

Welcome to the doTERRA 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.



SHOCKING FACT

Good News: With adjustments in our Lifestyle behaviours - adopting a pro-active daily wellness routine, we can start to reduce the risk of chronic disease and serious illness!



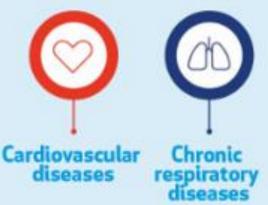
Noncommunicable diseases - NCDs - cause



7 in every 10 deaths worldwide*

from often avoidable causes











* 41 million people every year, of which 15 million people between 30 and 70 years

Obstacles that Impede Wellness & Longevity

in our Modern Society



High stress levels



Lack of exercise



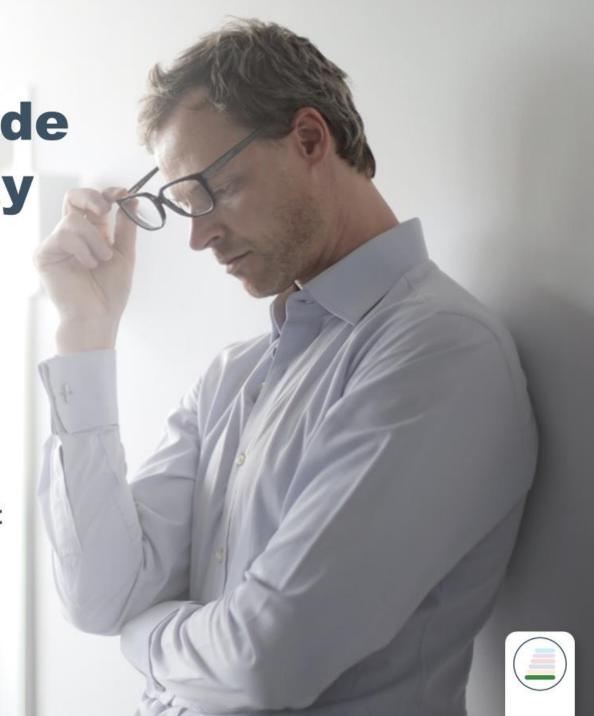
Lack of quality sleep



Nutrient deficiencies caused by diet



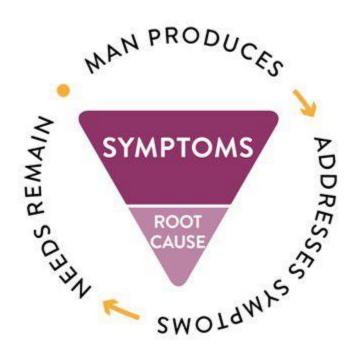
Exposure to toxins



YOU HAVE CHOICES

Modern Approach

- Designed to manage symptoms
- Made from isolated synthetic agents
- · Side effects (known and unknown)
- \$6.5 trillion/year spent on global healthcare
- · Are we healthier?

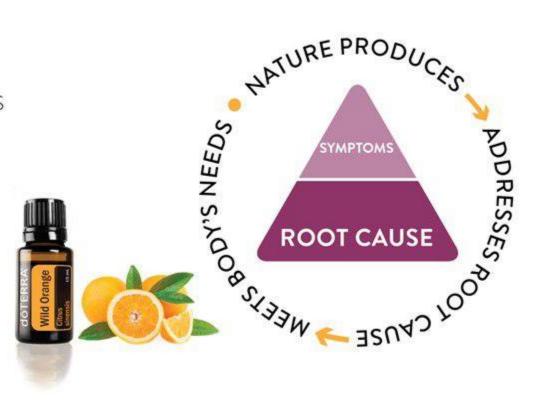




YOU HAVE CHOICES

Natural Approach

- Addresses body's needs and root causes
- Extracted from plants
- Enhances physical and emotional health
- Safe benefits without side effects



Wellness Pyramid

Our lifestyle choices are the foundation for wellness.



PROACTIVE MEDICAL CARE

INFORMED SELF-CARE

REDUCE TOXICITY

REST & MANAGE STRESS

MOVEMENT & METABOLISM

NUTRITION & DIGESTION

HEALTHCARE

LIFESTYLE

PROACTIVE MECICAL CARE

PROACTIVE MEDICAL CARE

INFORMED SELF-CARE

REDUCE TOXICITY

REST & MANAGE STRESS

MOVEMENT & METABOLISM

NUTRITION & DIGESTION

WELLNESS
LIFESTYLE
CONSULTATION



Rate yourself in each area (1-10)

EVALUATE HEALTH NEEDS & PRIORITIES



Ready to Discover Self-Directed Health?

With the 10 basic oils in the enrolment kit, you will be able to face 80% 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.

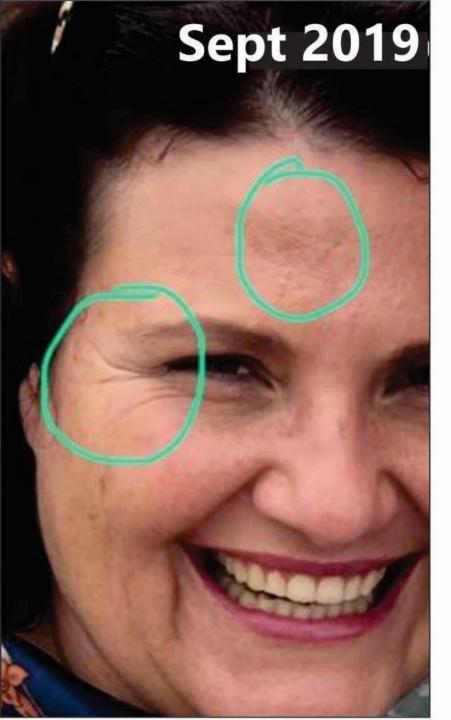
What's your score?













The COMPOUND EFFECT!

Supporting
HEALTHY
LIFESTYLE
with
essential oil
products.





R8,33 per sachet



Double Action Liquid Sachets 10Ml 24S

R199,95

PriceCheck



Liquid Original Aniseed 600Ml

R285,95

PriceCheck

NURTITION & DIGESTION



WELLNESS LIFESTYLE CONSULTATION







DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods

Decrease sugar, caffeine, dairy, and processed foods





1 DROP = 28 CUPS



More that half (54%) of South Africans experience digestive problems. Up to 70% of women and a third of men are classified as obese.

Help ease occasional **stomach discomfort**, maintain a healthy gastrointestinal tract, and aid in digestion.

Provides effective digestive support and calms the stomach,

Ginger, Peppermint, Caraway, Coriander, Anise, Tarragon and Fennel essential oils.

> Support liver and kidneys and manage weight healthy weight



If you're looking for ideas on which essential oils to start experimenting with adding to your dishes, try these:

Basil: for a variety of dishes

Bergamot: for teas (try mixing with honey)

Cinnamon: for baking

Peppermint: for desserts and beverages

Vanilla: Tea & Baking

Tip: Use the toothpick method when replacing any amount of dried oregano less than one tablespoon! Dip a toothpick into the Oregano oil, then stir the toothpick into the dish. You'll be surprised at how quickly this potent oil flavors your food.

ITALIAN SEASONING BLEND

- Basil Essential Oil
- Marjoram Essential Oil
- Oregano Essential Oil
- Rosemary Essential Oil
- Thyme Essential Oil
- •2 tablespoons garlic powder or 1 garlic clove, chopped Mix all ingredients into a homemade spaghetti sauce.





cooking-with-essential-oils.pdf (doterra.com)



Ingredients

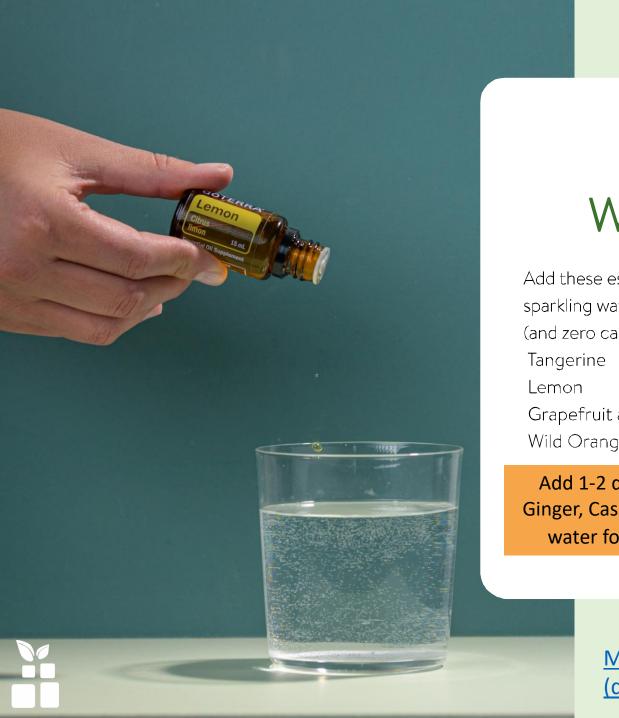
essential oil.

