

A close-up photograph of lavender flowers in shades of purple and blue, filling the background of the page.

dōTERRA<sup>®</sup>  
*Live*

Lifestyle Overview



# Congratulations

Your choice to engage in holistic, self-directed healthcare offers new possibilities for ways to live empowered in your daily life. dōTERRA, "gift of the earth" in Latin, provides you with nature's solutions so you can care for the whole you and enhance your physical, mental, and emotional health. As you personally experience the powerful benefits of essential oils, you will understand why dōTERRA is revolutionizing the way families are boosting their health.

## Ready to Discover Self-Directed Health?

Envision a life where finding solutions is simple. With a reference guide and a box of dōTERRA's CPTG® essential oils at your fingertips, you are prepared to address 80 percent of your health priorities. For those times when you need support from a specialist, partner with a practitioner who supports you in finding the best scientific and natural solutions.



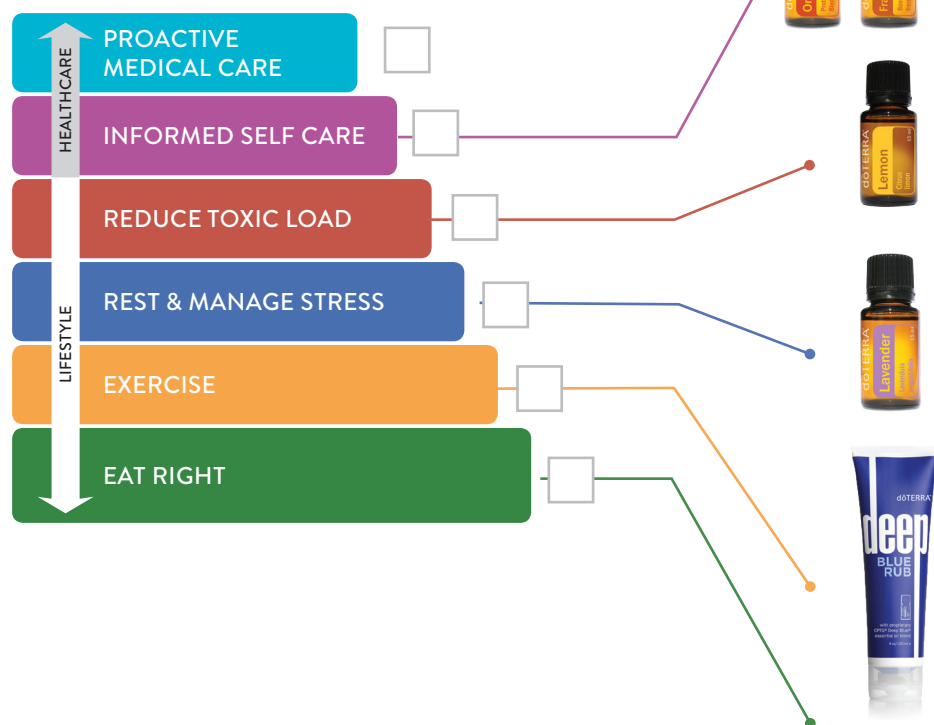


# Live a Wellness Lifestyle

dōTERRA's Wellness Lifestyle Pyramid illustrates how wellness is a combination of lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. Your daily habits make all the difference. As you live the principles of the Wellness Pyramid and use dōTERRA's powerful products, you will experience new levels of wholeness.

## Establish Daily Wellness Habits

Rate yourself in each area (1-10)



### Protect & Restore

Use dōTERRA On Guard® to support immunity\* and Frankincense to promote cellular health.\*

### Cleanse & Detoxify

Add a drop of Lemon to your water to release toxins.\*

### Calm & Ground

Use Lavender for restful sleep and to manage stress.

### Soothe

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

### Fuel, Support, & Fortify

Maximize your daily nutrient intake with 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®+.\*

**\*Disclaimer:** This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment.

\*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.



# Eat Right

Give your body what it needs and it will thrive. This starts with great nutrition. dōTERRA's whole-foods supplements are an ideal companion for your oils.



