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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 discover the powerful benefits of natural solutions to create a wellness plan that sticks.



Live a Wellness Lifestyle

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

For those times when more is needed, envision a life where finding solutions is simple. With a dōTERRA® essential oil reference guide and a box of dōTERRA CPTG® essential oils at your fingertips, you'll be 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 instruction for use.

*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 pre-clinical 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 optimal daily nutrition and digestive support. dōTERRA whole-food supplements are an ideal companion for your essential oils.



DAILY WELLNESS HABITS

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



Nutrition



dōTERRA[®] VMG+[™]

Whole-food supplement designed to meet a wide scope of daily nutritional needs.*

Take 1 sachet per day in water.



dōTERRA[®] EO Mega+[®]

A rich source of essential fatty acids that support the healthy functioning of body systems, with emphasis on heart health.*

Take 3 softgels per day.



dōTERRA[®] Protein

Premium protein blend supports building muscle, managing appetite, and recovering after workouts.* Available in chocolate, vanilla, and vegan.

Blend with a preferred beverage or add to your daily smoothie.

GREEN SMOOTHIE

- ½ banana, frozen
- ½ cup blueberries or strawberries, frozen
- 2 handfuls of baby spinach or kale
- 1 ½ cups vanilla almond milk, unsweetened
- 1 scoop dōTERRA Protein
- 1 scoop dōTERRA Greens

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.

Digestion



dōTERRA[®] TerraZyme[™]

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

Take 1-2 capsules with meals daily.



dōTERRA[®] PB Restore[®] ProBiome Complex PB Assist+[®] ProBiome Gut Complex

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

Take 1 capsule or sachet 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.

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

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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 in the body. Together, both can enhance 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

CHOCO-PEPPERMINT PROTEIN SMOOTHIE

1 cup coconut water or almond milk
1 scoop dōTERRA Chocolate Protein
1 drop Peppermint essential oil
Ice (as desired)

Blend all ingredients until smooth.

BERRY-ORANGE PROTEIN SMOOTHIE

1 cup coconut water or almond milk
1 scoop dōTERRA Vanilla Protein
1 cup frozen berries
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 activity to support ease of movement and recovery.



Deep Blue® Stick + Copaiba

Topical analgesic that 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.



Mito2Max®

An energy and stamina complex that 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

Supports a healthy inflammatory response in the body.*

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



Copaiba Softgels

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

Take 1 softgel as needed.



MetaPWR Recharge®

Supports staying optimally hydrated and increases your overall energy and vitality regardless of your activity level.*

Take once daily as needed.

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, quality of sleep, and cognition. The stronger and healthier your metabolic function, the better you feel from the inside out. Use the complete 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

- dōTERRA® Protein smoothie with Fiber and Greens
- 1 sachet MetaPWR® Advantage in shaker bottle
- 1 MetaPWR® softgel or 2–4 drops of blend in water

LUNCH

- 1–2 dōTERRA TerraZyme™ capsules with nutritious, whole-food meal
- 1 MetaPWR® softgel or 2–4 drops of blend in water

DINNER

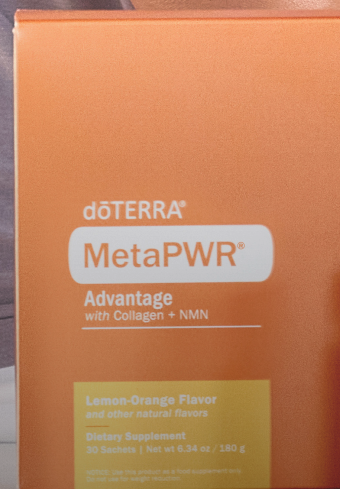
- 1 MetaPWR® Assist capsule 15–30 mins before largest whole-food meal
- 1–2 dōTERRA TerraZyme™ capsules
- 1 MetaPWR® softgel or 2–4 drops of blend in water

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 1 softgel one or more times daily.



Beadlets:

Dissolve 1-2 in mouth.



Oil Blend:

Add 2-4 drops to water one or more times daily.[†]



MetaPWR® Satiety Gum

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

STEP 2: SMOOTH THE SPIKES & DIPS



MetaPWR® Metabolic Assist

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

Take 1 capsule daily 15-30 mins before largest meal.

