



AUGUST *dō*NEWS

10% Off

Celebrating Women



**Spa Hand
and Body Lotion**

**Yarrow Pom
Serum 44ml**

Easily blend with your favorite essential oil for a customized aromatic experience.



Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin.

dōTERRA®

Yarrow | Pom

Body Renewal
Serum

100 mL / 3.4 fl oz

WHAT MAKES YARROW POM BODY RENEWAL SERUM DIFFERENT?

Yarrow Pom Body Renewal Serum is designed to maintain young- and healthy-looking skin. It moisturizes and nourishes, keeping your skin smooth, firm, and glowing. The serum features the Yarrow Pom essential oil you already know and love, but is also packed with powerful bioactive compounds, proteins, and other essential oils selected to provide the ultimate luxurious naturally sourced skin care experience.

- Yarrow essential oil helps promote younger-looking skin, and Peppermint essential oil provides a cooling effect. Meanwhile, Roman Chamomile, Yuzu, and Cananga essential oils soothe the skin and offer a positive, relaxing aroma.
- Cold-pressed Pomegranate Seed oil supports the skin's natural barrier. Pomegranate esters help give your skin a luminous glow and youthful-looking firmness.
- Avocado, Jojoba, Sunflower, Grape Seed, and Argan Kernel oils all provide deep moisturizing benefits to help reduce premature signs of aging. Avocado oil specifically protects the skin's moisture level by reducing water loss through the skin to help reduce future visible signs of normal aging.
- Coffee Seed Extract improves skin texture and helps smooth and rejuvenate the skin for that vibrant radiance we all desire.

HOW DO I USE YARROW|POM BODY RENEWAL SERUM?

Like all skin care products, the effectiveness of the dōTERRA Yarrow|Pom Body Renewal Serum relies on consistent use. To increase moisture levels and give your skin a lasting, youthful glow, apply twice per day by lightly massaging into the skin until it is absorbed.



<https://youtu.be/fh6f0RXwltg>

doTERRA Yarrow Pom Body Renewal Serum & Active Botanical Nutritive Duo (...)
14K views 3 yr ago ...more

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PROMO | 10% Off

ō
PROMO | Product
of the Month

10% Off Neroli Touch

Place an order of 125PV
or more and receive

Thinker 10ml Free



doTERRA
SOUTH AFRICA



Emotional Health and Essential Oils

31K views 4 yr ago #doTERRA #doTERRA ...more

Who needs
a bit of extra
Support for the
3rd School Term?

https://youtu.be/zK8m7No_FiA



zKE Today FiA 17:01 ✓

Neroli Testimony -

Today, I had a very dear friend share her testimony with our Neroli Touch Oil. She had tripped over a gate and had hit her ankle, among other things, and she was so thankful to have and apply her oils to these areas that she knew would be bruised. She applied Frankincense, Helichrysum, and Neroli (for swelling). After a couple of days, she noticed an added benefit to applying the Neroli. Her spider veins near around her ankle were starting to fade away! If you have spider veins, you might want to start using Neroli!

17:04 ✓

Neroli Touch

ATN



SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:



Neroli essential oil comes from steam distilling the blossoms of the bitter orange tree.

CHEMISTRY:



The main chemical constituents and associated benefits of neroli are:

cleansing

calming

fragrant

cleansing

RESEARCH:

950+

Published studies on the benefits of limonene, the main chemical constituent in neroli

Numbers according to PubMed as of December 2017

FUN FACT

The bitter orange tree is native to East Asia; however it has been growing in Egypt since it was introduced in the 10th Century.

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

WORKS WELL WITH:



doTERRA

10 WAYS TO USE THINKER®

1. Roll in palms and inhale directly from cupped hands for a **positive test-taking experience**
2. Apply to back of neck or spine when **feeling stressed**
3. Roll on your **child's wrists** during study time
4. Apply under nose to help with **mental clarity**
5. **Apply along spine** when overwhelmed or overthinking
6. Roll on chest when **feeling anxious**
7. Apply on pulse points when **feeling disconnected**
8. Apply on **bottoms of feet** when feeling ungrounded
9. Roll on palms, cup palms, and inhale **when stuck in an afternoon slump**
10. Roll on to **diffuser jewelry**