- •1 cup white vinegar
- •5 drops <u>Lemon essential oil</u>

Method

- 1.Fill sink with water and mix in vinegar and Lemon essential oil.
- 2.Add fruit and vegetables & leave for 5 minutes.
- 3. Rinse fruit and vegetables.





ADD TO WATER

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

Grapefruit and Cassia

Wild Orange, Lime, and Grapefruit

Add 1-2 drops of Peppermint, Ginger, Cassia or On Guard to hot water for a therapeutic tea.

Summer **Mocktails** Smoothies **Spritzers**



Mock Cranberry-Lime Spritzer | doTERRA Essential Oils (doterra.com)



WARNING!

Only Certified Pure Tested Grade Essential Oils are safe to use Internally!



Gentle Detox Aids in Digestion



Immune Support Helps Skin



Appetite Suppressant



Immune Support Energizing, Uplifting



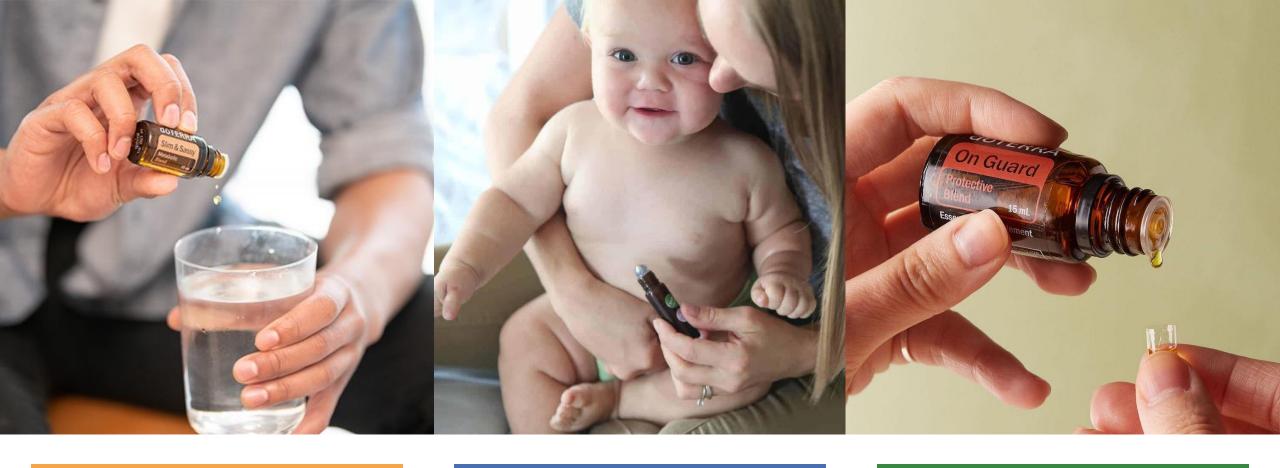
Supports Healthy Digestion



Appetite Suppressant



Improves Digestion Freshens Breath



Make this part of your **DAILY WELLNESS ROUTINE**:

Take a few drops internally to support immune function, or for gastrointestinal relief, anti-inflammatory support.

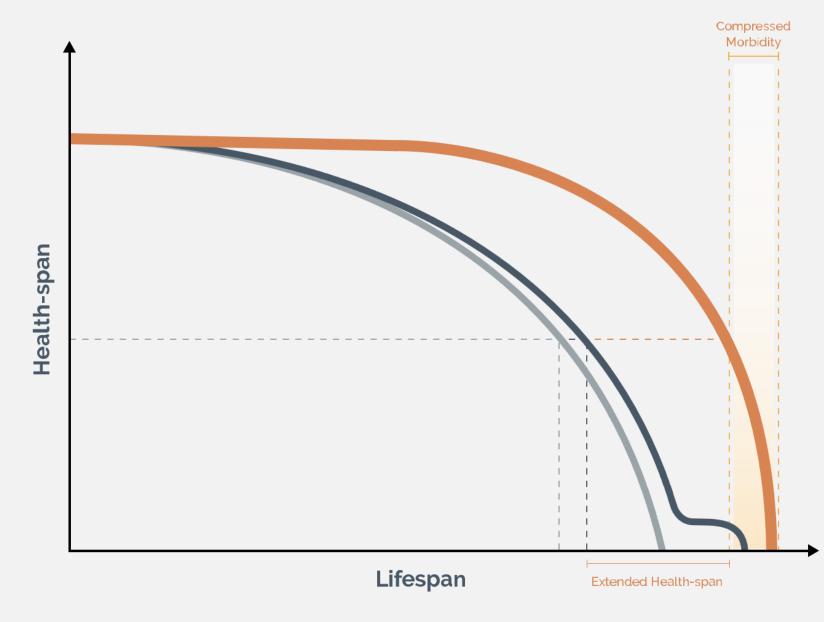
Create your own Rolle Bottle: Add a few drops of Zengest and apply on the abdomen, around the naval or under the feet.

DILUTION GUIDE:

Adults- 1 Drop EO / 6 Drops Carrier Children- 1 Drop EO/ 12 Drops Carrier **FLOOT**

Frankincense Lemon On Guard Oregano Tea Tree Take
internally to
combat
infections

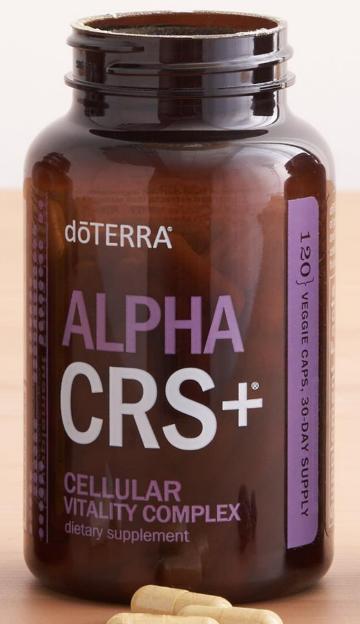
Lifespan vs Healthspan













live younger longer



Breeding the Nutrition Out of Our Food The New York Times

"The loss of these beneficial nutrients did not begin 50 or 100 years ago, as many assume. Unwittingly, we have been stripping phytonutrients from our diet since we stopped foraging for wild plants some 10,000 years ago and became farmers."

—By Jo Robinson, May 25, 2013



100x more Phytonutrients!



GET THE MOST VALUE FROM YOUR PRODUCTS



Part 1
WELLNESS
LIFESTYLE
CONSULTATION

Price Comparison

- dōTERRA Lifelong Vitality Pack[®]:
- R1699(wholesale)
- Equivalent in benefits and ingredients: R32 900

LLV is a great value.

Nutrient	Amount per Serving	Food with the Nutrients Equivalent to 30-Day Supply of LLV
EPA	300mg	125 ounces of canned tuna
DHA	300mg	35 ounces of canned salmon
ALA	70mg	120 cups of brown rice
SDA	20mg	9 gallons of chocolate milk
Vitamin A	1200mcg	23.6 winter acorn squash
Vitamin E	40.2mg	62 cups of almonds
Astaxanthin	1mg	72 pounds of salmon
Lutein	4mg	33.6 cups of broccoli
Lycopene	1mg	83 cups of red peppers
Vitamin C	200mg	5 gallons of orange juice
Vitamin D3	88 IU	186 eggs
Vitamin K	20mcg	35 cups of blueberries
Folate	400mcg	18.88 cups of edamame
Vitamin B12	10mcg	158 cups of Swiss cheese
Pantothenic Acid	10mg	34.9 cups of sunflower seeds
Iron	6mg	163.9 cups of pumpkin seeds
Zinc	15mg	180 oysters





Supplement Facts Serving Size: 3 vegetable capsules Servings per container: 30

	American Description	0/ DV		
	Amount Per Serving	% DV		
Protease (Aspergillus)	75,000 HUT	**		
Papain (Papaya)	30,000 USP	**		
Amylase (Aspergillus)	24,000 SKB	**		
Lactase (Aspergillus)	1,500 ALU	**		
Lipase (Rhizopus)	1,200 FIP	**		
Alpha Galactosidase (Aspergill	us) 450 GALU	**		
Cellulase (Trichoderma)	375 CU	**		
Sucrase (Saccharomyces)	300 SU	余余		
Betaine HCL	60 mg	**		
Glucoamylase (Aspergillus)	30 AG	**		
Anti-gluten enzyme blend				
(Aspergillus)	6 mg	**		
döTERRA Tummy Tamer Blend: 150 mg ** Peppermint leaf, Ginger root, Caraway seed				
** Daily Value not established.				

