

MY STORY



WHY ESSENTIAL OILS?



NATURE PRODUCES



BODY UTILIZES



COST EFFECTIVE



SIDE BENEFITS

WHAT ARE YOU HOPING TO LEARN FROM THIS CLASS?

-
-
-
-
-

ESSENTIAL OILS ARE

Powerful aromatic compounds found in seeds, bark, stems, roots, flowers & other parts of plants; extracted & distilled for a variety of health benefits.

USING ESSENTIAL OILS

AROMATIC



Diffuse or inhale to:

- Positively affect mood
- Cleanse the air
- Support the respiratory system



TOPICAL

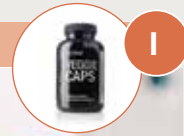


Apply to affected area for:

- Localized benefits
- Dilute with fractionated coconut oil for best results



INTERNAL



Enjoy a few drops:

- In water
- In veggie caps
- Under your tongue



POTENT

A T I

Supercharged Benefits

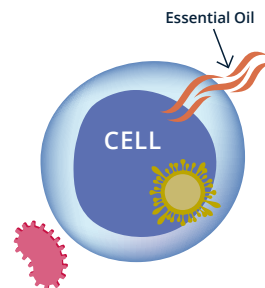
50-70x

more powerful than herbs!



EFFECTIVE

A T I





BEST FOR US. BEST FOR THE WORLD.

Need for Higher Standard

- “100% Pure Essential Oils” are often synthetic, diluted, not well-tested or a combination of these
- This has created a myth that oils are ineffective



Certified Pure Therapeutic Grade®

CERTIFIED PURE

- Most tested
- Every bottle is free of fillers, synthetics and contaminants

THERAPEUTIC GRADE

- Most trusted
- Guaranteed to meet strict therapeutic grade standards every time



Cō-Impact Sourcing®

- Plants grown around the world in ideal habitat for maximum therapeutic benefit
- Providing livelihoods for families with fair, on-time payments & a consistent source of income



MANY OPTIONS. MANY USES.

LAVENDER



All Things Soothing

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-
-

LEMON



Cleans & Freshens

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-

FRANKINCENSE



King of Oils

-
-
-

MELALEUCA



Tea Tree

-
-
-

OREGANO



Nature's Powerhouse

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-
-

dōTERRA BREATHE®



Respiratory Support

-
-
-

DIGESTZEN®



Tummy Tamer

-
-
-

DEEP BLUE®



Muscle & Joint Support

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-
-

POPULAR EXTRAS

dōTERRA BALANCE®



Spa in a Bottle

-
-
-

AROMATOUCH



Soothing Massage

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-
-

SERENITY



Calm Yourself

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-
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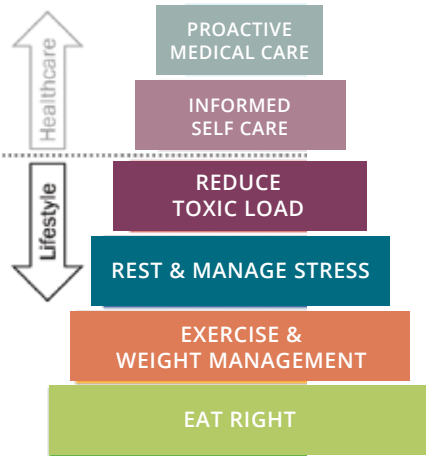
WILD ORANGE



Sunshine in a Bottle

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-
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FOUNDATIONS OF A HEALTHY LIFESTYLE



dōTERRA Wellness Lifestyle

TIPS FOR TAKING SUPPLEMENTS

1. Start slowly

Consider starting with a ¼ or ½ dose for a few days as you build up nutritional support in your body. A full dose is 2 of each supplement taken twice daily. We recommend taking them at breakfast and lunch!

2. Make it a lifestyle

Taking supplements the same time daily creates a ritual alongside meals or something else that is a constant in your routine. Keeping them out where you can see them will remind you to take them, as opposed to leaving them hidden away in high cupboards.

