

OCTOBER

Promotions



dōTERRA® Lifelong Vitality Pack®: Live Younger, Longer *Maximize Your Energy, Focus, and Well-Being*



Three Benefits of Using LIFELONG VITALITY®

- 1 Provides general wellness and vitality, as well as antioxidant and DNA protection.
- 2 Promotes bone, lung, respiratory, digestive, hair, skin, nail, and cardiovascular health.
- 3 Helps liver function, the nervous system, and managing stress.

dōTERRA®

Alpha CRS+®



Botanical Extracts

- Polyphenols
- Mental Clarity
- Optimal Energy Levels
- Oxidative Stress Reduction

Alpha CRS+®

Alpha means first, CRS is an acronym for cellular renewal system, and the plus sign was added to emphasize improvements made to the original product.

Alpha CRS+®



Benefits

Using a proprietary blend of natural extracts and ingredients, Alpha CRS+ can help combat the effects of aging on cellular health and energy and vitality levels.*

- Supports healthy cell function by protecting cellular DNA.*
- Promotes cellular energy by supporting healthy mitochondria.*
- Supports healthy cellular immune function.*
- Supports mental clarity and brain function.*



Omega Fatty Acids

- Circulatory Support
- Nervous Support
- Joint Support
- Skin Support

xEO Mega®

The x stands for astaxanthin (a standardized extract of microalgae), EO stands for essential oil, and Mega represents the omega benefits provided by this complex.

xEO Mega®



xEO Mega®

Benefits

The combination of powerful ingredients and essential oils in xEO Mega make it an incredibly effective supplement, providing the body with a healthy balance of essential fatty acids and other benefits.

- Promotes heart and circulatory health.*
- Supports healthy joint function and comfort.*
- Provides immune-supporting nutrients.*
- Supports healthy function of the brain, eyes, and nervous system.*
- Promotes healthy skin.*
- Provides antioxidants and supports healthy cellular responses, healthy immune function, and digestive calmness.*
- Provides a wide range of omega-3 essential fatty acids from marine and plant sources to help maintain a healthy balance of vital nutrients.*
- Offers systemic and circulatory benefits.*
- Provides natural sources of vitamin D and E.

Microplex vMZ®

Microplex is a combination of the words micronutrient and complex, VM stands for vitamins and minerals, and the z represents improvements made to the original product.



Essential Vitamins and Minerals

- Immune Support
- Metabolic Support
- Bone Support
- Digestive Enzymes

Microplex vMZ®

Benefits

With so many powerhouse ingredients and desirable benefits, it's easy to see why Microplex VMz is a must-have product in the dōTERRA Lifelong Vitality Pack®.

- Provides 22 essential vitamins and minerals to support the normal growth, function, and maintenance of cells.*
- Fights free radicals with the antioxidant vitamins A, C, and E.*
- Supports healthy metabolism and cellular energy.*
- Supports bone health with calcium, magnesium, zinc, and vitamin D.*
- Supports healthy immune function.*
- Supports healthy digestion.*
- Includes a patented glycoprotein matrix for enhanced bioavailability.*



Microplex vMZ®

<https://media.doterra.com/us/en/pips/doterra-alpha-crs-plus.pdf>



<https://media.doterra.com/us/en/pips/doterra-xeo-mega.pdf>



<https://media.doterra.com/us/en/pips/doterra-microplex-vmz.pdf>

Top up with 10ml FCO

ROLLER BLENDS

FOCUS

5 drops each:
Cypress,
Lemon,
Rosemary

BED WETTER

10 drops each
Cypress,
Balance

FREE

PRODUCT OF THE MONTH



→ Rub 2-3 drops onto your calves for healthy circulation (dilute for sensitivity).

→ Add 4-5 drops into a diffuser to promote clear breathing.

→ Massage a few drops into worn out muscles.

→ Add 1-3 drops to your shampoo or condition for a healthy scalp.

USES

- Apply to feet and legs prior to a long run.
- Diffuse for an invigorating scent.
- Mix with carrier oil for an invigorat massage.
- Add one to two drops to toner to help improve the appearance of oily skin.

