

dōTERRA<sup>®</sup>  
AUSTRALIA & NEW ZEALAND

# Live

Lifestyle Overview

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# Congratulations

Your choice to engage in holistic, self-directed healthcare offers new possibilities for ways to live empowered in your daily life. dōTERRA, "gift of the earth" in Latin, provides you with nature's solutions so you can care for the whole you. As you personally experience the powerful benefits of essential oils, you will understand why dōTERRA is revolutionising the way families approach their wellness.

## Ready to Discover Better Wellness?

Envision a life where finding solutions is simple. With a reference guide and a box of dōTERRA's essential oils at your fingertips, you are prepared on your wellness journey. For those times when you need support from a specialist, partner with a practitioner who supports you in finding the best scientific and natural solutions.



# Live a Wellness Lifestyle

dōTERRA helps you build on a foundation of healthy lifestyle and supplementation.

## Establish Daily Wellness Habits

Rate yourself in each area (1-10)



### Protect & Restore

Use Frankincense to revitalise the appearance of skin. dōTERRA On Guard® can be used on surfaces throughout the house as a cleaner.



### Cleanse

Add a drop of Lemon or Tangerine to your water for a refreshing citrus boost. Use to clean surfaces.



### Calm

Use dōTERRA Balance® to help promote feelings of relaxation and calmness.



### Soothe

Use Ice Blue® Rub before and after your workout. Apply topically where needed.



### Fuel

Maximise your daily nutrient intake with dōTERRA Lifelong Vitality Pack®, a trio of power-packed supplements to fuel and support your body.



# Eat Right

Give your body what it needs and it will thrive. This starts with great nutrition. dōTERRA's Lifelong Vitality supplements are an ideal companion to your diet.



## dōTERRA LIFELONG VITALITY PACK®

Micronutrients, nervous system and heart health support.



## CILANTRO or BLACK PEPPER

Essential oils can provide great flavouring to your favourite healthy dishes.

## DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods

Decrease sugar, caffeine, and processed foods



### ADD TO WATER

Add these essential oils to still or sparkling water for a delicious flavour (and zero calories!):

- Lemon
- Lime
- Grapefruit
- Wild Orange, Lime, & Grapefruit

Add 1–2 drops Peppermint or Ginger to hot water for a tea.

### GREEN SMOOTHIE

- 1/2 frozen banana
- 1/2 cup frozen blueberries or strawberries
- 2 handfuls of baby spinach or kale
- 1 1/2 cups vanilla unsweetened almond milk
- 4-6 drops of lemon essential oil

Combine ingredients in blender until smooth

### OATMEAL

Add Cinnamon or Wild Orange essential oils to your oatmeal.

### PRODUCE WASH

Wash off pesticides, germs, and residues by filling the sink with cold water, 1/2 cup white vinegar and 6 drops Lemon. Soak and then rinse fruits and vegetables.

# Rest and Relaxation

Sleep improves mood and gives your body the opportunity to repair and renew. Essential oils may provide support for getting consistent quality sleep and managing stress.

## PEACEFUL REST FAVORITES

### PEACEFUL DREAMS

Place 1–2 drops of Lavender or dōTERRA Lavender Peace® on pillow.



### RELAX IN A FLASH

Combine 1–3 drops of Wild Orange and Vetiver, and massage on feet and spine.



### CLEAR & CALM

Diffuse dōTERRA On Guard®, dōTERRA Easy Air® or apply dōTERRA Easy Air® Vapour Stick.



### LUMO DIFFUSER

Cool mist atomising diffuser. Diffuse, inhale from cupped hands, or apply to pulse points.



### RELAXING BATH SALTS

1 cup Epsom salts  
10 drops dōTERRA Balance®,  
dōTERRA Lavender Peace®,  
or Lavender

Mix and pour into bath.

Choose the dōTERRA oils that resonate with you to diffuse daily.

DAILY WELLNESS LIFESTYLE HABITS

7-9 hours quality sleep nightly

Daily mindfulness/meditation



**PEACE®**  
Reassuring Blend  
Helps promote feelings of reassurance and composure, and return to peace and presence.



**MOTIVATE®**  
Encouraging Blend  
Promotes feelings of belief in yourself, courage and confidence. Helps to unleash creativity to manifest powerful results from your best efforts.



