



live dōTERRA®
YOUR NATURAL SOLUTIONS LIFESTYLE

SIMPLE HEALTHY *Living*

Congratulations! We're excited to support you in living a wellness lifestyle and creating your own personal wellness plan. dōTERRA, Latin for "gift of the earth," offers simple, self-guided, natural solutions. This guide is designed to show you how to bring these natural solutions into every area of your life. As you try these tips and recipes, you will discover amazing possibilities with these precious gifts of the earth!

Tip

Open your oils and keep them accessible!

Reach for them daily to experience all the benefits dōTERRA has to offer.



Stain Remover

1/2 cup white vinegar
20 drops Lemon

Combine in 8 ounce glass spray bottle.
Spray remover on stain & wash. Say
goodbye to greasy & stubborn stains!





DIFFUSER FAVORITES:

- Elevating - Citrus Bliss
- Calming - Serenity
- Grounding - Balance
- Warming - Cassia
- Immune Boosting - OnGuard
- Restful Sleeping - Serenity + Wild Orange



Dusting Spray

1/8 cup olive oil
1/4 cup vinegar
1 cup water
10 drops Wild Orange

Add essential oils to 16 ounce glass spray bottle. Shake & apply to microfiber cloth, then wipe surface. Be naturally dust free!

Carpet & Upholstery Stain Remover

1 cup white vinegar
2 cups baking soda
2-6 drops of Lemon or Wild Orange

Work paste into stain with toothbrush. Allow paste to dry, and vacuum.

Glass Cleaner

1 1/2 cup white vinegar
1/2 cup water
8 drops Lemon

Mix ingredients in 16-ounce glass spray bottle & shake thoroughly. Spray on glass. Wipe with paper towel or cloth. Enjoy a clean natural scent and streak free glass!

HEALTHY *Eating*

Integrating essential oils in your cooking and diet is another way to support your healthy lifestyle. Not only do they boost flavor, they also reduce toxicity, and increase health benefits.

It can be a challenge to get the nutrients you need in your daily diet. Add Lifelong Vitality and TerraZyme® to your daily regimen to support your nutritional needs, digestion, and energy levels.

Let food be thy medicine and medicine be thy food.
- Hippocrates

Tip

Remember to use small amounts of oils in your cooking. Start with just a toothpick dipped in oil, and add to taste.



Strawberry Citrus Ice Cream

by Natalie Albaugh & Kristyan Williams

- 1 ripe avocado
- 4 cups frozen strawberries
- 1/2 cup plain yogurt
- 1/4 cup honey or agave nectar
- 4 drops Wild Orange
- 4 drops Lime

Mix ingredients in food processor or high-speed blender. Remove from processor and then stir in essential oils. Serve immediately.

Tip: Add Cinnamon, On Guard, or Wild Orange to your breakfast oatmeal.

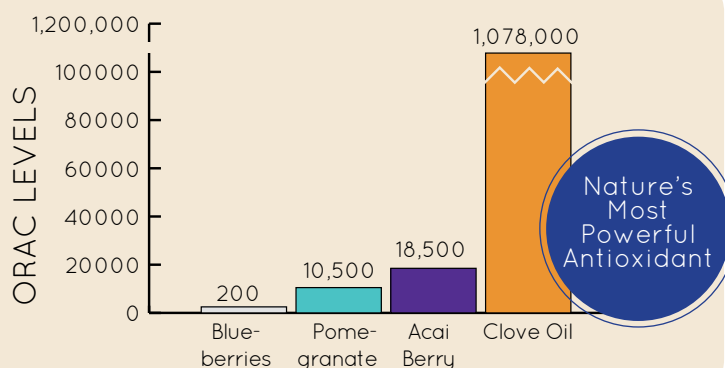


Green Smoothie

1/2 chopped frozen banana
 1/2 cup frozen blueberries, strawberries, or mix
 2 handfuls of baby spinach or kale
 1 1/2 cups vanilla unsweetened almond milk
 1 teaspoon coconut oil or 1/2 avocado
 1 scoop dōTERRA Trim Shake
 1 tbsp. IQ Mega (optional)

Combine ingredients in blender until smooth.

Get your daily dose of clove in the Lifelong Vitality Pack!