STEP 3: LOOK BETTER, FEEL YOUNGER



MetaPWR® Advantage

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

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

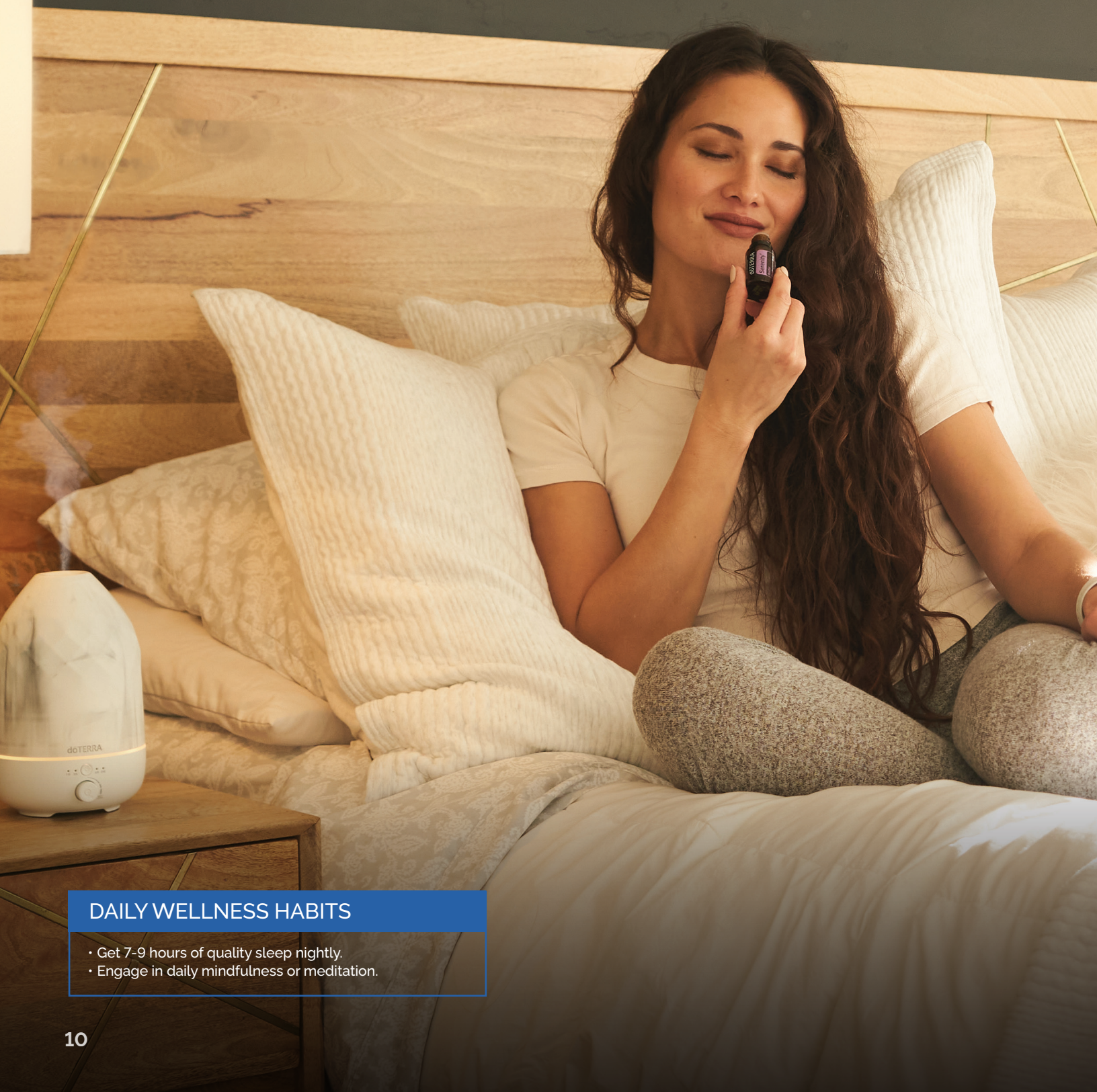
See individual labels for ingredients, cautions, and instruction for use.

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†More confirming clinical research is needed.

