dōTERRA®
YŌU
WELCOME GUIDE
dōTERRA
Lavender
15 mL

Welcome to dōTERRA®

Since 2008, dōTERRA has provided pure essential oils to people around the globe. With no industry standard for purity, we created one: CPTG Certified Pure Tested Grade®. This standard ensures you receive only the best in every bottle.

THE dōTERRA DIFFERENCE

dōTERRA means **"gift of the earth."** Everything we do is in service of sharing these gifts, helping people care for themselves and their loved ones. From small-scale and generational farms all the way to your door, our commitment to **quality and purity drives every decision**.

OUR MISSION IS SIMPLE

We help the world heal by integrating trusted wellness solutions with meaningful human connection.

Natural health solutions

Impactful business partnerships

Community building

Transformative growth

Transform Your Health

Whether you're starting with a single essential oil or an order of home wellness products, the path forward is simple and proven:

- **Set your foundation.**
  Getting **vital nutrients and gut support** every day and having key oils on hand is essential.
- **Find your solution.**
  For most concerns people deal with, we have a **Targeted Solution ready to help.**
- **Map your path.**
  The dōTERRA Wellness Plan shows where you're strong and where you can grow, **giving you a roadmap** for what's next.

Discover What You Need

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dōTERRA Wellness Pyramid

Shows that lasting health is built in layers, starting with the basics your body needs daily: good nutrition and a healthy gut. **Once that foundation is steady, everything else works better.**

THE BEST 2 WAYS TO GET STARTED

Foundational Wellness Bundle

Your daily core vitamins, minerals, greens, and omegas, plus gut support.*

Nature's Rx™

The top 12 essential oils in one box, with a guide for simple, everyday use.

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Wellness Made Simple

The Foundational Wellness Bundle covers your bases. It's nutritional and gut health support that takes just two minutes and sets a strong foundation for everything else.*

YOUR DAILY ROUTINE

3 products 2 minutes

VMG+®
90+ whole-food ingredients —**vitamins, minerals, greens**, plus essential oils—for daily nutrition needs*

EO Mega®+
Omega-3 essential fatty acids to support your body, especially heart and brain health*

dōTERRA PB Restore®
30 pre-, pro-, and postbiotics for digestive and whole-body wellness*

Daily Wellness Habits

Eat fresh, whole foods.

Cut back on processed foods.

Stay well hydrated.

Prefer Capsules?

Swap the Foundational Wellness Bundle for the dōTERRA Lifelong Vitality Pack® and dōTERRA PB Restore®.

Discover More

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These are the **12 essential oils** every home should have. They help you handle a restless night, a sore muscle, a stuffy room, or an unsteady moment. **dōTERRA offers 5 and 15 mL essential oil options** for your botanical toolkit.

Essential Oil	What It Does	Explore More With
Lavender	Supports a calm environment and soothes minor skin irritations.	Stress, Skin
Lemon	Brightens the air and creates a clean lift.	Detox, Home
Peppermint	Creates a cool rush for energy, focus, and a settled stomach when taken internally.*	Digestive, Focus
Frankincense	Supports a variety of wellness areas, from skin renewal to grounding reflection.	Skin
Tea Tree	Serves as a natural cleanser for your skin and home.	Clean Living, Skin
Copaiba	Comforts after strenuous activity or a long day.	Pain
dōTERRA On Guard®	Provides a warm, clean aroma and supports daily immune function when ingested.*	Immune, Clean Living
Deep Blue®	Cools and soothes tired, achy muscles.	Pain
dōTERRA Breathe®	Creates feelings of open, easy breathing, day or night.	Respiratory
dōTERRA Serenity®	Provides a nightly cue to quiet your mind and ease into rest.	Sleep
DigestZen®	Comforts an unsettled stomach after meals and travel when used internally.*	Digestive
dōTERRA Balance®	Creates a pause to help you slow down, settle in, and find your footing.	Stress

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Once these essential oils are part of your family's habits, you'll wonder how you ever went without them.

HOW TO USE ESSENTIAL OILS

Aromatic

Diffuse to fill a room or inhale directly from cupped hands.

Topical

Apply to the skin, diluting as needed.

Internal

Add a drop to water or in a Veggie Cap.

For the full story on each essential oil, visit the Natural Wellness Simplified

Not every essential oil is for internal use, and some need dilution when applied topically. Always check the label.

Find Your Solution

Your foundational wellness products and essential oils are where it all begins. They're the **universal groundwork** that everyone has to solidify.