Wild Orange Vinaigrette

by Mandi Felici

1 cup extra virgin olive oil
 1 tsp. dijon mustard
 1/3 cup balsamic vinegar
 1-2 drops Wild Orange
 2 tbsp. mayonnaise or veganise
 1/2 cup brown sugar or honey
 sea salt and black pepper to taste

Combine ingredients in blender until smooth. Refrigerate.



HEALTHY *Working*



Favorites for the Office

- Past Tense®, InTune®, & Deep Blue® Roll Ons
- On Guard® Throat Drops & Beadlets
- Peppermint Beadlets
- Diffuser



Afternoon Pick-Me-Up

- 1 drop Frankincense
- 1 drop Peppermint
- 1 drop Wild Orange
- or
- 1 drop Peppermint
- 1 drop Rosemary

Mix in your hand, rub your palms together, and inhale to revitalize and spark some inspiration.

TOP OIL *Tips*

- Avoid contact with eyes, nose and inside ears.
- Dilute with Fractionated Coconut Oil for sensitive skin.
- dōTERRA oils are very potent. Use smaller amounts more frequently for best results.
- Different oils work for different people. When you're not getting results, try different oils or different application methods.
- Use a hot compress or massage in to drive oils deeper.
- To affect the whole body quickly, apply oils to bottoms of feet, spine, or navel.
- Avoid sun exposure for several hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.
- Keep your oils at their best by avoiding exposure to extreme temperatures.
- Use glass containers with your oils as they can break down some plastics over time.



HEALTHY *On-the-Go*

Diaper Bag Essentials

- Balance
- Roman Chamomile
- Serenity
- AromaTouch®
- DigestZen®
- TerraShield®



Hand Cleansing Gel

5 tbsp. aloe vera gel
1/4 tsp. vitamin E oil
4 tbsp. water
8-10 drops On Guard

Mix in a bowl and pour into squeeze container. Enjoy clean hands safely on the go.



Car Favorites:

- Peppermint & On Guard beaded
- Past Tense
- Lip Balm
- Packed Keychain
- Car Diffuser

Off to School?

Send your child prepared with InTune®, IQ Mega, & A2Z Chewable



HEALTHY REST AND STRESS *Relief*

ANYTIME MOOD SUPPORT

80% of all disease is related to stress. Use essential oils and the Lifelong Vitality Pack to reduce stress, support restful sleep, manage mood, and shed emotional weight.



SERENITY

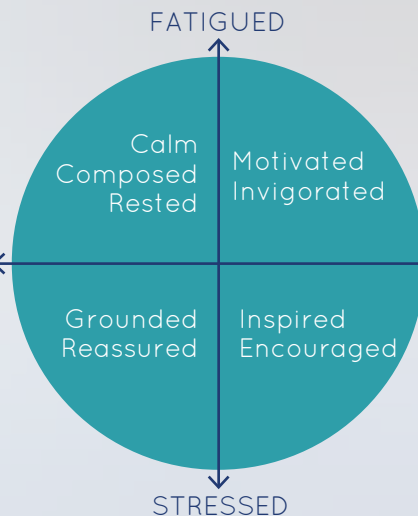
Diffuse or apply to feet & spine as needed, especially at night.



BALANCE

Apply to bottoms of the feet or spine morning & night and as needed.

← ANXIOUS FEELINGS



CITRUS BLISS

Diffuse or apply over the heart in the morning or as needed.



→ NO PASSION

ELEVATION

Diffuse in the afternoon, or apply across the forehead as needed.



PEACEFUL REST FAVORITES:

- Apply Vetiver to feet and spine
- Diffuse Serenity or Lavender (add Breathe to ease breathing)
- Drop 1-3 drops Wild Orange under the tongue
- Place 1-2 drops of Lavender or Serenity on pillow

BEDROOM FAVORITES:

- Frankincense
- Balance
- AromaTouch
- Ylang Ylang
- Serenity
- Wild Orange
- Clary Sage
- Lavender



HEALTHY SELF *Care*



Relaxing Bath Salts

1 cup Epsom salts
10 drops Balance, Serenity,
or Lavender

Mix and pour into bath.



Enjoy all the wonderful ways essential oils can support your healthy lifestyle and replace common household products. You can use your essential oils not only for therapeutic purposes, but to clean, cook, nurture yourself, and keep your family healthy.