Other Ingredients: Vegetable hypromellose, Vegetable cellulose, Magnesium stearate, Silica.

Directions for use: Take 1 to 3 capsules with meals.

Note: Pregnant or nursing women and people with known medical conditions should consult with a physician prior to taking supplements. May contain soy and wheat. Store in a cool, dry place.

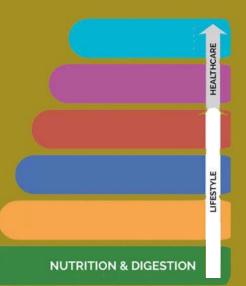


TERRAZYME® & PB RESTORE®





MOVEMENT & METABOLISM



Part 3
WELLNESS
LIFESTYLE
CONSULTATION

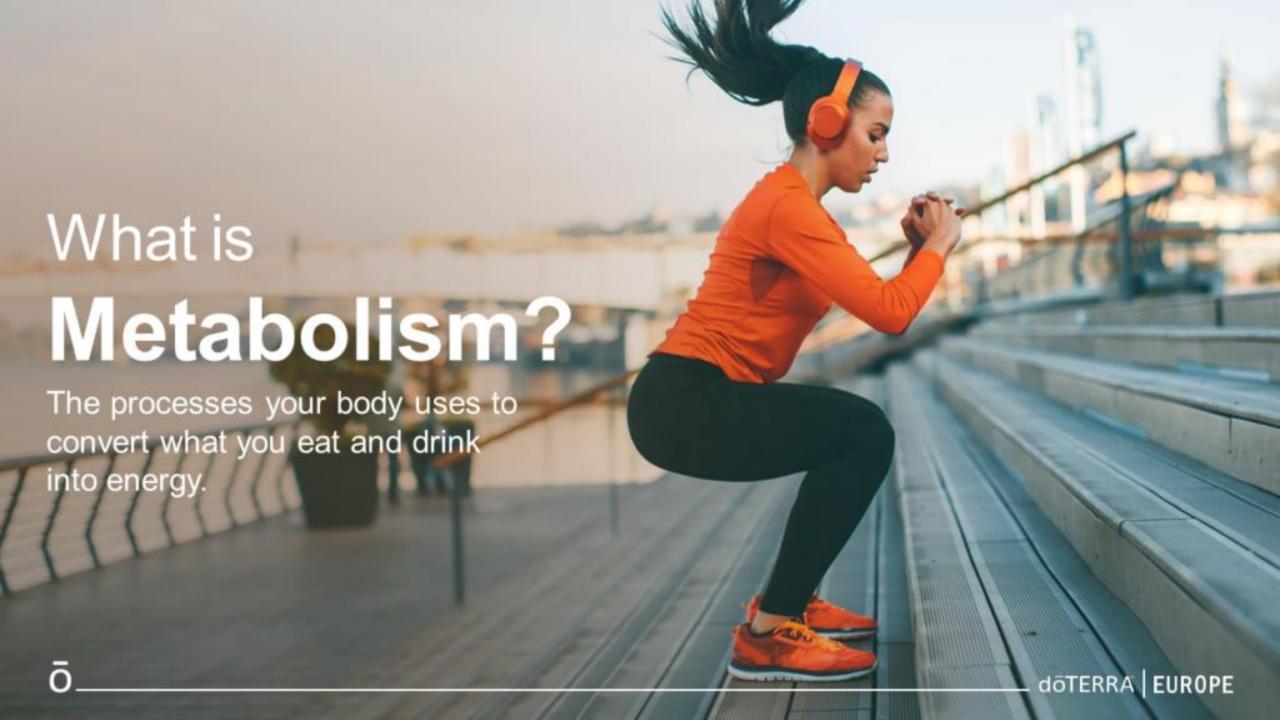






DAILY WELLNESS HABITS

- Make time for 30+ minutes of daily movement.
- Stretch or practice yoga to increase flexibility





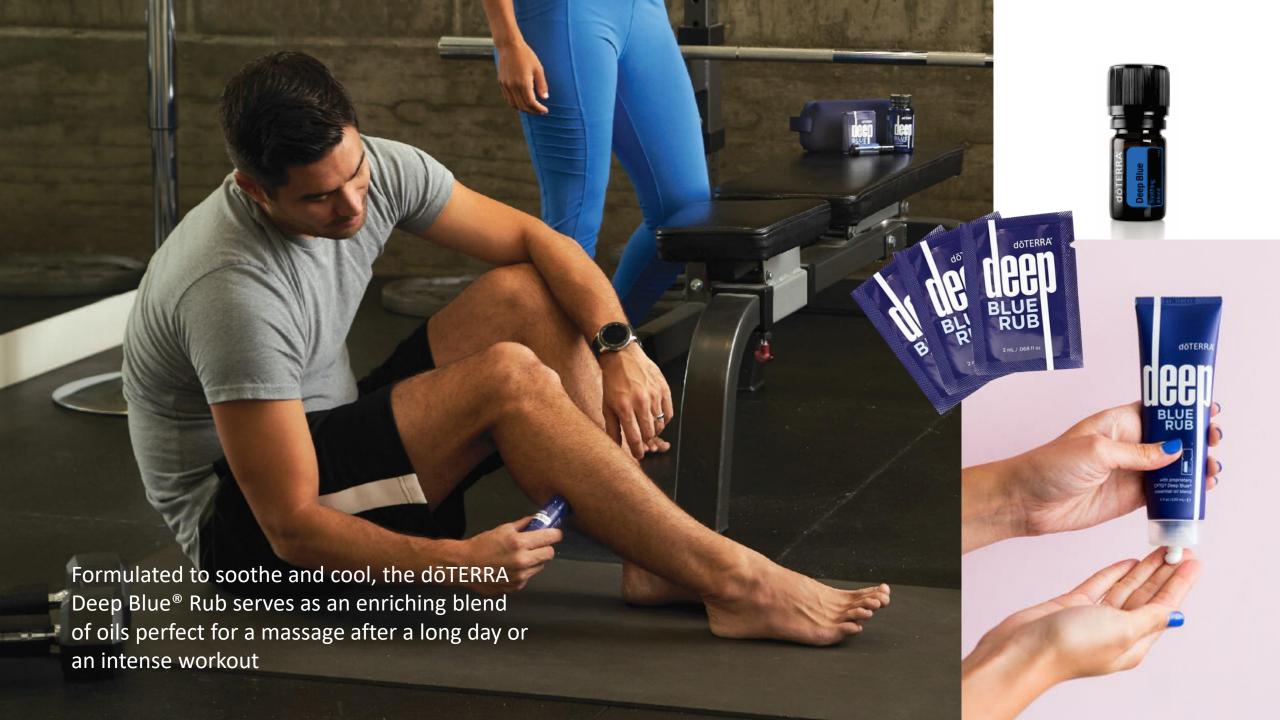














Copaiba vs. CBD: What's the Difference? | doTERRA Essential Oils (doterra.com)





Copaiba vs. CBD: What's the Difference?

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.





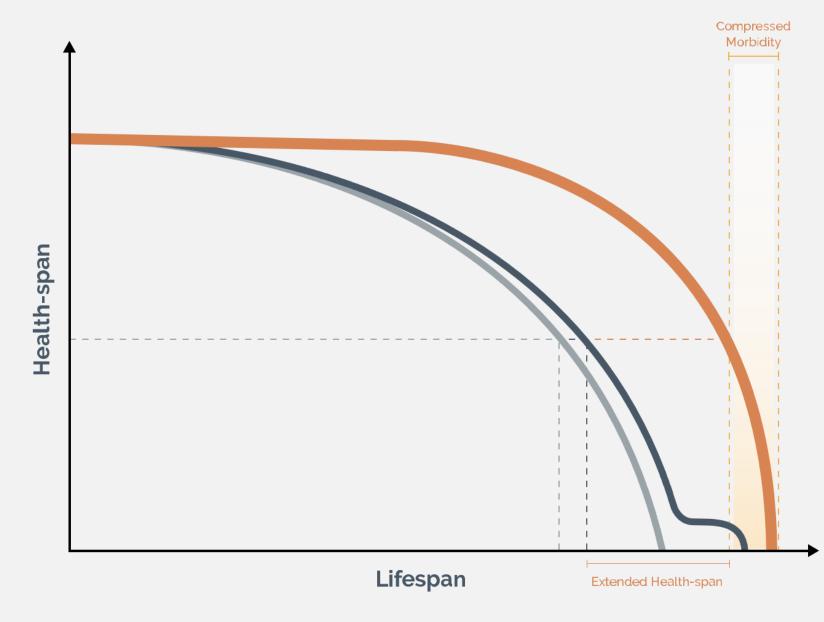
The dōTERRA Performance Advocate program is comprised of elite athletes and performers who love dōTERRA essential oils and use our products to help them do what they do best.

https://www.doterra.com/US/en/performance-advocate





Lifespan vs Healthspan





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 feet from the inside out. Use the complete 3-step MetaPWRT system to optimal your metabotic health and live your most powerful life.

