

Welcome to the dōTERRA

Wellness Consult

I am here to help you:

- Use your new products to change your life
- Set up a personal Daily Wellness Plan
- Maximize your membership and save money

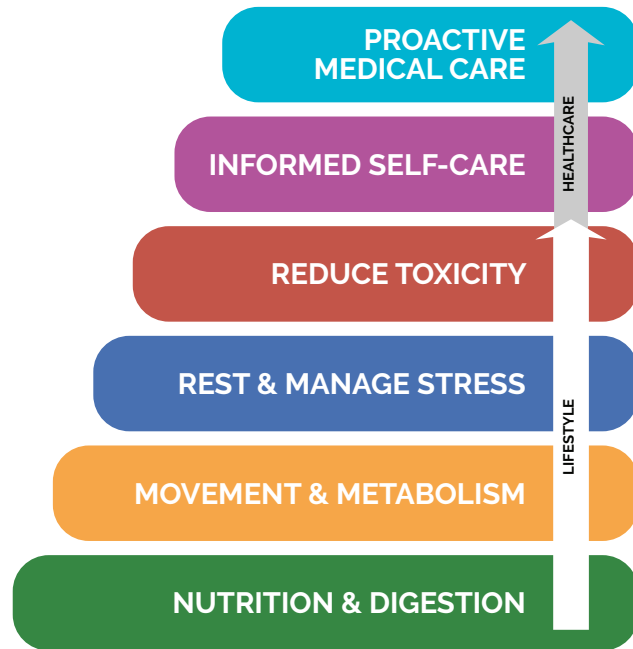




Transform Your Health

Welcome to the dōTERRA difference, where changing lives is **the norm**, and **improving your health is our top priority**. Use this guide to discover the powerful benefits of essential oils and create a wellness plan that sticks.





Live a Wellness Lifestyle

The dōTERRA Wellness Lifestyle Pyramid illustrates the partnership between lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. As you use these powerful products and live healthy daily habits, you'll experience new levels of wholeness.

Envision a life where finding solutions is simple. With an essential oil reference guide and a box of dōTERRA CPTG® essential oils at your fingertips, you'll be prepared to address 80% of your health priorities. For those times when you need additional care, partner with practitioners who support you in finding the best proven natural solutions.





Protect and Restore

Use dōTERRA On Guard® to support immunity and Frankincense to promote healthy cellular function.*

Cleanse and Detoxify

Add a citrus oil of your choice to your water to support you in detoxifying.*

Calm and Ground

Use Lavender to create a restful environment. Diffuse Adaptiv® to create a calm, centered atmosphere.

Soothe and Optimize

Apply Deep Blue® Stick topically before and after your workout where needed. Integrate the 3-step MetaPWR™ system into your daily habits for optimal metabolic function.*

Fuel, Support, and Fortify

Maximize your daily nutrient intake with the 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.

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.



EAT RIGHT

Nutrition



dōTERRA LIFELONG VITALITY PACK®

Offers crucial bioavailable micronutrients and cellular support.*



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.*



dōTERRA GREENS

A tasty and nourishing mix of superfoods with essential nutrients and dietary fiber, responsibly sourced and convenient for any age.



dōTERRA A2Z CHEWABLE™ AND IQ MEGA®

Start your children's day off with great nutrition, as they are growing and developing.

Digestion



DIGESTZEN TERRAZYME®

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



PB ASSIST+® AND PB ASSIST+® JR

Provides healthy intestinal flora and immune support.*



dōTERRA FIBER

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

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DAILY WELLNESS HABITS



Eat whole, fresh foods



Decrease sugar, caffeine, dairy, and processed foods





GREEN SMOOTHIE

1/2 frozen banana
1/2 cup frozen blueberries or strawberries
2 handfuls of baby spinach or kale
1 1/2 cups vanilla unsweetened almond milk
1 scoop dōTERRA Protein
1 scoop dōTERRA Greens
1 tsp 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, 1/2 cup white
vinegar, and 6 drops of Lemon
oil. Soak fruits and vegetables,
and then rinse.



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.



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

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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.



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 CAPS

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.



DAILY WELLNESS HABITS



30+ minutes of daily movement



Stretch or practice yoga to increase flexibility



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.