**CHEER®**  
Uplifting Blend  
Provides a cheerful boost with an uplifting scent.



**CONSOLE®**  
Comforting Blend  
Feel more hopeful, comforted, for an emotionally uplifting aroma.



**PASSION®**  
Inspiring Blend  
Rekindle excitement and inspire the willingness to take risks and make new discoveries.



**FORGIVE®**  
Renewing Blend  
Release anger and guilt; move forward feeling relieved and renewed.



# Reduce Toxic Load

Avoid unnecessary chemicals and choose the targeted use of dōTERRA's essential oils. dōTERRA's self-care and cleaning products provide a feel good experience and home cleansing.



## CLEANSE

**Lemon** Add 15 drops in 125ml of water for surface cleaning at home.

## SELF-CARE



**dōTERRA ON GUARD® TOOTHPASTE**  
Cleansing Toothpaste.



**VERÁGE® FACIAL KIT**  
Plant-based, essential oil-infused, skin care line.



**dōTERRA SALON ESSENTIALS®**  
Essential oil-infused premium hair products: Protecting Shampoo, Smoothing Conditioner and Root to Tip Serum.

## BATHROOM FRESHENER

5 drops Lemongrass  
5 drops Grapefruit  
5 drops Bergamot  
Water

Add water to nearly full 125ml spray bottle. Mix, shake, and spray.

## GLASS CLEANER

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

Mix ingredients in 500ml glass spray bottle & shake thoroughly.

## STAIN REMOVER

1/2 cup white vinegar  
20 drops Lemon

Add water & oil to a 250ml glass spray bottle. Spray remover on stain & wash.

## INCORPORATED ESSENTIAL OILS

*The power of dōTERRA On Guard® protective blend enhances the cleaning experience.*



dōTERRA On Guard® Cleaner Concentrate



dōTERRA On Guard® Laundry Detergent



dōTERRA On Guard® Foaming Hand Soap



# Self Care

Create the habit of using dōTERRA solutions to help support your wellness everyday. Giving yourself valuable focus and self-care is personally rewarding and also helps you to be able to support family and friends.



## PASTTENSE®

Known for its emotional grounding and balancing qualities.



## CORRECT-X®

Ointment for use on skin irritations.



## LAVENDER

Calms, comforts, and soothes skin.



## 8 VIAL KEYCHAIN

*Pack your 8 most frequently used oils to be ready for anything!*

### KEYCHAIN FAVORITES

Lavender

DigestZen®

Peppermint

Frankincense

dōTERRA Easy Air®

dōTERRA On Guard®

Ice Blue®

Tea Tree

# Wellness Consult

Reach your wellness goals!

Essential oil reference book/app: \_\_\_\_\_

## 1 Write down your wellness priorities and goals.

Top Wellness Priorities for you or your family	90-Day Goals	Wellness Solutions you have or need
1.		
2.		
3.		

## 2 Create your Daily Wellness Plan.

Take the solutions you identified above and organise them into your daily plan.

MORNING	AFTERNOON	EVENING
<b>Daily Wellness Habits</b> <input type="checkbox"/> dōTERRA Lifelong Vitality Pack® <input type="checkbox"/> Frankincense <input type="checkbox"/> DigestZen® <input type="checkbox"/> dōTERRA On Guard® <input type="checkbox"/> Lemon	<input type="checkbox"/> DigestZen® <input type="checkbox"/> dōTERRA Balance® <input type="checkbox"/> dōTERRA Lifelong Vitality Pack®	<input type="checkbox"/> DigestZen® <input type="checkbox"/> Lavender

## 3 What other wellness choices could support your goals? (e.g. increase water, sleep, exercise, dietary changes, etc.)

## 4 Live empowered.

Create a 90-day wellness plan by adding the product you need to your LRP orders (recommended to run between the 5th–15th).

