

dōTERRA[®]
Habits

Daily Habits



The Choice is Yours

Are there moments when you feel the need to break free from certain habits or perhaps there's a positive routine you've been eager to embrace but find attain? We all accumulate a mix of habits over time and transforming negative ones or adopting positive ones can seem challenging. Whether it's a habit affecting your well-being, like overworking or consuming processed foods, change is possible. The exciting news is that, regardless of your current habits, the opportunity to say good-bye to the detrimental ones and welcome empowering ones is within your grasp. Let's focus on creating a healthy routine adorned with positive choices. Stay engaged as we explore exciting ideas with dōTERRA to assist you in cultivating a life enriched with beneficial habits and a positive daily rhythm.

Why dōTERRA?

dōTERRA stands out in the oils industry



Most tested. Most trusted.

- Harvested from plants in their natural habitat
- Work directly with farmers through Co-Impact Sourcing
- Tested by third party to ensure purity and potency
- CPTG essential oil
- dōTERRA named largest essential oil company in the world by Verify Markets

**Learn more at sourcedtoyou.com*

Wellness Pyramid

The dōTERRA Wellness Pyramid was created with foundational health principles in mind that build on each other. Think of your health like stacking blocks-if you remove the foundation, it all topples. Nutrition, digestion, movement and metabolism impact all other aspects of your health and well-being.



Using essential oils is as easy as 1, 2, 3



Breathe it in

First, try using dōTERRA Balance aromatically. Put a drop in your palms, rub your hands together and cup them over your nose. Breathe in deeply.



Take a sip

Next, use Lemon internally. Put a drop in a glass of water and take a refreshing sip.



Put some on

Now, apply Deep Blue[®] Rub topically. Put a small amount in your palms, rub them together and massage into the neck and shoulders. How do you feel?

Constructing Healthier Habits

Shift your focus from breaking bad habits to the positive endeavour of building good ones! The key is to establish healthy routines and the impact extends beyond the specific actions you take. By integrating healthier habits into your life, you'll experience an overall improvement in your quality of life.

Ready to embark on this journey?

dōTERRA is here to guide you with four easy steps

- **Step 1:** Complete your Wellness Lifestyle Assessment
- **Step 2:** Select the oils and supplements to help construct healthier habits
- **Step 3:** Work on building your healthy habits daily by making use of the Head-To-Toe Inventory
- **Step 4:** After 120 days track your progress

Daily Habits



Price:

- Retail: R4,667.00
- Wholesale: R3,500.00
- 130 PV

Includes:

- LLV
- TerraZyme
- Deep Blue Stick
- Lemon 15ml
- On Guard 5ml
- Balance 5ml
- Lavender 5ml

Daily Habits Plus



Price:

- Retail: R6,660.00
- Wholesale: R4,995.00
- 200 PV

Includes:

- LLV
- TerraZyme
- Deep Blue Stick
- Lemon 15ml
- On Guard 5ml
- Balance 5ml
- Lavender 5ml
- MetaPWR Advantage

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.

Lifelong Vitality Pack®

Offers crucial bioavailable micronutrients and cellular support.



- General wellness and vitality
- Promotes antioxidant and DNA protection
- Helps energy metabolism
- Supports bone health
- Supports immune function

LLV: Take four capsules of each xEO Mega, Microplex VMz and Alpha CRS+ per day with food to help support your nutrition and digestion.

dōTERRA TerraZyme™

Proprietary blend of active whole-food enzymes and supporting cofactors that are often deficient in cooked, processed and preservative-laden foods.



- Supports the body's constant production of enzymes critical for healthy biochemical functions
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy
- Includes a variety of enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber

Terrazyme: Take one to three capsules with meals throughout the day. If a meal includes lots of fresh, raw foods, take one capsule. If a meal includes highly processed foods or food products known to cause specific GI discomfort, take two to three capsules with the meal.