## **dōTERRA LIFELONG VITALITY PACK®**

Crucial whole-foods, micronutrients, and cellular support.\*



## **DIGESTZEN TERRAZYME®**

Whole-food enzymes to support healthy digestion and metabolic processes.\*



## **PB ASSIST®+**

Provide healthy intestinal flora and strengthen immunity.\*



## **dōTERRA a2z CHEWABLE™ AND IQ MEGA®**

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

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## DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods

Decrease sugar, caffeine, 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 TrimShake  
1 scoop TerraGreens®  
1 tbsp. IQ Mega® (optional)

### OATMEAL

Add Cinnamon,  
dōTERRA On Guard®,  
or Wild Orange to  
your oatmeal.

Combine ingredients in  
blender until smooth

### PRODUCE WASH

Wash off pesticides, germs,  
and residues by filling the sink  
with cold water, 1/2 cup white  
vinegar and 6 drops Lemon. Soak  
and then rinse fruits  
and vegetables.



### ADD TO WATER

Add these essential oils to still  
or sparkling water for a delicious  
flavor (and zero calories!):

- Lemon
- Lime
- Grapefruit & Cassia
- Wild Orange, Lime, & Grapefruit

Add 1–2 drops Peppermint or  
dōTERRA On Guard® to hot  
water for a therapeutic tea.



# Exercise

Exercise strengthens the muscles and supports the heart, circulatory, and lymphatic systems, among other crucial benefits. Essential oils support greater focus as well as ease feelings of tension in the body to help you stay active and strong.

## HEALTHY WEIGHT PLAN

### MORNING

- Slim & Sassy® TrimShake
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3–5 drops in water



#### SLIM & SASSY® METABOLIC BLEND

Promotes healthy metabolism.\*

*Take 3–5 softgels throughout the day as needed or dilute and apply topically.*

### LUNCH

- Healthy meal or TrimShake
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3–5 drops in water



#### SLIM & SASSY® METABOLIC GUM

Slim & Sassy metabolic oil blend helps manage cravings throughout the day while supporting healthy metabolism.

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## DAILY WELLNESS LIFESTYLE HABITS

30+ minutes daily movement

Stretch or practice yoga to increase flexibility



### DEEP BLUE® SOOTHING BLEND

*Massage oil into affected areas.*

*Apply before and after exercise as needed or desired. Try applying Deep Blue® oil then layer with Deep Blue® Rub for added benefit.*



### MITO2MAX®

Energy + Stamina Complex.

Supports healthy cellular energy production and promotes healthy circulation.\*

*Take 1 capsule with breakfast and lunch. Use as a natural substitute to caffeinated drinks.*



### 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.*



### doTERRA BREATHE®

Creates feelings of easy breathing.

*Rub 1–2 drops on chest. Dilute if needed.*



### SLIM & SASSY® TRIMSHAKE

Nutrient enhanced meal alternative.

*For one or more meals each day. Available in chocolate, vanilla, and vegan.*

### ALSO TRY

Vanilla TrimShake with frozen berries, bananas, and 3 drops of Wild Orange.

### CHOCO-PEPPERMINT TRIM SHAKE

1 cup coconut water or almond milk  
2 scoops Chocolate TrimShake  
1 drop Peppermint ice (as desired)

Blend all ingredients until smooth



# Rest and Manage Stress

Sleep improves mood and gives your body the opportunity to repair and renew. It is estimated that 80 percent of disease is the result of persistent stress. Essential oils provide dynamic support for getting consistent quality sleep and managing stress.

## RELAXING BATH SALTS

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

Mix and pour into bath.

## PEACEFUL REST FAVORITES

### PEACEFUL DREAMS

Place 1–2 drops of Lavender or dōTERRA Serenity® on pillow.



### RELAX IN A FLASH

Combine 1–3 drops of Wild Orange and Vetiver, and massage on feet and spine.



### EASY BREATHING

Gargle 1–2 drops of dōTERRA On Guard® and diffuse dōTERRA Breathe® or apply dōTERRA Breathe® Vapor Stick.



