

dōTERRA™

Natural Solutions

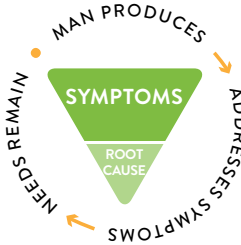
for healthy, empowered living

Do you need safe, effective, and affordable health solutions?

YOU HAVE CHOICES

Modern Approach

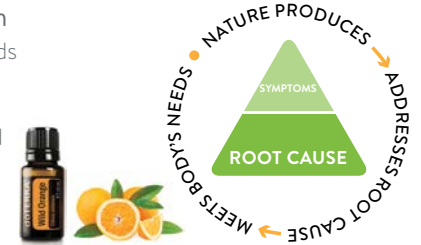
- Designed to manage symptoms
- Made from isolated synthetic agents
- Side effects (known and unknown)
- About € 5.7 trillion/year spent on global healthcare
- Are we healthier?



or

dōTERRA's Approach

- Addresses body's needs and root causes
- Extracted from plants
- Enhances physical and emotional health
- Safe benefits

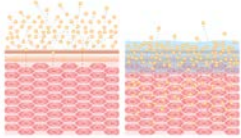


ESSENTIAL OILS ARE EFFECTIVE



MAGNIFIED

Peppermint leaf oil sac



28 cups
Peppermint tea

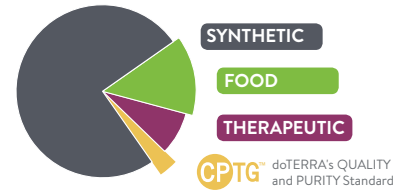
1 drop of
Peppermint oil

Natural, Effective and Safe

- Natural aromatic compounds extracted and distilled from plants for benefits.
- Contain hundreds of different compounds, providing complex and versatile abilities to combat threats without building up resistance.
- Work with the body to address issues and root causes.
- Affordable.

dōTERRA IS SAFE AND 100% PURE

Why a new standard of quality?



Grades of Essential Oils

Tested. Trusted.

- Plants harvested in their natural habitat.
- Verified pure; free of fillers and harmful contaminants.
- Stringent third party testing ensures authenticity and potency.

HOW TO USE dōTERRA OILS



AROMATIC

- Breathe in or use diffuser to:
- Open airways
 - Boost mood
 - Freshen the air



TOPICAL

- Apply to bottoms of feet or affected areas to target specific needs



INTERNAL

- Use 1 drop under the tongue or in water, tea or your favourite recipes



PEPPERMINT

- Cool the body
- Stay alert and relieve head tension
- Promote feelings of clear breathing
- Promote feelings of energy
- Refreshing, powerful food flavouring



DEEP BLUE™

- Apply pre/post workout
- Use for calm and comforting muscle massage
- Apply to muscles after a day of work or heavy lifting



dōTERRA ON GUARD™

- When taken internally on a daily basis, dōTERRA On Guard will help promote a healthy lifestyle
- Energising and uplifting

Live Empowered



1. WHAT ARE YOUR TOP HEALTH PRIORITIES?



I want to feel less:

①

②

③

I want to feel more:

①

②

③

2. ARE YOU READY TO DISCOVER SIMPLE SOLUTIONS?

1 dōTERRA AIR™

- Apply to the chest, back or bottom of feet to calm the senses
- Maintain feelings of easy breathing and clear airways

2 ZENGEST™

- Add to citrus drinks, teas, or water
- Ease feelings of stomach upset
- Use one drop daily to jump-start a lifestyle change

3 PASTTENSE™

- Relieve feelings of tension and discomfort
- Apply to temples and back of neck
- Invigorating pick-me-up

4 MELALEUCA

- Rejuvenate and cleanse skin
- Relieve skin irritation
- Support a healthy complexion

5 LAVENDER

- Soothe irritated skin
- Promote restful sleep
- Apply after a long day in the sun
- Promote peaceful feelings