Daily Wellness Habits

- Consume nutritious, fresh foods
- Decrease consumption of sugar, caffeine, dairy and processed foods

Movement & Metabolism

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. Regular exercise and essential oils, when used together, may enhance your ability to stay active and strong.



Deep Blue® Stick + Copaiba

Topical easy-to-use stick that offers temporary relief from minor aches and pains associated with arthritis, sprains, strains and bruises.



- Includes Deep Blue Soothing Blend, Copaiba and other natural ingredients
- Provides maximum OTC strength plant-based menthol
- Delivers temporary relief of minor aches and pains of muscles and joints associated with simple backache, arthritis, sprains, strains and bruises

Deep blue stick: Apply directly to affected areas. For a more intensive treatment, apply Deep Blue Soothing Blend before massaging in the Deep Blue Stick.

MetaPWR® Advantage

MetaPWR Advantage—part of the MetaPWR Metabolic System—supports healthy lifestyle regimens focused on increased energy and vitality, metabolic health and weight management to add health to your lifespan.



- May help sustain vigorous metabolic activity to promote the youthful function of cells and organ systems
- Boost skin appearance by promoting skin density
- Helps maintain healthy mental and physical function and performance

MetaPWR® Advantage: Take one sachet per day. Add contents of the sachet to some cold or room temperature water. Stir or shake before drinking.

Daily Wellness Habits

- 30+ minutes of daily movement
- Stretch or practice yoga to increase flexibility
- Eat a whole-food diet, move more often
- Use smart supplementation to complement targeted metabolic health efforts

Rest & Manage Stress

Essential oils provide dynamic support for getting consistent quality sleep and managing stress. Create an environment where your sleep allows your body to repair and renew. Choose solutions to keep feeling great and stay centred, no matter what life throws at you.



Lavender

Lavender oil has been used and cherished for centuries for its unmistakable aroma and myriad benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking and as a perfume.



- Soothes occasional skin irritations
- Taken internally, Lavender reduces anxious feelings and promotes peaceful sleep
- Helps ease feelings of tension when used internally

Lavender: Add a few drops to pillows, bedding or the bottoms of the feet before bedtime, keep a bottle nearby to calm skin discomfort, mix with water in a spray container and mist inside closets, on linens or in various areas to create a delightful, refreshing atmosphere. Consume internally to promote mental tranquillity and relaxation.

Balance Oil

The warm, woody aroma of Balance Grounding Blend creates a sense of calm and well-being. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation.



- Promotes a whole-body sense of relaxation
- Aroma may help ease anxious feelings
- Aroma evokes feelings of tranquillity and balance

Balance: Add to a calming bath or massage, apply to the wrists or neck or diffuse in the car during road trips.

Daily Wellness Habits

- 7-9 hours of quality sleep nightly
- Daily mindfulness and meditation

Reduce Toxicity

Support your body's natural detoxification pathways. Occasional cleansing may enhance your metabolism, support your efforts to achieve a healthy body, improve your digestive function and increase your energy.



On Guard®

As one of dōTERRA's best-selling blends, dōTERRA On Guard protects against environmental and seasonal threats with essential oils known for their positive effects when ingested. It can also be used on surfaces throughout the home as a non-toxic cleaner.



- Powerful surface cleaner
- Energizing and uplifting aroma

On Guard: Take two to three drops in a Veggie Cap for immune support, add to water for an effective, all-purpose surface cleaner, soak sliced apples in water with a few drops for a healthy, immune-supportive snack and combine a few drops with Fractionated Coconut Oil for a natural hand cleanser.

Lemon

As one of the the top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. Lemon is a powerful cleansing agent that purifies the air and surfaces and can be used as a non-toxic cleaner throughout the home. When diffused, Lemon is uplifting and energizing and has been shown to help improve mood.