Rest & Manage Stress

Essential oils provide dynamic support for getting consistent quality sleep and managing stress. Create an environment where your sleep gives your body the opportunity to repair and renew. Choose solutions to keep feeling 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 Serenity Stick + Valerian to bottoms of feet at bedtime to help unwind before going to bed.*



dōTERRA Peace® and Cedarwood

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



Calmer®

Roll on to 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 a 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 bottoms of 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 happiness and 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 blend to create a calming atmosphere. Take 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 by experiencing the dōTERRA 30-Day Cleanse. Occasional cleansing may 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.



DAILY WELLNESS HABITS

- Drink 8 or more 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***

**dōTERRA®
VMG+™ and EO Mega®+**

*Take 1 sachet VMG+ in water in the
AM and 3 softgels EO Mega+ daily.*



**SUPPORT HEALTHY DIGESTIVE
FUNCTION AND IMMUNITY***

**dōTERRA
PB Restore®**

Take 1 capsule daily with a meal.



**SUPPORT HEALTHY DIGESTION
AND METABOLISM***

**dōTERRA
TerraZyme™**

Take 1-2 capsules with each meal daily.



**CLEANSE*
Lemon**

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



SUPPORT FILTERING ORGANS*

Zendocrine® Detoxification Complex

Take 1-2 capsules with morning and evening meals.



Zendocrine® Softgels

Take 1-2 softgels twice daily.

DAYS 11-20



CLEANSE INTESTINAL TRACT*

GX Assist®

Take 1 softgel with evening meal.



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.*

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

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These products are not intended to diagnose, treat, cure, or prevent any disease.

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, plant-based, nontoxic, and natural cleaners that contain pure CPTG® essential oils.

DAILY WELLNESS HABITS

- Eliminate chemical-based cleaning products.
- Use safe and natural cleansers and detergents.



The dōTERRA abode™ line features beautiful, highly durable glass bottles. They're intended to be bought once and refilled again and again, making it simple to reduce, reuse, and recycle.



dōTERRA® abode®

Time and time again, essential oils perform beautifully when it comes to purifying any surface or space and are a refreshing alternative to synthetic counterparts. Free of phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in recyclable containers, use natural enzymes, and feature the abode Refreshing Blend to provide a natural, fresh aroma and deliver effective results.



abode Refreshing Blend

A high-powered essential oil blend, perfect for making nontoxic DIY cleaners and refreshing the air in any space.



abode Citrus Bloom® Foaming Hand Wash Concentrate and Hand Lotion

Perfect pair to clean hands of impurities and relieve dryness, helping hands feel hydrated and nourished.



abode Dishwasher Pods and Liquid Dish Soap

Tough on grease, leaving dishes, glassware, pots, and pans sparkling clean.



abode Multi-Purpose Surface Cleaner Concentrate

Safely clean nonporous household surfaces, including where food is prepared.



abode Laundry Pods

Gentle on clothes and tough on dirt, leaving every load fresh, clean, and bright.



dōTERRA On Guard®

Natural cleaning choices for laundry, home, and personal care that feature On Guard Protective Blend to provide natural protection against environmental factors.

Self-Care

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



DAILY WELLNESS HABITS

- Eliminate chemical-based self-care products.
- Use essential oil-based products in your self-care routine.



Oral Health

Use dōTERRA On Guard® Natural Whitening Toothpaste or dōTERRA SuperMint® Toothpaste and 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 or alternative bar options.



Essential Skin Care

Designed to meet all your anti-aging and skincare needs. Use twice daily to keep the skin feeling healthy and looking young.



Sun Care

Protect your body and skin with moisturizing and effective products free of harsh ingredients.



Yarrow | Pom Collection

A powerful three-layer botanical approach to beauty, inside and out. Use daily for a youthful glow.

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 dōTERRA essential oil reference book to search the possibilities of solutions at your fingertips.

Oils on the Go



8-VIAL KEYCHAIN

Pack your eight 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.



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

Take one capsule daily to support a healthy inflammatory response and healthy cell cycling. Apply stick or 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 and Gel**

Consume softgels or drops as needed to promote healthy immune function or soothe a dry throat. Spray or apply naturally derived hand sanitizing mist or gel, 99% effective against most common germs.*



**dōTERRA
Breathe®**

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



Lavender

Apply topically to soothe occasional skin irritations.



Peppermint

Apply for a cooling sensation. Dilute as needed.



Tea Tree

For occasional skin irritations, apply 1–2 drops onto the affected area.