6 dōTERRA SERENITY™

- Use to promote relaxation and decrease stress
- Create a restful sleeping environment
- Lessen feelings of tension

7 AROMATOUGH™

- Add an aromatic experience to a soothing massage
- Promote feelings of relaxation and lessen tension

8 FRACTIONATED COCONUT OIL

- Unscented carrier oil
- Great for delivering essential oils to sensitive skin
- Sustained delivery on specific locations
- Use for dilution

9 FRANKINCENSE

- Rejuvenate and soothe the skin
- Balance mind and lift mood
- Lessen feelings of tension
- Promote healthy cellular function
- Treat your hands and feet with a Frankincense oil massage for a warming, aromatic experience

10 LEMON

- Food and drink flavouring
- Add to water as an alternative to sodas and sugary drinks
- Apply topically to promote a positive mood
- Add to a spray bottle of cleaning solution for a natural, invigorating scent while you clean tables, counter tops, and other surfaces

3. BE HEALTHY WITH DAILY HABITS

11 dōTERRA LIFELONG VITALITY PACK™ (LLV)

Maximum nutrition for energy, focus, relief, and well-being

- **MICROPLEX VMz™**: Whole food multivitamin and mineral, digestive health, immune function
- **ALPHA CRS™ +**: Antioxidant, healthy cell life and development, more energy, less discomfort, stress management
- **xEO MEGA™**: Omega 3-6-9 fatty acids and nine essential oils, total body wellness, antioxidant; supports bone, heart, and brain health



Need more energy, less discomfort, and better mood to improve the quality of your life? Try these daily habits.

dōTERRA Lifelong Vitality Pack™: 2 capsules each with morning and noon meals

Lemon: 1 drop in water per day

Frankincense: Cellular support; 2-3 drops per day

dōTERRA On Guard™: Energising; 1 drop in water per day

dōTERRA Balance™: Grounding; 2-3 drops on pulse points

PB Assist+™: Live bacterial cultures; 1 capsule a day

Choose the best kit for you

RETAIL

Order through your Wellness Advocate.

OR

WHOLESALE

25% below retail. Membership is FREE with any Enrolment Kit!

A dōTERRA wholesale membership is 20 € (£20) or FREE with any Enrolment Kit. Renews annually for 15 € (£15). Receive a FREE 15 ml Peppermint oil with renewal! (17,50 € / £14.00 wholesale value.)
Prices above are net of VAT.

BUSINESS LEADER KIT



+400 FREE Product Points**
Start at 25% Rewards

Includes: Most every oil, many wellness products, spa line products, living products, dōTERRA Essential Aromatics™ oils, 5/8 dram sample vials (12), Lumo™ Diffuser, and Essentials Booklet. See doterraeveryday.eu/marketing-materials/ for kit details.

HOME ESSENTIALS KIT



Includes: 15 ml bottles of Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Air™, Deep Blue™ (5 ml), ZenGest™, dōTERRA On Guard™, Petal Diffuser, and Essentials Booklet.

FAMILY ESSENTIALS AND BEADLETS KIT



Includes: 5 ml bottles of Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Air™, Deep Blue™, ZenGest™, dōTERRA On Guard™, Peppermint Beadlets, dōTERRA On Guard™ Beadlets, and Essentials Booklet.

NATURAL SOLUTIONS KIT



+100 FREE
Product Points**
Start at 15% Rewards

Includes (15 ml): dōTERRA Serenity™, ZenGest™, Melaleuca, AromaTouch™, Frankincense, dōTERRA Air™, dōTERRA Balance™, Lavender, Lemon, Peppermint, dōTERRA On Guard™, Wild Orange, (10 ml): PastTense™ (Other): dōTERRA On Guard™ Beadlets, dōTERRA On Guard™ Toothpaste, dōTERRA On Guard™ Hand Wash w/2 Dispensers, dōTERRA On Guard™+ Softgels, dōTERRA LifeLong Vitality Pack™, Correct-X™, PB Assist+™, dōTERRA Air™ Vapour Stick, Deep Blue™ Rub, ZenGest TerraZyme™, dōTERRA Salon Essentials™ Protecting Shampoo, dōTERRA Salon Essentials™ Soothing Conditioner, Fractionated Coconut Oil (115 ml), Lumo™ Diffuser, Wooden Box, and Essentials Booklet.