Usage Tips:

- Keep Thinker on hand in your purse or child's backpack and apply in the afternoon to remain on task.
- Roll onto wrists or hands and inhale deeply to promote a sense of clarity and alertness.
- Use Thinker to uplift your child's mood when experiencing feelings of sadness or stress.
- Promote learning and support creativity by applying Thinker throughout study time

<https://www.dōTERRA.com/US/en/education/pe/dōTERRA-thinker-blend>

Podcast website –

<https://www.dōTERRA.com/US/en/podcast-episode-152-the-importance-of-antioxidants-and-a-look-at-thinkerPodcast>

Episode - Thinker & antioxidants

[The Importance of Antioxidants And A Look At Thinker - Essential Oil Solutions with dōTERRA | Podcast on Spotify](https://www.dōTERRA.com/US/en/The-Importance-of-Antioxidants-And-A-Look-At-Thinker-Essential-Oil-Solutions-with-dōTERRA-Podcast-on-Spotify)

Empowering Women Worldwide



10 WAYS TO USE CLARY CALM®

www.desertnaturals.me

1. During your **menstrual cycle**, apply to abdomen to experience a soothing and calming massage
2. Apply to back of neck, abdomen and bottoms of feet to **help balance mood** throughout the month
3. Apply down spine to **help bring on labor**
4. Apply to abdomen or back of neck when experiencing **hot flashes**
5. Apply to **skin irritations**
6. Add **2-3 drops** into a **warm bath** with Epsom salts
7. Apply to each breast to help **increase lactation**
8. Apply to back of neck to support **healthy brain function**
9. Roll on **diffuser jewelry**
10. Diffuse for a calming aroma that helps **soothe heightened emotions**



doTERRA | EUROPE



Sleep Tight Rollerblend

3 DROPS VETIVER
5 DROPS CEDARWOOD
5 DROPS LAVENDER

Fill the remainder of the bottle with doTERRA® Fractionated Coconut Oil. Apply to the bottoms of feet or back of neck.



Hot Flush Relief Roller

10 drops Clary Sage
10 drops Geranium
5 drops Lemon
2 drops Peppermint

Place the oils in a 5ml roller and top with fractionated coconut oil.

Apply to the back of the neck and forehead when you feel a hot flush coming on!



NATALIE BLACKBURNE

doTERRA

Empowering Women Worldwide

Here are just a few examples of how dōTERRA is empowering women around the world:

Wellness Advocates

Did you know that the vast majority of dōTERRA Wellness Advocates are Women? We are constantly amazed by these incredible, ambitious women who come from various personal and professional backgrounds, lead and inspire large teams, and educate thousands about the benefits of dōTERRA's products—all in addition to everything else going on in their lives.

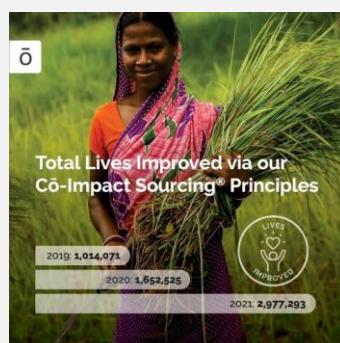
Co-Impact Sourcing Partners

Critically important to the quality of dōTERRA's essential oils is purity. We have found that the very best way to ensure purity is to work directly at the source with farmers and distillers. One way we could approach sourcing would be to build large farms to grow and distill all the plants we need in a large congregated area. That approach would be much easier and more cost effective. However, that's not dōTERRA. We live by the mantra, "Source the best and help the most."

In order to do this, we partner with small-scale farmers, harvesters, and distillers through a program we call Co-Impact Sourcing.

Today, dōTERRA sources over 170 essential oils from 45 countries. It's complex, but it allows us to partner with hundreds of thousands of sourcing partners and their families. Of these individuals, dōTERRA works with 98,741 women who contribute to essential oil production as farmers, harvesters, and distillers. Working with Co-Impact Sourcing, these women lead and provide for their families, often enabling their children—especially their daughters—to attend school and participate in growth opportunities that might otherwise be unavailable.