But we've all got that one thing that won't quite let up. Maybe yours is sleep, daily stress or the way your body feels after a long day. Whatever it is, **there's a natural solution made to address that exact concern**.

So **discover more about whatever's speaking to you**. Targeted Solutions have no set order.

They're here to meet you where you need it most.

Sleep

A restless night follows you into the next day. The Sleep Bundle helps you wind down and rest more consistently.*

SLEEP BUNDLE

dōTERRA Serenity®
Restful Blend

dōTERRA Serenity
Stick + Valerian

dōTERRA Serenity
Restful Complex Softgels

LIFESTYLE HABITS

Aim for seven to nine hours of quality sleep a night.

Power down screens 30 minutes before bed.

Take a few quiet minutes to tell your body the day is over.

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YOUR ROUTINE

Apply

dōTERRA Serenity Stick to your neck and wrists.

Diffuse

dōTERRA Serenity as you start winding down for the night.

Take

One dōTERRA Serenity Softgel with water before bed.

ADDITIONAL SUPPORT

Calmer® Restful Blend: Apply to the feet at bedtime—a gentler option for kids.

Vetiver Touch: Roll onto the feet for a grounding finish to the day.

WHAT'S IN YOUR DIFFUSER

dōTERRA Serenity: Encourages a restful environment with a soft, herbal-floral aroma.

Lavender: Fills the room with a restful, calming scent.

TRY THIS

Wind-Down Mist

- 2 ounces distilled water
- 1 teaspoon rubbing alcohol
- 8 drops dōTERRA Serenity
- 4 drops Cedarwood

Combine the ingredients in a small glass spray bottle. Shake and mist lightly over your bed.

Discover More

Stress

Stress isn't always from a crisis. Most of the time, it's just from carrying too much every day. The Stress Bundle helps you find calm in the middle of it all.*

STRESS BUNDLE

Adaptiv®
Calming Blend

dōTERRA
Balance® Touch

Adaptiv Calming
Blend Capsules

LIFESTYLE HABITS

Step outside for fresh air and sunlight.

Take three slow breaths before the next thing.

Engage in a hobby you love regularly.

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YOUR ROUTINE

Roll dōTERRA Balance Touch onto the bottoms of the feet for a grounding aroma.

Take One Adaptiv Capsule with food.

Roll dōTERRA Balance Touch on your wrists for a quick reset.

Diffuse Adaptiv for a tranquil space when your mind feels full.

ADDITIONAL SUPPORT

Shinrin-Yoku® Forest Bathing Blend: Diffuse for a grounded environment.

Adaptiv Touch: Roll onto the pulse points for a relaxing aroma on the go.

Bergamot: Diffuse for a bright, calming lift to your environment.

WHAT'S IN YOUR DIFFUSER

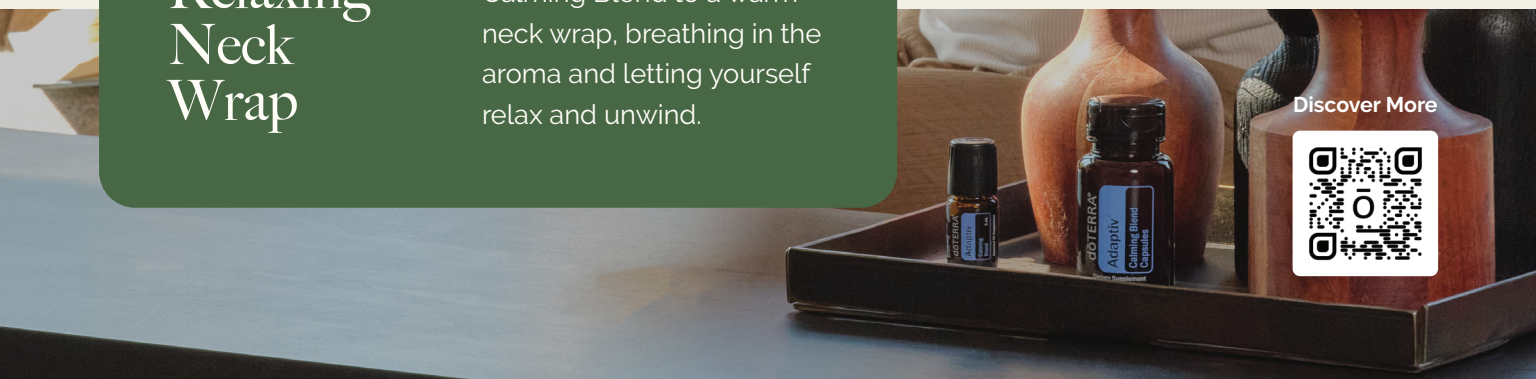
Adaptiv: Creates a thoroughly relaxing space.