- Cleanses and purifies the air and surfaces
- Uplifting, positive aroma

Lemon: Add lemon essential oil to a spray bottle with water to clean tables, countertops and other surfaces, combine a few drops of lemon essential oil with olive oil to clean, protect and shine wood finishes, soak a cloth and wipe down your leather furniture and garments for increased preservation and protection or use to remove early stages of tarnish on silver and other metals.

Daily Wellness Habits

- Eliminate chemical-based cleaning products
- Use safe and natural cleansers and detergents
- Go greener by replacing synthetic products with safe, plant-based, nontoxic and natural cleaners that contain pure CPTG® essential oils

Try these to enhance new habits

Informed Self-Care

Make it a habit to use dōTERRA natural solutions as your first line of defence. When life's challenges arise, use a trusted essential oil reference book to search the possibilities of solutions at your fingertips.



Laluz™ Diffuser

Turn any space into a luxurious spa with Laluz. This sculptural diffuser creates ultrasonic vibrations, transforming water and essential oils into an aroma-infused mist and its specially designed lighting options give the aroma an ambience to match. With a runtime of up to eight hours, you can diffuse your favourite essential oils all day or night.



Tea Tree

Tea Tree essential oil has over 92 different compounds and limitless applications. The leaves of the Tea Tree have been used by the Aboriginal peoples of Australia for centuries. They would apply crushed leaves directly to the skin for a cooling effect. The aroma of Tea Tree is fresh, green and uplifting, while the oil itself can be used daily for its freshening and rejuvenating properties on the skin.

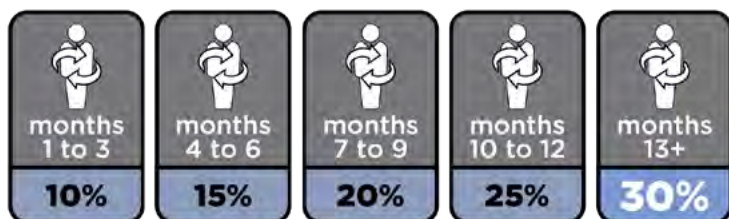


Frankincense

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary benefits. Its soothing and beautifying properties are used to rejuvenate skin and help reduce the appearance of imperfections when applied topically. When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction and overall wellness properties on the skin.

Create Habits with the Loyalty Rewards Program

- Place a monthly LRP order of 50+ PV at any time to earn free product points
- Change or cancel any time
- Percentage of FREE Product points increases by 5% every 3 months up to 30%



Additional Benefit: Product of the Month

One monthly Loyalty Rewards order totalling 125 PV or more that processes on or before the 15th of each month, will include a free product!

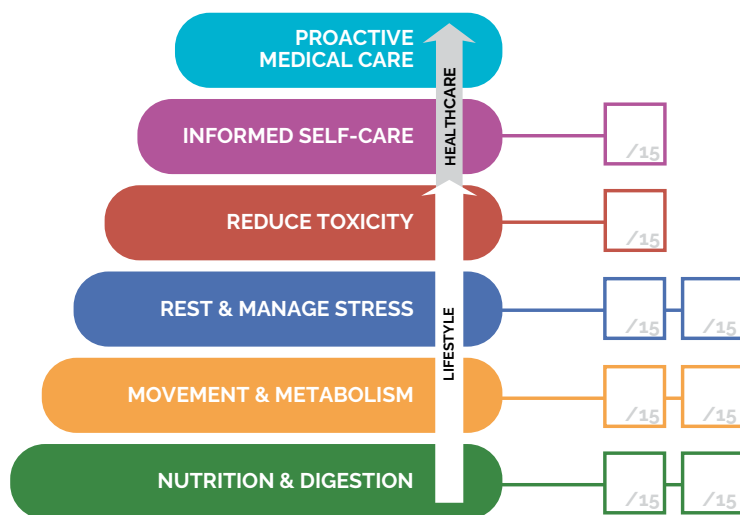
STEP 1: Wellness Lifestyle Assessment

Welcome to the Wellness Lifestyle Assessment! This form is designed to help you take control of your health and well-being by assessing aspects of your health through the dōTERRA® Wellness Pyramid framework. Take your time, answer the prompts truthfully, and use the results as a starting point to identify which dōTERRA products will best support you on your journey toward an optimal wellness lifestyle.