DAILY METABOLIC ROUTINE

- doTERRA* Protein amounts with Fiber and Greens
- It suchet MetaPWR* Advertisgs in shaker tigtle

LUNCH

- 15-3 DigestZen TerraZyme* capsules with
- s MetaPWR^{or} entitled or 2-g drops of blend in water.

DINNER

- 15-3 DigestZen TerraZyme* capsules

BEDTIME

I MetaPWP* softpet (optional)

- Est a Whole-food diet, move more often, and focus on
- quality sleep.

 Use smart supplementation to complement targeted. metabolic health efforts

döTERRA MetaPWR



MetaPWR" Metabolic Bland-19mL, Softgels, Beadlets. Satiety Gum

Helps support healthy metabolic function, curb cravings. promote mindful eating and appetits control, and inhibit adipose fat cell maturation or growth when ingested."



Take a softget one - Dissolve 3-it in or more times daily mouth





Add and drops to water are ar more times daily:



MetaPWR^{ac} Satisfy Gum

Chew I or more pieces daily to help control appetite and overeating."



MetaPWR" Metabolic Assist

Helps maintain optimum energy levels throughout the day, reduce carbohydrate digestion, and support blood suger regulation already in the normal range."

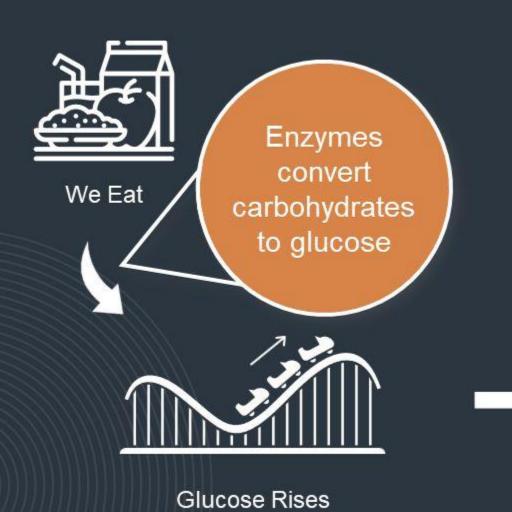
Take a capsule daily 15-30 mire before largest metal.



MetaPWR" Advantage

Helps support a healthy metabolism, slow signs of metabolic aging, extend your health-span, and improve skin electicity, density, and firmness."

Taker I sachet daily with a coal dente of choice and shales well.





Glucose Falls





Pancreas pumps out insulin

MetaPWR™ Assist

Ingredients



Almost everything you've been told about collagen is Wrong.

12x more bioavailable unique collagen types

Activated by YOU

Synergistic Ingredients

MetaPWR™ Essential Oil Blend

A blend of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon Bark essential oils

Resveratrol – Grape Seed Extract

Supports metabolism, helps maintain heart health and contributes to a beneficial effect on blood pressure.*

Marine Collagen

Strengthens skin, joints, and connective tissues, supporting mobility and elasticity.

Nicotinamide Mononucleotide (NMN)

May increase NAD+ in the body, according to preclinical studies.†

NADH

May increase NAD+ in the body, according to preclinical studies.†



Rose Apple Fruit Extract

Known for: Promotes antioxidant activity.†

Liposomal Vitamin C

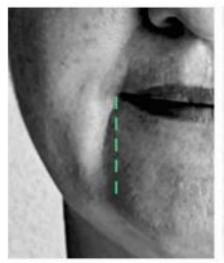
Helps to improve general ageing process.* For maintenance of heart and cardiovascular health.* Protecting skin from environmental stress.*

Biotin

Promotes healthy utilisation of fats, carbs, and amino acids and supports hair, skin and nails.

MARIONETTE LINES

I've been using MetaPWR for a month and within a few days I could visibly see the difference in the firmness and hydration of my skin and face.



30 April 2023

4 May 2023

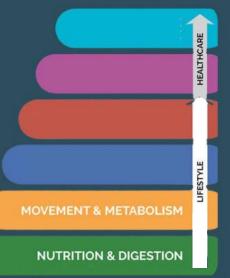












WELLNESS
LIFESTYLE
CONSULTATION





DAILY WELLNESS HABITS

- Get 7-9 hours of quality sleep nightly.
- Engage in daily mindfulness or meditation.



Seek out the sun.



Follow a consistent sleep-wake schedule.



Limit stimulants like caffeine.



Avoid screens before bed.



Exercise during the day.



Limit naps.



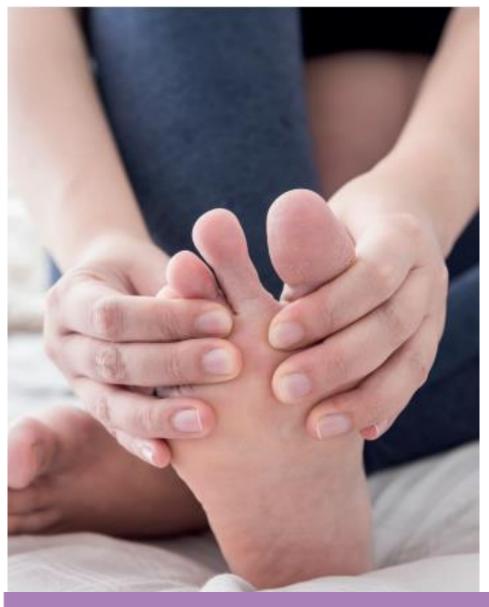
Avoid heavy and spicy foods before bed.



Consider lighting, sound, temperature, and bedding.



Follow a relaxing evening routine.



Good Sleep Habits Can Improve Quality of Life and Overall Health



The aroma of Frankincense oil can promote an atmosphere of calmness and balance. It's frequently used for personal practices like yoga or meditation; however, the calming nature of Frankincense also lends itself to creating a relaxing environment before bed.



When it comes to promoting a calming space, Lavender oil is considered a powerhouse—renowned throughout the world for its gentle, soothing nature. The light, floral aroma of Lavender makes it a go-to for creating a relaxing environment. Lavender can also be taken internally to promote a peaceful night of rest.*



Specifically blended for make a restful atmosphere at bedtime, döTERRA Serenity® Restful Blend brings together some of the most calming essential oils—Lavender, Cedarwood, Ylang Ylang, Vetiver, and several others. To make this powerful blend even better, consider using it with döTERRA Serenity Restful Complex Softgels.



For those trying to create a stabilizing, grounded atmosphere, Vetiver oil is often a go-to. The distinct, earthy aroma of Vetiver blends well with lighter, floral oils like Lavender and can help create the perfect bedtime ambiance.



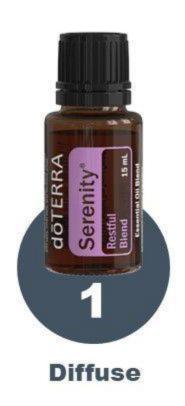
Known for its soothing properties that can soothe the skin and digestive system, Roman Chamomile oil also soothes with its aroma, helping you unwind at bedtime. The sweet, daisy-like scent of Roman Chamomile blends well with other soothing oils, such as Bergamot, Lavender, and Vetiver.



Used in ancient times for things like meditation, the grounding nature of Sandalwood oil can improve your bedtime routine, helping turn any room into a relaxing setting.



dōTERRA Serenity Three-Step System













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









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

ENDOCRINE SYSTEM

The endocrine system triggers hormones that regulate hunger, sleepiness, fear, and other everyday experiences. Excessive stress can tax the endocrine system. Several essential oils can support the health of the endocrine system, including Clary Sage, Fennel, Rose, and Melissa.



With its soothing aroma, Bergamot oil can help promote a sense of calmness and harmony when used before bedtime. Interestingly, the aroma of Bergamot can be simultaneously calming and uplifting, which is useful for creating a peaceful atmosphere at the end of the day.