Women Employed by dōTERRA
Sourcing: Asia and Oceania: 66,365
Europe: 1,511
North America: 7,241
South America: 15,895
Africa: 7,729
Total: 98,741



dōTERRA Healing Hands Foundation

Did you know that globally, 39% of rural girls are unable to attend school? Or that women in developing countries are 25x more likely to die during childbirth than women in developed countries? Empowering women to get an education, pursue a career, and meet their healthcare needs is a work worth doing. Through education—whether it's about their own health or how to achieve basic financial goals and entrepreneurship—the dōTERRA Healing Hands Foundation assists women in their journey to not only be self-reliant but serve as contributors to a better functioning society.

MetaPWR System Now Available!

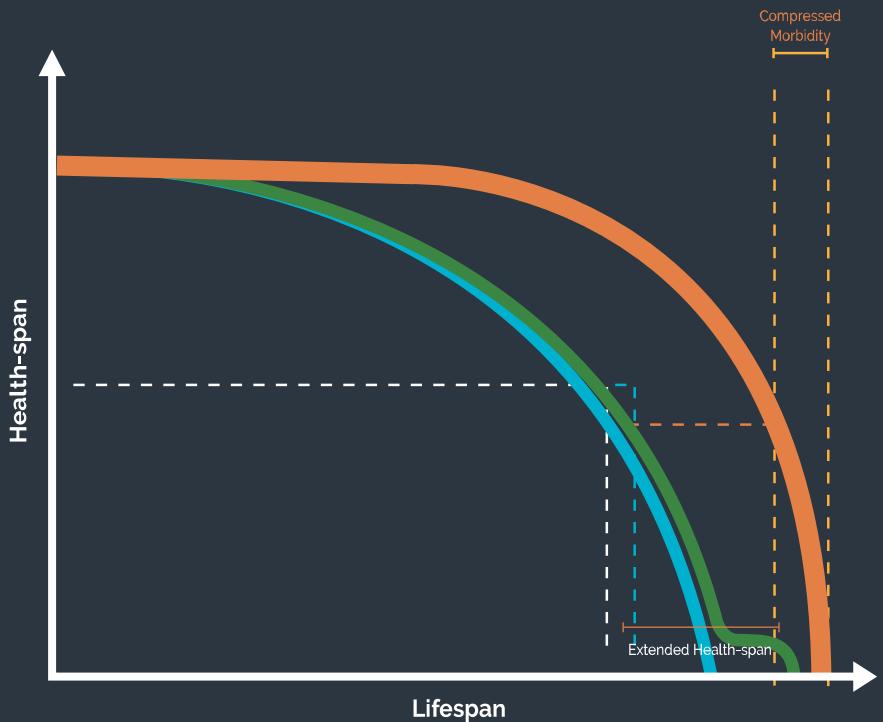


doTERRA®
SOUTH AFRICA

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.

MetaPWR Metabolic Blend 15ml
•MetaPWR Metabolic Blend Beadlets
•MetaPWR Metabolic Blend Gum
•MetaPWR Metabolic Assist

Lifespan vs Health-span



Metabolic health and biological age are **connected**

THE LIFESPAN / HEALTH-SPAN GAP

The hallmarks of ageing begin to appear at **25**

NAD⁺ steadily drops
(a molecule critical to metabolic function and DNA integrity)

Metabolic function declines

FIVE PILLARS OF METABOLIC HEALTH



Healthy eating



Daily movement



Healthy connections



Stress management



Smart supplementation

[dōTERRA MetaPWR Metabolic Blend and Fat Cells | dōTERRA Essential Oils](#)

ADIPOSE FAT CELLS



The foundation of the system is MetaPWR Metabolic Blend, which features proprietary balanced ratios of CPTG Certified Pure Tested Grade® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. According to an unpublished preclinical study, this essential oil blend may help reduce adipose fat cells when ingested, but more confirming research is needed.* It can also help curb cravings and support healthy metabolic function when ingested.*

MetaPWR™

Essential Oil Blend

- Contributes to better fat digestion.*
- Helps to keep the stomach healthy.*
- Beneficial addition to your wellness regimen to complement mindful food choices.

*These health claims are still under the decision of the EU and EFSA.