Give yourself a score in each area on a scale between 1–5: **1:** Strongly disagree **2:** Disagree **3:** Neither agree nor disagree **4:** Agree **5:** Strongly agree

NUTRITION	I eat a healthy, nutrient-rich diet that's high in whole foods and low in ultra-processed foods.	<input type="checkbox"/>	TOTAL SCORE
	I'm mindful of my portions. I eat when I'm hungry and stop when I'm full. I avoid snacking between meals.	<input type="checkbox"/>	
	I use micronutrient and macronutrient supplements to ensure my nutritional needs are met.	<input type="checkbox"/>	
DIGESTION	I'm free from digestive discomfort.	<input type="checkbox"/>	TOTAL SCORE
	I don't struggle with food sensitivities.	<input type="checkbox"/>	
	I make sure to include prebiotic and probiotic foods in my diet at least weekly.	<input type="checkbox"/>	
MOVEMENT	I'm physically active, getting at least two hours of moderately intense activity or an hour of vigorous activity per week.	<input type="checkbox"/>	TOTAL SCORE
	I do at least two days of muscle strengthening per week.	<input type="checkbox"/>	
	I give myself time to rest and recover from activities, including gentle stretching and using dōTERRA products to support the recovery process.	<input type="checkbox"/>	
METABOLISM	I have good energy during the day. I don't suffer from brain fog or sugar cravings or need caffeine or energy drinks.	<input type="checkbox"/>	TOTAL SCORE
	I use smart supplementation to complement targeted metabolic health effects.	<input type="checkbox"/>	
	I stay satiated for hours after eating.	<input type="checkbox"/>	
REST	I'm getting enough sleep to feel rested and alert the next day.	<input type="checkbox"/>	TOTAL SCORE
	I have good sleep hygiene practices.	<input type="checkbox"/>	
	I'm familiar with and use smart supplementation to help on days when sleep is challenging.	<input type="checkbox"/>	
MANAGE STRESS	I know my main sources of stress and I have and use adequate resources to manage them.	<input type="checkbox"/>	TOTAL SCORE
	I have self-care strategies and use them to help manage my stress.	<input type="checkbox"/>	
	I'm familiar with and use supplements and products that help as I relax and unwind.	<input type="checkbox"/>	
REDUCE TOXICITY	I'm familiar with the most common environmental toxins and ways to avoid them.	<input type="checkbox"/>	TOTAL SCORE
	I use nontoxic, eco-friendly products at home and advocate for them with friends and family.	<input type="checkbox"/>	
	I focus on supporting my body's natural detoxification process, such as by limiting alcohol intake.	<input type="checkbox"/>	
INFORMED SELF-CARE	I educate myself on proactive wellness lifestyle habits.	<input type="checkbox"/>	TOTAL SCORE
	I work hard to continuously support my immune function.	<input type="checkbox"/>	
	I use smart supplementation to complement self-care efforts.	<input type="checkbox"/>	

With this form, you can identify health areas where you're doing well and where you may need to make lifestyle changes to improve your overall health. The larger the gap between what the ideal is and where you scored should help you identify which areas of the Wellness Pyramid to prioritize.



Lots of food sources provide vitamins and minerals, but American adults are generally falling short in meeting their daily nutrient requirements. If certain nutrients are missing, your body isn't receiving the resources it needs to function properly. Your overall health can be negatively impacted. Consider focusing on the foundations of wellness, Movement & Metabolism and Nutrition & Digestion, as you pick your top 3 health priorities.