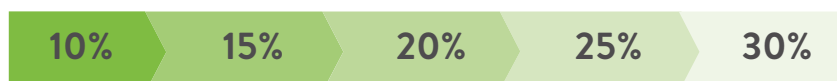
THE SMARTEST WAY TO BUY: *Loyalty Rewards*

- Place a monthly LRP order of 50+PV to earn free Product Points.** Change or cancel any time.
- Percentage of FREE Product Points 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.

Starting Product Point%:



Product guarantee: See dōTERRA return policy for details.

*Price does not include VAT **Product points awarded after placing 100+PV LRP order the following month †Personal Volume

Changing *Lives*

WHOSE LIVES DO YOU WANT TO CHANGE?

CHANGE MY LIFE!



Live THE
WELLNESS LIFESTYLE

Get your *Live* Guide and schedule your lifestyle overview

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

CHANGE OTHERS' LIVES!



share
WITH OTHERS

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!



build AN INCOME
& MAKE AN IMPACT

Get your *Build* Guide and schedule your business overview

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



Every time you buy a bottle of dōTERRA essential oils, you are changing someone else's life. — Emily Wright

CHANGE THE WORLD:

Every purchase changes growers' lives and their communities for the better through dōTERRA Co-Impact Sourcing® and dōTERRA Healing Hands initiatives at doterra.com > *Our Caring.*

†Results vary. See dōTERRA Opportunities and Earnings Summary at doterra.com.

dōTERRA improves lives every day all around the world. Join us in making this world a healthier, happier place.

Getting Started

SINGLE OILS

- **Arborvitae** Powerful cleansing and purifying agent
- **Basil** Keeps skin looking clean and healthy
- **Bergamot** Soothing and calming properties when applied topically
- **Black Pepper** Enhances food flavour
- **Cardamon** Flavourful food spice for cooking and baking
- **Cedarwood** Promotes clear and healthy-looking skin when diluted and applied topically
- **Cilantro** Gives food fresh, tasty flavour; soothing and cooling to the skin
- **Cinnamon Bark** Potent, sweet spice for food flavouring; add to water and gargle for mouth rinse
- **Clary Sage** Promotes healthy-looking hair and scalp
- **Clove** Cooking spice; helps clean teeth and gums
- **Copaiba** Promotes smooth, clear skin
- **Coriander** Light, floral food flavouring; apply topically to maintain clear complexion
- **Cypress** Helps improve appearance of oily skin
- **Douglas Fir** Promotes a positive mood; freshens the air
- **Eucalyptus** Apply to skin and hair for a revitalising benefit
- **Fennel** Distinct licorice aroma and taste; add to water or tea
- **Frankincense** Promotes feelings of relaxation when applied topically; reduces the appearance of skin imperfections
- **Geranium** Promotes the appearance of clear, healthy skin
- **Ginger** Dilute and apply topically for warming and soothing properties
- **Grapefruit** Tangy, sour food flavour; uplifts mood
- **Helichrysum** Improves the appearance of skin
- **Jasmine Touch** Uplift mood; healthy complexion; personal fragrance
- **Juniper Berry** Has a calming, grounding aroma; acts as a natural skin toner
- **Lavender** Soothes occasional skin irritations; has calming qualities when experienced aromatically
- **Lemon** Food flavour; promotes a positive mood when applied topically
- **Lemongrass** Has a subtle, citrus flavour; toning benefits to the skin
- **Lime** Enhances food flavours; positively affects mood when applied topically