Maturing fat cells

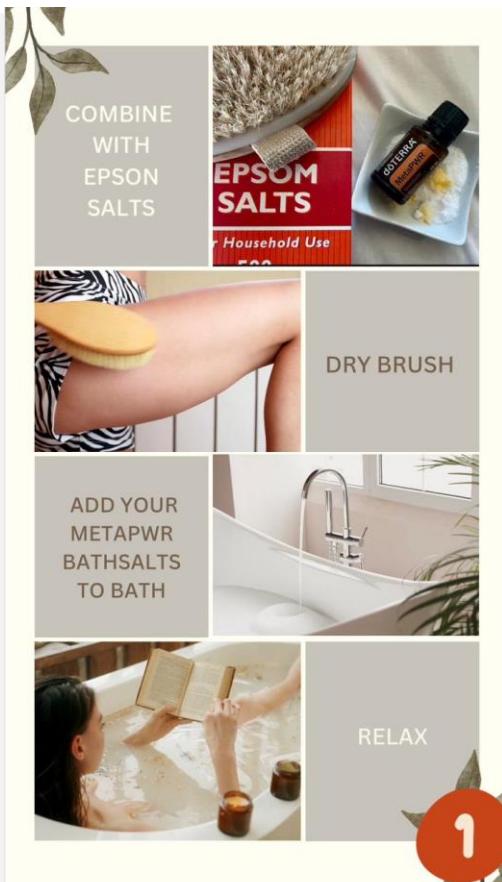
MetaPWR™ Essential Oil Blend

Ingredients





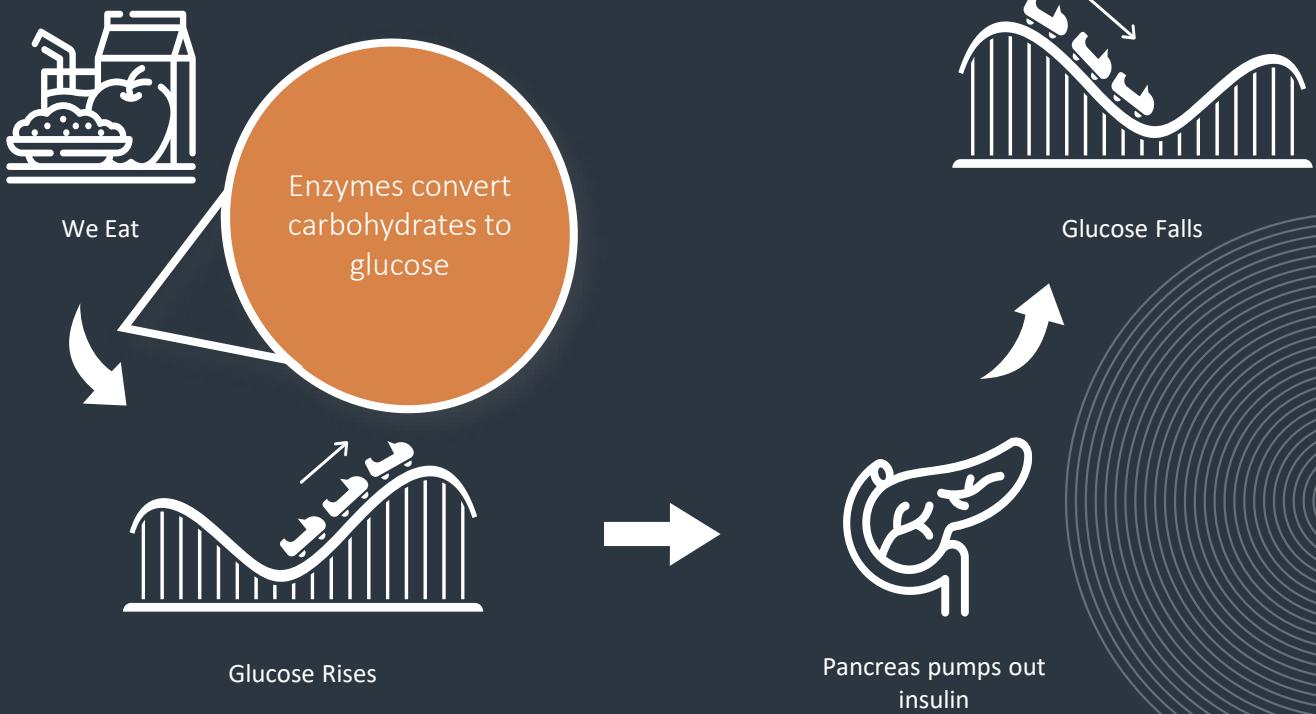
Put this next to your bed before you go to sleep and start your morning with a few drops of refreshing MetaPWR



