of tension while enhancing your ability to stay active and strong.

DAILY WELLNESS HABITS

- Make time for 30+ minutes of daily movement.
- Stretch or practice yoga to increase flexibility.



Movement

BERRY-ORANGE SMOOTHIE

1 cup coconut water or almond milk
1 scoop dōTERRA Fiber
1 cup berries, frozen
1 banana
3 drops Wild Orange essential oil†
Ice (as desired)

Blend all ingredients until smooth.



Deep Blue® Rub

Provides a soothing effect to the back, shoulders, neck, knees, feet, and other areas of concern.

Apply before and after exercise or other activity to support ease of movement and recovery.



Deep Blue® Stick + Copaiba

Offers temporary relief from minor aches and pains associated with arthritis, sprains, strains, and bruises.

Apply to any area of concern as needed.



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.



MetaPWR® Mito2Max®

Supports healthy cellular energy production and promotes healthy circulation.*

Take 1 capsule with breakfast and lunch. Use as a natural substitute for caffeinated drinks.



Turmeric Dual Chamber Capsules

Support a healthy inflammatory response in the body.*

Take 2 capsules, 1 with breakfast and 1 with dinner, to support an active lifestyle.



Copaiba Softgels

Support the healthy function of the cardiovascular system and a healthy inflammatory response in the body.*

Take 1 softgel as needed.



MetaPWR Recharge®

Supports optimal hydration and increases your overall energy and vitality, regardless of your activity level.*

Take 1 sachet daily as needed.

†See individual labels for ingredients, cautions, and instruction for use.

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Metabolism

Your metabolic health and biological age are inseparable. As you age, so does your metabolic function. Your metabolism influences your energy, weight, body composition, sleep quality, and cognition. The stronger and healthier your metabolic function, the better you feel from the inside out. Use the 3-step MetaPWR® system to optimize your metabolic health and live your most powerful life.

DAILY METABOLIC ROUTINE

Combine the MetaPWR products with a well-balanced, whole-food diet to optimize results.

BREAKFAST

- 1 dōTERRA VMG+™ stick pack
- 1 sachet MetaPWR Advantage in a shaker bottle
- 1 MetaPWR Softgel or 2–4 drops of MetaPWR Metabolic Blend in water

LUNCH

- 1–2 dōTERRA TerraZyme™ capsules with nutritious, whole-food meal
- 1 MetaPWR Softgel or 2–4 drops of MetaPWR Metabolic Blend in water

DINNER

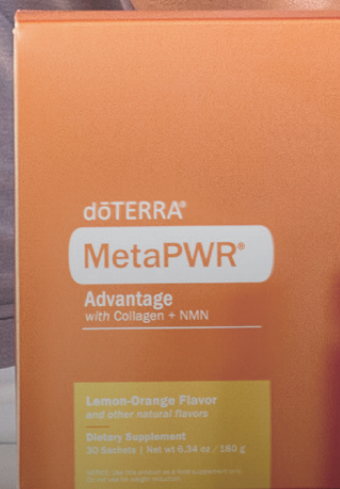
- 1 MetaPWR Assist capsule 15–30 minutes before largest whole-food meal
- 1–2 dōTERRA TerraZyme capsules
- 1 MetaPWR Softgel or 2–4 drops of MetaPWR Metabolic Blend in water

BEDTIME

- 1 MetaPWR Softgel (optional)

DAILY WELLNESS HABITS

- Eat a whole-food diet, move more often, and focus on quality sleep.
- Use smart supplementation to complement targeted metabolic health efforts.



dōTERRA® MetaPWR®



STEP 1: CURB CRAVINGS, REDUCE FAT CELLS[†]

MetaPWR Metabolic Blend

Helps support healthy metabolic function, curb cravings, promote mindful eating and appetite control, and inhibit adipose fat cell maturation or growth when ingested.*[†]



Softgels:

Take 3–4 softgels daily.



Beadlets:

Dissolve 1–2 beadlets in mouth.



Essential Oil Blend:

Add 2–4 drops to water 1+ times daily.[†]



MetaPWR Satiety Gum

Chew 1+ pieces daily to help control appetite and overeating.*

STEP 2: SMOOTH THE SPIKES AND DIPS



MetaPWR Metabolic Assist

Helps maintain optimal energy levels throughout the day, reduce carbohydrate digestion, and support blood sugar regulation already in the normal range.*[†]

Take 1 capsule daily 15–30 minutes before your largest meal.

STEP 3: LOOK BETTER, FEEL YOUNGER



MetaPWR Advantage

Helps support a healthy metabolism, slow signs of metabolic aging,[†] extend your healthspan, and improve skin elasticity, density, and firmness.*

Take 1 sachet daily with a cool drink of choice and shake well.

