

A close-up photograph of lavender flowers in a field, with a soft, out-of-focus background. The flowers are in various stages of bloom, showing their characteristic small, tubular shape and light purple color. The overall tone is serene and natural.

dōTERRA[®]
Live

Lifestyle Overview

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. For those times when you need additional care, partner with practitioners who support you in finding the best-proven solution.

Rate yourself in each area (1–10)



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

Apply Deep Blue® topically before and after your workout where needed.

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.

See individual labels for ingredients, cautions and instructions 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.



CELERY SEED SMOOTHIE RECIPE

- 2-3 Drops Celery seed oil
- 1 Red apple
- 1 Frozen banana
- 1 Cup frozen strawberries

ADD TO WATER

Enhance your water with these essential oils for a delightful flavour (zero calories):

- Tangerine
- Lemon
- Grapefruit and Cassia
- Wild Orange, Lime and Grapefruit

THERAPEUTIC TEA

Boost your tea's benefits by adding 1-2 drops of Peppermint, Ginger, or dōTERRA On Guard® to hot water.

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 and then rinse fruits and vegetables.

Nutrition



Lifelong Vitality Pack®
Offers crucial bioavailable micronutrients and cellular support.

Digestion



Copaiba
Supports the health of the cardiovascular, immune and digestive systems.



Peppermint Beadlets
Take after meals to promote oral health and digestion.



Celery Seed
Helps to support a healthy digestive system.



Oregano
Supports a healthy immune system and healthy digestion.



Spearmint
Promotes healthy digestion.



Black Pepper
Provides antioxidant and digestive support when used internally.



Zengest®
The soothing properties of this oil may help ease the uncomfortable effects of an upset stomach.

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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, 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



Deep Blue® Rub

Provides a soothing effect on 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® Sample

An on-the-go blend in a base of moisturizing emollients that leave your skin feeling soft and not greasy. It is the choice of massage therapists and sports practitioners, who currently use the dōTERRA Deep Blue essential oil blend in their practice.

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



Deep Blue® Oil

After long hours on the computer, try rubbing Deep Blue essential oil blend on your fingers, wrists and shoulders.

Add a few drops of Deep Blue Soothing Blend diluted in a carrier oil can be part of a cooling and comforting massage.



Deep Blue® Touch

Try rubbing dōTERRA Deep Blue Touch on your hands, wrists, shoulders and neck after exercising, lifting or working long hours. Experience the cooling and refreshing sensation of dōTERRA Deep Blue Touch.

QUICK HEALTHY MEAL PLAN

BREAKFAST

- Smoothie or healthy breakfast
- 3-5 Drops MetaPWR in a vegetable capsule or in water
- 3 capsules of LLV

LUNCH

- Healthy meal
- A fruit or vegetable
- 3 capsules LLV
- 3-5 Drops MetaPWR in a vegetable capsule or in water

DINNER

- Healthy meal
- 3 capsules LLV
- 3-5 drops MetaPWR in water

DIY Smoothie Cubes Recipe

- 1 Cup frozen berries
- 1 Frozen banana
- 1 Cup coconut milk
- 3-5 Drops MetaPWR essential oil.

Metabolism



MetaPWR™ System

The MetaPWR system helps you live your most powerful life, supporting your metabolism, energy and health on a cellular level. Designed to be used in a system, each MetaPWR product offers a specialty, while also supporting and enhancing the benefits of the other products.

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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 centered, no matter what life throws at you.



DAILY WELLNESS HABITS

- Get 6-8 hours of quality sleep nightly.
- Engage in daily mindfulness/meditation.



Prioritize Rest



Serenity® and Lavender
Place 1-2 drops on your pillow for peaceful dreams.



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



Peace Touch®
Roll on your feet and neck after a long day to feel calm and restful.



Vetiver
Massage 1-3 drops on feet before bed, to help with falling asleep.

Manage Stress



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



Black Spruce
Diffuse to help you relax and create a steadying environment.



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



Cheer®
Roll onto the wrists or pulse points for a cheerful boost of happiness and positivity to your environment throughout the day.