### LUMO DIFFUSER

Cool mist atomizing diffuser. Diffuse, inhale from cupped hands, or apply to pulse points.





## DAILY WELLNESS LIFESTYLE HABITS

7–9 hours Quality Sleep Nightly

Daily Mindfulness/Meditation

# Emotional Balance

Feel great and stay balanced. Identify your emotion(s) and the dōTERRA® oil(s) to support emotional balance.



dōTERRA

### PEACE®

#### Reassuring Blend

Support feelings of reassurance and composure, and return to peace and presence.



dōTERRA

### MOTIVATE®

#### Encouraging Blend

Strengthen belief in yourself. Increase courage, confidence, and unleash creativity to manifest powerful results from your best efforts.



dōTERRA

### CHEER®

#### Uplifting Blend

Create a bright disposition, cheerful attitude, and boost happiness and positivity.

dōTERRA

### CONSOLE®

#### Comforting Blend

Feel more hopeful, comforted, and emotionally balanced.



dōTERRA

### PASSION®

#### Renewing Blend

Rekindle excitement and inspire the willingness to take risks and make new discoveries.



dōTERRA

### FORGIVE®

#### Renewing Blend

Release anger and guilt; move forward feeling relieved and renewed.





# Reduce Toxic Load

Nature experiences cycles of releasing and renewing. Our bodies also benefit from seasons of cleansing and focused detox for renewal. Support the body's natural pathways of detoxification by using natural cleaning and self-care product, along with targeted use of dōTERRA® CPTG® essential oils.

## EXPERIENCE dōTERRA'S 30 DAY CLEANSE

### ----- DAYS 1-30 -----



#### ESSENTIAL NUTRITION

dōTERRA Lifelong Vitality Pack®  
2 of each capsule with am and pm meals



#### SUPPORT HEALTHY DIGESTION & METABOLISM\*

DigestZen TerraZyme® 1–3 capsules with meals daily



#### CLEANSE

Lemon 1–3 drops in water 3–5 times daily

### ----- DAYS 1-10 -----



#### SUPPORT FILTERING ORGANS\*

Zendocrine® Softgels  
1 softgel 2–3 times daily



Zendocrine® Detoxification Complex  
1 capsule 2–3 times daily

### --- DAYS 10-20 ---



CLEANSE  
INTESTINAL TRACT\*  
GX Assist® 1–3  
softgels a day with  
meals

### --- DAYS 21-30 ---



SUPPORT HEALTHY  
DIGESTIVE FUNCTION  
& IMMUNITY\*  
PB Assist®+ 1–3 capsules  
a day with meals

#### TIP

Use citrus oils  
daily in your water  
for gentle, natural  
cleansing.

#### WHY CLEANSE?

- Enhance mood
- Enhance metabolism
- Support healthy weight
- Improve digestive function
- Improve elimination and natural detox processes of body
- Support nervous system
- Increase energy



## DAILY WELLNESS LIFESTYLE HABITS

8-10+ Water Glasses Daily

Eliminate Chemical-based Cleaning & Self-care Products

### NATURAL SELF-CARE



#### dōTERRA ON GUARD® TOOTHPASTE

Natural Whitening Toothpaste.



#### VERÀGE® FACIAL KIT

Plant-based, essential oil-infused,  
natural skin care line.



#### dōTERRA SALON ESSENTIALS® KIT

Essential oil-infused premium hair  
products: Protecting Shampoo,  
Conditioner, Healthy Hold Glaze,  
and Root to Tip Serum.

### BATHROOM FRESHENER

5 drops Lemongrass  
5 drops Grapefruit  
5 drops Bergamot  
Water

Add water to nearly full  
4 oz. spray bottle. Mix,  
shake, and spray.

### GLASS CLEANER

1 1/2 cup white vinegar  
1/2 cup water  
8 drops Lemon

Mix ingredients in 16-ounce glass  
spray bottle & shake thoroughly.