[†]See individual labels for ingredients, cautions, and usage instructions.

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[†]More confirming clinical research is needed.

Rest & Manage Stress

Essential oils provide dynamic support for consistent quality sleep and stress management. Create an environment where your sleep gives your body the opportunity to repair and renew so you can feel great and stay centered, no matter what life throws at you.



DAILY WELLNESS HABITS

- Get 7–9 hours of quality sleep nightly.
- Engage in daily mindfulness or meditation.



Prioritize Rest



dōTERRA Serenity® and Lavender

Place 1–2 drops on your pillow to prepare for peaceful dreams.



dōTERRA Serenity Stick • Valerian and Softgels

Take 1–2 softgels before bed for deep, rejuvenating sleep. Apply the stick to the bottoms of the feet at bedtime to help unwind before going to bed.*



dōTERRA Peace® and Cedarwood

Massage 1–3 drops into the feet and forehead at the end of a long day for a calming, relaxing aroma in a flash.



Calmer®

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

RELAXING BATH SALTS

1 cup Epsom salts

10 drops dōTERRA Balance, dōTERRA Serenity, or Lavender

Mix and pour into your bath.



Manage Stress



Citrus Bliss®

Put 1 drop in your palm and inhale for a quick pick-me-up. Diffuse for an uplifting environment.



Shinrin-Yoku®

Diffuse to bring the outside in for a renewing, peaceful environment. Apply to enhance a sense of well-being.



dōTERRA Balance®

Apply to the bottoms of the feet to start your day. Diffuse to create a calming, grounding space during demanding or difficult times.



dōTERRA Cheer®

Apply to the wrists or pulse points for a cheerful boost of positivity to your environment throughout the day.

Consider using other blends in the dōTERRA Emotional Aromatherapy® system, as desired.



Adaptiv® System

*Diffuse or roll on the essential oil blend to create a calming atmosphere. Take the capsules, a combination of clinically studied botanicals and essential oils, to help you adapt to stressful situations.**

Reduce Toxicity

Support your body's natural detoxification pathways with the **dōTERRA 30-Day Cleanse**. Occasional cleansing can enhance your metabolism, support your efforts to achieve a healthy weight, improve your digestive function, and increase your energy.*



Download the
dōTERRA 30-Day
Cleanse Program.



Download the
dōTERRA 90-Day
Reset program.



DAILY WELLNESS HABITS

- Drink 8+ glasses of water daily.
- Use citrus oils in your water daily for gentle, natural cleansing.*

Experience the dōTERRA 30-Day Cleanse



DAYS 1-30



MAXIMIZE NUTRITION AND
SUPPORT LONGEVITY*

VMG+™ and EO Mega+®

Take 1 stick pack VMG+ in water in the morning and 3 EO Mega+ softgels daily.



SUPPORT HEALTHY DIGESTIVE
FUNCTION AND IMMUNITY*

**dōTERRA
PB Restore®**

Take 1 capsule daily with a meal.



SUPPORT HEALTHY DIGESTION
AND METABOLISM*

TerraZyme™

Take 1-2 capsules with meals daily.



CLEANSE*

RevitaZen™ Detoxification Blend

Add 2-5 drops to water 3 times daily.†



SUPPORT FILTERING ORGANS*

RevitaZen™+ Complex

Take 1 capsule with AM meal.

Take 1 capsule with PM meal as needed.

DAYS 11-20



CLEANSE INTESTINAL TRACT*

GX Assist®

Take 1-2 with noon and PM meals for a total of three softgels per day. If digestive upset, increase fiber intake.

DAYS 21-30



SUPPORT CELLULAR HEALTH*

DDR Prime® Softgels

Take 1-2 softgels with meals twice daily.



Cleanse & Restore Kit

These cleansing products are available in this convenient, discounted collection.

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Natural Home Care



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

DAILY WELLNESS HABITS

- Remove chemical-based cleaning products.
- Use plant-based cleansers and detergents.



dōTERRA On Guard®

With natural cleaning choices for laundry, home surfaces, and more, dōTERRA On Guard products provide natural protection against a number of environmental factors.



dōTERRA On Guard Protective Blend

Add to water for a powerful, nontoxic surface cleaner with a refreshing and energizing aroma.



dōTERRA On Guard Foaming Hand Wash

Place in a dispenser and apply for a gentle, healthy alternative to harsh soaps, cleaning and softening the skin.



dōTERRA On Guard Cleaner Concentrate

Use on hard surfaces in the kitchen and bathroom for a green, biodegradable way to safely clean and eliminate odors.



dōTERRA On Guard Laundry Detergent

Put in washing machine or directly on clothes to target and lift stains, resulting in amazing clean clothes.

abode®

Formulated without phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in recyclable containers, use natural enzymes, and feature abode® Refreshing Blend to provide a natural, fresh aroma and deliver effective results.