Shinrin-Yoku: Promotes a centering, stabilizing environment with the scent of the forest.

TRY THIS

Relaxing Neck Wrap

Add 2 drops of Adaptiv Calming Blend to a warm neck wrap, breathing in the aroma and letting yourself relax and unwind.



Discover More

Focus

Between all the notifications and mental clutter, staying focused can be quite difficult. The Focus Bundle helps quiet the noise so your mind can settle.*

FOCUS BUNDLE

InTune® Focus Blend

InTune™ Stick + Hiba Wood

Veggie Caps

Spanish Sage

LIFESTYLE HABITS

Keep a tidy space so you have room to think.

Work in focused blocks, then take a break.

Put your phone out of reach when you need to focus.

YOUR ROUTINE

Apply

InTune Stick on your temples and wrists.

Diffuse

InTune for a clear, focused space.

Take

Two drops of Spanish Sage in a Veggie Cap.

ADDITIONAL SUPPORT

MetaPWR® Mito2Max®: Take two capsules to reduce fatigue and promote steady, natural energy.*

Thinker® Focus Blend: Apply before doing homework or studying for a test—a gentler option for kids.

Frankincense: Diffuse for a grounded, centered atmosphere.

WHAT'S IN YOUR DIFFUSER

InTune: Builds a focused enviroment.

Spanish Sage: Helps create an environment for focus and concentration with its uplifting aroma.

Frankincense: Provides an aroma of clarity and reflection.

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Pain

Your body keeps showing up for you, day after day. The Pain Bundle brings comfort to tired muscles and joints.*

PAIN BUNDLE

Deep Blue® Stick + Copaiba

Copaiba Essential Oil Softgels

Rescuer™ Soothing Blend

LIFESTYLE HABITS

Aim for 30 minutes of movement every day.

Fuel your recovery with whole foods, water, and restful sleep.

Stretch or do yoga to stay flexible.

YOUR ROUTINE

Apply

Deep Blue Stick to sore muscles and joints.

Massage

Rescuer onto common tension spots like the neck, shoulders, and feet.

Take

One Copaiba Softgel with food.

ADDITIONAL SUPPORT

Deep Blue Rub: Massage into the back, shoulders, or legs.

AromaTouch® Massage Blend: Use as part of a soothing massage.

Turmeric Dual Chamber Capsules: Take two capsules for healthy inflammatory response support.*

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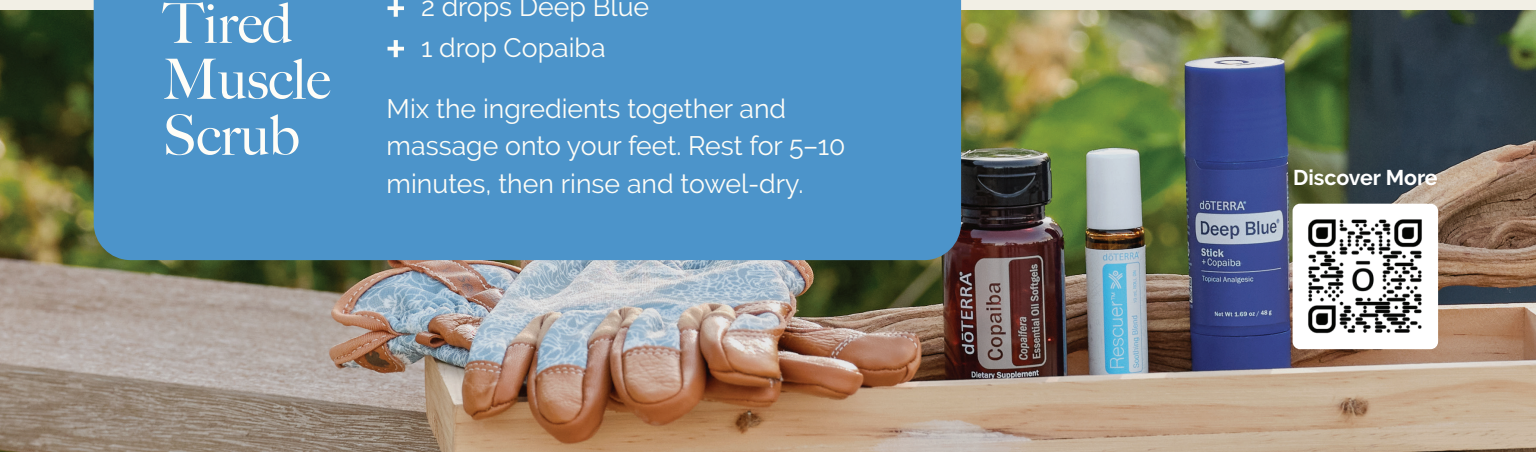
TRY THIS