3. Keep at it

The longer you take your supplements, the more you will experience the maximum amount of support that comes over time.

LIFELONG VITALITY (LLV) A MULTI-VITAMIN REVOLUTION

**#1
PRODUCT**
30-DAY
MONEY BACK
GUARANTEE



MICROPLEX VMz®

Whole food multi-vitamin & mineral complex

- Supports healthy immune function
- 22 essential vitamins & minerals from whole food sources



xEO MEGA®

- Omega 3-6-9 fatty acids & nine essential oils

- Supports mental clarity & brain function
- Supports cardiovascular health



ALPHA CRS+®

Antioxidant & cellular energy

- Supports energy production
- Supports healthy cell proliferation & lifespan

****Vegan option available****

SUPPLEMENTAL OPTIONS



Digestive Enzyme



Probiotic



Muscle & Joint
Complex



Energy & Stamina
Complex



Kids' Kit

Provides the body with optimum levels of naturally balanced, bioavailable nutrition to ensure maximum nutrient absorption.

**ENERGY, FOCUS,
RELIEF & WELL-BEING**

GET STARTED WITH A KIT

□ NATURAL SOLUTIONS KIT

10 ML BOTTLES

- PastTense®

15 ML BOTTLES

- AromaTouch®
- dōTERRA Balance®
- dōTERRA Breathe®
- DigestZen®
- Frankincense
- Lavender
- Lemon
- Melaleuca
- dōTERRA On Guard®
- Peppermint
- dōTERRA Serenity®
- Wild Orange

OTHER PRODUCTS

- Breathe® Vapor Stick
- Correct-X®
- Deep Blue® Rub
- Fractionated Coconut Oil (4 oz)
- Hand & Body Lotion
- Lifelong Vitality Pack®
- Lumo Diffuser
- Moisturizing Bath Bar (3)
- PB Assist®+
- TerraZyme®
- Wooden Box
- Intro Packet

**MOST
POPULAR!**

SAVE
\$228.95²

+100
product
credits³

start
at **15%**
rewards!

\$550
400 PV¹

dōTERRA ON GUARD® COLLECTION

- Beadlets
- Hand Sanitizing Mist
- Hand Wash w/2 Dispensers
- On Guard+ Softgels
- Toothpaste
- Mouthwash



□ HOME ESSENTIALS KIT

- Deep Blue® (5 mL)
- DigestZen® (15 mL)
- dōTERRA Breathe® (15 mL)
- dōTERRA On Guard® (15 mL)
- Frankincense (15 mL)
- Lavender (15 mL)
- Lemon (15 mL)
- Melaleuca (15 mL)
- Oregano (15 mL)
- Peppermint (15 mL)
- Petal Diffuser
- Intro Packet

\$275
225 PV¹

**MOST
POPULAR!**

SAVE
\$86.25²



□ FAMILY ESSENTIALS KIT & BEADLETS

5 ML BOTTLES

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

OTHER PRODUCTS

- dōTERRA On Guard Beadlets
- Peppermint Beadlets
- Intro Packet

\$150
110 PV¹

SAVE
\$36.50²



□ DIAMOND KIT

SAVE
\$866.25² | **+400**
product
credits³ | start
at **25%**
rewards!

\$2750
2100 PV¹



POPULAR ADD-ONS

- Lifelong Vitality Pack
\$79.50



- Veggie Caps
\$4.00



- Fractionated
Coconut Oil
\$12.00



- Petal Diffuser
\$47.00



- Lumo Diffuser
\$70.00



- 6 pk Roller Bottles
\$4.75



¹ Point Value. For most products, \$1 = 1PV ² Savings off of wholesale price ³ Credits awarded after placing 100pv LRP in month following enrollment

ORDERING **MADE SIMPLE!**

CHOOSE ONE:

- ☐ Natural Solutions Kit
- ☐ Home Essentials Kit
- ☐ Family Essentials Kit & Beadlets
- ☐ Diamond Kit
- ☐ Other
- ☐ \$35 Membership Only (No oils included)