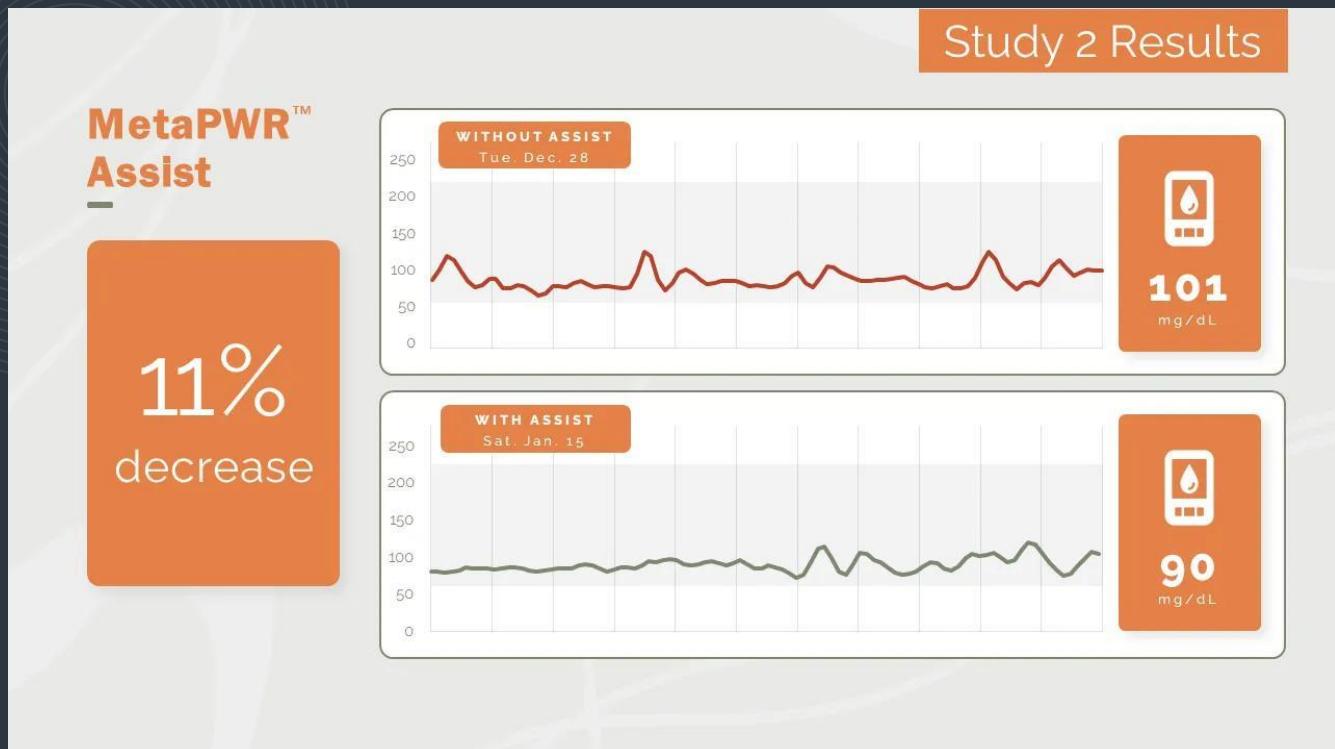
doTERRA® MetaPWR® | Live Your Most Powerful Life

LIVE

2



Let's Flatten that CURVE



MetaPWR™ Assist

- Mulberry is one of the most prominent ingredients in MetaPWR Assist.
- Mulberry leaf extract can contribute to the maintenance of the carbohydrate metabolism balance of the body.*

*These health claims are still under the decision of the EU and EFSA.