Tired Muscle Scrub

- ½ cup salt
- ¼ cup Fractionated Coconut Oil
- 2 drops Deep Blue
- 1 drop Copaiba

Mix the ingredients together and massage onto your feet. Rest for 5–10 minutes, then rinse and towel-dry.



Discover More

Metabolic Health

You're doing the work: moving, eating well, and resting. When your metabolism doesn't keep up, that's a support problem. The Metabolic Bundle provides that support.*

METABOLIC HEALTH BUNDLE

MetaPWR® Metabolic Blend Softgels

MetaPWR Metabolic Assist

dōTERRA Fiber

LIFESTYLE HABITS

Make sure to move your body daily.

Prioritize whole foods and protein in your diet.

Build a sleep schedule and minimize stress.

YOUR ROUTINE

Stir

dōTERRA Fiber into water or a morning smoothie.

Take

- Up to three MetaPWR Metabolic Blend Softgels
- One Copaiba Softgel
- One MetaPWR Assist 30 minutes before a meal

ADDITIONAL SUPPORT

Copaiba Softgels: Take one softgel twice daily to support healthy cellular function and movement.*

MetaPWR Advantage: Take a sachet with liquid for sustained vitality and youthful cellular activity.*

MetaPWR Metabolic Blend: Add a drop in your water for a bright lift and to support healthy metabolic function.*†

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TRY THIS

Berry-Orange Smoothie

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

Blend all the ingredients until smooth.

Digestive

Stomach discomfort can show up without warning and throw off your whole day. The Digestive Bundle keeps gentle, natural support within arms' reach.*

DIGESTIVE BUNDLE

DigestZen® Digestive Blend Softgels

DigestZen DigestTab®

Ginger Digestive Drops

Tamer® Digestive Blend

LIFESTYLE HABITS

Stay consistently hydrated.

Prioritize fiber-rich whole foods and daily movement.

Eat slower so your digestion isn't rushed.

YOUR ROUTINE

Take

One DigestZen Softgel with or after your meal.

Roll

Tamer onto the abdomen as part of a soothing massage.

Take

DigestZen DigestTab or Ginger Drops on the go.

ADDITIONAL SUPPORT

TerraZyme®: Take a capsule with meals for added digestive support and nutrient conversion.*

Peppermint: Diffuse for a fresh, settling aroma and add one to two drops to a Veggie Cap to alleviate stomach upset.*†

DigestZen Touch: Include in a soothing abdominal massage.

WHAT'S IN YOUR DIFFUSER

Peppermint: Provides a soothing, cooling lift to the atmosphere.

TRY THIS

Peppermint Tea

+ Boil water, place a tea bag or loose leaves in a mug, pour water over tea, and let steep for 3–5 minutes. Remove the tea bag and add 1 drop of Peppermint.

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Discover More

Immune

The best immune support is the kind you actually use. The Immune Bundle makes daily support easy for the whole family so you're covered before the seasons turn.*

IMMUNE BUNDLE

dōTERRA On Guard®
Protective Blend

dōTERRA On Guard+™
Protective Blend Softgels

dōTERRA On Guard™
Stick + Echinacea

LIFESTYLE HABITS

Wash your hands often, especially after outdoor contact.

Prioritize quality sleep.

Eat colorful, fresh foods and stay hydrated.

YOUR ROUTINE

Apply

dōTERRA On Guard Stick on kids before going to school.

Diffuse

dōTERRA On Guard all through your home for an energizing aroma.

Take

One dōTERRA On Guard+ Softgel with breakfast.

ADDITIONAL SUPPORT

dōTERRA On Guard+™ Chewable Tablets: Take three tablets for healthy immune system maintenance—a gentler option for the family.*

dōTERRA On Guard Protecting Throat Drops: Dissolve a drop in the mouth to calm and soothe throat discomfort anywhere.

dōTERRA On Guard Sanitizing Mist: Clean hands, big and small, on the go.