ADD ONS:

- ☐ Lifelong Vitality Pack
- ☐ Veggie Caps
- ☐ Fractionated Coconut Oil
- ☐ Petal Diffuser
- ☐ Lumo Diffuser
- ☐ 6 pk Roller Bottles

ADDITIONAL ITEMS:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Name

Shipping Address

City, State, Zip

Phone

Email

Date of Birth

Credit Card Number | Verification Code

Name as it appears on CC

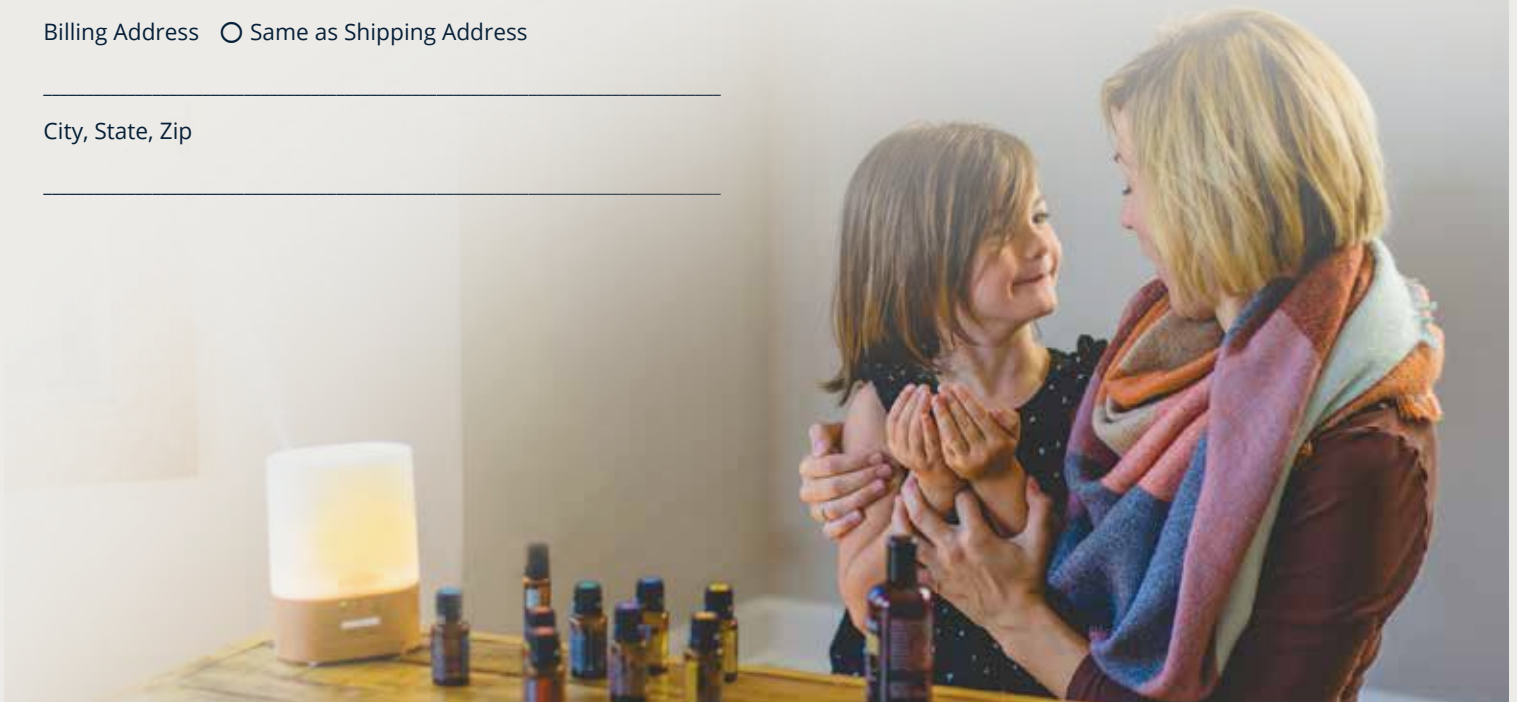
Expiration Date | Billing Zip Code

Applicant Signature

By signing this, I am agreeing to the dōTERRA terms and conditions found on the back of the Wholesale Customer Agreement Form and the policies found in the dōTERRA Policy Manual.