Deodorant

6 tbsp. extra virgin
coconut oil
6 tsp. baking soda

6 drops Helichrysum
2 drop Rosemary
10 drops each of Wild Orange & Lemon

Mix ingredients and
keep in a small glass jar.



Bathroom Freshener

5 drops Lemongrass
5 drops Grapefruit
5 drops Bergamot
Water

Add water to nearly fill 4 oz. spray
bottle. Mix, shake & spray to freshen air.



HEALTHY EXERCISE AND *Recovery*

Support your exercise goals and have faster recovery times by using your dōTERRA natural solutions.



COOLING



CLEARING



PRE-WORKOUT



ENERGY BOOST



MUSCLE SUPPORT

Prepared for
Life's Little
Emergencies

FAVORITE NATURAL SOLUTIONS FOR LITTLE EMERGENCIES:

- PastTense
- OnGuard Throat Drops
- Deep Blue Roll-On & Rub
- Peppermint Beadlets
- Helichrysum
- Terrashield
- Lavender
- Melaleuca
- Purify
- Lemon
- Frankincense
- DigestZen

HEALTHY *Weight*

The dōTERRA Slim & Sassy Metabolic Blend & Trim Shakes are designed to help manage appetite between meals:

Slim & Sassy Weight Loss Plan

Slim & Sassy Softgel(s) or 3-5 drops in water

Breakfast: Trim Shake

Slim & Sassy Softgel(s) or 3-5 drops in water

Lunch: Healthy Meal or Trim Shake

Slim & Sassy Softgel(s) or 3-5 drops in water

Dinner: Healthy Meal

Slim & Sassy Softgel(s) or 3-5 drops in water



DETOX & SHED



MEAL REPLACEMENT



Detox and renew with dōTERRA's 30 Day Cleanse for greatest success with healthy weight.

HEALTHY *Cleansing*

Here are a few great reasons why now is a great time to cleanse:

- A healthy digestive tract is key to your overall health.
- All disease is related to deficiency and toxicity.
- Your digestive system makes up 60-85% of your immune system.
- Breakdown of the digestive system leads to increased toxicity that leads to compromised immune, mood, and brain function.
- There are more neurotransmitters (the communication channel between the brain and the body) in the digestive system than in the brain.

Tip: Use citrus oils in your water for gentle, natural cleansing that will help you stay well and alkalize your body.

30 DAY CLEANSE

Start DAY 10 DAY 20 DAY 30

CLEANSE TOXINS FOUND IN FAT CELLS

Slim & Sassy Softgels 3-5x Daily

SUPPORT FILTERING ORGANS IN YOUR BODY

Zendocrine Softgels - 1 capsule AM/1 capsule PM

* Maximize results by adding Zendocrine Complex Capsules

DAILY NUTRITIONAL SUPPORT

Lifelong Vitality Pack - As directed morning & evening w/meals

SUPPORT HEALTHY DIGESTION & METABOLISM

Terrazyme - 1-2 capsules w/meals

INTESTINAL TRACT CLEANSE

GX Assist - 3x/day w/meals

SUPPORT HEALTHY DIGESTIVE FUNCTION & IMMUNITIES

PB Assist+ - 2-3x/day



+Add Zendocrine Complex as directed to increase the power of this cleanse.



HEALTHY *Day*

Each day brings us something different. Be ready for whatever may come your way with these great ideas to meet your unique needs. Integrate dōTERRA into your daily health habits to experience greater wellness throughout your day.

MORNING



RENEW

Wake Up - Peppermint
Workout - Deep Blue & AromaTouch
Meditation - Frankincense & Sandalwood
Grounding - Balance

CLEANSE

Toothpaste - On Guard Natural Whitening Toothpaste
Hair - dōTERRA Salon Essentials Shampoo, Conditioner, Gel, & Root to Tip Serum
Face - Veràge Skincare or HD Clear
Body - Spa Bar, Soaps, & Lotion w/oil of choice
Deodorant - Balance or Deodorant recipe on p. 9
Aftershave - Balance or Toner

NOURISH

Lifelong Vitality & Bone Nutrient
TerraZyme
DDR Prime
Lemon or any Citrus Oil

ALL DAY



MANAGE

Cravings - Slim & Sassy
Mood - Citrus Bliss or Elevation
Tension - PastTense
Focus - InTune
Anger - Helichrysum or Melissa