METABOLISM

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 DigestZen 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 DigestZen TerraZyme® capsules
- 1 MetaPWR™ softgel or 2–4 drops of blend in water

BEDTIME

- 1 MetaPWR™ softgel (optional)

dōTERRA® MetaPWR™

STEP 1: CURB CRAVINGS, REDUCE FAT CELLS†

MetaPWR™ Metabolic Blend—15mL, Softgels, Beadlets, Satiety Gum

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.



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†More confirming clinical research is needed.

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



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.



Rest and 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.



PRIORITIZE REST

RELAXING BATH SALTS

1 cup Epsom salts
10 drops dōTERRA Balance,[®]
dōTERRA Serenity,[®]
or Lavender

Mix and pour into bath.

PEACEFUL REST FAVORITES



dōTERRA Serenity[®] and Lavender

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



dōTERRA Serenity[®] Softgels

*Take 1–2 softgels before bed for deep, rejuvenating sleep.**



dōTERRA Peace[®] and Cedarwood

Massage 1–3 drops on feet and forehead at the end of a long day to feel calm and relaxed in a flash.



Calmer[®]

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



MANAGE STRESS

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

The Adaptiv® System



Adaptiv Calming Blend is the answer during life's most demanding moments. Diffuse or roll on to create a calming atmosphere. Adaptiv Capsules combine clinically studied botanicals with a blend of essential oils to help you adapt to stressful situations.*



Citrus Bliss®

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



Black Spruce

Diffuse to help you relax and create a steady environment.



doTERRA Balance®

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



doTERRA Cheer®

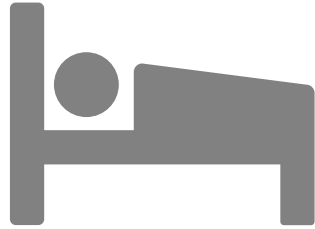
Apply to the wrists or pulse points for a cheerful boost of happiness and positivity to your environment throughout the day.

Consider using other essential oils in the doTERRA Emotional Aromatherapy® system as desired.



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DAILY WELLNESS HABITS



7–9 hours quality sleep nightly



Engage in daily mindfulness or meditation.



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.*



Experience the dōTERRA 30-Day Cleanse

DAYS 1-30



MAXIMIZE NUTRITION AND SUPPORT LONGEVITY

dōTERRA Lifelong Vitality Pack®

Take 2 capsules of each supplement with morning and evening meals.



SUPPORT HEALTHY DIGESTION AND METABOLISM*

**DigestZen
TerraZyme®**

Take 1-2 capsules with each meal daily.



CLEANSE
Lemon

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



Zendocrine® Detoxification Complex

Take 1-2 capsules with morning and evening meals.

DAYS 1-10



SUPPORT FILTERING ORGANS*

Zendocrine® Softgels

Take 1-2 softgels twice daily.

DAYS 11-20



CLEANSE INTESTINAL TRACT*

GX Assist®

Take 1 softgel with your evening meal.

DAYS 21-30



SUPPORT HEALTHY DIGESTIVE FUNCTION AND IMMUNITY*

PB Assist+®

Take 3 capsules with your evening meal or at bedtime.



SUPPORT CELLULAR HEALTH*

DDR Prime® Softgels

Take 1-2 softgels with meals twice daily.



Cleanse & Restore Kit

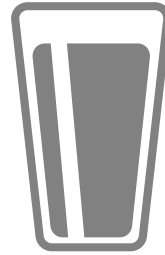
These cleansing products are available in the convenient, discounted Cleanse & Restore Kit.

Download the
dōTERRA 30-Day
Cleanse Program.



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DAILY WELLNESS HABITS



Drink 8 or more glasses of water daily.
Use citrus oils in your water daily for gentle,
natural cleansing.



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.



dōTERRA® abode™

Time and time again, essential oils outperform synthetic counterparts when it comes to purifying any surface or space. 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.



dōTERRA abode Refreshing Blend

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



abode Dishwasher Pods and Liquid Dish Soap

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



abode Citrus Bloom® Foaming Hand Wash Concentrate

Effective against impurities, leaving the hands fresh and clean.



abode Multi-Purpose Surface Cleaner Concentrate

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



abode Citrus Bloom Hand Lotion

Perfect for relieving dryness and helping the hands feel hydrated and nourished.