RELAXING BATH SALTS

- 1 cup Epsom salts
 - 1/4 cup coconut oil
 - 10 drops Balance®, Serenity® or Lavender
- Pour into your bath*
Store in a sealed container



The Adaptiv™ System



Adaptiv Calming Blend is the answer during life's most demanding moments. Diffuse or roll on to create a calming atmosphere.

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

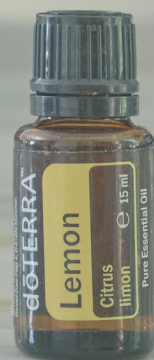
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Reduce Toxicity

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 body, improve your digestive function and increase your energy.

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 Lifelong Vitality Pack®

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



SUPPORT HEALTHY DIGESTION
AND METABOLISM

Fennel

*Add one to two drops in a veggie capsule to
promote digestion.*



CLEANSE

Lemon

Add 3 drops to drinking water 3 times daily.

DAYS 1-10



SUPPORT FILTERING ORGANS

Zendocrine®

Add one drop to water or tea daily.

DAYS 11-20



CLEANSE INTESTINAL TRACT

Grapefruit

*Add one drop into 125ml of water and drink
right after waking.*

DAYS 21-30



SUPPORT HEALTHY IMMUNITY

Peppermint

Add a drop to a cup of warm tea and drink slowly.



SUPPORT CELLULAR HEALTH*

DDR Prime®

*Add 1-2 drops to citrus drinks, teas or water and
consume daily.*

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Natural Home Care

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

DAILY WELLNESS HABITS

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



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.



abode™ Foaming Hand Wash Concentrate

Effective against impurities, leaving the hands fresh and clean.



abode™ Liquid Dish Soap

Tough on grease yet gentle on hands, abode Liquid Dish Soap smells delightfully fresh and citrusy and makes your dishes shine.



abode™ Multi-Purpose Surface Cleaner Concentrate

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

dōTERRA® On Guard™



On Guard™ Protective Blend

Protects against environmental and seasonal threats. It can also be used on surfaces throughout the home as a non-toxic cleaner.



On Guard™ Cleaner Concentrate

This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odours.



On Guard™ Foaming Hand Wash

Cleans and softens hands while providing an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus-clean.



On Guard™ Hand Mist

Purifies hands by eliminating 99.9 percent of bacteria and other germs on the skin through an extremely fine, quick-drying mist.

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

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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's naturally formulated essential oil-based options.

DAILY WELLNESS HABITS

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



Verage™ Skin Care

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



Yarrow | Pom Collection

A powerful botanical approach to beauty, inside and out. Use daily for a radiating glow.

Hair Care Trio

With dōTERRA Hair Care products, you can feel good about what you use on your hair. It's clean, pure, natural and sure to make your hair look healthier and better than ever.



Oral Care

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

Body Care

Cleanse your body with the Spa Moisturizing Bath Bars, which are free of harsh ingredients.



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

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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.

DAILY WELLNESS HABITS

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



On Guard® Hand Sanitizing Mist

Our naturally derived hand sanitizing mist provides 99% protection against the most common germs.



On Guard® Beadlets

Consume 1 or more beadlets as needed to promote healthy immune function.



Correct-X®

Use this natural ointment for any minor skin irritations and abrasions.



Lavender

Apply topically to soothe occasional skin irritations.



Peppermint

Apply for a cooling sensation. Dilute as needed.