Self-Care

You don't have to settle for questionable ingredients in your self-care routine. Avoid adding to your body's toxic load when you choose products that ensure a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA® essential oil-based options.



DAILY WELLNESS HABITS

- Remove synthetic-based self-care products.
- Use essential oil-based products in your routine.



Oral Health

Use doTERRA On Guard® Natural Whitening Toothpaste or doTERRA SuperMint® Toothpaste and doTERRA On Guard Mouthwash morning and night to naturally brighten your smile.



Hair Care

Use essential oil-infused premium hair products: Protecting Shampoo, Daily Conditioner, and Leave-in Conditioner.



Essential Skin Care

Use twice daily to keep your skin feeling healthy and looking young.



Yarrow | Pom Collection

Use this powerful three-layer botanical approach to beauty daily for a youthful glow from the inside out.

Informed Self-Care

Make it a habit to use dōTERRA® natural solutions as your first line of defense. When life's challenges arise, use a trusted essential oil reference book to discover solutions right at your fingertips.

Essential Oils on the Go



8-VIAL KEYCHAIN

Pack your 8 most frequently used essential oils and be ready for anything!

KEYCHAIN FAVORITES

Lavender	dōTERRA On Guard®
DigestZen®	Frankincense
Peppermint	Deep Blue®
dōTERRA Breathe®	Tea Tree

DAILY WELLNESS HABITS

- Turn to natural solutions as your first line of defense.
- Refer to an essential oil reference book for possibilities.



Frankincense Boswellic Acid Complex, Stick + Naio Wood, and Essential Oil

Take 1 capsule daily to support a healthy inflammatory response and healthy cell cycling.* Apply the stick or essential oil to promote the look of renewed and revived skin.



dōTERRA On Guard™ Softgels, dōTERRA On Guard® Protective Blend, Throat Drops, and Hand Sanitizing Mist

Consume softgels or drops as needed to promote healthy immune function or soothe a dry throat.* Spray or apply naturally derived hand sanitizing mist, which are 199% effective against most common germs.[†]



dōTERRA Breathe® Essential Oil Blend, Vapor Stick, and Respiratory Drops

Diffuse, apply, or take a drop to enjoy feelings of easy breathing and open airways.



Lavender

Apply topically to soothe occasional skin irritations.



Peppermint

Apply for a cooling sensation. Dilute as needed.



Castor Oil

A nourishing carrier oil that supports daily wellness and self-care routines.



PastTense™ Stick + Sweet Gum

A convenient, easy-to-use stick that offers a cooling sensation and calming aroma for fast-acting comfort.



[†]See individual labels for ingredients, cautions, and usage instructions.

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[†]Escherichia coli, Staphylococcus aureus, Salmonella typhimurium, Pseudomonas aeruginosa, Burkholderia cepacia, Enterobacter cloacae, Enterococcus faecalis, Streptococcus pyogenes, Candida albicans, Aspergillus brasiliensis

Wellness Made Simple

As you pursue a lifetime of wellness, now is the time to strengthen your health foundation.

Use the worksheet on page 20 to organize your Wellness Plan over the next 30, 60, and 90 days.

Establish a Wellness Foundation

Begin by creating a Wellness Plan by addressing the bio terrain that determines your overall health. Ensure essential nutrients and vital gut support are incorporated into your daily wellness habits. Start with the **Foundational Wellness Bundle** to provide core products at discounted bundle pricing.

You may have other priorities, but without a true wellness foundation the results you desire will go unrealized. Whatever you choose as wellness habits, from incorporating dietary and lifestyle changes to adding supplements and essential oils, will be far more effective with an activated, nurtured, and responsive bio terrain.

Step 1: Establish a Wellness Foundation



Step 2: Target Your Solutions

dōTERRA Wellness Powered by Essential Oils

Target Your Solutions

Next, customize your Wellness Plan with targeted solutions in the form of dōTERRA supplements and essential oils aimed at your health priorities. Use how you rated yourself in each area on page 3 to guide where to focus your efforts. For a deeper dive, take the Wellness Lifestyle Assessment.



The **Healthy Habits Kit** is an excellent way to get started with solutions that address each level of a wellness lifestyle.