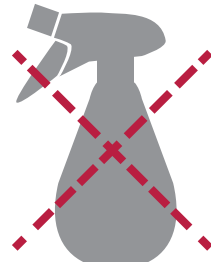
abode Laundry Pods

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



The abode line features beautiful, highly durable glass bottles. They're intended to buy once and refill again and again, making it simple to reduce, reuse, and recycle.

DAILY WELLNESS HABITS



Eliminate chemical-based cleaning products.



Use safe and natural cleansers and detergents.



Natural 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 safe and natural products that provide a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA naturally formulated essential oil-based options.





Essential Skin Care

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



Yarrow | Pom Collection

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



dōTERRA® Hair Care

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



Oral Care

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



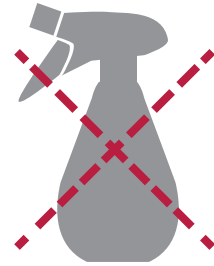
dōTERRA® Sun Care

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

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DAILY WELLNESS HABITS



Eliminate chemical-based self-care products.



Use safe and natural products in your self-care routine.



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 search the possibilities of solutions at your fingertips.



INFORMED SELF CARE



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



dōTERRA On Guard® Hand Sanitizing Gel and Mist
Spray or apply naturally derived hand sanitizing mist or gel, 99% effective against most common germs (see label for list).



dōTERRA On Guard+™ Softgels and Throat Drops
*Consume 1 or more softgels or throat drops as needed to promote healthy immune function and soothe a dry throat.**



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



Correct-X®
Use this natural ointment for any minor skin irritations.



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.

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DAILY WELLNESS HABITS



Turn to natural solutions as your first line of defense.



Refer to an essential oil reference book for possibilities.



Customize Your Wellness Plan

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

On the next page, create your 90-day wellness plan and record each future month's product wish list in the spaces provided.