MONTH 1 LRP	MONTH 2 LRP	MONTH 3 LRP
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____

# Getting Started

## SINGLE OILS

- **Arborvitae** Powerful cleansing agent.
- **Basil** A warm, spicy, aroma when diffused.
- **Bergamot** Added to food for a fresh citrus taste. For flavouring use.
- **Black Pepper** Flavour enhancer.
- **Cardamom** Known for its cool, minty aroma and flavour.
- **Cedarwood** Warm, woody, balsamic fragrance, grounding and perfect for massage.
- **Cilantro** Is a fresh and tasty flavor.
- **Cinnamon Bark** Adds spice to desserts, entrees, and hot drinks.
- **Clary Sage** For flavouring use.
- **Coriander** Strengthening and toning
- **Copaiba** Promotes the appearance of clear, smooth skin
- **Douglas Fir** Provides a premium conifer essential oil. For Aromatic use.
- **Eucalyptus** Is popular for aromatic and topical use
- **Fennel (Sweet)** For its distinct licorice aroma and taste.
- **Frankincense** Is highly sought after by modern consumers for its many uses.
- **Geranium** Beautiful aroma and common ingredient in many skin care products.
- **Ginger** Hot, fragrant flavor.
- **Grapefruit** A fresh scent and cleansing properties.
- **Juniper Berry** Its woody, spicy, yet fresh aroma is perfect for diffusion.
- **Lavender** Has been cherished for its unmistakable aroma for thousands of years.
- **Lemon** Is cold pressed from lemon rinds to preserve potent properties.
- **Lemongrass** Subtle lemony flavour and aroma.
- **Lime** Is a powerful aromatic, topical and cleanser.
- **Litsea** Bringing a fresh energy to your day!
- **Manuka** Can help relieve feelings of stress and promote relaxation.
- **Myrrh** Soothing to the skin—promoting a smooth complexion.
- **Oregano** Delivers wonderful flavor.
- **Patchouli** Regularly used in the perfume industry as well as in scented products.
- **Peppermint** Popular in countless forms, from toothpaste to chewing gum. For dietary use.
- **Rosemary** Considered sacred by ancient cultures.
- **Sandalwood** A class of fragrant woods that can retain their fragrance for decades.
- **Siberian Fir** Known for its calming and relaxing aroma.
- **Spearmint** Used to promote fresh breath.
- **Tangerine** Add to your drinks or diffuse for a fresh, tangy aroma.
- **Tea Tree** Revered for its cleansing properties
- **Thyme** Is excellent to add flavouring to meals
- **Vetiver** Has a rich, exotic, complex aroma
- **Wild Orange** Cold-pressed from the orange peel, it is commonly used for its wonderful citrusy aroma.
- **Wintergreen** Is refreshing and has a cooling aroma.
- **Ylang Ylang** Is frequently used in luxurious hair and skin products for its scent and nourishing and protective properties.
- **Forgive** Will help you discover the liberating action of forgiving.
- **Ice Blue** For athletes and active users.
- **Lavender Peace** Apply at bedtime, or add to a warm bath.
- **Motivate** Will help you unleash your creative powers.
- **On Guard** Offers a fragrant, natural and warm scent.
- **Passion** Will help you rekindle excitement in your life.
- **Peace** Slow down, take a deep breath, and reconnect with the composed, collected you.
- **Purify** Designed to limit odours naturally.
- **Salubelle** A beautiful blend of powerful essential oils, Salubelle™ Beauty Blend is formulated to support smoother, more radiant and youthful looking skin. For Topical use.
- **On Guard** Protecting Throat Drops formulated with On Guard Protective Blend.
- **On Guard** Foaming Hand Wash A gentle, healthy alternative to soaps
- **On Guard** Cleaner Concentrate The perfect multi-purpose cleaner
- **On Guard** Natural Cleansing Toothpaste With gentle polishing agents.

## LIVING

- **Ice Blue** Rub Applied to muscles and joints.

## PERSONAL CARE

- **Correct-X** helps keep the skin clean while recovering from distress.
- **Verage Skin Care Collection** Cleanser, Toner Moisturiser, Serum.