OPTIMIZE

Homework - Balance & InTune
Athletic Performance - Breathe & Deep Blue
Breath Freshener - Peppermint Beadlets
Added Immune Support - On Guard Beadlets
Pick-Me-Up - Frankincense, Peppermint, & Wild Orange

SUPPORT

Minor Mishaps - Lavender & Melaleuca
Cooling - Lavender
Skin Irritations & Bites - TerraShield
Digestive Upset - DigestZen, Peppermint, Fennel
Melt Downs - Melissa, Serenity & Balance
Diaper Discomfort - Balance

EVENING



NOURISH

Lifelong Vitality
TerraZyme
DDR Prime
Lemon or any Citrus Oil

CLEANSE

Toothpaste - On Guard Natural Whitening Toothpaste
Face - Veràge Skincare or HD Clear
Fine Lines/Wrinkles - Immortelle

RESTORE

Bedtime Routine:
• Vetiver & Lavender
• Serenity & Frankincense
• Balance & On Guard
Occasional Sore Muscles & Feet - AromaTouch

To learn more, watch "Everyday Oil Expert" at sharesuccess.com/expert

Wellness CONSULT

1 What are you experiencing now?

Common Health Concerns & Natural Solutions

<input type="checkbox"/> Weight:	Lifelong Vitality	Slim & Sassy®	Trim Shake	TerraZyme®
<input type="checkbox"/> Energy/Fatigue:	Lifelong Vitality	Peppermint	Mito2Max	Wild Orange
<input type="checkbox"/> Digestion:	Lifelong Vitality	DigestZen®	TerraZyme®	30 Day Cleanse
<input type="checkbox"/> Stress/Anxious Feelings:	Lifelong Vitality	Melissa	Frankincense	Mood oils
<input type="checkbox"/> Hormone Balance:	Lifelong Vitality	ClaryCalm™	Whisper	Phytoestrogen
<input type="checkbox"/> Sleep:	Balance	Lavender	Serenity	Vetiver
<input type="checkbox"/> Occasional Discomfort:	Lifelong Vitality	AromaTouch®	Lemongrass	Deep Blue® Rub

Your top health concerns:

How long has this been an issue?

How much is this costing you?

1.		(time, \$, energy)
2.		
3.		

2 What do you want to experience more of in your health? _____

3 What lifestyle choices & natural solutions will best support you?

Check the lifestyle areas you would like to improve and circle the changes you want to make.

<input type="checkbox"/> Reduce Toxic Load	Use Natural Body Care Use Natural Cleaners Replace Other Synthetic Supports with Natural Alternatives
<input type="checkbox"/> Rest & Manage Stress	Get More/Better Sleep Self-Care (massage, meditation, yoga, etc.) Other _____
<input type="checkbox"/> Exercise	Exercise More Participate in a Sport or Exercise Class Other _____
<input type="checkbox"/> Eat Right	Eat More Live & Whole Foods Drink More Water Increase Nutrients With Supplements Eat Less _____

Find natural solutions for your health concerns (above & on back, as well as in app, book, or online).

Integrate these natural solutions and your chosen lifestyle changes into your wellness plan below.

	MORNING	AFTERNOON	EVENING
DAILY WELLNESS PLAN	1.		
	2.		
	3.		
	Daily Health Basics <input type="checkbox"/> Balance T <input type="checkbox"/> Lifelong Vitality M <input type="checkbox"/> TerraZyme® M <input type="checkbox"/> On Guard® <input type="checkbox"/> Lemon or other Citrus Oil	<input type="checkbox"/> TerraZyme® M	<input type="checkbox"/> Balance T <input type="checkbox"/> Lifelong Vitality M <input type="checkbox"/> TerraZyme® M <input type="checkbox"/> Serenity or other Calming Oil T
	<input type="checkbox"/> 30 Day Cleanse Add to the daily recommended products periodically as needed Slim & Sassy® Softgels (2+) Zendocrine® Softgels (1) M GX Assist® (Days 11-20) M PB Assist+® (Days 21-30)	Slim & Sassy® Softgels (2+) GX Assist® (Days 11-20) M PB Assist+® (Days 21-30)	Slim & Sassy® Softgels (2+) Zendocrine Softgels (1) M GX Assist® (Day 11-20) M PB Assist+® (Day 21-30)

4 Which natural solutions do you need?

Create a 90 day wellness plan by adding the items you need (above) to your LRP orders (recommended on the 5th-15th).