BENEFITS

1

Promotes feelings of vitality and energy

2

Helps improve the appearance of oily skin

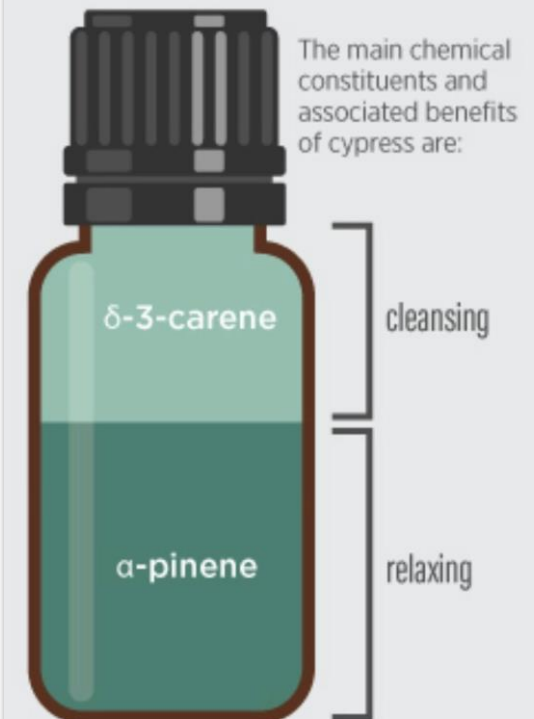
3

Commonly diffused with citrus oils for an uplifting aroma

CYPRESS

[Discover Solutions: Cypress | dōTERRA Essential Oils \(doterra.com\)](https://www.doterra.com/discover/solutions/cypress)

CHEMISTRY:



Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.



TIP

Add 1-2 drops Arborvitae and Bergamot to a tablespoon raw honey.
Use as facial mask and wash after 5-15mins

USES

- For a **natural purifier** and cleaner, add a few drops of Arborvitae and Lemon essential oils to a spray bottle with water.
- Apply Arborvitae essential oil to the skin to reduce the appearance of **blemishes**.
- Apply to wrists and ankles while **hiking**.
- Diffuse during meditation or apply to your pulse points for a **sense of peace and calm**.

Known as the “**tree of life**,” Arborvitae is majestic in size and abundant in unique benefits. Our Arborvitae essential oil is sourced from the heartwood of the Thuja plicata tree. It is also known as Western Red Cedar and is native to North America

ARBORVITAE

[Discover Solutions: Arborvitae](#)
[| dōTERRA Essential Oils](#)
[\(doterra.com\)](#)

CHEMISTRY:



The main chemical constituent and associated benefit of arborvitae is:

woody
aroma
renewing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.



Monthly Blend for Women

USES & BENEFITS

- Floral, feminine aroma
- Cooling and soothing on skin.
- Hormone Balancing.
- Hot Flashes.
- Soothes Emotions.
- Monthly cramps

CLARYCALM

[ClaryCalm Uses and Benefits | dōTERRA Essential Oils \(doterra.com\)](#)

10% off

DESCRIPTION

ClaryCalm is a natural way to balance and regain composure. The blend's calming aroma helps you center when life derails your day. ClaryCalm is a proprietary blend of essential oils specifically chosen for women.

ClaryCalm comes in a convenient roll-on bottle making it easy to use anytime.

When you feel flushed or warm, apply it to the back of your neck for a cooling, soothing effect.

Use ClaryCalm on the lower abdomen and apply a warm compress or heating pad to help nurture and comfort your body. Relax, unwind and take time for yourself.





DIAMOND CLUB *October*

Enroll after attending a
Diamond Club Event
and benefit from these generous
offers:



15ml Citrus Bliss
FREE
100-199PV

Value: R471.00



15ml Citrus Bliss & 15ml Copaiba
FREE
200-399PV

Value R471.00 (Citrus Bliss)
R951.00 (Copaiba)



15ml Copaiba & 15ml Adaptiv
FREE
400PV >

Value: R471.00 (Copaiba)
R980.00