### STAIN REMOVER

1/2 cup white vinegar  
20 drops Lemon

Add water & oil to an 8  
ounce glass spray bottle.  
Spray remover on  
stain & wash.

### NATURAL CLEANING

*Reduce toxicity in your environment by  
using safe, natural cleaners.*



dōTERRA  
On Guard®  
Cleaner  
Concentrate



dōTERRA  
On Guard®  
Laundry  
Detergent



dōTERRA  
On Guard®  
Foaming  
Hand Soap



# Informed Self Care

Create the habit of using dōTERRA natural solutions as your first line of defense. Use a trusted essential oil reference book and increase your understanding and application of the many possibilities you have at your fingertips.



## PASTENSE®

Eases occasional head and neck tension.\*



## CORRECT-X®

Natural ointment for use on any skin irritations.



## dōTERRA ON GUARD® BEADLET

Throat drops and beadlets  
Consume 1 drop or beadlet daily  
for immune support.\*



## LAVENDER

Calms, comforts, and  
soothes sensitivities.\*



## 8 VIAL KEYCHAIN

Pack your 8 most frequently  
used oils to be ready for anything!

### KEYCHAIN FAVORITES

Lavender  
DigestZen®  
Peppermint  
Frankincense  
dōTERRA Breathe®  
dōTERRA On Guard®  
Deep Blue®  
Melaleuca



# Targeted Support

Identify specific body systems and/or organs needing support.\*

## ENDOCRINE



Direct body through hormone secretion, hypothalamus, thalamus, pineal, pituitary, parathyroid, thyroid, pancreas, adrenals

- doTERRA On Guard®
- Lemongrass • Slim & Sassy®
- Frankincense • Rosemary

## LIMBIC



Production of emotion, hypothalamus, thalamus, etc.

- doTERRA Balance®
- doTERRA Serenity®
- Peppermint • Frankincense
- Lavender

## RESPIRATORY



Sinuses, lungs, trachea, ears

- doTERRA Breathe®
- Peppermint • Eucalyptus
- Cardamom • Lemon
- doTERRA On Guard®

## IMMUNE



Protection of normal body function; thymus, spleen, lymphatic system, glands, ducts, tonsils

- doTERRA Lifelong Vitality Pack®
- doTERRA On Guard®
- Lemon • Melaleuca • Thyme

## URINARY



Produce and store urine; eliminate toxins and waste through kidneys, bladder

- Zendocrine® • Geranium
- Zendocrine® Softgels
- Juniper Berry • Lemon

## MUSCULAR & SKELETAL



Supports organs and body movement; bones, cartilage, muscles, ligaments, tendons

- AromaTouch® • Deep Blue®
- Lemongrass • Deep Blue® Rub
- Wintergreen

## SKIN & HAIR

Protects body; sensation and elimination through the largest organ—skin

- Immortelle
- Sandalwood
- Veràge® Skin Care
- doTERRA Salon Essentials® Hair Care



## NERVOUS

Collect, transfer, and process information, communication; brain, spinal column, nerves

- Frankincense • DDR Prime®
- xEO Mega® • Basil
- Bergamot



## CIRCULATORY

Moves nutrients, gases, & waste to and from cells; heart, blood, arteries, veins, valves

- AromaTouch® • Ylang Ylang
- Alpha CRS+® • Peppermint
- xEO Mega®



## DIGESTIVE

Breakdown and absorption of food; mouth, teeth, stomach, pancreas, liver, gallbladder, intestines, colon, appendix

- DigestZen TerraZyme®
- Fennel • DigestZen®
- Ginger • Peppermint



## REPRODUCTIVE

Ovaries, uterus, breasts, testes, prostate

- Clary Calm® • Rosemary
- Melaleuca • Spikenard
- Phytoestrogen Essential Complex



\*Each product may help with one or more functions of the body system or organ it is listed under. See product information pages at doterra.com.



# Customize Your Wellness Plan

Ensure you are living empowered by focusing on each level. Refer back to your ratings in each area on pg. 3. Select desired support from each of the following levels of the dōTERRA Wellness Lifestyle Pyramid.