MONTH 1 LRP	Date: _____	MONTH 2 LRP	Date: _____	MONTH 3 LRP	Date: _____
_____		_____		_____	
_____		_____		_____	
_____		_____		_____	
_____		_____		_____	
TOTAL PV _____		TOTAL PV _____		TOTAL PV _____	

Reach your wellness goals!

M = with Meal
T = Topical

Single Oils

___	Arborvitae	Cleansing, immune & cellular health support, seasonal relief
___	Basil	Support occasional exhaustion & minor ear irritation
___	Bergamot	Calming & energizing, uplift mood, self acceptance, self-worth
___	Black Pepper	Broad spectrum immune support, tobacco support, digestion
___	Cardamon	Digestive & respiratory support, soothe stomach, motion discomfort
___	Cassia	Immune support, digestive upset, reproductive support
___	Cedarwood	Hair & scalp support, nervous & respiratory system support
___	Cilantro	Heavy metal detox, cooking, occasional head tension
___	Cinnamon	Maintain healthy blood sugar levels, immune, cholesterol support, detox
___	Clary Sage	Healthy male/female hormone balance, circulation, calming support
___	Clove	Numbing, soothes teeth & gums, oral health, antioxidant properties
___	Coriander	Blood sugar/yeast reduction support, digestion, heavy metal detox
___	Cypress	Circulation/blood vessel, energy, lymphatic, breathing aid
___	Eucalyptus	Sinus/respiratory/oxygen/breast/uterus support
___	Fennel	Digestion/circulation/milk production/hormone/skin support
___	Frankincense	Healthy inflammatory response, mood, blood, cellular health, immune
___	Geranium	Mood, muscle, hormone, occasional digestive upset, liver, gallbladder
___	Ginger	Digestion, muscles, hormones, occasional motion sickness/nausea
___	Grapefruit	Appetite, cravings, addiction support, detox liver, weight, gallbladder
___	Helichrysum	Renew, revitalize, natural coagulant, tissue support, ears, liver, anger
___	Juniper Berry	Digestive/respiratory/emotional/immune support
___	Lavender	Soothe/calm, burns, bites, skin sensitivities & irritation, sleep, sensitivities
___	Lemon	Detoxify, liver/kidneys, lymphatics, uplift, antioxidant, glutathione
___	Lemongrass	Thyroid, connective tissue, ligament, lymph support, detoxification
___	Lime	Respiratory support, occasional throat irritation, calming, focus, heart
___	Marjoram	Relieve occasional sore, tight, tense muscles, digestive & bowel upset
___	Melaleuca	Support normal yeast & fungus levels, cleansing & skin support, healthy complexion
___	Melissa	Emotional & cognitive health, calms nerves, strengthening,
___	Myrrh	Immune boost, throat irritation, gum & skin health, thyroid support
___	Oregano	Antioxidant, hormones, occasional aches & pains, brain, bacterial support
___	Patchouli	Support nerves/skin/mood/detoxification, boost confidence/calming
___	Peppermint B	Head tension, support alertness/respiration/digestion, exercise, cooling
___	R. Chamomile	Promote calming/restful sleep/skin health, mood, liver
___	Rosemary	Muscle, immune, adrenal support, mental fatigue
___	Sandalwood	Oxygen/brain, skin, testosterone, mood, reproductive support
___	Thyme	Hormones, cellular health, antioxidant, brain, prostate
___	Vetiver	Focus/concentration/grounding, support anxiousness/stress/sleep issues
___	White Fir	Respiratory, occasional aches/pains, skeletal, generational issues
___	Wild Orange	Cellular health, digestion, calming, uplift mood, sleep support
___	Wintergreen	Soothing occasional aches & pains, healthy inflammatory response
___	Ylang Ylang	Heart, adrenals, hormones, mood, blood pressure, libido