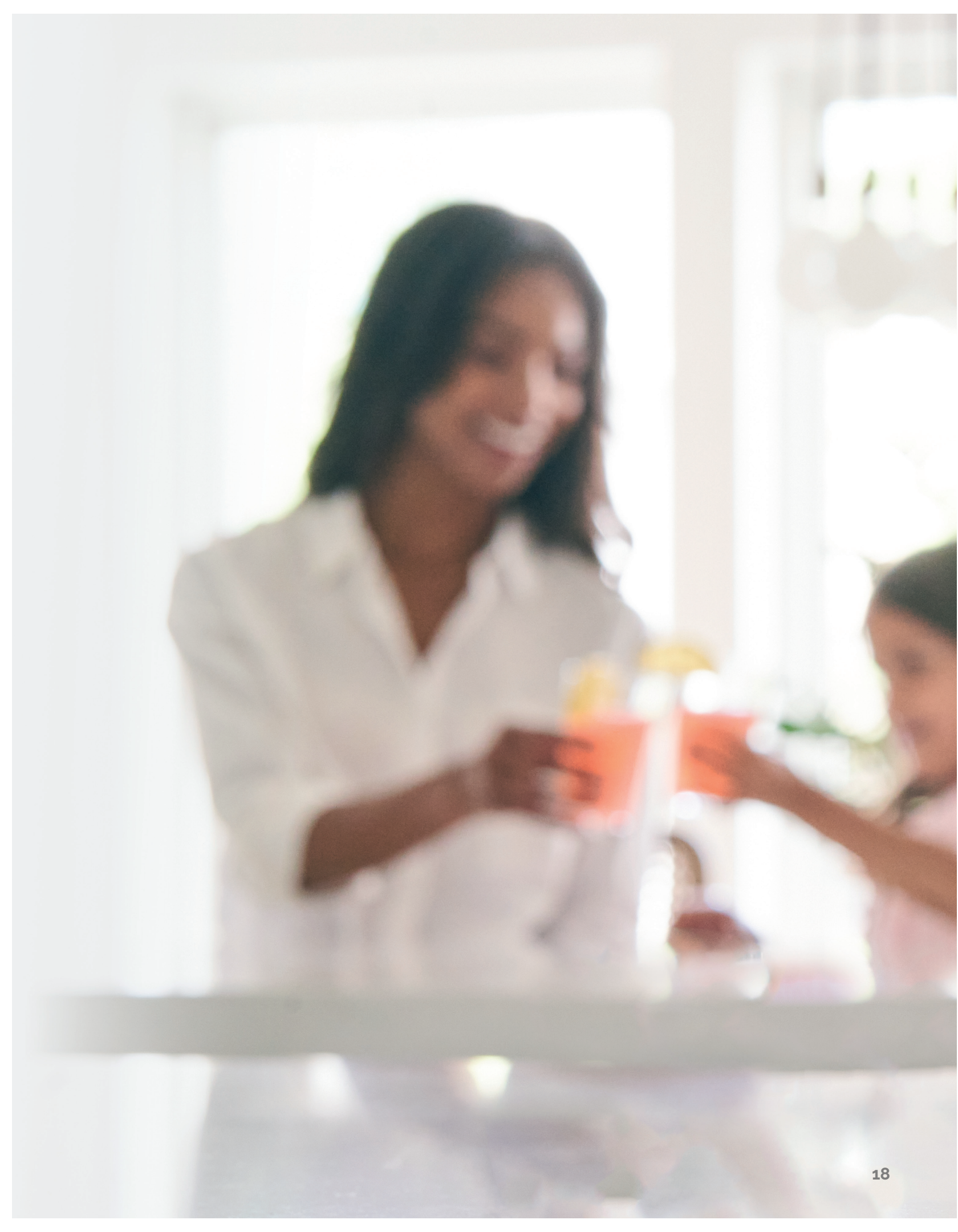


ClaryCalm®

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

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NUTRITION & DIGESTION

Settle, stimulate and move. Promoting digestive and intestinal health is a top need for many people. Provide your body with regular and effective support with this balanced combination.

PV: 130,75



MOVEMENT & METABOLISM

Soothe, support and comfort. Say goodbye to distracting discomfort and hello to liberation and freedom with safe and natural solutions. Enjoy more fully the activities you love.

PV: 170,35



REST & MANAGE STRESS

Relax, unwind and rest. Getting optimal sleep night after night is a top health priority for everyone. Whether targeting how you fall or staying asleep, get the rest you need.