## 1 FOUNDATIONAL NUTRITION

### Fuel, Support & Fortify



☐ dōTERRA Lifelong Vitality Pack®



☐ dōTERRA a2z Chewable™ ☐ IQ Mega®



☐ TerraGreens® ☐ Slim & Sassy® TrimShake

### Digestive Support



☐ DigestZen TerraZyme® ☐ PB Assist® Jr.  
☐ PB Assist® +

## 2 EXERCISE

### Soothe & Energize



☐ Deep Blue® ☐ Mito2Max®

### Respiratory Support



☐ dōTERRA Breathe® ☐ Peppermint

### Metabolic Support



☐ Slim & Sassy®



☐ Athlete's Kit

## 3 REST & MANAGE STRESS

### Sleep Support



☐ Lavender ☐ Diffuser  
☐ dōTERRA Serenity®  
☐ dōTERRA Serenity® Softgels

### Emotional / Stress Support



☐ dōTERRA Emotional Aromatherapy®



☐ Elevation ☐ Citrus Bliss® ☐ dōTERRA Balance®



☐ Emotional Aromatherapy Kit



## 4 REDUCE YOUR TOXIC LOAD

### Cleanse Support



☐ Lemon ☐ Tangerine

### Natural Cleaning Support



☐ dōTERRA On Guard® Cleaner Concentrate ☐ dōTERRA On Guard® Laundry Detergent ☐ dōTERRA On Guard® Foaming Hand Soap

### Natural Self-Care



☐ Verage™ Skin Care Collection ☐ dōTERRA On Guard® Toothpaste ☐ Shampoo & Conditioner



☐ Cleanse & Restore Kit

## 5 INFORMED SELF-CARE

### Protect & Restore



☐ dōTERRA On Guard® ☐ Frankincense



☐ ClaryCalm® ☐ Melaleuca



☐ PastTense® ☐ InTune® ☐ Correct-X®



☐ TerraShield® ☐ DDR Prime®

### Targeted Support

Note any needed natural solutions from pg. 13

- 1.
- 2.
- 3.



☐ dōTERRA Touch® Kit



# Wellness Consult

Reach your wellness goals!

Essential oil reference book/app:

- 1 Write down your health priorities and find solutions.** (on pg. 3) Find your natural solutions on pages 13 and 17 or in a reference guide.

Top Health Priorities for you or your family	90-Day Goals	Natural Solutions you have or need
1.		
2.		
3.		

- 2 Create your Daily Wellness Plan.**

Take the solutions you identified above and organize them into your daily plan.

MORNING	AFTERNOON	EVENING
<b>Daily Wellness Habits</b> <input type="checkbox"/> dōTERRA Balance® <b>T</b> <input type="checkbox"/> dōTERRA Lifelong Vitality Pack® <b>M</b> <input type="checkbox"/> DigestZen TerraZyme® <b>M</b> <input type="checkbox"/> dōTERRA On Guard® <input type="checkbox"/> Lemon	<input type="checkbox"/> DigestZen TerraZyme® <b>M</b> <input type="checkbox"/> dōTERRA Motivate®  <b>T</b> = Topical <b>M</b> = with Meal	<input type="checkbox"/> dōTERRA Lifelong Vitality Pack® <b>M</b> <input type="checkbox"/> DigestZen TerraZyme® <b>M</b> <input type="checkbox"/> PB Assist+® <b>M</b> <input type="checkbox"/> Lavender <b>T</b>

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

- 4 Live empowered with natural solutions.**

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

MONTH 1 LRP	MONTH 2 LRP	MONTH 3 LRP
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____



