



# Beginners Essential Kit



# How to Purchase from dōTERRA

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When it comes to purchasing dōTERRA essential oils and products, there are three basic options.

## Option 1 - Retail Customer

- You purchase directly through the person who shared this guide with you.
- You will pay the retail cost of the products plus delivery.
- There are no additional savings or offers.

## Option 2 - Wholesale Customer

- You set up a wholesale account for R445 - or FREE if you purchase an Enrollment Kit.
- You will pay the wholesale cost of any products you purchase (25% less than retail cost).
- Option to participate in the Loyalty Rewards Programme, which gives you back an additional 10%-30% of your purchases in points to redeem against future orders, plus the chance to get a free oil each month.
- Free shipping on all orders over 125pv.
- Free access to 'Continued Oil Education' sessions and recordings.
- Free access to our customer group on Facebook.

## Option 3 - Starter Kit (also known as an Enrollment Kit)

- We have a choice of starter kits to suit your needs and budget.
- Kits include the cost of a wholesale account, so you still get ALL the benefits of a wholesale customer.
- Kits include some of our most popular oil and blends.
- Works out the best value for money.
- Free shipping on our Home Essentials Kit.
- You can add any products onto your starter kit at the checkout if you wish.
- This is our most popular option for getting started.

dōTERRA®

## Beginners Essentials Enrollment Kit



SKU: 60215201

Retail: R 2 218.75

Wholesale: R 1 775.00

PV: 85

A great way to begin your journey to health. Enjoy the benefits of a few of doTERRA's favorite essential oils and personal care products. Packaged in a compact, reusable zippered carrying case. Whether you've used essentiabils, or are just learning this is a perfect introductory starter kit.

The kit contains:

- On Guard 5ml
- Lavender 5ml
- Copaiba 5ml
- Wild Orange 5ml
- Balance 5ml
- Deep Blue Rub 120ml

Also includes:

- 12 month doTERRA wholesale account - allowing you to purchase all your products at 25% below the retail cost.
- Access to doTERRA's loyalty rewards programme where you can get free products and extra savings
- Free access to continued oil education
- Free access to our customer group

For anyone wanting to start their own doTERRA business (optional)

- Access to FREE mentorship
- Access to all of our team's resources
- Access to team training



# Changing the world one drop, one person, one community at a time

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## dōTERRA® Meaning “Gift of the Earth”

In 2008, a group of healthcare and business professionals came together with a common vision of sharing the power of pure essential oils with the world. Each understood that essential oils—when properly sourced from optimal regions and thoroughly tested for the highest levels of purity and potency—are the Earth’s gift to humanity. With this gift comes great responsibility to respect the power of each element, the expertise of each grower, and the potential of each contributing community.

dōTERRA focuses on maintaining the highest levels of purity and sustainability as it partners with local growers around the world through Cō-Impact Sourcing®. This unique model implements long-term, mutually beneficial supplier partnerships where skilled rural farmers oversee plants and growing environments. In return, dōTERRA provides jobs with fair payments, leading to stronger local economies and healthier, stable supply chains.

Each dōTERRA essential oil passes through rigorous CPTG Certified Pure Tested Grade™ testing guided by cutting-edge advancements in essential oil research and testing implementation. dōTERRA benefits from the ever-increasing knowledge and expertise of a Medical Advisory Board made up of global consultants in chemistry, microbiology, botany, research science, physiology, and nutritional science, as well as medical doctors, and other individuals who are qualified in the following fields; chiropractic, osteopathic medicine and dentistry.

Since the beginning, independent Wellness Advocates have shared the life-enhancing benefits of dōTERRA CPTG® essential oils with millions of customers throughout the world.

dōTERRA has emerged as a global integrative health and wellness company and the world’s largest essential oil company.\* By partnering with respected medical professionals and worldrenowned research partners, dōTERRA is revolutionizing healthcare by integrating conventional medical professionals with alternative approaches to address individualized health and wellness.

To ensure that dōTERRA never forgets the sacredness of this gift, the dōTERRA Healing Hands Foundation® offers resources and tools to global sourcing communities and charitable organizations for self-reliance, healthcare, education, and sanitation, and for the fight against human trafficking. We respectfully offer this “gift of the Earth” to you and your family.

\* Verified global market leader in the Global Aromatherapy and Essential Oils market.