With your top priorities in mind, list the solutions that stand out to you from this guide in step 1 on the following page. Refer to pages 22–23 for top solutions for each of the lifestyle areas. In step 2, add the items you want as part of your new daily plan. Consider lifestyle considerations in step 3 and jot down in step 4 the products you want to order each month as part of your 90-day plan.

The dōTERRA Wellness Lifestyle!

This guide gives you extensive exposure to the variety of dōTERRA products available to help you achieve holistic wellness: with greater ease and more effectiveness than you've ever imagined.

Every solution you have access to falls into 1 or more of the following categories, depending on what you use it for or the role you intend it to play:

- **Foundational Wellness:** Establish foundational wellness with essential nutrients and vital gut health support.
- **Targeted Solutions:** Aim the powerful effects of supplements and essentials oils at your top health priorities.
- **Personal and Home Care:** Reduce toxic load on and around you. Choose natural oral, sun, hair, skin, and home products.
- **Informed Self-Care:** Be ready for life's little urgencies with natural solutions at your fingertips.

1 Write down your health priorities and find solutions. Reference pages 22–23 for ideas.

2 Create your daily Wellness Plan.

3 What other wellness choices could support your goals?

4 Live empowered with natural solutions.

21

Customize Your Wellness Plan

NUTRITION & DIGESTION



☐ VMG+™



☐ EO Mega+®



☐ dōTERRA PB Restore® and PB Assist+®



☐ dōTERRA Terrazyme™



☐ dōTERRA® Fiber



☐ GX Assist®



☐ DigestZen® Family



☐ RevitaZen™ Family

MOVEMENT & METABOLISM



☐ Deep Blue® Family



☐ Copaiba Family



☐ Turmeric Family



☐ MetaPWR® Family



☐ MetaPWR® Metabolic Blend Family



REST & MAN



☐ dōTERRA Serenity® Family



☐ Lavender



☐ dōTERRA Balance®



☐ Kid's



☐ dōTERRA Emotional



Check the products that will help you achieve your health goals and experience remarkable changes in how you feel.

Now turn back to the previous page and add your targeted solutions to your daily plan and/or wish lists in the spaces provided.

AGE STRESS


☐ Laluz® Diffuser



☐ Shinrin-Yoku® Family



☐ Adaptiv® Family



☐ Collection



☐ Aromatherapy® Kit

REDUCE TOXIC LOAD


☐ RevitaZen™ Family
 ☐ Lemon


☐ Oral Care


☐ Skin Care
 ☐ Hair Care


☐ dōTERRA On Guard® Family
 ☐ abōde® Family

INFORMED SELF-CARE


☐ Frankincense Family
 ☐ DDR Prime®


☐ dōTERRA On Guard® Family


☐ dōTERRA Breathe® Family
 ☐ TriEase®


☐ Castor Oil
 ☐ PastTense™ Stick + Sweet Gum



dōTERRA® Rewards

ō | REWARDS

dōTERRA Rewards: Live the Benefits

Get rewards with your monthly purchases! When you set up a monthly Rewards Order of at least 50 PV, you'll enjoy quick and easy shipments and amazing rewards.

Shipping

With 50 PV monthly Rewards Order, you can reduce the shipping fee to \$3.99. With 100 PV, your shipping is free!

Rewards Points

With 50 PV monthly Rewards Order, you'll earn rewards points on your purchases. You can redeem these points to get free products! Plus, you're rewarded for shipped orders every month, which level up every three months until you achieve the highest tier (VIP), earning 30% rewards points on your monthly Rewards Order.

Free Product of the Month

You can receive a free product each month if your monthly Rewards Order is at least 125 PV and ships before the fifteenth of that month. (That means free shipping and a free product!)

How do I maximize dōTERRA Rewards?

Place a Rewards Order of at least 125 PV between the 1st and the 15th. This sets you up to receive the Product of the Month for free and take advantage of additional promotions. Pay attention to the PV versus price, as many specials are PV-related and start on the first of the month.

PV MUST EXCEED	1	50	100	125
Maintain my Rewards status and benefits.	●	●	●	●
Earn Rewards points (to use for free products) and increase percentage from 10% to 30%.		●	●	●
Qualify to earn commissions.*			●	●
Get free shipping.			●	●
Receive the free Product of the Month†				●

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

*Only Wellness Advocates

†Get it FREE with a 125 PV Rewards order through the 15th of the month or anytime in the month with a Foundation Wellness Bundle purchase!

How do I create a new Rewards Order?

Log into doterra.com. Click "Create New Rewards Order" or edit items in an existing Rewards Order.

Watch how
to create an
Rewards Order.