# Getting Started

## SINGLE OILS

- **Arborvitae** Cleansing; immune & cellular health support; seasonal relief
- **Basil** Mental alertness; inner ear health
- **Bergamot** Calming & energizing; uplifts mood; promotes self acceptance & self-worth
- **Black Pepper** Broad spectrum immune support; support tobacco cessation; digestive support
- **Cardamon** Digestive & respiratory support; soothe stomach & motion discomfort
- **Cedarwood** Hair & scalp support; nervous & respiratory system support
- **Cilantro** Heavy metal detox; cooking; lessen occasional head tension
- **Cinnamon** Maintain already healthy blood sugar levels; immune & cholesterol support
- **Clary Sage** Calming; healthy hormone balance; circulation support
- **Clove** Numbing; soothe teeth & gums, support oral health; antioxidant properties
- **Coriander** Digestive support
- **Cypress** Energizing; circulation and breathing support
- **Eucalyptus** Sinus, respiratory, and oxygen support
- **Fennel** Digestive support; circulation; skin support
- **Frankincense** Healthy inflammatory response; mood support; cellular health; immune support
- **Geranium** Mood support; soothe muscles; hormone balance; occasional digestive upset; liver support
- **Ginger** Digestive health; relieve occasional motion sickness/nausea
- **Grapefruit** Manage appetite & cravings; stabilize weight; detox
- **Helichrysum** Renewing & revitalizing; tissue support; improve skin; support liver
- **Juniper Berry** Digestive support; respiratory health; emotional support; immune support
- **Lavender** Soothing & calming; soothe occasional skin sensitivities; promote sleep
- **Lemon** Uplifting; Detoxification; support liver & kidneys; antioxidant
- **Lemongrass** Support thyroid & connective tissue; ease sore muscles; detoxification
- **Lime** Calming; respiratory support; soothe occasional throat irritation; improve focus
- **Marjoram** Relieve occasional sore, tight, or tense muscles; digestive & bowel upset
- **Melaleuca** Cleansing; skin support; healthy complexion
- **Melissa** Strengthening; emotional & cognitive health; calm nerves; support confidence; support immune

- **Myrrh** Immune support; soothe occasional throat irritation; gum & skin health; thyroid support
- **Oregano** Cleansing; antioxidant; hormone support
- **Patchouli** Calming; support nerves, skin, & mood; detoxification; boost confidence
- **Peppermint** Ⓢ Cooling; soothe head tension; support alertness, respiration, exercise, & digestion
- **R. Chamomile** Promote calm & restful sleep; skin health; mood support; liver support
- **Rosemary** Immune support; reduce mental fatigue
- **Sandalwood** Support brain, skin, & mood
- **Thyme** Cellular health; antioxidant; brain & prostate
- **Vetiver** Grounding & calming; promote focus and concentration; support sleep
- **Wild Orange** Calming; cellular health; digestive support; uplift mood
- **Wintergreen** Soothe occasional soreness; healthy inflammatory response
- **Ylang Ylang** Support heart, adrenals, hormones, mood, & blood pressure

## SIGNATURE OIL BLENDS

- **AromaTouch**® Relieve sore muscles from exercise or tension; increase circulation/oxygen
- **dōTERRA Balance**® Grounding; reduce anxiousness/nervousness; improve attention
- **dōTERRA Breathe**® Respiratory support; invigorating vapor
- **Citrus Bliss**® Invigorating; uplift mood; reduce stress
- **ClaryCalm**® The best oil for your worst week period.
- **DDR Prime**® Ⓢ Protect cellular health & DNA; support thyroid
- **Deep Blue**® Relieve occasional soreness
- **DigestZen**® Ⓢ Support occasional digestive upset & nausea
- **Elevation** Reduce frustration; elevate mood; promote energy & joy
- **Immortelle** Promote skin health & rejuvenation; mood support
- **InTune**® Support focus, concentration, attention, mental clarity, & mood
- **dōTERRA On Guard**® Ⓢ Ⓢ Boost immune system; soothe occasional throat irritation
- **PastTense**® Relieve occasional head tension & discomfort; promote relaxation
- **dōTERRA Serenity**® Ⓢ Reduce stress, anxiousness, stress/tension, & mental chatter; sleep support
- **Slim & Sassy**® Ⓢ Target metabolism, appetite, blood sugar & cravings

- **TerraShield**® Outdoor protection; support healthy boundaries
- **TriEase**® Ⓢ Seasonal & environmental relief; respiratory support; immune support
- **Zendocrine**® Ⓢ Support urinary system; detoxification; antioxidant