# What Are Essential Oils?

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Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. Essential oils elicit powerful responses, yet the use of essential oils goes well beyond their fragrant appeal.

Essential oils have been used throughout history in many cultures for their health-promoting properties. Modern trends toward more holistic approaches to self care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many have powerful cleansing properties. Their unique chemical structure allows them to deliver targeted benefits through topical application. Certain oils may be used as dietary aids to promote vitality and well-being.

## Extraction Methods

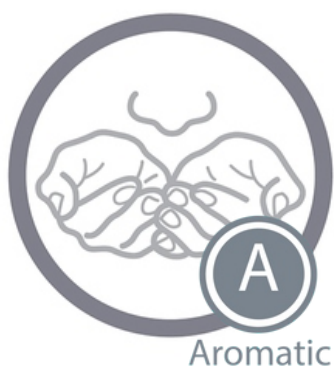
Essential oils are most often extracted via a steam distillation process in which steam is circulated under pressure through plant material, liberating the essential oils into the steam. As the steam mixture cools, the water and oils are separated and the oil is collected in its pure form. To ensure the highest quality oil extract of correct chemical composition, temperature and pressure must be monitored very closely. Too little heat and pressure will not release the valuable oil; too much can fracture the oil's delicate chemical composition and alter its potency. In addition to using proper distillation methods, creating a quality CPTG® essential oil requires the meticulous selection of the correct plant species and plant parts, harvested at the perfect moment when their aromatic compounds are most concentrated. This complex process is as much an art form as it is a science and requires experienced growers and distillers working together to ensure a superior product.





# How to Use Essential Oils?

When it comes to using dōTERRA essential oils, there are three basic application methods—aromatic use, topical use, and internal use.



Through smell. We call this “aromatic” use of essential oils. This includes any application method that helps you experience the aroma of the oil.

You can use essential oils aromatically by:

- Diffusing in an essential oil diffuser
- Applying a drop to your hands and inhaling
- Wearing as a personal fragrance



On your skin. “Topical” application of essential oils allows the oil to absorb into the skin. Some ways to use essential oils on your skin are:

- Massage
- Apply to targeted areas and rub in
- Add to lotions or moisturizers



Ingesting, or “internal” use of essential oils allows the oil to be transported throughout your body. Make sure the essential oil is safe for internal use first, and then try one of these methods:

- Add to a glass of water
- Take in a veggie capsule
- Put a drop under your tongue

## KEY OF SYMBOLS



Safe for aromatic use



Safe for topical use



Safe for internal use

## Further Guidance on Diluting for Topical Use



**Sensitive:** These essential oils should always be diluted before using on young or sensitive skin.



**Dilute:** This category refers to essential oils that should always be diluted with a carrier oil before topical application

If you need to dilute an essential oil or blend, you can use any carrier oil. Our carrier oil of choice is Fractionated Coconut Oil which you can also purchase from dōTERRA.



## CPTG Certified Pure Tested Grade™

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dōTERRA® CPTG Certified Pure Tested Grade™ essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants or other chemical residues.

As important as it is to keep contaminants out of our oils, assuring the presence of the oils' active compounds at the right levels is necessary to guarantee safety and effectiveness. Many oils claim to be natural and some may be pure - but few are subjected to rigorous testing standards for chemical composition. dōTERRA CPTG Certified Pure Tested Grade essential oils are cross tested using Mass Spectrometry and Gas Chromatography to ensure both the purity and compositional potency of each batch.

dōTERRA works closely with a global network of leading essential oil chemists and growers to select botanicals of the correct species, grown in ideal environments, and carefully harvested at the right time. The aromatic compounds of the plants are skillfully extracted by experienced distillers and subjected to chemical analysis to ensure purity and composition.

dōTERRA CPTG Certified Pure Tested Grade essential oils represent the safest and most beneficial oils available in the world today.



