



# Elevate & Empower You Get Started Today

## Ordering Made Easy

### Choose one

- Essentials Collection with Smart & Sassy
- Home Essentials Collection
- Natural Solutions Kit
- Touch Kit
- Active Sports Wellness Box
- Bedtime Bliss Wellness Box
- \$35 Membership (oils not included)

### Add ons

- Lifelong Vitality Pack
- Fractionated Coconut Oil
- doTERRA on Guard Toothpaste
- Ice Blue Rub
- Petal Diffuser
- Adaptiv Collection

### Additional Items

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- \_\_\_\_\_
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Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Shipping Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Date of Birth (YYY/MM/DD) \_\_\_\_\_

Billing Address:  Same as shipping

City: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Name on CC: \_\_\_\_\_

Verification Code: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Billing Post Code \_\_\_\_\_

Applicant Signature \_\_\_\_\_

By signing this, I am agreeing to the doTERRA terms and conditions found on doTERRA's website (www.doterra.com) and the policies found in the doTERRA Policy Manual.

# Elevate & Empower You with Essential Oils

## What is an Essential Oil?

Have you ever experienced that fresh burst of orange when you start to peel it, or stopped to smell the roses? Without knowing it you have already experienced the aromatic properties of essential oils. Essential oils are natural aromatic compounds found in the seed, bark, leaf, rind, flower and other parts of plants. In addition to giving plants their distinctive smells, essential oils help to keep plants healthy by protecting against fungus, ailments and predators, while playing a vital role in plant pollination. Much the same as the essential oils keep plants healthy and work to protect them, they also recognize the human body and work with it to assist with our health and well-being.



## Why Doterra?

### Need for a Higher Standard

- "100% Pure Essential Oils" often are synthetic, diluted, not well-tested, and sourced in ways that negatively impact people
- doTERRA values quality, purity, sustainability, and fair trade practices

### Certified Pure Tested Grade®

Confirmed pure & safe by multiple levels of testing

- No harmful synthetics or contaminants
- Co-Impact Sourcing



### Co-Impact Sourcing

- Plants grown around the world in ideal climate for maximum therapeutic benefit
- Providing jobs, education & practical needs

## Breathe them in Aromatically

Use oils in the diffuser or inhale deeply from an open bottle.

- Calm emotional upset
- Boost mood & energy
- Open airways
- Purify the air and fight airborne germs
- Promote restful sleep



## On your Skin Topically

Apply to area of concern or the bottoms of your feet.

- Soothe tired, overworked muscles
- Ease joint discomfort
- Calm skin irritation
- Support immune system



Consider diluting your essential oils with a carrier oils to ensure safety and efficacy. Please make sure to dilute more with children and elderly. Do not put any essential oils in your ears, eyes or nose and avoid sunlight when using citrus oils or place them where the sun don't shine.

## In Food or Water, Internally

Essential oils marked with a "Supplement Facts" box are for dietary use. Add a drop to an empty capsule or glass of water.

- Ease digestive upset
- Support immune system
- Add flavour to food



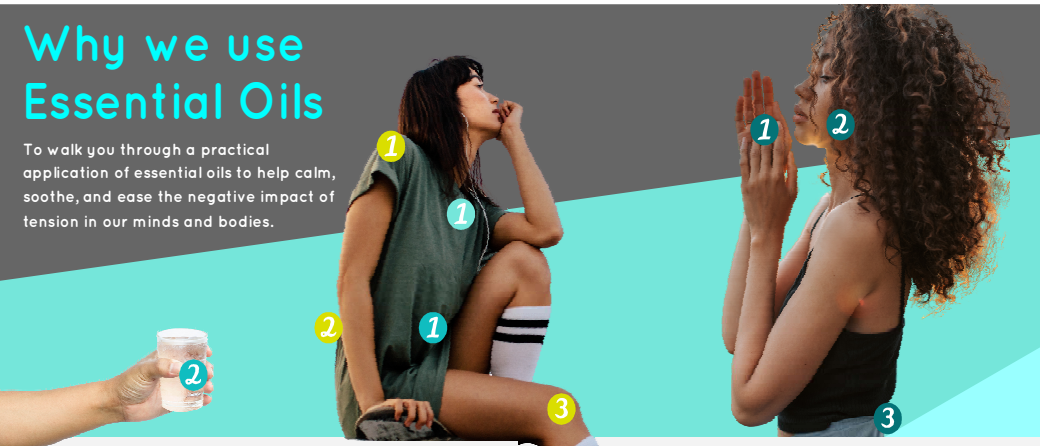
Always drink from a stainless steel or glass container when using oils in your water.