WHAT'S IN YOUR DIFFUSER

dōTERRA On Guard: Creates an energizing, uplifting, clean scent.

Eucalyptus: Freshens the air with a crisp, clean aroma.

TRY THIS

Natural Floor Cleaner

- Mop bucket
- 1 gallon warm water
- ½ cup white vinegar
- 10 drops dōTERRA On Guard
- 1 tablespoon baking soda

Combine the first 3 ingredients in the bucket, slowly add the baking soda, mix the solution, and mop your floor.

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Discover More

Respiratory

Every breath you take should feel cool and open. When seasonal shifts make that harder, the Respiratory Bundle makes clear breathing easier.*

RESPIRATORY BUNDLE

dōTERRA Breathe® Respiratory Blend

dōTERRA Breathe Vapor Stick

TriEase® Seasonal Blend Softgels

Cardamom

LIFESTYLE HABITS

Open up windows or run an air purifier.

Change air filters with the seasons.

Get outside for fresh air and daily movement.

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YOUR ROUTINE

Take

One TriEase Softgel before heading out the door.

Diffuse

dōTERRA Breathe to keep the air cool and open.

Apply

dōTERRA Breathe Vapor Stick on your chest and throat.

ADDITIONAL SUPPORT

dōTERRA Breathe Respiratory Drops: Dissolve a drop in the mouth for soothing respiratory support on the go.

Rosemary: Diffuse for a fresh, herbaceous lift to your space.

WHAT'S IN YOUR DIFFUSER

dōTERRA Breathe: Makes the air feel open with a cool, minty, and camphorous aroma.

Cardamom: Cultivates a warm, positive atmosphere with its warm, spicy-sweet aroma.

Rosemary: Provides a clean, earthy, and invigorating aroma.

TRY THIS

Shower Steamer

Place a few drops of dōTERRA Breathe or Eucalyptus on the shower floor, away from the direct water stream. Breathe deeply.

Hormone Health

Your body is always changing, month to month and year to year. The Hormone Health Bundle offers steady support that works with those natural shifts.*

HORMONE HEALTH BUNDLE

Clary Sage

MetaPWR® Advantage

ClaryCalm® Monthly Blend for Women

Veggie Caps

Thyme

LIFESTYLE HABITS

Move in ways that feel good: walking, strength training, or yoga.

Make sure sleep is nonnegotiable, as your body regulates hormones overnight.

Nourish yourself with whole foods, protein, and healthy fats.

YOUR ROUTINE

Roll

ClaryCalm onto your wrists, neck, or abdomen.

Start

Your morning with MetaPWR Advantage. Consider combining with VMG+®.

Take

One to two drops of Clary Sage or Thyme in a Veggie Cap.

ADDITIONAL SUPPORT

Neroli Touch: Roll onto the pulse points for a calming, uplifting moment.

Bone Nutrient Essential Complex: Take up to four capsules with food for long-term bone health.*

Phytoestrogen Essential Complex: Take one to two capsules daily for added botanical support to normal hormone levels.*

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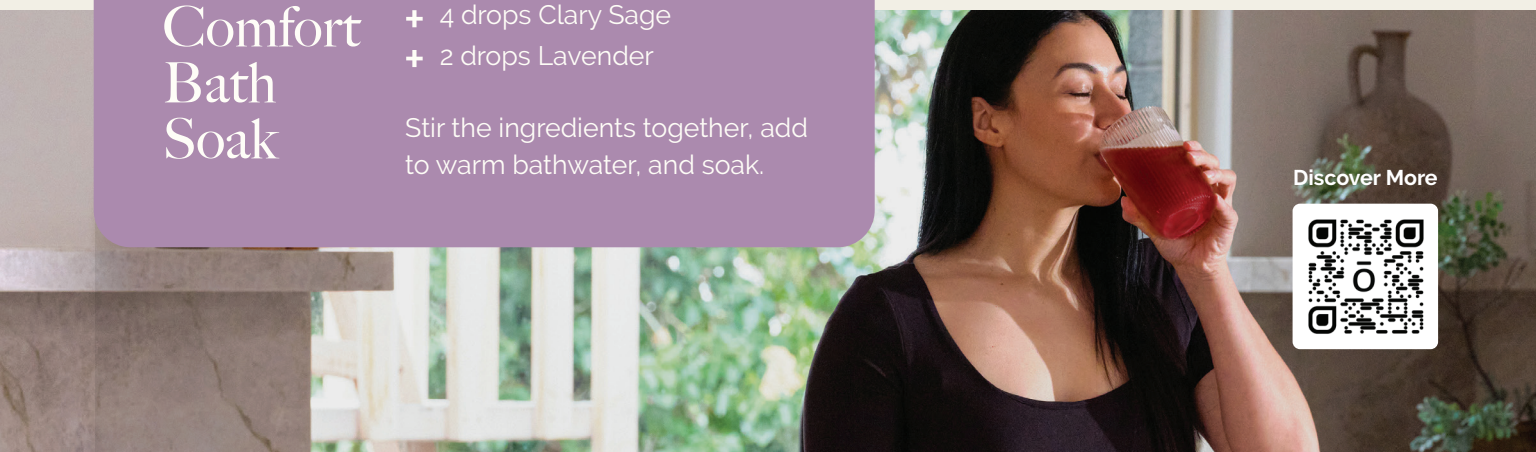
TRY THIS