## WELLNESS

- **Deep Blue**® Polyphenol Complex blend to provide soothing, relief, and structural support
- **Fractionated Coconut Oil** Dilution aid and skin moisturizer
- **dōTERRA Lifelong Vitality Pack**® Comprehensive nutritional trio for optimal health, energy, & longevity
- **Phytoestrogen Essential Complex** Blend of plant extracts; support hormone balance
- **Slim & Sassy**® TrimShake Chocolate or vanilla whey meal replacement shake mix
- **Zendocrine**® Complex Herbal cleansing for liver, kidneys, colon, respiratory system, & skin

## PERSONAL CARE

- **Correct-X**® Protect & hydrate skin, soothe & promote skin renewal after stress
- **dōTERRA Spa**® Hand & Body Lotion Base lotion to add oils to
- **HD Clear**® Skin Care Facial Lotion & Foaming Face Wash
- **dōTERRA Salon Essentials**® Protecting Shampoo & Smoothing Conditioner
- **Verâge**® Skin Care Collection All natural Cleanser, Toner Moisturizer, Hydrating Syrum

## LIVING

- **dōTERRA Breathe**® Drops Respiratory support; clear & soothe airways
- **Deep Blue**® Rub Soothing lotion
- **dōTERRA On Guard**® Toothpaste Natural whitening toothpaste
- **dōTERRA On Guard**® Protecting Throat Drops Immune health \*
- **dōTERRA On Guard**® Foaming Hand Wash Safe & effective Cleaner
- **Lumo/Lotus/Petal Diffuser** Diffusers for aromatic use
- **Veggie Caps** Empty gel capsules

Also available in: Ⓢ Beadlet Ⓢ Softgel

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# Loyalty Rewards The Smartest Way to Buy

You can always order a standard wholesale order for 25 percent off retail pricing, but to get the best value, create an LRP (Loyalty Rewards Program) order for even greater savings and opportunities to receive free product.



**Buy 1**  
**doTERRA Lifelong Vitality Pack®**  
**\$79.50 wholesale**  
 (60 PV)

**+ Choose up to 3 Additional Supplements at Reduced Prices**



**Microplex VMz®**  
 \$39.50  
 \$20/10PV



**xEO Mega®**  
 \$39.50  
 \$20/10PV



**Mito2Max®**  
 \$29.50  
 \$20/10PV



**Deep Blue Polyphenol Complex®**  
 \$59.50  
 \$20/10PV



**DigestZen TerraZyme®**  
 \$37.50  
 \$20/10PV



**PB Assist+®**  
 \$34.50  
 \$20/10PV



**Kids Kit (IQ Mega® & a2z)**  
 \$39.50  
 \$25/10PV

## LOYALTY REWARDS PROGRAM FAQs

### How do I create or change my LRP order?

- Log in to doterra.com. Click "Create New LRP Order" or edit items in an existing LRP order.

### How do I cancel my Loyalty Rewards order?

- You can cancel your LRP order anytime via phone, online chat, or email to service@doterra.com. dōTERRA Customer Service will assist you in redeeming any free product points you've accumulated. If you cancel your LRP order, you will start back at 10 percent rewards when you resume consistent LRP order purchasing.

### What if I want to return product?

- If opened or used, dōTERRA refunds 90 percent of the purchase price and 100 percent full refund of anything unopened within 30 days of purchase.

### Can I have more than one LRP order?

- Yes, if you have a need for more than your monthly order, simply change your LRP order and run it again whatever day(s) of the month you choose. Set up as many orders as you like. Remember to cancel any orders you do not wish to receive the following month.

### When can I use my product points?

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

### How do I get 100 percent of my shipping reimbursed?

- 50 percent of your shipping will be reimbursed in product points when placing any LRP order. The remaining 50 percent will be reimbursed in product points if the LRP order is processed online, without calling customer support.