ClaryCalm®

Roll this women's monthly blend on lower abdomen and use with a heating pad.



CORRECT-X®

Use this natural ointment for any minor skin irritations.

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Make Wellness Your Foundation

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

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

Establish a Wellness Foundation

Begin 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 Kit** to provide core products at discounted bundle pricing.

Although you may have priorities that seem elsewhere, without a true foundation of wellness, the results you desire can go unrealized. Anything 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 Foundation of Wellness



Foundational Wellness Kit



dōTERRA Wellness Powered by Essential Oils

Target Your Solutions

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



The Healthy Habits Kit is an excellent way to get started with solutions that address each level of the Wellness Lifestyle.

With your top priorities in mind, list the solutions that stand out to you from this guide in the space provided on the following page in step 1. 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. Along with lifestyle considerations in step 3, 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 have ever imagined.








To better understand the power of what you have access to, know that every solution falls into one 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 specialty supplements and essentials oils at top health priorities.
- **Informed Self-Care.** Be ready for life's little urgencies with natural solutions at your fingertips.
- **Personal and Home Care.** Reduce toxic load on and around you. Choose natural oral, sun, hair, skin, and home products.

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

Top Health Priorities for You and Your Family	Natural Solutions You Have	Natural Solutions You Need
1	1	1
2	2	2
3	3	3

Begin with the foundational daily habits listed below. Then add the natural solutions you need and organize them into your daily plan.

	MORNING	AFTERNOON	EVENING
SUPPLEMENTS	<ul style="list-style-type: none"> 1 sachet VMG+™ 2 EO Mega+ softgels  1-2 dōTERRA TerraZyme™ capsules  1 sachet MetaPWR® Advantage 	<ul style="list-style-type: none"> 1-2 dōTERRA TerraZyme™ capsules  	<ul style="list-style-type: none"> 1-2 MetaPWR® Assist capsules 30 mins prior  1 EO Mega+ softgel  1-2 dōTERRA TerraZyme®  1 dōTERRA PB Restore® 
ESSENTIAL OILS	<ul style="list-style-type: none"> 3-5 drops Lemon in water[†] 2 drops Frankincense on bottoms of feet or under tongue[†] 4 drops dōTERRA Balance® on bottoms of feet 	<ul style="list-style-type: none"> 3-5 drops Lemon in water[†] Diffuse 4-5 drops dōTERRA On Guard® Apply Deep Blue® after workout 	<ul style="list-style-type: none"> 2 drops Frankincense on bottoms of feet or under tongue[†] 4 drops dōTERRA Balance® on bottoms of feet Apply Deep Blue® where needed Diffuse 3-5 drops Lavender at bedtime

 with Meal

(e.g., water intake, sleep, exercise, dietary changes)

Create a 90-day wellness plan by adding the product you need to your loyalty orders (recommended to run between the 5th—15th).

MONTH 1 LRP	Date:	/		MONTH 2 LRP	Date:	/		MONTH 3 LRP	Date:	/	
TOTAL PV				TOTAL PV				TOTAL PV			

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Customize Your Wellness Plan

NUTRITION & DIGESTION



☐ VMG+™



☐ EO Mega+



☐ dōTERRA PB Restore® & PB Assist+®



☐ dōTERRA Terrazyme™



☐ dōTERRA® Fiber



☐ GX Assist®



☐ DigestZen® Family



☐ dōTERRA® Ginger Digestive Drops

MOVEMENT & METABOLISM



☐ Deep Blue® Family



☐ Copaiba



☐ Turmeric



☐ MetaPWR® Family



☐ MetaPWR® Family

REST & MAN



☐ dōTERRA Serenity® Family



☐ Lavender



☐ dōTERRA Balance®



☐ Adapt



☐ Kid's O



☐ dōTERRA Emotio



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.

MANAGE STRESS



☐ LaLuz Diffuser



☐ Shinrin-Yoku®



Adaptiv® Family



Collection



Personal Aromatherapy® Kit

REDUCE TOXIC LOAD



☐ Zendocrine®



☐ Lemon



☐ Oral Care



☐ Sun Care



☐ Hair Care



☐ dōTERRA On Guard®

☐ dōTERRA® abode®



☐ Skin Care

INFORMED SELF-CARE



☐ Frankincense Family



☐ DDR Prime®



☐ dōTERRA On Guard® Family



☐ dōTERRA Breathe®



☐ TriEase®



☐ Peppermint



☐ Tea Tree



☐ Wild Orange



☐ TerraShield®



Loyalty Rewards Program

Earn Free Products of Your Choice

The dōTERRA Loyalty Rewards Program (LRP) provides an automatic monthly shipment of products you use on a regular basis. If your loyalty order contains at least 50 PV (Personal Volume),* 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 LRP purchases!