Billing Address ☐ Same as Shipping Address

City, State, Zip



PRICE LIST

QTY	PRODUCT	UNIT	RETAIL	WHOLESALE	PV
Certified Pure Therapeutic Grade® Essential Oils					
	Arborvitae	5 mL	\$29.33	\$22.00	22.00
	Basil	15 mL	\$26.67	\$20.00	20.00
	Bergamot	15 mL	\$36.67	\$27.50	27.50
	Black Pepper	5 mL	\$29.33	\$22.00	22.00
	Blue Tansy	5 mL	\$126.67	\$95.00	95.00
	Cardamom	5 mL	\$34.67	\$26.00	26.00
	Cassia	15 mL	\$25.33	\$19.00	19.00
	Cedarwood	15 mL	\$17.33	\$13.00	13.00
	Cilantro	15 mL	\$34.67	\$26.00	26.00
	Cinnamon Bark	5 mL	\$28.00	\$21.00	21.00
	Clary Sage	15 mL	\$48.67	\$36.50	36.50
	Clove	15 mL	\$18.67	\$14.00	14.00
	Copaiba	15 mL	\$46.67	\$35.00	35.00
	Copaiba Softgels	60 ct.	\$42.67	\$32.00	30.00
	Coriander	15 mL	\$34.67	\$26.00	26.00
	Cypress	15 mL	\$20.67	\$15.50	15.50
	Douglas Fir	5mL	\$30.00	\$22.50	22.50
	Eucalyptus	15 mL	\$18.67	\$14.00	14.00
	Fennel (Sweet)	15 mL	\$20.00	\$15.00	15.00
	Frankincense	15 mL	\$93.00	\$69.75	69.75
	Geranium	15 mL	\$36.00	\$27.00	27.00
	Ginger	15 mL	\$52.00	\$39.00	39.00
	Grapefruit	15 mL	\$21.33	\$16.00	16.00
	Green Mandarin	15 mL	\$37.33	\$28.00	28.00
	Helichrysum	5 mL	\$100.00	\$75.00	75.00
	Jasmine Touch	10 mL	\$56.00	\$42.00	42.00
	Juniper Berry	5 mL	\$25.33	\$19.00	19.00
	Lavender	15 mL	\$28.00	\$21.00	21.00
	Lemon	15 mL	\$13.33	\$10.00	10.00
	Lemongrass	15 mL	\$13.33	\$10.00	10.00
	Lime	15 mL	\$17.33	\$13.00	13.00
	Magnolia Touch	10 mL	\$37.33	\$28.00	28.00
	Marjoram	15 mL	\$25.33	\$19.00	19.00
	Melaleuca	15 mL	\$25.33	\$19.00	19.00
	Melissa	5 mL	\$180.00	\$135.00	135.00
	Myrrh	15 mL	\$69.33	\$52.00	52.00
	Neroli Touch	10 mL	\$62.67	\$47.00	47.00
	Oregano	15 mL	\$32.00	\$24.00	24.00
	Patchouli	15 mL	\$39.33	\$29.50	29.50
	Peppermint	15 mL	\$27.33	\$20.50	20.50
	Peppermint Beadlet	125 ct.	\$15.33	\$11.50	11.50
	Petitgrain	15 mL	\$34.67	\$26.00	26.00
	Pink Pepper	5 mL	\$29.33	\$22.00	22.00
	Roman Chamomile	5 mL	\$60.00	\$45.00	45.00
	Rose Touch	10 mL	\$100.00	\$75.00	75.00
	Rosemary	15 mL	\$18.67	\$14.00	14.00
	Sandalwood	5 mL	\$82.33	\$61.75	61.75
	Sandalwood (Hawaiian)	5 mL	\$82.33	\$61.75	61.75
	Siberian Fir	15 mL	\$26.67	\$20.00	20.00
	Spearmint	15 mL	\$38.67	\$29.00	29.00
	Spikenard	5 mL	\$66.00	\$49.50	49.50
	Thyme	15 mL	\$36.67	\$27.50	27.50
	Turmeric	15 mL	\$37.33	\$28.00	28.00