Warm, woody Cedarwood oil can contribute to a calming environment when you want to unwind before bed. You can give any blend a grounded, woody scent by combining Cedarwood with other oils that are known to have calming aromas.





A warm, luxurious bath is sometimes just what you need at the end of a long or stressful day. You can take your relaxation to the next level by combining essential oils and bath salts. As the salt and oils interact with the warm water, you will get to enjoy the lovely aroma of essential oils as they soothe the body and enliven the senses—making your soak in the tub even more rejuvenating.

Ingredients

1 cup Epsom salt10 drops <u>Lavender oil</u>



Instructions

1.Add Lavender oil to Epsom salt and stir together.

2.Draw a warm bath and add $\frac{1}{4}$ - $\frac{1}{2}$ cup of Epsom salt to the tub.





RELEASE TENSION

PastTense® eases feelings of tension and helps reduce stress and anxiousness.



REDUCE TOXICITY

PROACTIVE MEDICAL CARE

INFORMED SELF-CARE

REDUCE TOXICITY

REST & MANAGE STRESS

MOVEMENT & METABOLISM

NUTRITION & DIGESTION

Part 5
WELLNESS
LIFESTYLE
CONSULTATION







DAILY WELLNESS HABITS

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

TIPS FOR CLEANSING AND DETOXIFYING:

 Add a drop or two of Lemon or Grapefruit essential oil to your water

DAILY WELLNESS HABITS

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

dōTERRA On Guard cleaning products are a nontoxic alternative for cleaning in the home.



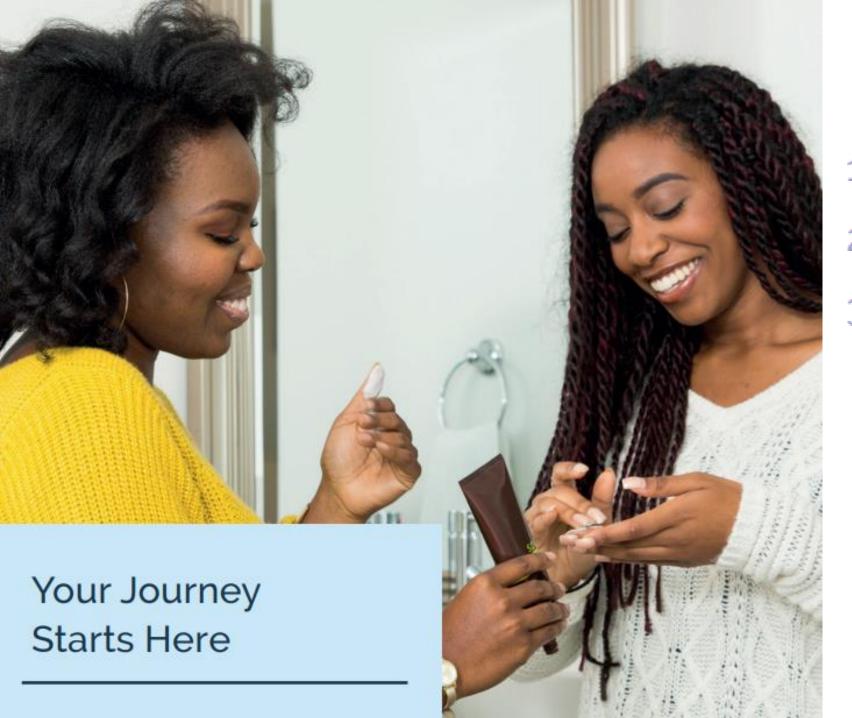


WHY CLEANSE?

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

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





- 1. Identify toxins.
- 2. Ditch and switch.
- 3. Feel your best with the power of nature.

NATURAL DEODORIZER

Add 5 drops of Purify essential oil to a small glass spray bottle filled with water and spray to deodorize shoes, bathrooms, and garbage cans.

GLASS CLEANER

1½ cups white vinegar½ cup water8 drops Lemon oil

Mix ingredients in sixteenounce glass spray bottle and shake thoroughly



Symptoms of Heavy Metal Toxicity



dōTERRA®

NATURAL DEODORANT

infused with

doTERRA Balance®

Grounding Blend Essential Oil



Baking soda promotes dry underarms.



Frankincense provides rejuvenating benefits to the skin.



Black Spruce is soothing to the skin when applied topically.



Osmanthus offers a pleasant aroma.



IS YOUR DEODORANT SLOWLY POISONING YOU?



٧S



- Aluminum
- Parabens
- Phthalates
- Triclosan
- Propylene Glycol
- Talc
- Fragrances

- CPTG® essential oils
- Tapioca starch/Arrowroot
- Magnesium
- Baking soda free option
- Shea Butter
- Sunflower Oil
- Jojoba Oil
- Coconut Oil

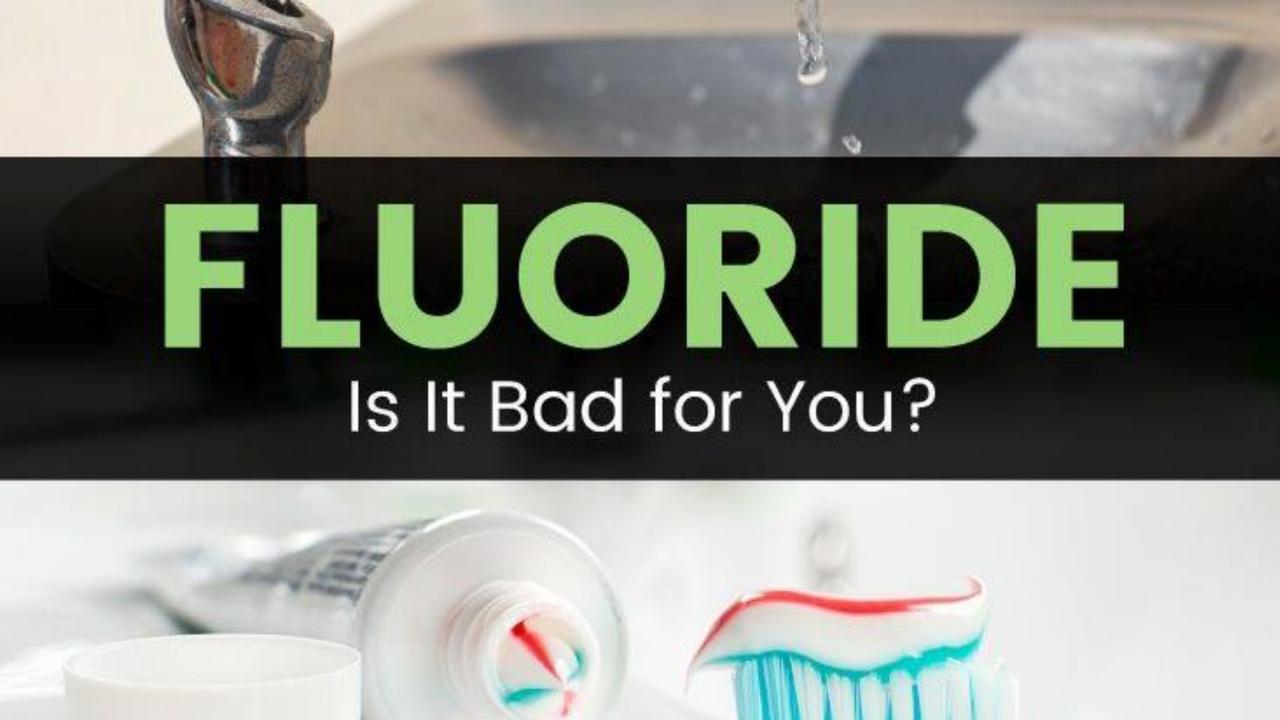




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R125⁰⁰





6 POSSIBLE DANGERS OF FLUORIDE:



Nervous System
Cancer
Bone Health
Hypothyroidism
Sexual Development
Diabetes

Fluoride Officially Classified As A Neurotoxin In World's Top Medical Journals





oil pulling CLEAN HEALTHY MOUTH

In a spoonful of organic coconut oil add one drop of doTERRA's

On Guard. Swish

throughout teeth for 15-20

minutes. Spit out

in trash can.

Repeat Daily.

Whiten
Teeth & boost
oral health





Directions for Use

Multi-Purpose Cleaner: Mix 3omL of concentrate with 1L of water. Apply with a clean damp cloth and rinse off to leave a clean and shiny surface.