Signature Oil Blends

___	AromaTouch®	Relieve sore muscles/tension, increase circulation/oxygen
___	Balance	Grounding, reduce anxiousness/nervousness, improve attention
___	Breathe	Support respiratory, occasional allergy & sinus relief
___	Citrus Bliss	Uplift mood, stress-reducing, invigorating
___	ClaryCalm™	Balance hormones, support menstrual & menopausal issues
___	DDR Prime™	Repair & protect cellular health & DNA, fungal support, thyroid
___	Deep Blue®	Relieve occasional aches/pain/joint issues
___	DigestZen® B	Support occasional digestive upset/nausea/infant stomach upset
___	Elevation™	Reduce frustration & dips in mood, promote energy/joy
___	Immortelle	Promote skin health & rejuvenation, mood support
___	InTune™	Support focus/concentration/attention/mental clarity/mood
___	On Guard® B S	Boost immune, support occasional throat irritation
___	PastTense®	Relieve occasional head tension/aches/discomfort, relaxation
___	Purify	Cleansing, lymph/air & surface purification, insect irritation
___	Serenity	Reduce anxiousness/stress/tension/mental chatter, sleep support
___	Slim & Sassy® S	Target metabolism/appetite/blood sugar/cravings/cellulite
___	TerraShield®	Repel insects naturally, support healthy boundaries
___	Tri-Ease™ S	Seasonal & environmental relief, respiratory support, immune support
___	Whisper™	Support hormone balance & sexual drive, women's perfume
___	Zendocrine® S	Support endocrine system/detoxification, antioxidant

Wellness

___	Alpha CRS+®	Cellular antioxidant, inflammation support, & energy complex
___	A2Z Chewable	Children's chewable strawberry multi-vitamin tablet
___	Bone Nutrient	Blend of vitamins, coral calcium, & minerals for bone health
___	DDR Prime™ S	Repair & protect cellular health & DNA
___	Fractionated Coconut Oil	Dilution aid and skin moisturizer
___	GX Assist®	Support healthy digestive tract/cleansing/yeast reduction
___	IQ Mega™	Liquid marine-sourced omega-3 fatty acids with Wild Orange oil
___	Lifelong Vitality	Comprehensive nutritional trio for optimal health, energy, & longevity
___	Microplex VMz®	Food nutrient complex with bioavailable vitamins & minerals

Disclaimer: This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

___	Mito2Max™	Energy & stamina complex, adaptogenic, non-stimulant
___	On Guard+ Softgels®	Oil combination to strengthen immune & protect against threats
___	PB Assist+®	Pre-biotic fiber and 6 strains of probiotic microorganisms
___	Phytoestrogen	Blend of plant extracts that support hormone balance
___	TerraGreens™	Proprietary whole-food fruit/veggies/super foods blend with essential oils
___	TerraZyme®	Blend of active whole food enzymes and supporting minerals
___	Trim Shake™	Chocolate or vanilla whey meal replacement shake mix
___	V Shake	Vegan formula of Trim Shake
___	Vegan LLV	Vegan formula of LLV
___	xEO Mega®	Blend of CPTG™ oils, marine & land-sourced omega fatty acids
___	Zendocrine® Complex	Herbal cleansing for liver/kidneys/colon/respiratory/skin

Spa

___	Citrus Bliss Bath Bar	
___	Citrus Bliss Hand Lotion	
___	Correct-X Essential Ointment	Protect & hydrate skin, soothe & promote skin renewal after stress
___	Hand & Body Lotion	
___	HD Clear™ Roll On/Facial Lotion/Foaming Face Wash	
___	Lip Balm with Peppermint & Wild Orange	
___	Reveal Facial System	
___	Salon Essentials Healthy Hold Glaze/Root to Tip Serum/Protecting Shampoo/Smoothing Conditioner	
___	Serenity Bath Bar	
___	Verage™ Cleanser/Toner/Moisturizer/Hydrating Syrum	All natural skincare

Living

___	Breathe Drops	Respiratory support, clean & soothe airways
___	Deep Blue® Rub	
___	On Guard® Whitening Toothpaste	
___	On Guard® Throat Drops	
___	On Guard® Foaming Hand Wash/Cleaner	
___	On Guard® Laundry Detergent	
___	Aroma Ace/ AromaLite/ Lotus/ Petal Diffuser	Diffusers for aromatic use
___	Veggie Caps	

Key: Product specialty area highlighted in corresponding color.



dōTERRA's Wellness Pyramid

Also available in: **B** Beadlet **S** Softgel

Buy *More*

Now that you have your starter kit and are qualified for wholesale pricing, you can order more dōTERRA products by logging into your virtual office at mydoterra.com anytime. Click on the “Shop” tab to place an order. There are two ways to order. You can make a standard order anytime, or set up a monthly Loyalty Rewards Order.