Comfort Bath Soak

+ 1 cup Epsom salts
+ 4 drops Clary Sage
+ 2 drops Lavender

Stir the ingredients together, add to warm bathwater, and soak.



Discover More

Upgrade Your Everyday

Ever wonder what's in your morning moisturizer or cleaning spray? That's your intuition saying you ought to know what you're putting on your body or countertop. The answer is too many synthetics, so **it's time to go natural**.

And it's easy to do! A few simple swaps, built on the CPTG® essential oils, will go further than you might think and help you **feel good about what you're using, on yourself and in your home**.

Skin

Your skin holds every season you've lived, and none of it needs correcting—just support. IKISE™ is a Japanese-inspired skincare ritual with four unhurried steps, powered by pure essential oils and humic shale minerals to honor your skin as it is.

IKISE SKIN RITUAL

Cleanse

Face Cleanser: Serves as a gentle cleanser.

Target

Dual Serum Smooth & Rich: Delivers intense hydration and enhances natural glow.

Tone

Toner Smooth & Rich: Replenishes moisture and creates a firmer, more supple appearance.

Moisturize

Day & Night Face Cream: Softens and conditions.

LIFESTYLE HABITS

Stay well hydrated and protect your sleep schedule.

Apply natural sunscreen daily.

Use gentle skincare products consistently.

IKISE SKIN RITUAL PRO SET

IKISE Skin Ritual
+
IKISE Cleansing Balm,
IKISE Intensive Eye Cream, and
Immortelle

ELEVATE YOUR ROUTINE

Immortelle: Add a drop to your favorite serum or face cream.

Yarrow|Pom: Adds an extra moisturizing boost to promote healthy-looking skin.

Naio: Offers a fresh finishing touch to your skincare.

Discover More

Clean Living

Under most sinks are synthetic cleaners nobody feels great about using. abōde® is the dōTERRA household care line: cleaners, soaps, and pods made with CPTG® essential oils.

ABŌDE FAMILY

abōde Refreshing Blend

abōde Multi-Purpose Surface Cleaner Concentrate

abōde Laundry Pods

abōde Liquid Dish Soap

abōde Dishwasher Pods

abōde Foaming Hand Wash with Citrus Bloom®

LIFESTYLE HABITS

Make one swap from synthetic to natural at a time.

Use a few drops of abōde on wool dryer balls instead of dryer sheets.

Open the windows regularly.