Bathrooms and Toilets: Mix 45mL of concentrate with 1L of water. Apply with a damp cloth and rinse off to leave a clean and shiny surface.

Dishes: Mix 45mL of concentrate with 4L of water. Apply with a damp cloth and rinse off to leave a clean and shiny surface.

doTERRA On Guard® Hand Cleansing Spray

☆☆☆☆ Rate / Comment



This doTERRA On Guard hand cleansing spray is an easy and convenient way to clean your hands. Keep a bottle in your purse, car, or office for any time you need it.

Ingredients

1 tablespoon aloe vera gel 20 drops doTERRA On Guard Water

Instruction

- 1. In an 8oz glass spray bottle, combine aloe vera and doTERRA On Guard.
- 2. Fill the rest of bottle with water. Shake until combined.
- 3. To use, spray on hands and rub together.









INFORMED SELF-CARE

PROACTIVE MEDICAL CARE

INFORMED SELF-CARE

REDUCE TOXICITY

REST & MANAGE STRESS

MOVEMENT & METABOLISM

NUTRITION & DIGESTION

PAT 6
WELLNESS
LIFESTYLE
CONSULTATION







DAILY WELLNESS HABITS

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



ClaryCalm® is the best oil for your worst week. Period. This blend is especially for women who need some extra comfort.





BLACK SPRUCE
Diffuse to help you
relax, create a soothing
environment, and calm
emotions.





LAVENDER

Apply topically to soothe occasional skin irritations.*



PEPPERMINT

Apply to ease occasional head and neck tension.* Dilute as needed.



TEA TREE

For occasional skin irritations, apply 1–2 drops of Tea Tree essential oil onto the affected area.







Recommended dilution ratio: **ADULTS**

1 drop essential oil to 5 drops (or more)

carrier oil



8-VIAL KEYCHAIN

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

KEYCHAIN FAVORITES

Lavender DigestZen® Peppermint dōTERRA Breathe® Frankincense Deep Blue®





FOLLOW SOCIAL MEDIA FOR DIY TIPS & TRICKS





CHILDREN

1drop essential oil to 12 drops

Carrier oil





































FLY SPRAY

- · 2 cups Raw Apple Cider Vinegar
- 1 Tbs. Fractionated Coconut Oil
- 1/2 Tbs. Liquid Dish Soap
- 20 drops TerraShield®
- 10 drops Citronella
- 10 Drops Lemon Eucalyptus
- 16 oz. Spray Bottle

Mix ingredients in spray bottle. Shake before each use.

HEALTHY JOINT SPRAY

- · 20 drops Copaiba
- 10 drops Frankincense
- 5 drops Helichrysum
- 5 drops Black Spruce

Add ingredients to a 2 oz spray bottle and top with a carrier oil. Apply directly to the area of concern to support joint health.

STRESS SPRAY

- 20 drops Lavender
- 10 drops Petitgrain
- 5 drops Copaiba
- 5 drops Clary Sage

Add ingredients to a 2 oz spray bottle and top with a carrier oil. Apply on the horse prior to or after a stressful event for a calming effect.

HAPPY SKIN

- 10 drops Lavender
- 8 drops Peppermint
- 8 drops Melaleuca
- 5 drops Basil
- 5 drops Copaiba

Add ingredients to a 2 oz spray bottle and top with carrier oil. Apply directly to the area of concern for soothing relief.

HOT HOOF

- 20 drops Lemongrass
- 10 drops Frankincense
- 10 drops Thyme
- 5 drops Geranium
- 5 drops Myrrh

Add ingredients to a 2 oz spray bottle and top with carrier oil. Apply to hoof and coronet band to help promote healthy circulation and relief.

HEALTHY GUT

• 20 drops DigestZen®

Add drops to a 10 mL roller bottle and top with carrier oil. Rub on flank and stomach area when showing signs of occasional stomach upset. Alternatively, add 1-2 drops of undiluted DigestZen® on the bottom of their lip.

CATrecipes

CALMING SPRAY

- 2 drops Copaiba
- · 2 drops Frankincense
- 2 drops Lavender

Add ingredients to an 8 oz spray bottle and top with Witch Hazel. Spray on bedding or area where cat frequents.

LITTER BOX FRESH

- 1 cup baking soda
- · 1 tbsp. Epsom Salt
- 3-4 drops Lavender, Cedarwood or Lemonarass

Mix together and let sit for a few hours. Sprinkle on litter as needed.

SKIN SUPPORT

- 1 drop Lavender
- 1 drop Frankincense
- 1 drop Copaiba

Add ingredients to a 10 ml roller and top with a carrier oil. Apply in own palms and then rub on grea of concern on the cat.

SCRATCH DETERRENT

- 1/2 cup white vinegar
- · 1 cup water
- 20 drops Black Pepper
- · 10 drops Lemon
- 2 drops On Guard® Cleaner Concentrate

Shake before use. Test first before spraying furniture or carpet. Spray areas you would like to deter your pet from scratching, chewing or urinating.

OUTDOOR PEST COLLAR

- 1 drop TerraShield®
- 1 drop Lavender
- 1 drop Cedarwood
- 2 oz distilled water or carrier oil
- 1 nylon cat collar

Mix together and apply the mixture to the top portion of the collar and allow the collar to dry thoroughly before placing on cat. Reapply oils to the collar every 2 weeks or as needed.





ENDOCRINE



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

dōTERRA On Guard

Slim & Sassy Rosemary Frankincense Lemongrass

LIMBIC



Production of emotion: hypothalmus, thalamus

dōTERRA Balance® Peppermint dōTERRA Serenity® Lavender

--rankincense

RESPIRATORY



Sinuses, lungs, trachea

dōTERRA Breathe ® Peppermint Eucalyptus Cardamom Douglas Fir

dōTERRA On Guard®

IMMUNE



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

dōTERRA On Guard Lemon urmeric Thyme

URINARY



Production and storage of urine and elimination of toxins and waste: kidneys, bladder

Lemongrass

* Celery Seed * Lemon

Zendocrine

Juniper Berry

MUSCULAR & SKELETAL



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

AromaTouch Deep Blue

Lemongrass Wintergreen Copaiba Siberian Fir

SKIN & HAIR

Protects body; sensation and elimination through the largest organskin

Yarrow|Pom Immortelle Geranium

Veráge ® Skin Care HD Clear®

dōTERRA Salon Essentials® Hair Care

NERVOUS



Frankincense Bergamot

Adaptiv Copaiba

CIRCULATORY

Nutrients, gases, and waste movement to and from cells: heart. blood, arteries, veins, valves

AromaTouch ® Black Pepper

Ylang Ylang Peppermint



DIGESTIVE

Breakdown and absorption of food: mouth, teeth, stomach, pancreas, liver, gallbladder, intestines, colon, appendix Peppermint Softgels



* Celery Seed

Peppermint

DigestZen Tamer

REPRODUCTIVE

Ovaries, uterus, breasts, testes, prostate

Clary Calm® Black Spruce

Rosemary Spikenard

Targeted Support

Identify specific body systems and/or organs in need of support* Choose additional products to enhance your daily wellness plan and results.



DDR



WELCOME to doTEAM!



doTERRA Account Login
Click Here

Everything Essential
Click Here





Health Concerns Oils and Blends Other Products Applica Oils History Hints & Helps FAQ

Applying Oils

The three primary modes

General guidelines – Overview of three primary application modes.

Inhalation -Various techniques for applying oils directly to the olfactory system.

Topical -Baths, massage, considerations for children and more.

Internal – Most "high quality" essential oils can be taken internally. Here is how.

Other helps applying oils

Safety considerations – Important considerations for sensitive skin, children, pregnancy.

Massage Blend Technique - A superb massage like technique for consistently benefiting from the application of essential oils.

Massage Blend Hand Technique - Not able to do the complete Massage Blend Technique? Look at the more convenient alternative.

Muscle testing – Method used by some to identify and quantify oils to use.

Oil pulling - A underutilized technique for daily benefit.

About carrier oils – Many carrier oils can help the delivery of potent essential oils.

How to skin test – Elderly, children and those with sensitivities should consider this important step in the application of oils topically.

Making lotions – Making your own lotions can make topical application much more convenient.

Use a shot glass – This little hint can add a lot of convenience.





Blend names

Click here to visit our other website and find the names of blends and products when you have the generic name used on this website.







SWAP WHERE YOU SHOP

We make swapping out your toxic products easy, sustainable and economical!