	Vetiver	15 mL	\$46.00	\$34.50	34.50
	Wild Orange	15 mL	\$14.00	\$10.50	10.50
	Wintergreen	15 mL	\$25.33	\$19.00	19.00
	Yarrow Pom	30 mL	\$126.67	\$95.00	95.00
	Ylang Ylang	15 mL	\$47.00	\$35.25	35.25
Proprietary dōTERRA® Essential Oil Blends					
	AromaTouch® Massage Blend	15 mL	\$34.67	\$26.00	26.00
	Balance® Grounding Blend	15 mL	\$26.67	\$20.00	20.00
	Breathe® Respiratory Blend	15 mL	\$26.67	\$20.00	20.00
	Cheer® Uplifting Blend	5 mL	\$33.33	\$25.00	25.00
	Citrus Bliss® Invigorating Blend	15 mL	\$20.00	\$15.00	15.00
	ClaryCalm® Monthly Blend for Women Roll On	10 mL	\$32.67	\$24.50	24.50
	Console® Comforting Blend	5 mL	\$49.33	\$37.00	37.00
	Deep Blue® Soothing Blend Roll On	10 mL	\$85.33	\$64.00	64.00
	Deep Blue® Rub	4 oz	\$39.00	\$29.25	29.25
	Deep Blue® Soothing Blend	5 mL	\$42.67	\$32.00	32.00
	DigestZen® Digestive Blend	15 mL	\$41.33	\$31.00	31.00
	DigestZen® Softgels	60 ct.	\$26.00	\$19.50	15.00
	Elevation™ Joyful Blend	15 mL	\$49.33	\$37.00	37.00
	Forgive® Renewing Blend	5 mL	\$26.67	\$20.00	20.00
	HD Clear™ Roll On Topical Blend	10 mL	\$28.00	\$21.00	21.00
	Immortelle Anti-Aging Blend Roll On	10 mL	\$92.67	\$69.50	69.50
	InTune® Focus Blend Roll On	10 mL	\$46.00	\$34.50	34.50
	Motivate® Encouraging Blend	5 mL	\$30.67	\$23.00	23.00
	On Guard® Protective Blend	15 mL	\$42.67	\$32.00	32.00
	On Guard® Beadlet	125 ct.	\$20.00	\$15.00	15.00
	On Guard®+ Softgels	60 ct.	\$32.67	\$24.50	21.00
	Passion® Inspiring Blend	5 mL	\$56.00	\$42.00	42.00
	PastTense® Tension Blend Roll On	10 mL	\$24.67	\$18.50	18.50
	Peace® Reassuring Blend	5 mL	\$37.33	\$28.00	28.00
	Purify Cleansing Blend	15 mL	\$24.00	\$18.00	18.00
	Serenity® Restful Blend	15 mL	\$40.00	\$30.00	30.00
	Serenity® Restful Complex Softgels	60 ct.	\$26.00	\$19.50	17.00
	Serenity® Combo Pack (15 mL bottle & 1 bottle of softgels)		\$60.00	\$45.00	40.00
	Slim & Sassy® Metabolic Blend	15 mL	\$32.67	\$24.50	24.50
	Slim & Sassy® Softgels	90 ct.	\$46.00	\$34.50	30.00
	TerraShield® Outdoor Blend	15 mL	\$14.00	\$10.50	10.50
	TerraShield® Outdoor Blend Spray	30 mL	\$26.00	\$19.50	19.50
	TriEase® Seasonal Blend Softgels	60 ct.	\$30.00	\$22.50	20.00
	Whisper Blend For Women	5 mL	\$32.00	\$24.00	24.00
	Zendocrine® Detoxification Blend	15 mL	\$32.67	\$24.50	24.50
	Zendocrine® Softgels	60 ct.	\$32.67	\$24.50	21.50