# Essential Oil Safety Guidelines

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When it comes to using essential oils, there are a few safety guidelines you'll want to abide by. Here are some of the best practices for safe essential oil usage:

1. **Always read the labels.** Pay attention to any specific warnings on your essential oil packaging and adhere to any recommendations provided by the manufacturer.
2. **Avoid certain areas.** Avoid putting oils into your nose, inner ears, eyes, broken skin, or other sensitive areas.
3. **Dilute oils.** To minimize skin sensitivity, dilute essential oils using a carrier oil like fractionated coconut oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil. Always dilute an oil when using it for the first time, applying it to sensitive skin, or when using essential oils with children. When using oils with a particularly strong chemistry, you will want to dilute one drop of essential oil to ten drops of carrier oil.
4. **Know your strong oils.** Some essential oils should always be diluted with fractionated coconut oil before putting them on your skin. Some of these oils include Cassia, Cinnamon Bark, Clove, Oregano, and Thyme. Keep in mind, this is not an exhaustive list, so always pay attention to labels with warnings about strong oils.
5. **Be careful of sun sensitivity.** Some essential oils can pose a risk for sun sensitivity, particularly citrus oils. Some of these oils include Bergamot, Grapefruit, Lemon, Lime, Tangerine, Wild Orange, and any essential oil blends that contain these oils. Again, this is not an exhaustive list. Before applying an essential oil topically, check the label for any sun sensitivity warnings. Avoid direct sunlight or UV rays for at least 12 hours following the use of these oils on the skin (this includes tanning beds).
6. **Practice safe storage.** Make sure to store essential oils out of reach of children. This measure will help prevent accidental ingestion. You'll also want to keep your oils away from excessive light or heat, as this can alter the chemical properties of an essential oil significantly.
7. **Supervise young children.** Always supervise essential oil application with your children. Because children have more delicate skin, it's a good idea to dilute oils before applying them topically. Try applying the oil to the bottom of a child's feet before you try other areas. In addition to safe storage practices, you can also use Child Resistant Caps to ensure that your children don't accidentally ingest oils on their own.
8. **Talk to a healthcare professional.** If you have specific health concerns, consult with your doctor before using essential oils.



# Lavender

<http://doteam.co.za/lavender>

Discover Solutions: Lavender | dōTERRA Essential Oils  
([doteam.co.za](http://doteam.co.za))



## Description

Lavender oil has been used and cherished for centuries for its unmistakable aroma and myriad of benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities, when taken internally, continue to be Lavender's most notable attributes. Applied topically, Lavender oil is frequently used to reduce the appearance of skin imperfections. Due to Lavender's versatile properties, it is considered the must-have oil to have on hand at all times.

## Primary Benefits

- Soothes occasional skin irritations
- Taken internally, Lavender oil reduces anxious feelings and promotes peaceful sleep\*
- Helps ease feelings of tension when used internally\*

## Aromatic Description

Powdery, floral, light

## Collection Method

Steam distillation

## Plant Part

Flower/Leaf

## Main Constituents:

Linalool, Linalyl acetate, Ocimene

## Uses

- Add a few drops of Lavender to pillows, bedding, or bottoms of feet at bedtime.
- Keep a bottle of Lavender on hand to soothe occasional skin irritations.
- Freshen your linen closet, mattress, car, or the air by combining Lavender with water in a spray bottle.
- Take internally to help soothe and relax the mind.\*
- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

## Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 120ml of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Wild Orange

<https://www.doterra.com/US/en/wild-orange-oil>

Discover Solutions: Wild Orange | dōTERRA Essential Oils (doterra.com)



## Description

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its energizing aroma. High in limonene, Wild Orange possesses stimulating and purifying qualities, making it ideal to support healthy immune system function when used internally.\*

## Uses

- Use in an all-purpose spray to cleanse and purify surfaces.
- Add a drop to your water every day for a burst of flavor and to promote overall health.\*
- Diffuse for an uplifting aroma and to freshen the air.
- During cold weather months, consider adding one or two drops to a capsule to help support a healthy immune system.\*
- Add a few drops of Wild Orange to your favorite tea when you want to support your immune system.\*

## Primary Benefits

- Powerful cleanser and purifying agent
- Internal use supports healthy immune function\*
- Creates an uplifting environment

## Aromatic Description

Sweet, fresh, citrus

## Collection Method

Cold Pressed/expressed

## Plant Part

Orange rinds (peel)

## Main Constituents:

Limonene

## Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Food additive use: Add 1 or 2 drops to food.

Topical Use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for at least 12 hours after applying product.