WHAT'S IN YOUR DIFFUSER

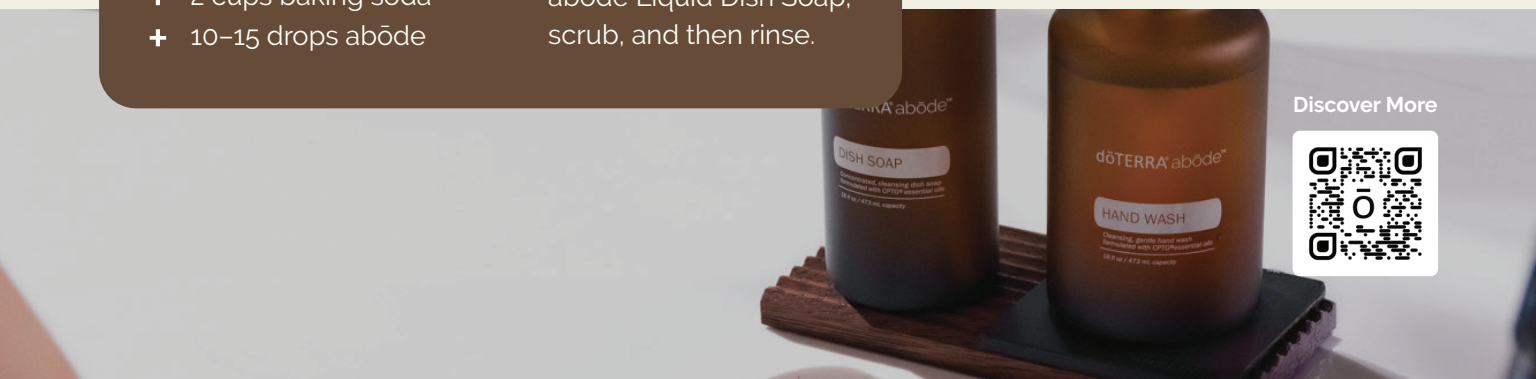
abōde: Freshens the air with a clean citrusy, woody aroma.

TRY THIS

abōde Sink Scrub

- Small glass jar
- 2 cups baking soda
- 10–15 drops abōde

Sprinkle the scrub in wet sink, add 1 squirt of abōde Liquid Dish Soap, scrub, and then rinse.



Discover More

Detox

Your body clears out what it doesn't need every day on its own. Real detoxing is about two things: supporting that natural process with essential oils and other natural ingredients and giving the body less to deal with.*

DAILY DETOX

RevitaZen® Detoxification Blend: Combines CPTG® Tangerine, Rosemary, Ginger, Geranium, Juniper Berry, and Cilantro essential oils.

RevitaZen+® Advanced Detoxification Complex: Features RevitaZen essential oil blend with milk thistle, artichoke leaf, and black cumin seed oil in a dual-chamber capsule.

ADDITIONAL SUPPORT

dōTERRA Castor Oil: Apply topically or use as a carrier oil for your essential oils.

Lemon: Add one to two drops to your water daily to support your digestion and natural cleansing.*†

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LIFESTYLE HABITS

Eat fiber-rich whole foods.

Choose simpler, more natural personal care and cleaning products.

Drink plenty of water.

YOUR ROUTINE

Take

In the morning, take one RevitaZen+ capsule along with your Foundational Wellness Bundle products.

Apply

In the evening, apply RevitaZen with dōTERRA Castor Oil over your abdomen or on a castor oil pack.

Go Deeper

When you want a more thorough detox, try the seasonal Cleanse & Restore and annual 90-Day Reset.

Cleanse & Restore

90-Day Reset

Discover More

Wellness Plan

01 Write down your health priorities and find solutions.

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.

02 Create your daily wellness plan.

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

	Morning	Afternoon	Evening
Supplements	☐ 1 VMG+® stick ☐ 2 EO Mega®+ softgels **M** ☐ 1–2 TerraZyme® capsules **M** ☐ 1 dōTERRA PB Restore® capsule ☐ _____ ☐ _____	☐ 1–2 TerraZyme capsules **M**	☐ 1 EO Mega+ softgel **M** ☐ 1–2 TerraZyme capsules **M** ☐ _____ ☐ _____
Essential Oils	☐ 3–5 drops Lemon in water[‡] ☐ 2 drops Frankincense on the bottoms of the feet or under the tongue[‡] ☐ 4 drops dōTERRA Balance® on the bottoms of the feet	☐ 3–5 drops Lemon in water[‡] ☐ 4–5 drops dōTERRA On Guard® diffused ☐ Deep Blue® after workout	☐ 2 drops Frankincense on the bottoms of the feet or under the tongue[‡] ☐ 4 drops dōTERRA Balance on the bottoms of the feet ☐ Deep Blue applied where needed ☐ 3–5 drops Lavender diffused at bedtime

03 What other wellness choices could support your goals?

M : with meal

(For example, water intake, sleep, exercise, dietary changes)

_____

_____

04 Live empowered with natural solutions.

Create a 90-day Wellness Plan by adding the products you need to your Rewards orders (recommended between the 5th–15th).