- **HD Clear** Skincare Foaming Face Wash and lotion

## WELLNESS

- **Lumo/Petal Diffuser** For aromatic use.
- **dōTERRA Lifelong Vitality** Comprehensive nutritional trio for optimal health, energy and longevity
- **Fractionated Coconut Oil** Dilution aid and skin moisturiser.

# Customise Your Wellness Plan

Refer to page 3 to determine what daily wellness habits you would like to adopt.

## EAT RIGHT

### Fuel, Support & Fortify



doTERRA Lifelong Vitality Pack®

## EXERCISE

### Soothe & Energise



Ice Blue®



doTERRA Easy Air®  Peppermint



Smart & Sassy®

## REST & RELAXATION

### Sleep Support



Lavender  
 doTERRA Lavender Peace®



Diffuser

### Emotional Support



doTERRA Emotional Aromatherapy® Touch Kit

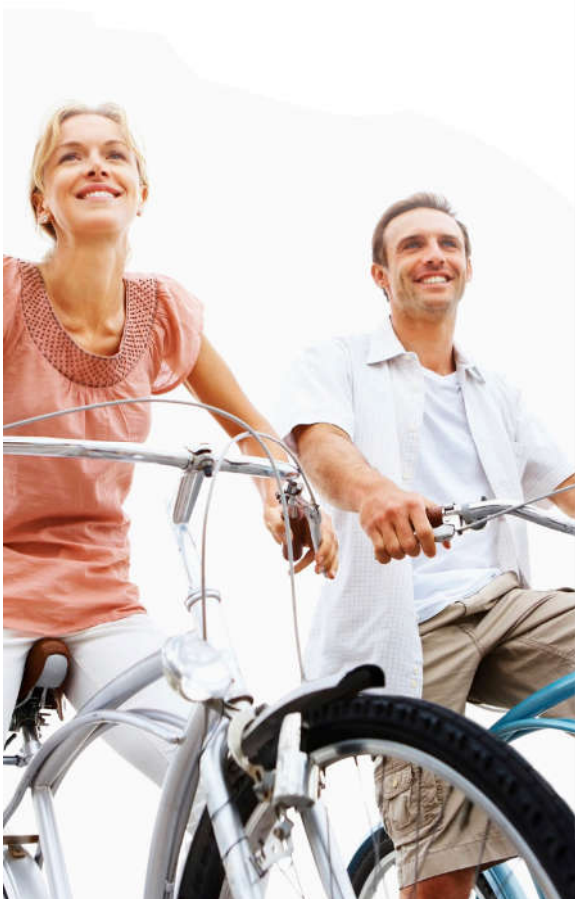


Elevation®  Citrus Bliss®  doTERRA Balance®



doTERRA Emotional Aromatherapy® Kit

\* Actual kits may vary from the images displayed.



REDUCE TOXIC LOAD

SELF-CARE



- Lemon
- Tangerine

Natural Cleaning Support



- doTERRA On Guard® Cleaner Concentrate
- doTERRA On Guard® Laundry Detergent
- doTERRA On Guard® Foaming Hand Soap

Natural Self-Care



- doTERRA On Guard® Toothpaste
- Shampoo & Conditioner



- Verage® Skin Care Collection



- doTERRA On Guard®
- Frankincense



- ClaryCalm®
- Tea Tree



- PastTense®
- InTune®



- TerraArmour®
- Correct-X®



- doTERRA Touch® Kit

Targeted Support

- 1.
- 2.
- 3.



# Loyalty Rewards The Smartest Way to Buy

You can always order a standard wholesale order for 25 percent off retail pricing, but to get the best value, create an LRP (Loyalty Rewards Program) order for even greater savings and opportunities to receive free product.



Buy 1  
dōTERRA Lifelong  
Vitality Pack®

\$115.00<sub>(AUD)</sub> wholesale  
(60 PV)

\$126.00<sub>(NZD)</sub> wholesale  
(60 PV)

## LOYALTY REWARDS PROGRAM FAQs

### How do I create or change my LRP order?

- Log in to mydoterra.com. Click “Create New LRP Order” or edit items in an existing LRP order.