MetaPWR™ Assist Ingredients

METAPWR™
ESSENTIAL OIL



MULBERRY LEAF
EXTRACT



BERBERINE



CINNAMON
BARK POWDER



MetaPWR™

Advantage

- Supports metabolism/helps maintaining heart health/contributes to a beneficial effect on blood pressure.
- Helps to improve general ageing process.
- Protecting skin from environmental stress.
- Scientifically proven to help protect the skin from premature ageing by reducing erythema and stress caused by harmful free radicals.



Formulated with 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.

Marine Collagen



Our collagen is sourced from sustainably harvested cold-water marine fish in Italy.

Peptide type	Function
Collagen Type I	Related to skin beauty
Collagen Type II	Bone production, the main component of cartilage
Collagen Type IV	Malleable dermis and the epidermis
Collagen Type V	Stabilising the structure of Types I and II collagen
Collagen Type VI	Muscle function and cell membranes and inhibiting of cell apoptosis and antioxidant stress
Collagen Type IX	Cartilage, growth plates, joints and intervertebral discs
Collagen Type XXV	Supports normal brain aging
Col1a2 protein	Collagen fibrillin
Vacuolar protein sorting 37A	Involved in cell growth and differentiation

Almost everything you've been told about collagen is **wrong**.

12x
more
bioavailable

9
unique
collagen types

Activated by
YOU

TIPS: Collagen should NOT be heated.

Fact: Liquid Collagen must be submitted to heat to change the compromised the quality.



50 PV and
100 PV

EXTENDED OFFER



Enroll Today for a Thriving Tomorrow!

- Enroll for free when you place a 50pv enrollment order
- Enroll for free and receive 15ml Adaptiv & Sample Keychain when you enroll with a 100pv enrollment order

1 2 3 4



Item: #60226414

Size: **1 Kit**

Retail: ~~ZAR3,987.00~~

Your Price:

ZAR2,990.00

PV: 141.50

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*Place an order of 125PV
or more and receive
**Thinker 10ml
Free***

dōTERRA MetaPWR™ System

Step 1



MetaPWR™ Essential Oil Blend

Add MetaPWR Essential Oil blend, softgels or beadlets to your daily routine.



Step 2



MetaPWR™

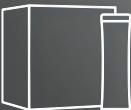
Assist

Step 2

Take MetaPWR Assist with your largest meal of the day.



Step 3



MetaPWR™

Advantage

Step 3

Take one sachet per day.
Pour the contents into
140-225 ml of water. Shake
to dissolve the powder
entirely before drinking.
Enjoy!



30-Day Metabolic Support

15 August – 15 September 2023



Tools and Tips Special Support Group

Summer is coming!

4 months to Christmas why not join?
Let's get our skin, body and mind fitter and healthier before the end of the year.

It takes 21 days to break a habit, we have a month to make a few changes big or small to help us become a healthier happier me!! “Rachel Andrew”

REMEMBER- Cart to Cart Option!!

[Clear Changes](#) [Save Changes](#)

Product	Quantity	PV	Frequency	Price	Use Points?
Lifelong Vitality Pack #60218669	Edit Kit	65.00	MONTHLY	ZAR1,699.00	N/A 

Subtotals

PV	65.00
ZAR	1,699.00
Points Used	0

MY REMAINING REWARDS POINTS =  40.54

 Your next process date is

Item(s) Subtotal	ZAR1,699.00
Shipping	ZAR----

Personalize Your Lifelong Vitality Pack Kit & Save

Your Price: ZAR1,699.00
65 PV
Qty: 1

[Add New Kit](#)



...and choose any configuration up to 3 additions of the following products at a significant savings.



Product	Quantity	PV	Frequency	Price	Use Points?
Lifelong Vitality Pack #60218669	Edit Kit	65.00	MONTHLY	ZAR1,699.00	N/A 
MetaPWR™ Advantage #60223888	1	45.00	MONTHLY	ZAR1,330.00	N/A

Subtotals	
PV	110.00
ZAR	3,029.00
Points Used	0
MY REMAINING REWARDS POINTS = 	40.54

MASSIVE savings when you order more than one product with the "Cart to Cart Option", PLUS you earn points as a Loyal Customer!



August 2023- dōNEWS

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