Month 1 Date: ☐	**Month 2** Date: ☐	**Month 3** Date: ☐
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
_____ _____	_____ _____	_____ _____
Total PV: _____	Total PV: _____	Total PV: _____

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

Customize Your Wellness Plan

☐ **Sleep Bundle**

Additional Support

- ☐ Calmer® Restful Blend
- ☐ Vetiver Touch

☐ **Stress Bundle**

Additional Support

- ☐ Adaptiv® Touch
- ☐ Shinrin-Yoku® Forest Bathing Blend
- ☐ Bergamot

☐ **Focus Bundle**

Additional Support

- ☐ MetaPWR® Mito2Max®
- ☐ Thinker® Focus Blend
- ☐ Frankincense

☐ **Metabolic Health Bundle**

Additional Support

- ☐ Copaiba Softgels
- ☐ MetaPWR Advantage
- ☐ MetaPWR Metabolic Blend

☐ **Pain Bundle**

Additional Support

- ☐ Deep Blue® Rub
- ☐ AromaTouch® Massage Blend
- ☐ Turmeric Dual Chamber Capsules

☐ **Digestive Bundle**

Additional Support

- ☐ TerraZyme®
- ☐ DigestZen® Touch
- ☐ Peppermint

☐ Respiratory Bundle

Additional Support

- ☐ dōTERRA Breathe® Respiratory Drops
- ☐ Rosemary

☐ Hormone Health Bundle

Additional Support

- ☐ Phytoestrogen Essential Complex
- ☐ Bone Nutrient Essential Complex
- ☐ Neroli Touch

☐ Skin Ritual Bundle

Additional Support

- ☐ IKISE™ Cleaning Balm
- ☐ IKISE Intensive Eye Cream
- ☐ Immortelle
- ☐ Yarrow|Pom
- ☐ Naio

☐ Clean Living Bundle

Additional Support

- ☐ abōde® Refreshing Blend
- ☐ abōde Foaming Hand Wash with Citrus Bloom®
- ☐ abōde Liquid Dish Soap
- ☐ abōde Dishwasher Pods
- ☐ abōde Laundry Pods
- ☐ abōde Multi-Purpose Surface Cleaner Concentrate

☐ Detox Bundle

Additional Support

- ☐ dōTERRA Castor Oil
- ☐ Lemon

☐ Immune Bundle

Additional Support

- ☐ dōTERRA On Guard+™ Chewable Tablets
- ☐ dōTERRA On Guard® Protecting Throat Drops
- ☐ dōTERRA On Guard Sanitizing Mist

ō | 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 or more, your shipping is free!

Rewards Points
When your monthly Rewards order is at least 50 PV, you'll earn Rewards points. **You can redeem these points to get free products!** That order will also count toward advancing your Rewards point percentage. **After three months of qualifying orders, you can level up until you achieve the highest tier** (VIP status). **The longer you participate, the more points you can earn.**

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 15th of that month. (That means free shipping and a free product!)

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.

Your Rewards Are Waiting

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 1st of the month.

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 some of our most popular products.

Earn Rewards Points on Your Monthly Rewards Orders

LEVEL UP AND EARN MORE REWARDS

doTERRA Rewards VIP Status
When you become a VIP, you'll receive a free gift, 30% back on qualifying orders, and early access to LTOs and promotions.

10% Months 1–3

15% Months 4–6

20% Months 7–9

25% Months 10–12

30% Months 13+ VIP

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 essential oils.

Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.

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.

Read all labels and follow recommendations
See individual labels for ingredients, cautions, and usage instructions.

dōTERRA
PB Restore
ProBiome Complex
dōTERRA
EO Mega+
Essential Oil Omega Complex
dōTERRA
VMG+
Whole-Food Nutrient Complex
Clean | Vegan | Gluten-Free | Natural | Non-GMO
Dietary Supplement
30 Sticks | Net wt 9.95 oz / 282 g

It's Just the Beginning

YOU'VE GOT WHAT YOU NEED

Start living life naturally!
And as your needs and goals change,
dōTERRA is here to support you through it all.

What's Next? Flip back to your Wellness Plan. Those solutions are your roadmap. Next time you order, start with the one that caught your attention.

Reorder in Minutes Log in at ***doterra.com*** or on the app and set up your favorites on dōTERRA Rewards so your monthly essentials arrive without a thought.

Share It! If one of these natural solutions made you think of someone, tell them.

You keep to a routine when you know why you started and what you'll do when it gets hard.

Why does this journey matter to me?

What could come up that would make it hard to stick to my routine?

What can I do to adjust when those things come up so I keep my commitment to myself?

Notes

“dōTERRA is about the community we build, of people who care about others.”

David Stirling
Founding Executive, CEO

dōTERRA®
pursue what's **pure**®

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