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# OnGuard<sup>TM</sup>

## Protective Blend

<http://doteam.co.za/onguard>

Discover Solutions: doTERRA On Guard® | dōTERRA  
Essential Oils



### Description

As one of dōTERRA's best-selling blends, dōTERRA On Guard protects against environmental and seasonal threats. It can also be used on surfaces throughout the home as a non-toxic cleaner. When diffused, dōTERRA On Guard helps purify the air and can be very energizing and uplifting.

### Uses

- Add two to three drops in a veggie capsule for an immune boost.\*
- Add to water for an effective all-purpose surface cleaner.
- Soak sliced apples in water and a few drops for a healthy, immune-boosting snack.\*
- Combine a few drops of dōTERRA On Guard with Fractionated Coconut Oil for a natural hand cleanser.

### Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Food additive use: Dilute one drop in 120 mL or 1/2 cup of liquid.

Topical use: Apply one to two drops to desired area. Dilute with Fractionated Coconut Oil to minimize any skin sensitivity.

### Cautions:

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### Primary Benefits

- Supports healthy immune and respiratory function when used internally\*
- Ingest to support the body's natural antioxidant defenses\*
- Powerful surface cleaner
- Energizing and uplifting aroma

### Ingredients

Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf/Flower essential oils

### Aromatic Description

Warm, spicy, camphoraceous, woody

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Balance™

## Grounding Blend

<https://www.doterra.com/US/en/balance-grounding-blend-oil>

Discover Solutions: doTERRA Balance® | dōTERRA Essential Oils



### Description

The warm, woody aroma of dōTERRA Balance Grounding Blend creates a sense of calm and well-being. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in dōTERRA Balance, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile can ease anxious feelings, while Frankincense provides a grounding, balancing effect on emotions.

### Uses

- Begin your day by putting Balance™ on the bottom of your feet to evoke a peaceful setting throughout the day.
- Balance is a great oil blend to use during an AromaTouch™ Hand Massage.
- Apply to your wrists or neck to provide a calming aroma.
- Diffuse in your car during road trips to create a calming, soothing environment.

### Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.  
Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

### Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### Primary Benefits

- Promotes a whole-body sense of relaxation.
- Provides a calming aroma.
- Evokes a tranquil atmosphere.

### Ingredients

Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower

### Aromatic Description

Airy, fresh, sweet, woody



# Copaiba

<https://www.doterra.com/US/en/copaiba-oil>

Discover Solutions: Copaiba Education Page | dōTERRA Essential Oils (doterra.com)



## Description

Copaiba essential oil is derived from the resin of the Copaiba tree which can grow upwards of more than 30 metres and can be found in tropical South America. Copaiba oil is widely used in cosmetic products including soaps, creams, lotions, and perfumes. Since the 16th century, Copaiba essential oil has been utilized in traditional health practices by the natives of north and northeastern Brazil. Similar to Black Pepper essential oil, Copaiba can be applied to the skin to promote a clear, smooth complexion.

## Primary Benefits

- Promotes restful sleep.
- Promotes sense of well being.
- Promotes clear, smooth skin.
- Reduces the appearance of blemishes.

## Aromatic Description

Spicy, woody

## Collection Method

Steam distillation

## Plant Part

Resin from *Copaifera reticulata*, *officinalis*, *coriacea*, and *langsdorffii*

## Main Constituents:

$\beta$ -caryophyllene

## Uses

- Swish two drops of Copaiba essential oil and one drop of Peppermint essential oil to freshen the breath and promote oral cleanliness.
- Diffuse two drops each of Copaiba, Vetiver, Lavender, and Wild Orange to promote restful sleep at night.
- Place one to two drops of Copaiba under the tongue to encourage a general sense of well-being.
- Add to your moisturizer to enhance the appearance of healthy-looking skin.
- After strenuous activity, apply Copaiba with dōTERRA® Fractionated Coconut oil to the legs for a soothing massage.

## Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 120ml of liquid.

Topical use: Dilute one to two drops with a carrier oil, then apply to desired area.