- **Marjoram** Food flavouring; calming, positive effect when used internally
- **Melaleuca** Cleansing; skin support; healthy complexion
- **Melissa** Calms tension and nerves
- **Myrrh** Cleansing properties; soothes skin; promotes emotional balance
- **Oregano** Spicy, herbaceous food flavour
- **Patchouli** Promotes smooth, glowing complexion when applied to the skin; reduces the appearance of skin imperfections
- **Peppermint** Ⓞ Alleviates occasional stomach upset when taken internally; refreshing, powerful food flavouring
- **Roman Chamomile** Calming effect on the skin, mind and body
- **Rosemary** Herbaceous food flavouring; calming and uplifting
- **Rose Touch** Calming; supports skin, promotes confidence and mood
- **Sandalwood** Supports skin, hair and mood
- **Siberian Fir** Helps balance emotions
- **Thyme** Food flavour; cleansing and purifying for the skin
- **Vetiver** Grounding and calming
- **Wild Orange** Uplifting to the mind and body
- **Wintergreen** Soothing massage after exercise
- **Ylang Ylang** Promotes appearance of healthy skin and hair when applied topically; lifts mood

SIGNATURE OIL BLENDS

- **dōTERRA Air™** Calms the senses
- **AromaTouch™** Apply topically to promote feelings of relaxation and lessen tension
- **dōTERRA Balance™** Promotes balance and positive thoughts
- **Citrus Bliss™** Invigorating; uplifts mood; reduces stress
- **ClaryCalm™** Provides a soothing, calming effect
- **DDR Prime™** Ⓞ General wellness
- **Deep Blue™** Apply topically for soothing and cooling
- **Elevation** Lessens feelings of stress; elevates mood; promotes energy and joy
- **InTune™** Supports focus, concentration, attention, mental clarity, and mood
- **dōTERRA On Guard™** Ⓞ Ⓞ Supports body's natural defenses
- **PastTense™** Promotes relaxation
- **Salubelle™** Promotes skin health and rejuvenation
- **dōTERRA Serenity™** Ⓞ Promotes relaxation and calming; sleep support

- **Smart & Sassy™** Ⓞ Promotes a positive mood; provides a revitalising boost
- **TerraShield™** Outdoor protection; support healthy boundaries
- **TriEase™** Ⓞ Equal parts Lemon, Lavender, and Peppermint essential oils in a softgel; convenient for use when travelling or at an outdoor event
- **Yoga Collection** Increases benefit from yoga practice; promotes trust in yourself
- **Zendocrine™** Ⓞ Add to citrus drinks, teas, or water
- **ZenGest™** Ⓞ Soothes occasional stomach upset

WELLNESS

- **Deep Blue™ Complex Polyphenol** Relieving blend containing Deep Blue™ essential oil
- **Fractionated Coconut Oil** Dilution aid and skin moisturiser
- **dōTERRA Lifelong Vitality Pack™** Dietary supplementation
- **Phytoestrogen Lifetime Complex** Blend of standardised plant phytoestrogens and whole food extracts
- **Zendocrine™ Complex** Proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils

SPA

- **Correct-X™** Protects and hydrates skin; soothes skin and promotes skin renewal after stress
- **dōTERRA™ SPA Hand & Body Lotion** Base lotion to add oils to
- **HD Clear™ Skin Care** Facial Lotion and Foaming Face Wash
- **dōTERRA Salon Essentials™** Protecting Shampoo and Smoothing Conditioner

LIVING

- **dōTERRA Air™ Drops** Maintains clear airways; provides overall respiratory support
- **Deep Blue™ Rub** Soothing lotion
- **Lumo/Lotus/Petal Diffuser** Diffusers for aromatic use
- **dōTERRA On Guard™ Drops** Immune health
- **dōTERRA On Guard™ Foaming Hand Wash** Safe and effective cleaner
- **dōTERRA On Guard™ Toothpaste** Natural whitening toothpaste
- **Veggie Caps** Empty gel capsules

Also available in: Ⓚ Beadlet Ⓞ Softgel



Nature

WAS MAN'S FIRST REMEDY.

EVERYTHING

WE NEED CAN BE FOUND THERE.