### How do I maximize dōTERRA's specials?

- Place an LRP order of at least 125 PV (personal volume) between the 2nd and the 15th. This sets you up to receive the Product of the Month for free and take advantage of any promotions. Pay attention to the PV versus price, as many specials are PV-related, and start on the 1st of the month.

PRODUCT VALUE (PV) MUST EXCEED	1	50	100	125
Maintain LRP Rewards Points	✓	✓	✓	✓
Earn 10–30% Points & Increase %		✓	✓	✓
Qualify to Receive Income			✓	✓
Receive Free Product of the Month (orders placed between the 1st-15th)				✓



## How do I get 30 percent back in FREE product credits?

- Your Loyalty Rewards percentage grows over time from the first month you order after enrolling.
- Your starting percentage depends on the kit you started with. Whatever percentage you start at, you will increase by 5 percent every 3 months until you reach the maximum of 30 percent LRP Rewards.

## How do I redeem my Loyalty Rewards Points?





- In your virtual shopping cart select “Use Points” on the products you would like to redeem with your Loyalty Rewards Points. New points are added the 15th of the following month after each order placement.

EARN UP TO 30% IN FREE PRODUCT CREDITS <i>Your rewards percentage grows over time.</i>				
25% WHOLESALE DISCOUNT				
PERCENT BACK IN PRODUCT CREDITS:				
<b>10%</b> <i>Months 1-3</i>	<b>15%</b> <i>Months 4-6</i>	<b>20%</b> <i>Months 7-9</i>	<b>25%</b> <i>Months 10-12</i>	<b>30%</b> <i>Months 13+</i>
TOTAL SAVINGS & CREDITS:				
<b>35%</b>	<b>40%</b>	<b>45%</b>	<b>50%</b>	<b>55%</b>







## ESSENTIAL TIPS




### Effectiveness

-  Use your reference guide to find solutions for concerns as they arise.
-  Different oils work for different people. When you're not getting desired results, try different oils or different application methods.
-  Massage to increase benefits and promote rapid absorption.
-  To affect the whole body quickly, apply oils under tongue, or to bottoms of feet, spine, or navel.

### Safety

-  Avoid contact with eyes, inside of nose and ears.
-  Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Use dōTERRA's sensitivity guidelines. For convenience, dōTERRA's Touch line has pre-diluted oils.
-  Avoid sun exposure for several hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.
-  Read labels and follow recommendations.

### Best Practices

-  Keep your oils at their best by avoiding exposure to extreme temperatures or direct sunlight.
-  Use glass containers with your oils as they can break down some plastics over time.
-  dōTERRA® oils are very potent. Use smaller amounts more frequently for best results.



# Learn More

Member # \_\_\_\_\_

Password \_\_\_\_\_

Login at [doterra.com](http://doterra.com)



## Empowered Life Series

[doterra.com/US/en/empowered-life-series](http://doterra.com/US/en/empowered-life-series)

View this webinar series to continue learning all the ways you can use dōTERRA products.



## Opt into the dōTERRA Daily Drop®

Lifestyle email series at [doterra.com](http://doterra.com) in the Living section, or download the app.



Learn more and get great ideas:  
• [doterrablog.com/doterra-living](http://doterrablog.com/doterra-living)



Get an oil reference guide or mobile app

Your Key Support \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Other Support \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Upcoming Local or Online Classes & Events \_\_\_\_\_

- Live chat at [doterra.com](http://doterra.com)
- Email: [service@doterra.com](mailto:service@doterra.com)
- Americas: +1 800-411-8151
- Australia: +61 (02) 8006-4854
- UK: +44 (0)1480 433444

Team Call/Website/Facebook Group(s)

\_\_\_\_\_  
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## EVERY BOTTLE MAKES A DIFFERENCE

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

### SHARE WITH THOSE YOU LOVE



**CHANGE OTHERS' LIVES**  
Host a dōTERRA class  
with your friends and family!

### BUILD AN INCOME & MAKE AN IMPACT



**CHANGE YOUR FUTURE**  
Launch your dōTERRA business by sharing  
& empowering with natural solutions &  
teaching others to do the same.