Identify which health goals you'd like to focus on in each category of the Wellness Pyramid:

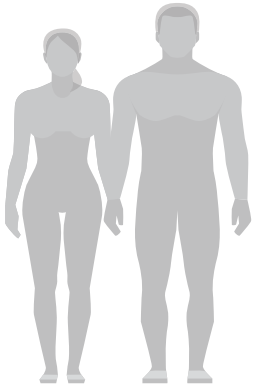
NUTRITION & DIGESTION	MOVEMENT & METABOLISM	REST & MANAGE STRESS	REDUCE TOXICITY	INFORMED SELF-CARE
<p style="text-align: center;">HEALTH GOALS</p> <p><input type="checkbox"/> Eat whole, fresh foods</p> <p><input type="checkbox"/> Nutritional supplementation</p> <p><input type="checkbox"/> Support gut health</p> <p>Other</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">HEALTH GOALS</p> <p><input type="checkbox"/> Support mobility</p> <p><input type="checkbox"/> Support healthy inflammatory response</p> <p><input type="checkbox"/> Support metabolic health</p> <p>Other</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">HEALTH GOALS</p> <p><input type="checkbox"/> Experience quality sleep</p> <p><input type="checkbox"/> Improve stress management</p> <p><input type="checkbox"/> Create a mindfulness routine</p> <p>Other</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">HEALTH GOALS</p> <p><input type="checkbox"/> Support detoxification</p> <p><input type="checkbox"/> Toxin free living</p> <p><input type="checkbox"/> Natural self-care</p> <p>Other</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;">HEALTH GOALS</p> <p><input type="checkbox"/> Become informed</p> <p><input type="checkbox"/> Prioritize natural solutions</p> <p><input type="checkbox"/> Support healthy immune response</p> <p>Other</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>THE TOP 3 HEALTH PRIORITIES I'M FOCUSING ON:</p> <p>_____</p> <p>_____</p> <p>_____</p>				

Step 2: Construct healthier habits

- Select the oils and supplements to help reach your goals

Step 3: Head-To-Toe Inventory

Change happens gradually, but when you give your body what it needs to function optimally, it can build health and wellness.



Step 3.1: How do you feel right now based on the above assessment

Step 3.2: Use essential oils daily over the next 120 days.

Daily Product Uses Ideas

MORNING	DAYTIME	EVENING
<ul style="list-style-type: none"> • Add 1-2 drops of lemon to your water • Apply 1-2 drops Balance to the bottoms of your feet when you wake up 	<ul style="list-style-type: none"> • Add Lemon in your water throughout the day • Diffuse On Guard or Balance 1-2 drops in palms - cup hands and inhale deeply 	<ul style="list-style-type: none"> • Apply On Guard diluted under the feet before bed • Diffuse Lavender or Balance 1-2 drops in palms - cup hands and inhale deeply
<ul style="list-style-type: none"> • With breakfast , take LLV and Terrazyme 	<ul style="list-style-type: none"> • Take MetaPWR Advantage sachet 	<ul style="list-style-type: none"> • With dinner, take LLV and Terrazyme
	<ul style="list-style-type: none"> • Apply Deep Blue Stick as needed • With lunch, take LLV and Terrazyme 	

Daily Healthy Habit Ideas

MORNING	DAYTIME	EVENING
<ul style="list-style-type: none"> • Eat a hearty breakfast with whole, fresh foods • Meditate or take a moment for personal reflection 	<ul style="list-style-type: none"> • Eat a balanced, light lunch • Take a 5-10 minute walk 	<ul style="list-style-type: none"> • Eat a nutritious dinner • Stretch

Customise your Healthy Habits Plan:

MORNING	DAYTIME	EVENING

Step 4: Track your progress

- After 120 days, cross out anything that is no longer a problem for you

Country Color Codes:

- Co-Impact Sourced Oil: Social Impact
- Co-Impact Sourced Oil: Environmental Stewardship
- Sourcing Country