ALL OF THIS



spf 30+



broad spectrum protection



water resistant



naturally soothing



lightweight



moisturizing

NONE OF THESE

X synthetic fragrances

X oxybenzone

X parabens

X phthalates

X dyes

X nanoparticles

PROACTIVE MECICAL CARE

PROACTIVE MEDICAL CARE

INFORMED SELF-CARE

REDUCE TOXICITY

REST & MANAGE STRESS

MOVEMENT & METABOLISM

NUTRITION & DIGESTION

WELLNESS
LIFESTYLE
CONSULTATION



GET THE BEST OF YOUR MEMBERSHIP

WELLNESS
LIFESTYLE
CONSULTATION



LOYALTY REWARDS PROGRAM (LRP)

The best way to get the most of what doTERRA has to offer.

- Qualify for exclusive promotions
- Acquire points, which can be used to purchase free product
- · Qualify to earn commissions



FREE POM

(FREE PRODUCT WITH 125 PV PURCHASE BY 15th)

SHIPPING

FREE SHIPMENT Before the 15th

PROPUCT CREDITS
(UP TO 30% BACK) (LOYALTY REWARD PROGRAM)

Wellness Consult Essentia

Reach your wellness goals!

TOTAL PV

Essential oil reference book/app

1 Write down your health priorities and find solutions.

TOTAL PV

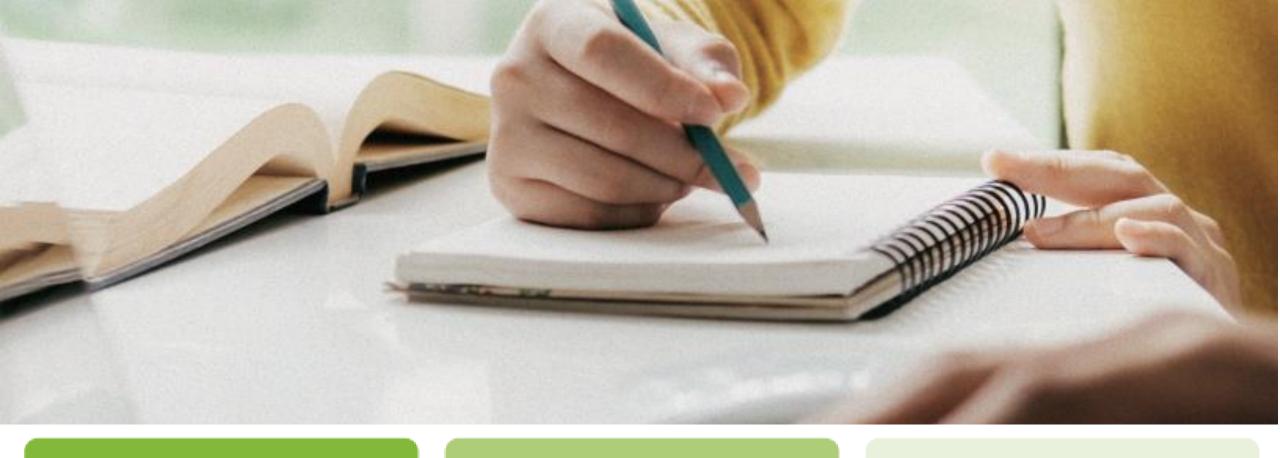
Top Health Priorities for You and Your Family	90-Da	y Goals	Natural Solutions You Have or Need
	1		
			-
	<u> </u>		
	1		
reate your Daily Wellness Plan. ake the solutions you identified above and ord	aaniza tham into your da	ilu plan	
M	yanize them into your da	шу ріап.	G
Daily Wellness Habits			☐ 2 drops Frankincense on bottoms of feet or
□ 1-3 drops Lemon oil in glass of water □ 2 drops Frankincense on bottoms of feet or	☐ 1-3 drops Lemon oil in glass of water ☐ Diffuse 4-5 drops dōTERRA On Guard®		under tongue
under tongue □ 2 drops dōTERRA Balance® on neck or bottoms	Apply Deep Blue® Rub after workout		☐ 2 drops dōTERRA Balance® on neck or bottoms of feet ☐ Apply Deep Blue® essential oil where needed
of feet			☐ Diffuse 3–5 drops Lavender at bedtime
		How can you redired	t your spending to replace everyday house
What other wellness choices could support your goals? je.g. increase water, sleep, exercise, dietary changes)		items with more natural, high quality doTERRA products? (e.g. skin, hair, laundry, cleaning)	
e.g. mercuse water, sieep, exercise, dietary enam	ges)	(e.g. skin, nair, iau	nary, cleaning)
ive empowered with natural solution			
reate a 90-day wellness plan by adding the p	roduct you need to your	· LRP orders (recomme	ended to run between the 1st and the 15th)
MONTH1LRP Date: /	MONTH 2 LRP	Date: /	MONTH 3 LRP Date: /

TOTAL PV

How Many Drops?







Retail

The first way is retail. This is, of course, the most expensive way to buy and is more typical in a retail setting. It is a great option for someone making a one-time purchase.

Wholesale

The second way to buy is wholesale.

Similar to having a Costco annual membership, it gives you access to great products at lower prices. With doTERRA, a wholesale membership allows you to purchase at 25% below retail.

Below Wholesale

The third—and the only way I buy my oils—is below wholesale. This is the smartest way to purchase your oils.

Let me explain.

Rate yourself in each area (1-10)

EVALUATE HEALTH NEEDS & PRIORITIES



Ready to Discover Self-Directed Health?

With the 10 basic oils in the enrolment kit, you will be able to face 80% 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.

What's your score?



Your Wish List

emess on sul Essential oil reference book/app:

Write down your health priorities and find solutions.

Top Health Priorities for You and Your Family	90-Day Goals	Natural Solutions You Have or Need
Grade 12	Gesonde Spysvertering	Pynverligting
Daleen-Balance	Vel	Toksiese Lading
Turmeric & Copaiba	Immuunstelsel	-

Rate yourself in each area (1-10) MEDICAL CARE INFORMED SELF CARE REDUCE TOXIC LOAD **REST & MANAGE STRESS EAT RIGHT**

Yarrow Pom

Bergamot

Verage

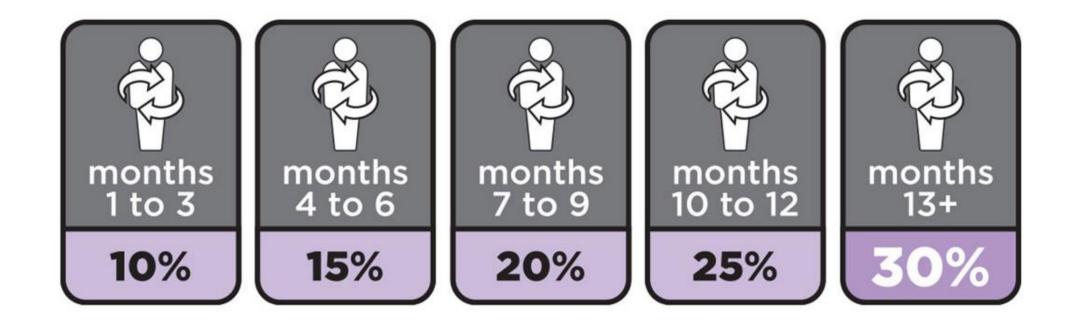
Beadlets. On Guard Handwash & Concentrate

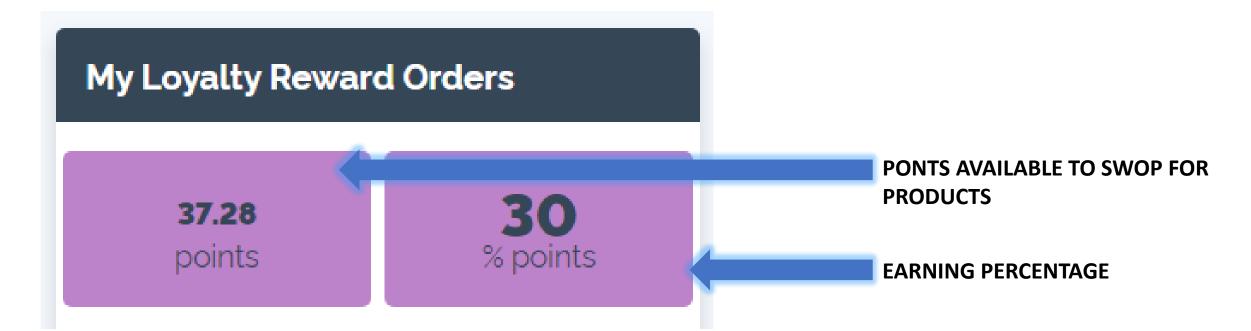
2 Create your Daily Wellness Plan.