QTY	PRODUCT	UNIT	RETAIL	WHOLESALE	PV
Essential Oil Kits					
	AromaTouch® Kit	9 Items	\$133.33	\$100.00	100.00
	Athlete's Kit	7 Items	\$100.00	\$75.00	65.00
	dōTERRA Touch® Kit	9 Items	\$225.33	\$169.00	160.00
	Emotional Aromatherapy Kit	6 Items	\$212.00	\$159.00	150.00
	Emotional Aromatherapy Touch Kit	6 Items	\$133.33	\$100.00	100.00
	Introductory Essential Oil Kit	3 Items	\$26.67	\$20.00	15.00
	Kid's Oil Collection	8 Items	\$126.67	\$95.00	85.00
	Women's Health Kit (Phytoestrogen, Bone Nutrient, ClaryCalm®)		\$92.67	\$69.50	60.00
	Yoga Kit (Align, Arise & Anchor)	3 Items	\$69.33	\$52.00	50.00
Diffusers					
	Aroma Lite Diffuser	Single	\$119.93	\$89.95	40.00
	Lotus Diffuser	Single	\$119.93	\$89.95	40.00
	Lumo Diffuser	Single	\$93.33	\$70.00	40.00
	Petal Diffuser	Single	\$62.67	\$47.00	20.00
Wellness					
	a2z Chewable™/IQ Mega Pack	60 ct.	\$26.00	\$19.50	15.00
	a2z Chewable/IQ Mega Pack	2 Items	\$52.67	\$39.50	25.00
	Alpha CRS+®	120 ct.	\$92.67	\$69.50	69.50
	Bone Nutrient Lifetime Complex	120 ct.	\$23.33	\$17.50	12.00
	Cleanse & Renew Pack (GX Assist® & PB Assist+®)	2 Items	\$80.67	\$60.50	60.50
	Daily Nutrient Pack	2 Items	\$79.33	\$59.50	50.00
	DDR Prime®	30 mL	\$73.33	\$55.00	55.00
	DDR Prime® Softgels	60 ct.	\$73.33	\$55.00	55.00
	Deep Blue Polyphenol Complex	60 ct.	\$79.33	\$59.50	59.50
	DigestTab®	100 ct.	\$18.67	\$14.00	10.00
	GX Assist®	60 ct.	\$34.67	\$26.00	26.00
	IQ Mega®	150 mL	\$46.00	\$34.50	30.00
	Lifelong Vitality Pack (Alpha CRS+, xEO Mega, Microplex VMz)		\$106.00	\$79.50	60.00
	Microplex VMz®	120 ct.	\$52.67	\$39.50	34.50
	Mito2Max®	60 ct.	\$52.67	\$39.50	39.50
	PB Assist+®	30 ct.	\$46.00	\$34.50	34.50
	PB Assist® Jr	30 ct.	\$32.67	\$24.50	20.00
	Phytoestrogen Lifetime Complex	60 ct.	\$52.67	\$39.50	39.50
	Slim & Sassy® Metabolic Gum	32 Pieces	\$11.33	\$8.50	5.00
	TerraGreens®	30 Servs	\$37.33	\$28.00	20.00
	TerraZyme®	90 ct.	\$50.00	\$37.50	37.50
	TrimShake™ Chocolate	40 Servs	\$52.67	\$39.50	25.00
	TrimShake™ Vanilla	40 Servs	\$52.67	\$39.50	25.00
	V Shake	40 Servs	\$52.67	\$39.50	25.00
	xEO Mega®	120 ct.	\$66.00	\$49.50	49.50
	xEO Mega®	120 ct.	\$66.00	\$49.50	49.50
	Zendocrine® Detox Complex	60 ct.	\$32.67	\$24.50	24.50
Spa					
	Citrus Bliss® Hand Lotion	2.5 fl oz	\$9.27	\$6.95	5.00
	Citrus Bliss® Invigorating Bath Bar	4 oz	\$9.32	\$6.99	5.00
	Detoxifying Mud Mask	4 oz	\$19.33	\$14.50	12.00
	Exfoliating Body Scrub	8 oz	\$26.00	\$19.50	15.00
	Essentials Anti-Aging Moisturizer	1.7 oz	\$46.00	\$35.50	35.50