## How Do I Use Essential Oils?



# Why we use Essential Oils

To walk you through a practical application of essential oils to help calm, soothe, and ease the negative impact of tension in our minds and bodies.



## Digestive Protocol

For any stomach discomfort try this simple protocol

- 1 drop of **DigestZen** into your belly button.
- Then add 2-4 drops of **Lemon** into a glass of water to help your digestive flow.

## Tension Protocol

If you are experiencing any muscle or joint tension give this a try.

- Gently massage **Ice Blue** over your shoulders followed by **Peppermint**
- Massage a few drops of **Copaiba** & **Ice Blue** over your lower back and anywhere else you might be feeling tension.
- Massage a few drops of **Lavender** onto your knees.

## Emotional Protocol

Emotional wellness is so important. Try this protocol everyday to promote feelings of balance.

- Place 1-2 drops of **Balance** or **Adaptiv** in your hands & rub them together. Then cup hands over nose & breathe in deeply 3-5 times.
- Place 1-2 drops of **Copaiba** on your fingertips & gently massage into your TMJ & jawline area.
- Place 1 drop of **Balance** or **Frankincense** on your tailbone.

## General Wellness Protocol

For an overall wellness protocol you should do the following daily.

- Rub a 1-2 drops of **Easy Air** over your chest.
- Apply 1-2 drops of **On Guard** onto the bottoms of your feet.

## Notes:

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## Lifelong Vitality



As one of doTERRA's most popular products, doTERRA Lifelong Vitality Pack is full of essential nutrients, metabolism benefits, and powerful antioxidants designed to help promote energy, health, and lifelong vitality.

## Wishlist:

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## Home Essentials Kit

This is your toolbox to help you stay in the pink every day. The blends and single oils in Healthy Essentials have been hand-selected to provide you with the most important tools to help you live an active life, both mentally and physically.



# Elevate & Empower You Australian Starter Packs

## Nature's Solution Enrolment Kit

Kit Includes:

15 ml bottles

- Digestzen
- Purify
- Tea Tree
- Oregano
- Aromatouch
- Frankincense
- Lavender Peace
- Easy Air
- Citrus Bliss
- Lavender
- Lemon
- Peppermint
- Smart & Sassy

Retail: \$845.00  
Wholesale: \$635.00

- Lemongrass
- On Guard
- Clary Calm (10ml)
- Past Tense (10ml)
- Ice Blue (5ml)

Other Products

- Ice Blue Rub
- Correct-X
- Fractionated Coconut Oil (115 ml)
- Easy Air Vapor Stick
- On Guard Cleansing Toothpaste
- On Guard Foaming Hand Wash (2 dispensers)
- On Guard Beadlets
- Petal Diffuser
- Wooden Box



## Home Essentials Kit

Retail: \$440.00  
Wholesale: \$339.00

5 ml bottles

- Ice Blue®

Other Products

- Petal Diffuser 2.0



Kit Includes:

15 ml bottles

- Oregano
- Tea Tree
- Lemon
- On Guard
- Lavender
- Peppermint
- Digestzen
- Easy Air
- Frankincense

## Essentials Collection

Retail: \$232.00  
Wholesale: \$184.00

Kit Includes:

Other Products

- Smart & Sassy 15ml



5 mL bottles

- Oregano
- Tea Tree
- Lemon
- On Guard
- Lavender
- Peppermint
- Digestzen
- Easy Air
- Frankincense
- Ice Blue

## Touch Kit

Retail: \$400.00  
Wholesale: \$300.00

Other Products

- On Guard Beadlets
- Peppermint Beadlets



Kit Includes:

9 ml rollers

- Lavender Touch
- DigestZen Touch
- Frankincense Touch
- Tea Tree Touch
- Easy Air Touch
- On Guard Touch
- Oregano Touch
- Ice Blue Touch
- Peppermint Touch

## Active Sports Wellness Box

Kit Includes:

15 ml bottles

- Copaiba
- Eucalyptus
- Lemongrass
- Wintergreen

5ml bottle

- Motivate

Retail: \$258.67  
Wholesale: \$194.00

Other Products

- Ice Blue Rub
- Peppermint Beadlets
- Fractionated Coconut Oil



## Bedtime Bliss Wellness Box

Other Products

- Fractionated Coconut Oil

Retail: \$229.33  
Wholesale: \$172.00



15 ml bottles

- Lavender Peace
- Balance
- Cedarwood
- Vetiver

9ml roller

- Peace Touch