VIP Benefits

Once you reach VIP status, you can unlock even more rewards! You'll earn 30% in rewards points on your monthly Rewards Order, receive a VIP gift to congratulate you on your new status, and get exclusive VIP early access to limited-time offers and new products.

Additional Perks

If your first monthly Rewards Order is at least 100 PV, dōTERRA will add a welcome gift to it. You'll get to sample incredibly popular products.

How do I get free shipping on my orders?

All Rewards and Enrollment Orders over 100 PV will qualify for free shipping.

Rewards Program FAQs

How do I earn rewards points?

To earn points, simply place at least a 50 PV monthly Rewards Order each month. Every three months you ship your qualified monthly Rewards Order, you'll level up your earnings:



How do I get VIP status?

Your percentage levels up by 5% every three months when your orders are over 50 PV until you reach the maximum 30% benefits of a VIP.

When can I use my rewards points?

You can redeem your Rewards points at any time--just make sure to redeem them within a year of being earned.

How do I redeem my rewards points?






In your virtual shopping cart, select "Use Points" on the products you'd like to pay for with your rewards points. New points are uploaded to your account on the fifteenth of each month (if you placed your 50 PV monthly Rewards Order during the previous month).

What if I want to return products?





dōTERRA refunds 100% of anything unopened within 30 days of purchase.

Essential Tips




Effectiveness

-  Use your dōTERRA® reference guide to find solutions to health priorities or concerns as they arise.
-  Remember that different essential oils work for different people. When you're not getting the desired results, try different oils or application methods.
-  Massage to increase benefits and promote rapid absorption.
-  Try different application methods: apply under the tongue or to the bottoms of the feet, spine, or navel.
-  Use essential oils topically with Fractionated Coconut Oil to enjoy greater, more sustained absorption.

Safety

-  Avoid contact with the eyes, inside of the nose, and ears.
-  Dilute with Fractionated Coconut Oil for sensitive skin. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch line has prediluted oils.
-  Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.
-  Read all labels and follow recommendations.

Best Practices

-  Avoid exposing your products to extreme temperatures or direct sunlight.
-  Use glass containers with your essential oils, as they can break down some plastics over time.
-  Remember that dōTERRA essential oils are potent. Use smaller amounts more frequently for best results.

See individual labels for ingredients, cautions, and usage instructions.

Share the Love & Earn Free Rewards

As you use dōTERRA products and experience the benefits yourself, it's natural to feel inspired to share your love for dōTERRA with others. That's why we've introduced the Refer-a-Friend program—to reward you for spreading your passion for essential oils. It's a simple way to earn free dōTERRA dollars that can be used towards products, shipping, taxes, and more.

When you refer friends to dōTERRA, they'll receive a free year of membership, and you'll earn 20% of their first order in dōTERRA dollars. Sharing your referral link is as easy as sending an email or text or sharing on social media.

Want a way to earn your dōTERRA dollars even faster? Hosting a class is the quickest way to earn the most dōTERRA dollars. Speak to the Wellness Advocate who introduced you to dōTERRA to find out more about hosting a class and earning more!

Learn More

Member # _____

Password _____

Log in at doterra.com.



dōTERRA Training

doterra.com/US/en/empowered-life-series

Become an essential oil expert, discover the science behind dōTERRA® products, get expert business advice, and more with incredible, high-quality training courses!



Essential Oil Solutions Podcast

Subscribe to learn the best ways to use essential oils.



dōTERRA Living Magazine

doterra.com/US/en/magazines/doterra-living

Discover how to use essential oils in everyday life with dōTERRA Living—your go-to guide for natural wellness, DIYs, and seasonal inspiration.



dōTERRA Shop App

Use the dōTERRA Shop App for easy online ordering.



dōTERRA YouTube

Take a deep dive into our library of videos to learn the incredible benefits of essential oils and master the art of using them effectively.

Your Key Support _____

Phone _____

Email _____

Other Support _____

Phone _____

Email _____

Upcoming Local or Online Classes and Events _____

Member Services

Live chat:
doterra.com

US:
Text 343-57

Email:
service@doterra.com

Phone Number:
+1 800-411-8151

Team Call/Website/Facebook Group(s) _____

Every Bottle Makes a Difference

Consistently using dōTERRA products can change your life, as well as the lives of the growers and their families all over the world. Every drop of essential oil represents hands that have nurtured the earth for our benefit.



Share with those you love.

Change Others' Lives
Host a dōTERRA class to be of service to your friends and family.



Build an income and make an impact.

Change Your Future
Create recurring income with a flexible schedule by sharing natural solutions with others. See dōTERRA Opportunity and Earnings Disclosure Summary on doterra.com/disclosure.





dōTERRA®
pursue what's **pure**®

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