	Essentials Brightening Gel	1 oz	\$46.00	\$34.50	34.50
	Essentials Facial Cleanser	4 oz	\$22.00	\$16.50	16.50
	Essentials Hydrating Cream	1.7 oz	\$46.00	\$34.50	34.50
	Essentials Invigorating Scrub	2.5 oz	\$24.00	\$18.00	18.00
	Essentials Pore Reducing Toner	4 oz	\$25.33	\$19.00	19.00
	Hand & Body Lotion	6.7 oz	\$20.00	\$15.00	13.00
	Healing Hands Lotion with Rose Oil	3.3 oz	\$26.67	\$20.00	0.00
	HD Clear® Facial Kit	3 Pack	\$61.33	\$46.00	40.00
	HD Clear® Facial Lotion	1.7 oz	\$45.33	\$34.00	34.00
	HD Clear® Foaming Face Wash	1.7 oz	\$28.00	\$21.00	21.00
	Lip Balm Herbal, Original or Tropical	.16 oz	\$8.67	\$6.50	5.00
	Moisturizing Bath Bar	4 oz	\$9.00	\$6.75	5.00
	Natural Deodorant with dōTERRA Balance®	2.65 oz	\$11.67	\$8.75	5.00
	Refreshing Body Butter	8.45 oz	\$17.00	\$12.75	10.00
	Replenishing Body Butter	7 oz	\$23.33	\$17.50	15.00
	Reveal Facial System (2 Items)	1.7 oz	\$80.00	\$60.00	60.00
	Salon Essentials Hair Care System	4 Pack	\$103.33	\$77.50	70.00
	Salon Essentials Healthy Hold Glaze	4 oz	\$24.00	\$18.00	15.00
	Salon Essentials Protecting Shampoo	8.34 oz	\$26.00	\$19.50	19.50
	Salon Essentials Root to Tip Serum	30 mL	\$46.67	\$35.00	35.00
	Salon Essentials Smoothing Conditioner	8.34 oz	\$30.67	\$23.00	23.00
	Salon Essentials Shampoo & Conditioner - LRP only	2 Pack	\$37.33	\$28.00	23.00
	Serenity® Calming Bath Bar	4 oz	\$9.32	\$6.99	5.00
	Verage™ Skin Care Collection	4 Pack	\$112.67	\$84.50	70.00
Living					
	Breathe® Respiratory Drops	30 Drops	\$19.33	\$14.50	14.50
	Breathe® Vapor Stick	0.4 oz	\$11.33	\$8.50	5.00
	Correct-X®	.5 fl oz	\$16.00	\$12.00	10.00
	On Guard® Cleaner Concentrate	12 fl oz	\$19.33	\$14.50	10.00
	On Guard® Foaming Hand Wash & 2 Dispensers	Combo	\$30.00	\$22.50	18.50
	On Guard® Laundry Detergent	32 fl oz	\$36.67	\$27.50	20.00
	On Guard® Natural Whitening Toothpaste	4 oz	\$11.33	\$8.50	5.00
	On Guard® Protecting Throat Drops	30 Drops	\$19.33	\$14.50	14.50
	On Guard® Sanitizing Mist	27 mL	\$8.67	\$6.50	5.00
	On Guard® Whitening Toothpaste Samples	10 Pack	\$4.67	\$3.50	0.00
Accessories					
	5/8 Dram Sample Vials	12 Pack	\$6.00	\$4.50	0.00
	10 mL Amber Roller Bottle	6 Pack	\$6.33	\$4.75	0.00
	30 mL Sprayer Bottle	3 Pack	\$5.00	\$3.75	0.00
	Fractionated Coconut Oil	4 oz	\$16.00	\$12.00	12.00
	Key Chain, Black 8-Vial	1 ct.	\$6.50	\$6.50	0.00
	Ultra Fine, Continuous Mist Sprayer	2 Pack	\$16.00	\$12.00	0.00
	Veggie Caps	160 ct.	\$5.33	\$4.00	0.00
	Wooden Essential Oil Box w/ Logo	Single	\$19.93	\$14.95	0.00