PV: 143,75



REDUCE TOXICITY

Protect, strengthen and respond. Get what you need, inside and out. This curated selection of products is designed to support your immune system, keep your environment clean and protect your family and home.

PV: 129,25



INFORMED SELF-CARE

Balance, center and adapt. No matter what life throws at you, don't let daily ups and downs take a toll. Feel centered and uplifted any time of the day.

PV: 154



PROACTIVE MEDICAL CARE

Open, expand and clear. Breathing well is essential to life. These products encourage feelings of clear airways and offer support, so you feel like you are breathing easy.

PV: 81



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 _____

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			
ESSENTIAL OILS			

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

3 What other wellness choices could support your goals?

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

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 instructions 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.



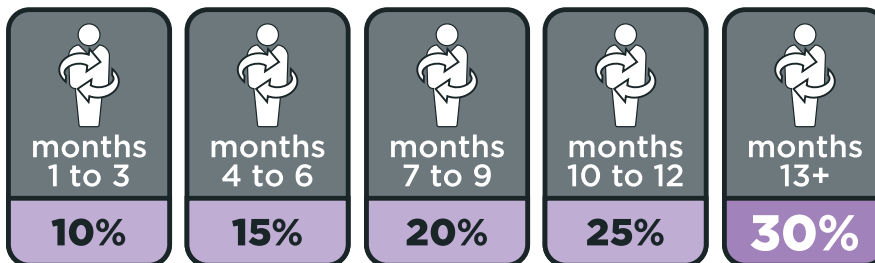
Microplex VMz® is a balanced formula of essential vitamins and bioavailable minerals, carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.

dōTERRA[®] Loyalty Rewards Program



The dōTERRA Loyalty Rewards Program (LRP) provides free product credits (points) for monthly purchases ordered on the program. As a participant in the Loyalty Rewards Program, you will immediately begin to earn points that can be used as cash to purchase dōTERRA products. The longer you participate, the more points you can earn—up to 30% of your total monthly Loyalty Rewards purchases! (See terms and conditions below.)

Loyalty Rewards Credits



Additional Benefit: Product of the Month

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

Loyalty Rewards Credits

- No-hassle, automatic shipment of the dōTERRA products you use on a monthly basis
- Receive up to 30% of the PV value of your monthly LRP order in points
- Redeem your LRP points for dōTERRA products
- Freedom to change your LRP order up to the day before your monthly ship date
- Convenient way to meet monthly PV and bonus qualification requirements
- Powerful loyalty incentive for new customers and consultants that you personally sponsor
- View and use Loyalty Rewards points online in your mydoterra.com back office
- LRP orders can be set to ship any day between the 1st and the 28th of the month

Terms and Conditions

- Minimum monthly Loyalty Rewards order of 50 PV to earn points
 - Orders with a minimum of 1 PV* will maintain both Loyalty Reward level (%)† and previously accrued points
 - No maximum monthly points accumulation limit
 - Points expire 12 months from the date of issue
 - Points can be used to purchase full PV products only
 - Points can be redeemed by phone (1-800-411-8151) or online in the new shopping cart
 - Redemption orders have no PV
 - A redemption fee of R60 per 100 points, applicable taxes and shipping and handling charges will apply
 - Must be an LRP participant for 60 days before credits can be redeemed
 - All points and percentage will be immediately cancelled with LRP cancellation
 - Points have no cash redemption value and are non-transferable
 - Products purchased with LRP credits are not for resale
 - Cancellation of LRP order must take place over the telephone by calling Member Services at (27) 105002462
- * Loyalty Rewards orders must exceed 50 PV per single order to earn Reward Points.
† Loyalty Rewards orders must exceed 50 PV per single order to advance Loyalty Reward levels (%).

Join Today! Login at www.mydoterra.com or call (+27) 10-010-0289



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 and sustained absorption. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has pre-diluted 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.

A close-up photograph of lavender flowers in shades of purple and blue, with a soft bokeh effect in the background. The flowers are in various stages of bloom, showing detailed textures of the petals and buds.

dōTERRA[®]
pursue what's **pure**[®]

Live Guide (Single)

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