## Cautions:

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





# Deep Blue Rub™

[Discover Solutions: Deep Blue® Rub | dōTERRA Essential Oils](#)

[Discover Solutions: Deep Blue® Rub | dōTERRA Essential Oils \(doterra.com\)](#)



## Description

dōTERRA Deep Blue Rub is a rich, topical cream infused with the Deep Blue Soothing Blend of CPTG Certified Pure Tested Grade™ essential oils. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. Made with dōTERRA's top-selling Deep Blue essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Matricaria (German Chamomile), Helichrysum, Ylang Ylang, and Osmanthus, Deep Blue Rub is an essential addition to your bathroom cabinet and gym bag. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft and not greasy. It is the choice of massage therapists and sports practitioners who currently use dōTERRA Deep Blue essential oil blend in their practice.

## Directions for Use

Massage cream into affected areas. For a more intensive treatment, apply Deep Blue essential oil blend on the skin prior to cream application.

## Cautions

For external use only Possible skin sensitivity. Avoid contact with eyes. Do not use on wounds or damaged skin. Do not bandage tightly after application or use with a heating pad. Keep out of reach of children to avoid accidental ingestion. If swallowed, get medical help or contact a Poison Control Center immediately.

## Primary Benefits

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Perfect for the athlete in your life, Deep Blue Rub is blended in a base of moisturizing emollients that leaves your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

## Ingredients

Water (Aqua), Gaultheria procumbens (Wintergreen) Leaf Oil, Cinnamomum camphora (Camphor) Oil, Menthol, Cetearyl Alcohol, Prunus amygdalus dulcis (Sweet Almond) Oil, Stearic Acid, Glyceryl Stearate, PEG-100 Stearate, Mentha piperita (Peppermint) Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Caprylic/Capric Triglyceride, Butylene Glycol, Cananga odorata (Ylang Ylang) Flower Oil, Capsicum frutescens Fruit Extract, Chamomilla recutita (Matricaria) Oil, Tanacetum annuum (Blue Tansy) Flower/Leaf/Stem Oil, Helichrysum italicum (Helichrysum) Flower/Leaf/Stem Oil, Allantoin, Gardenia florida Fruit Extract, Osmanthus fragrans (Osmanthus) Flower Extract, Aloe barbadensis Leaf Juice Powder, Chlorella vulgaris Extract, Retinyl Palmitate, Squalane, Cetearth-20, Hydroxyethyl Acrylate/ Sodium Acryloyldimethyl Taurate Copolymer, Dimethicone, Phenoxyethanol, Caprylyl Glycol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Xanthan Gum, Ethylhexylglycerin, Hexylene Glycol, Polysorbate 60, Maltodextrin, Sodium PCA, Tetrasodium Glutamate Diacetate, Sorbitan Isostearate, Sodium Hydroxide

# Useful Links

<b>Lavender</b> <a href="http://doteam.co.za/lavender">http://doteam.co.za/lavender</a>	<b>Peppermint</b> <a href="http://doteam.co.za/peppermint">http://doteam.co.za/peppermint</a>
<b>Lemon</b> <a href="http://doteam.co.za/lemon">http://doteam.co.za/lemon</a>	<b>Frankincense</b> <a href="http://doteam.co.za/frankincense">http://doteam.co.za/frankincense</a>
<b>Oregano</b> <a href="http://doteam.co.za/oregano">http://doteam.co.za/oregano</a>	<b>Tea Tree</b> <a href="http://doteam.co.za/teatree">http://doteam.co.za/teatree</a>
<b>Deep Blue</b> <a href="http://doteam.co.za/deepblue">http://doteam.co.za/deepblue</a>	<b>Zengest</b> <a href="http://doteam.co.za/zengest">http://doteam.co.za/zengest</a>

## Summary 10 Basic Oils

<http://doteam.co.za/10coreoils>

## Testimonial & Product Facebook Page

<https://www.facebook.com/groups/1896924723774989/?ref=share>

[The Official Site of doTERRA South Africa | dōTERRA Essential Oils](#)

## Product Blog

[Product Blog | dōTERRA Essential Oils \(doterra.com\)](#)

## Pinterest

[doTERRA Essential Oils \(doTERRA\) - Profile | Pinterest](#)

## YouTube

[doTERRA Essential Oils - YouTube](#)

## E-Books

<https://www.doterra.com/US/en/ebooks-archive>

## Empowered Life

<https://www.doterra.com/US/en/empowered-life>

## Safety Course

<https://training.doterra.com/p/essential-oil-safety-course>

## Love-Oils

<https://oilgames.com/love-oils>

## Business Builders Website

<https://doteam.co.za/wp/>