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

M	Ν	G
Lemon Water Kinders Fokus/ Adaptive Thinker	Spritzers	Diffuser-Breathe Lavender/Serenity
Deodorant Verage Deep Blue Rub	Diffuser- Peppermint/ Sitrus	Frankincense Copaiba Turmeric Zengest
Shampoo & Conditioner		On Guard Yarrow Pom
 Daily Wellness Habits □ 1-3 drops Lemon oil in glass of water □ 2 drops Frankincense on bottoms of feet or under tongue □ 2 drops dōTERRA Balance® on neck or bottoms of feet 	☐ 1–3 drops Lemon oil in glass of water ☐ Diffuse 4–5 drops dōTERRA On Guard® ☐ Apply Deep Blue® Rub after workout	 Immortelle 2 drops Frankincense on bottoms of feet or under tongue 2 drops dōTERRA Balance® on neck or bottoms of feet Apply Deep Blue® essential oil where needed Diffuse 3-5 drops Lavender at bedtime

3	What other wellness choices could support your goals? (e.g. increase water, sleep, exercise, dietary changes)				How can you redirect your spending to replace everyday householitems with more natural, high quality doTERRA products? (e.g. skin, hair, laundry, cleaning)				
4	Live empowered w Create a 90-day wellne			ns. Product you need to you MONTH 2 LRP	ur LRP order: Date:	s (recomme	nded to run between t MONTH 3 LRP	he 1st and th Date:	e 15th)
	Adaptiv Balance Turmeric Copaiba			Lemon Immortelle/ Yar Deoderant			Zengest Lemon On Guard Tandepasta Deep Blue Rub		
		TOTAL PV			TOTAL PV			TOTAL PV	





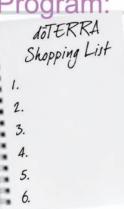
dōTERRA Loyalty Rewards Program

dōTERRA's Loyalty Rewards Program rewards you for ongoing loyalty when you make regular monthly purchases. The program allows you to earn product credits that can be used towards purchases of dōTERRA products.

Getting started on the Loyalty Rewards Program:

Create your Loyalty Reward Order

Simply set up your Loyalty Rewards
Order by logging into your Online
Account and creating a Loyalty
Rewards Order.





Earn a FREE Product of the Month simply by:

- Creating a Loyalty Rewards Order that totals 125
 Points Value (PV) or more,
- Setting the date for your Loyalty Rewards Order to be shipped on or before the 15th of every month.





3

Convenience to change your Loyalty Reward Order every month before the shipping date.

Don't want to receive the same products last month? Simply login to your Online Account and edit your Loyalty Rewards Order for the month.

You can do this every month!



Earning points with doTERRA Loyalty Rewards Order purchases.

Every doTERRA product has a Points Value (PV) and a Rand value (Lavender 15ml R451.00 with 25.25PV)

Loyalty Rewards Product Credits are calculated based on Points Value.



ZA Lavender 15 ml

Retail:

ZAR601.00

Wholesale:

ZAR451.00

25.25 PV

4

To redeem your earned Product Credits towards a purchase of your favourite dōTERRA products:

Simply login and redeem them online or contact Member Services.







How to save even more



Purchase one of these...



döTERRA Lifelong Vitality Pack 60213529 | 65 PV \$88.00



döTERRA Vegan Lifelong Vitality Pack 60213860 | 65 PV \$47.65



MetaPWR[®] Advantage 60222772 | 70 PV \$84.50



döTERRA Lifelong Vitality Daily Packs 60217066 | 65 PV \$98.00



doTERRA Daily Nutrient Pack 60219880 | 55 PV \$6555 ... choose up to 3 additional supplements at reduced prices.



Microplex VMz® 15 PV \$25.00



MitozMax® 15 PV \$25,00



xEO Mega® 15 PV \$2500



Deep Blue Polyphenol Complex® 15 PV 5500



DigestZen TerraZyme[®] 15 PV 525,00



PB Restore 15 PV \$25.00



MetaPWR Assist & Beadlets



MetaPWR® Advantage 70 PV \$84,50



STEP 1EVALUATE HEALTH NEEDS & PRIORITIES

Rate yourself in each area (1-10)

PROACTIVE MEDICAL CARE

INFORMED SELF CARE

REDUCE TOXIC LOAD

REST & MANAGE STRESS

EXERCISE

EAT RIGHT

STEP 2

FIND VALUE

Learn how the oils you have can support needs and save you money.

Set up a DAILY WELLNESS ROUTINE



STEP 3

CREATE A WISH LIST

Discover more products and and how to reduce toxins.

Find support for all Body Systems

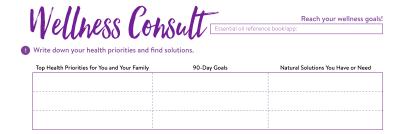


STEP 4LEARN TO SWAP WHERE YOU SHOP



STEP 5

CREATE A PERSONAL DAILY WELLNESS ROUTINE



STEP 6

DISCOVER THE VALUE OF THE LOYALTY REWARDS SYSTEM











THREE TYPES OF PEOPLE

CUSTOMER

SHARER

BUILDER







Get your Live Guide and schedule your Lifestyle Overview

- · Get the best results with your products for you and your family.
- · Maximize your wholesale membership benefits.





Get your Share Guide and schedule your Hosting Overview

- · Host a class and help friends and family find natural solutions.
- · Earn free products and more!



CHANGE MY FUTURE!





Get your Build Guide and schedule your Business Overview

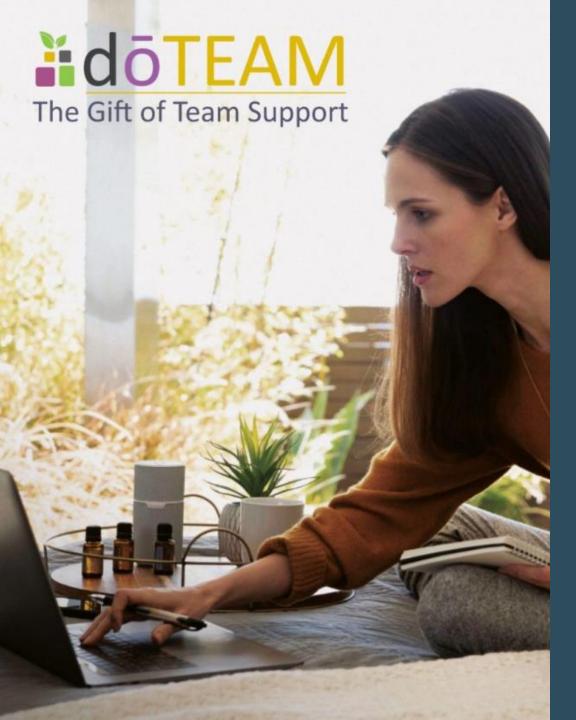
- · Launch your doTERRA business with proven training and powerful support.
- · Create lasting residual income and greater freedom in your life!





CHANGE THE WORLD:

Every purchase changes the lives of growers and their communities for the better through dōTERRA Co-Impact Sourcing® and dōTERRA Healing Hands Foundation® Initiatives.



THE **ONBOARDING LINK** WILL PROVIDE YOU WITH A MAP FOR YOUR JOURNEY

START YOUR JOURNEY TO WELLNESS





WELCOME to doTEAM!



doTERRA Account Login
Click Here

Everything Essential
Click Here

FSCROLL DOWN





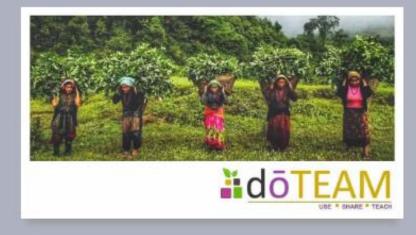




STEP 1

Click and Become Part of our Community

Let's Connect on Facebook where we share Testimonials and Tips



STEP 2

Book a Wellness Consultation

Create a Wellness Routine that Fits your Needs.



Please consult with your Enroller

STEP 3

Choose Continued Education Programs

Participate in our Continued Education Programs tailored for you.



Product Education

Click to Explore

Choose your Path

Business Education

Click to Explore



FREE Essential Oils Safety Training























Intro to Business

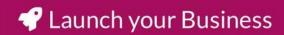
English or Afrikaans

Compensation Plan

Short Graphic Video

Choose your Path

Clik here: Justin Harrison- Hauling Buckets



MAKE this your PRIORITY!!

PIPES- 5 Steps with Daleen Steyn

Click HERE to DOWNLOAD the PIPES GUIDE

FREE Business Certification

Additional Resource