Oils may also be sourced from additional regions of the world as needed

Americas

- **Brazil**
Clementine, Copaiba, Lime, Mandarin (Green, Red, Yellow), Orange, Tangerine, Tonka Bean
- **Canada**
Arborvitae, Balsam Fir, Black Spruce
- **Chile**
- **El Salvador**
- **Guatemala**
Cardamom
- **Haiti**
Amyris, Vetiver
- **Honduras**
Cardamom, Ginger
- **Mexico**
Damiana
- **Paraguay**
Guaiacwood, Petitgrain
- **Peru**
Pink Pepper
- **USA**
Cedarwood, 'Iliahi (Hawaiian Sandalwood), Naio, Peppermint, Pink Grapefruit, Roman Chamomile

Africa

- **Egypt**
Basil, Chamomile, Jasmine, Marjoram, Neroli
- **Ethiopia**
Frankincense
- **Kenya**
Cypress, Geranium, Ginger, Lemon Eucalyptus, Pink Pepper, Tea Tree, Thyme
- **Madagascar**
Black Pepper, Cinnamon, Clove Bud, Geranium, Ginger, Niaouli, Ravintsara, Vanilla, Ylang Ylang
- **Morocco**
Blue Tansy, Cypress, Rosemary

- **Rwanda**
Eucalyptus Globulus
- **Somaliland**
Frankincense, Myrrh
- **South Africa**
Eucalyptus Radiata, Grapefruit
- **Tanzania**
Cinnamon, Ginger
- **Uganda**
Muyao Shea Butter

Europe

- **Albania**
Helichrysum, Juniper Berry, Laurel Leaf
- **Bulgaria**
Lavender, Melissa, Rose, Summer Savory, Yarrow
- **Finland**
Caraway
- **France**
Helichrysum (Corsica), Lavender
- **Greece**
Orange, White Grapefruit

- **Italy**
Bergamot, Green Mandarin, Lemon
- **Moldova**
Cilantro, Clary Sage, Coriander, Fennel

- **Romania**
- **Serbia**
Helichrysum
- **Spain**
Cypress, Spanish Sage, Thyme
- **Turkey**
Laurel Leaf, Oregano

Asia/Oceania

- **Australia**
Eucalyptus (kochii, lox liss, and polybractea), Sandalwood, Tea Tree
- **China**
Cassia, Litsea, Magnolia, Osmanthus, Star Anise, Sweet Gum, Wintergreen
- **India**
Bergamot Mint, Davana, Japanese Mint, Lemongrass, Peppermint, Spearmint, Tulsii, Turmeric
- **Indonesia**
Cananga, Citronella, Clove Bud, Nutmeg, Patchouli
- **Japan**
Hinoki, Yuzu
- **Kazakhstan**
- **Laos**
- **Nepal**
Himalayan Fir, Spikenard, Turmeric, Wintergreen
- **New Zealand**
Douglas Fir, Manuka
- **Oman**
Frankincense
- **Philippines**
Fractionated Coconut
- **Russia**
- **Sri Lanka**
Cinnamon
- **Thailand**
Cassia, Ginger, Litsea, Star Anise
- **Vietnam**

dōTERRA® Co-Impact Sourcing® is committed to supplying the highest quality essential oils while making a positive difference in the lives of farmers, harvesters, distillers and their communities. With a dedication to a transparent and ethical supply chain, Co-Impact Sourcing works to build stable livelihoods while supporting the overall health and wellbeing of individuals and communities. With over 130 essential oils in its product line, dōTERRA sources its oils from over 40 countries —more than half of which are developing countries. Co-Impact Sourcing ensures that small scale farmers and harvesters in disadvantaged areas are treated fairly and ethically.

Co-Impact Principles



Make your impact with your purchase of these products:

- Hope Touch 10ml
- Rose Hand Lotion 100ml

Every purchase supports community assistance.