NUTRITION & DIGESTION



☐ dōTERRA Lifelong Vitality Pack®

Fuel, Support, and Fortify



☐ dōTERRA a2z Chewable™



☐ IQ Mega®



☐ dōTERRA Greens



☐ dōTERRA Protein

Support Digestion



☐ DigestZen TerraZyme®



☐ PB Assist+®



☐ PB Assist+® Jr



☐ dōTERRA Fiber

Kits and Collections



☐ Daily Habits Kit

MOVEMENT & METABOLISM



☐ Deep Blue®

Soothe and Energize



☐ Mito2Max®



☐ Copaiba Softgels



☐ Turmeric Capsules

Strengthen Metabolism



☐ MetaPWR™



☐ MetaPWR™ Assist



☐ MetaPWR™ Advantage



☐ MetaPWR System

REST & MANAGE STRESS



☐ Lavender



☐ dōTERRA Serenity®



☐ dōTERRA Serenity® Softgels



☐ Volo® Diffuser



☐ dōTERRA Peace®



☐ Calmer



☐ Cedarwood



☐ dōTERRA Cheer®



☐ Black Spruce



☐ Adaptiv®



☐ Citrus Bliss®



☐ dōTERRA Balance®

Manage Stress and Mood



☐ Calm and Harmony Kit

REDUCE TOXICITY



☐ Lemon



☐ Zendocrine® Softgels



☐ Oral Care



☐ Essential Skin Care



☐ Yarrow | Pom



☐ Hair Care



☐ dōTERRA sun Care

Natural Self-Care

Natural Home Care



☐ dōTERRA® abode™



☐ Cleanse & Restore Kit

INFORMED SELF-CARE



☐ dōTERRA On Guard®



☐ dōTERRA Breathe®



☐ DigestZen®



☐ Peppermint



☐ Tea Tree



☐ Frankincense



☐ ClaryCalm®



☐ Correct-X®

Protect and Restore



☐ Immune Support Kit

Wellness Consult

1 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



Wellness Consult

2 Create your daily wellness plan.

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"> <input type="checkbox"/> dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®)  <input type="checkbox"/> 1-2 DigestZen TerraZyme®  <input type="checkbox"/> 1 sachet MetaPWR™ Advantage 	<ul style="list-style-type: none"> <input type="checkbox"/> dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®)  <input type="checkbox"/> 1-2 DigestZen TerraZyme®  	<ul style="list-style-type: none"> <input type="checkbox"/> 1 MetaPWR™ Assist before dinner  <input type="checkbox"/> 1-2 DigestZen TerraZyme®  <input type="checkbox"/> 1-2 PB Assist+® at bedtime
ESSENTIAL OILS	<ul style="list-style-type: none"> <input type="checkbox"/> 1-3 drops Lemon in water <input type="checkbox"/> 2 drops Frankincense on bottoms of feet or under tongue <input type="checkbox"/> 2 drops dōTERRA Balance® on bottoms of feet 	<ul style="list-style-type: none"> <input type="checkbox"/> 1-3 drops Lemon in water <input type="checkbox"/> Diffuse 4-5 drops dōTERRA On Guard® <input type="checkbox"/> Apply Deep Blue® after workout 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 drops Frankincense on bottoms of feet or under tongue <input type="checkbox"/> 2 drops dōTERRA Balance® on bottoms of feet <input type="checkbox"/> Apply Deep Blue® where needed <input type="checkbox"/> Diffuse 3-5 drops Lavender at bedtime

*When beginning dōTERRA Lifelong Vitality Pack®, start with half doses for two weeks.

 with Meal



Wellness Consult

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



Wellness Consult

4 Live empowered with natural solutions.

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			

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



Make Wellness Complete

The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of **wellness convenient and affordable**. These essential nutrients can be paired perfectly with any of the Wellness Programs or your essential oils to maximize results.



Alpha CRS+® Cellular Vitality Complex contains powerful polyphenols that protect cells from free radicals, which can damage cellular DNA, mitochondria, and other critical cell structures.*



xEO Mega® contains ultra pure essential fatty acids and other fat-soluble nutrients that provide many systemic benefits, including support to heart, circulatory, brain, and cellular health.*



Microplex VMz® is a balanced formula of essential vitamins and bioavailable minerals, carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.*



Smartest Way to Buy

For greater savings and opportunities to receive free products, create a loyalty order.



Purchase 1 dōTERRA Lifelong Vitality Pack® or MetaPWR™ Advantage, and choose up to 3 of the following products at a reduced price.



Microplex VMz



xEO Mega



Mito2Max®



Deep Blue Polyphenol Complex®



DigestZen TerraZyme®



PB Assist+®



MetaPWR™ Assist & Beadlets



MetaPWR™ Advantage



Kids Kit IQ Mega® and a2z Chewable™

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Loyalty Rewards Program

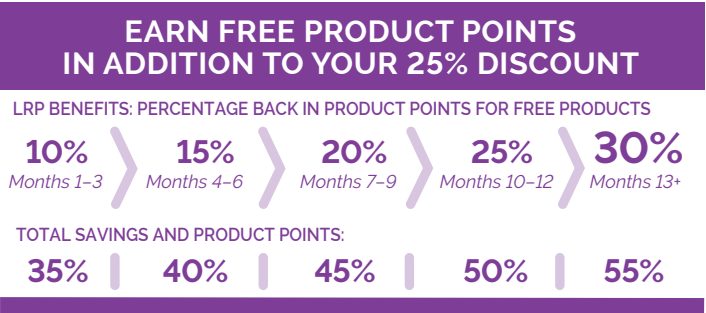
Earn Free Products of Your Choice

The doTERRA 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,* you immediately begin to earn product points that can be used as cash to receive free doTERRA products. The longer you participate, the more points you can earn—up to 30% of your total monthly LRP purchases!

*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.

Loyalty Rewards Program FAQs

How do I get free products?



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 (Personal Volume) 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.

PRODUCT VALUE (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)				●

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.

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 of the month 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.

*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.

Essential Tips

Effectiveness



Use your 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.

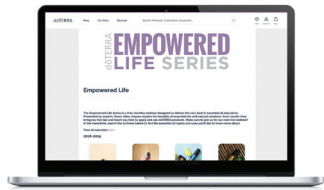


Learn More

Member # _____

Password _____

Log in at doterra.com.



Empowered Life Series *doterra.com/US/en/empowered-life-series*

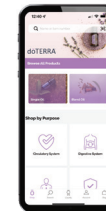
View this webinar series to continue learning ways you can use your products.



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.



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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.



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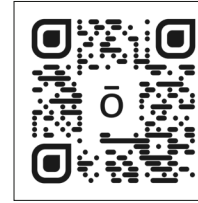
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