### How do I cancel my Loyalty Rewards order?

- You can cancel your LRP order anytime via phone, online chat, or email to australia@doterra.com or newzealand@doterra.com. dōTERRA Member Services will assist you in redeeming any free product points you’ve accumulated. If you cancel your LRP order, you will start back at 10 percent rewards when you resume consistent LRP order purchasing.

### What if I want to return product?

- If opened or used, dōTERRA refunds 90 percent of the purchase price and 100 percent full refund of anything unopened within 30 days of purchase.

### 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. Remember to cancel any orders you do not wish to receive the following month.

### When can I use my product points?

- Redeem your product points within a year from when you earn them.

### How do I get 100 percent of my shipping reimbursed?

- 50 percent of your shipping will be reimbursed in product points when placing any LRP order. The remaining 50 percent will be reimbursed in product points if the LRP order is processed online, without calling member services.

### How do I maximise dōTERRA’s specials?

- Place an LRP order of at least 125 PV (personal volume) between the 1st and the 15th (MST). This sets you up to receive the Product of the Month for free and take advantage of any promotions. 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 1st-15th)				✓

## How do I get 30 percent back in FREE product credits?

- Your Loyalty Rewards percentage grows over time from the first month you order after enrolling.
- Your starting percentage depends on the kit you started with. Whatever percentage you start at, you will increase by 5 percent every 3 months until you reach the maximum of 30 percent 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 after each order placement.

EARN UP TO 30% IN FREE PRODUCT CREDITS <i>Your rewards percentage grows over time.</i>				
25% WHOLESALE DISCOUNT				
PERCENT BACK IN PRODUCT CREDITS:				
10% <i>Months 1-3</i>	15% <i>Months 4-6</i>	20% <i>Months 7-9</i>	25% <i>Months 10-12</i>	30% <i>Months 13+</i>
TOTAL SAVINGS & CREDITS:				
35%	40%	45%	50%	55%







## ESSENTIAL TIPS




### Effectiveness

-  Different oils work for different people. When you're not getting desired results, try different oils or different application methods.
-  Massage to increase benefits and promote rapid absorption.
-  To affect the whole body quickly, apply oils to bottoms of feet, spine or navel.

### Safety

-  Avoid contact with eyes, inside of nose and ears.
-  Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. For convenience, the dōTERRA Touch® line has pre-diluted oils.
-  Avoid sun exposure for several hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.
-  Read labels and follow recommendations.

### Best Practices

-  Keep your oils at their best by avoiding exposure to extreme temperatures or direct sunlight.
-  Use glass containers with your oils as they can break down some plastics over time.
-  dōTERRA® oils are very potent. Use smaller amounts more frequently for best results.

# Learn More

Member # \_\_\_\_\_

Password \_\_\_\_\_

Login at [mydoterra.com](http://mydoterra.com)



Visit our Website

- [doterra.com.au](http://doterra.com.au)
- [doterra.co.nz](http://doterra.co.nz)



Learn more and get great ideas:

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- [doterra.com/NZ/en\\_NZ/blog](http://doterra.com/NZ/en_NZ/blog)



Get an oil reference guide or mobile app

Your Key Support \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Other Support \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Team Call/Website/Facebook Group(s)  
\_\_\_\_\_  
\_\_\_\_\_

Upcoming Local or Online Classes & Events \_\_\_\_\_

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Wellington: 04 974 7562  
Hawkes Bay: 06 888 7008  
Hamilton: 07 788 0058

[newzealand@doterra.com](mailto:newzealand@doterra.com)

## EVERY BOTTLE MAKES A DIFFERENCE

Consistently using dōTERRA products can change your life as well as the lives of the growers and their families all over the world. Every drop of oil represents hands that have nurtured the earth for all of our benefit.

### SHARE WITH THOSE YOU LOVE



**CHANGE OTHERS' LIVES**  
Host a dōTERRA class  
with your friends and family!

### BUILD AN INCOME & MAKE AN IMPACT



**CHANGE YOUR FUTURE**  
Launch your dōTERRA business by sharing &  
empowering with essential oils & teaching others  
to do the same.

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