BENEFITS	STANDARD	LRP
Receive Wholesale Pricing (25% off retail)	✓	✓
Earn 10-30% Rewards Points & Increase %		✓
Receive the Free Product of the Month		✓
Get Back Shipping Costs in Free Product Credits		✓
Supports Lasting Lifestyle Transformation		✓
Qualify to Receive Income		✓



LOYALTY REWARDS: THE *Smartest* WAY TO BUY

Loyalty Rewards allows you to get what you want on a monthly basis and maximize your membership.

FREQUENTLY ASKED QUESTIONS

How do I get 30% back in FREE product credits?

- Your Loyalty Rewards Points grow over time:

HOW LRP POINTS INCREASE				
Months 1-3	Months 4-6	Months 7-9	Months 10-12	Months 13+
10%	15%	20%	25%	30%

- Your starting percentage depends on the kit you started with. Whatever percentage you start at, you will increase by 5% every 3 months until you reach the maximum of 30% LRP Rewards.

How do I redeem my Loyalty Rewards Points?

- In your virtual shopping cart select “Use Points” on the products you would like to redeem with your Loyalty Rewards Points. New points are added the 15th of the following month.

How do I change my LRP order?

- To change any of your order details, click on “Shop” and click the order number. Then simply edit the items in your cart.

How do I cancel my Loyalty Rewards order?

- You can cancel your LRP order anytime via phone, online chat, or email to service@doterra.com. dōTERRA Customer Service will assist you to redeem any free product credits you’ve accumulated. Be aware that when cancelling, you return to 10% rewards when you begin reordering through LRP.

Can I have more than one LRP order?

- Yes, if you have a need for more than your monthly order, simply change your LRP order and run it again whatever day(s) of the month you choose. Set up as many orders as you like. Just cancel any orders you do not wish to receive the following month.

How do I get 100% of my shipping reimbursed?

- 50% of your shipping will be reimbursed in product credits when placing any LRP order. The remaining 50% will be reimbursed in product credits if the LRP order is processed online, without calling customer support.

How do I maximize dōTERRA’s specials?

- Place an LRP order of at least 125 PV (product value) between the 5th and the 15th. This sets you up to receive the Product of the Month for FREE. Pay attention to the PV versus price, as many specials are PV-related, and start on the 1st of the month.



PRODUCT VALUE (PV) MUST EXCEED ►	1	50	100	125
Maintain LRP Rewards Points	✓	✓	✓	✓
Earn 10-30% Points & Increase %		✓	✓	✓
Qualify to Receive Income*			✓	✓
Receive Free Product of the Month (orders placed between the 5th - 15th)				✓
*To receive commissions, you must have a single order of at least 100 PV+.				

Watch a short video about the benefits of Loyalty Rewards at sharesuccess.com/rewards.

Member ID #: _____

Password: _____

mydoterra.com

RESOURCES

- Learn how to successfully use your oils at sharesuccess.com/live.
- Search for natural solutions to your specific ailments, get answers, and share your experiences at sharesuccess.com/forum.
- Look up solutions in a reference guide or phone app at sharesuccess.com/resources.
- Learn more and get great ideas with dōTERRA's quarterly Living Magazine at doterrablog.com/doterra-living/



SUPPORT

Order Questions?

- Check in your back office
- Talk to a live rep online
- Email: service@doterra.com
- Americas: +1 800-411-8151
- Australia: +61 (02) 8006-4854
- UK: +44 (0)1480 433444

dōTERRA US Product Center

M-F 8am-6pm MST

SAT 11am-4pm MST

Your Key Support _____

Phone _____

Email _____

Other Support _____

Phone _____

Email _____

Team Call/Website/Facebook Group(s) _____

LEARN MORE

- Upcoming Local or Online Classes & Events:

Key Links:

sharesuccess.com/doterrau (videos on oils)

doterraeveryday.com (events & news)

aromaticscience.com (research directory)

NEXT STEP

share dōTERRA®



build dōTERRA®



Receive essential oils for FREE by sharing dōTERRA with your friends and family! Schedule to host your class today!

Class Date: _____ Time: _____

Location: _____

Earn your products for FREE and supplement or replace your income! Schedule your Success Consult to get started!

Consult Date: _____ Time: _____

Location: _____