Loyalty Rewards Program FAQs

How do I get free products?

EARN FREE PRODUCT POINTS IN ADDITION TO YOUR 25% DISCOUNT

LRP BENEFITS: PERCENTAGE BACK IN PRODUCT POINTS FOR FREE PRODUCTS



TOTAL SAVINGS AND PRODUCT POINTS:



How do I get 30% back in free product points?

Your Loyalty Rewards percentage grows over time and can begin on your first order when you sign up for a qualifying LRP order with your enrollment. Your percentage grows by 5% every three months when your orders are over 50 PV until you reach the maximum of 30%.

How do I maximize dōTERRA specials?

Place a loyalty 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 LRP points previously earned	●	●	●	●
Earn LRP product 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 (orders placed between the 1st-15th)				●

*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.

How do I create a new loyalty order?

Log into doterra.com. Click "Create New LRP Order" or edit items in an existing loyalty order template.

Watch how
to create an
LRP order.



How do I get free shipping on my orders?

All loyalty and enrollment orders over 100 PV will qualify for free shipping. If a loyalty or enrollment order is placed below 100 PV, dōTERRA will give five Shipping Reward Program (SRP) points. SRP product points can be used on future dōTERRA orders.

When can I use my product points?

Redeem your product points anytime within a year from when you earn them.

How do I redeem my LRP points?

In your virtual shopping cart, select "Use Points" on the products you'd like to redeem with your LRP points. New points are added the 15th of the following month after each order placement.

Can I have more than one loyalty order?

Yes. If you need more than your monthly order, simply change your LRP template and run it again on whatever day you choose, or you can set up as many orders as you like in advance. Remember to cancel any orders you don't want to receive the following month prior to your order processing date..

How do I cancel my loyalty order?

You can cancel your loyalty order anytime via phone, online chat, or email to service@doterra.com. dōTERRA customer service can assist you with redeeming any free product points you've accumulated prior to cancellation so points aren't lost. If you cancel your loyalty order, you'll start back at 10% rewards when you resume consistent loyalty order purchasing.

What if I want to return products?

dōTERRA refunds 100% of anything unopened within 30 days of purchase and 90% of the purchase price if opened or used.

Essential Tips

Effectiveness



Use your dōTERRA reference guide to find solutions to health priorities or concerns as they arise.



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 oils topically with Fractionated Coconut Oil to enjoy greater 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 labels and follow recommendations.

Best Practices



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



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



dōTERRA® essential oils are potent. Use smaller amounts more frequently for best results.

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

Share the Love & Earn Free Rewards

As you use dōTERRA products and experience the benefits yourself, you may naturally 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 love of dōTERRA. It's a simple way to earn free dōTERRA dollars that can be used towards products, shipping, taxes, and more.

When you refer a friend 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, 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.



Empowered Life Series

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

View this webinar series to continue learning ways you can use your products.



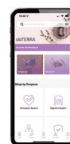
Essential Oil Solutions Podcast

Subscribe to learn the best ways to use essential oils.



Learn more and get great ideas:

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



Use the dōTERRA Shop app for easy online ordering.



Get a dōTERRA essential oil reference guide or mobile app.

Your Key Support _____

Phone _____

Email _____

Other Support _____

Phone _____

Email _____

Upcoming Local or Online Classes and Events _____

Member Services

Live chat:
doterra.com

US:
Text us now at 343-57

Email:
service@doterra.com

Phone Number:
+1 800-411-8151

Team Call/Website/Facebook Group(s) _____

Every Bottle Makes a Difference

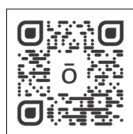
Consistently using dōTERRA® products can change your life, as well as the lives of the growers and their families all over the world. Every drop of essential oil represents hands that have nurtured the earth for our benefit.



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 and empowering others with natural solutions.





dōTERRA®
pursue what's **pure**®

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