* Customer favorites in bold

LOYALTY REWARDS PROGRAM

- Place a monthly LRP order of 50+ PV to earn free product credits. Change or cancel any time.
- Percentage of FREE Product Credits increases by 5% every 3 months up to 30%.
- Receive the FREE Product of the Month with 125+ PV order placed by the 15th of the month.

Maximize your wholesale benefit by placing a completely customizable LRP order each month.

25% WHOLESALE DISCOUNT +	MONTH 1-3	MONTHS 4-6	MONTHS 7-9	MONTHS 10-12	MONTHS 13+
	10%	15%	20%	25%	30%

What you need to know...

- Completely customizable subscription box
- Order as much or as little as you want
- The more you order, the greater the rewards
- Order by the 15th to receive the Free Product of the Month

FREE!
PRODUCT
OF THE
MONTH*

HOST A CLASS

Hosts can receive a variety of perks! Chat with your Wellness Advocate to find out what you will receive.



BUILD A BUSINESS WITH DōTERRA

Supplement or replace your income with dōTERRA!

Achieve a life you dreamed about, while sharing a product you are passionate about.

dōTERRA® offers:

- The best essential oils on the market
- A generous compensation plan
- An unprecedented retention rate of 65% (industry average is 10%)

TALK WITH ME TODAY ABOUT
THE dōTERRA® OPPORTUNITY!



BEGIN WITH **DAILY HABITS**

MORNING

- Apply 2-3 drops of Balance to the bottoms of feet when you wake
- Take 2 drops of Frankincense under the tongue
- Add 2 drops of Lemon to your morning water
- Take 2 of each Lifelong Vitality, 1 PB Assist+ and 1-2 TerraZyme with morning meal

AFTERNOON

- Diffuse or apply favorite oil for mood management
- Take 2 of each Lifelong Vitality and 1-2 TerraZyme with afternoon meal
- Add 2 drops of Lemon to your afternoon water

EVENING

- Diffuse On Guard
- Take 1-2 TerraZyme with evening meal
- Add 2 drops of Lemon to your evening water

BED TIME

- Diffuse Lavender
- Apply On Guard and Lavender to bottoms of feet
- Take 2 drops of Frankincense under the tongue



SELF-CARE



REDUCE TOXICITY



REST



EXERCISE



EAT RIGHT

EVERYTHING YOU NEED TO PUT THESE HABITS INTO PRACTICE

□ DAILY HABITS KIT

5 ML BOTTLES

- dōTERRA On Guard[®]
- dōTERRA Balance[®]
- Frankincense
- Lavender
- Lemon

OTHER PRODUCTS

- Lifelong Vitality Pack[®]
- TerraZyme[®]
- PB Assist[®]+
- Deep Blue[®] Rub

GET IT
ON LRP!



*add \$35 to
enroll with
this kit

SAVE
\$47.00²

¹ Point Value. For most products, \$1 = 1PV ² Savings off of wholesale price

ONLINE RESOURCES

doterra.com

sourcetoyou.com

Download the free **Daily Drop** app for short, educational videos



I'm here to help:

Name _____

Contact Info _____

Our Next Meeting is On _____

age  ratio
recommendation

<2 yrs

1/10
EO

2-6 yrs

1/4
EO

6+ yrs

1/3
EO

