

A man with a beard and tattoos is laughing heartily, looking up. A woman with long brown hair is smiling and touching his chin. They are in a rustic setting with a stone wall and wooden beams.

ō

LIVE

Lifestyle dōTERRA®

Transform Your Health

Welcome to the dōTERRA® difference, where changing lives is the norm, and improving your health is our top priority. Use this guide to discover the powerful benefits of essential oils and create a wellness plan that sticks.



Live a Wellness Lifestyle

The dōTERRA® Wellness Lifestyle Pyramid illustrates the partnership between lifestyle and wellness. When lifestyle is the focus, health may naturally be achieved and maintained. As you use these powerful products and live healthy daily habits, you'll experience new levels of wholeness.

Envision a life where finding solutions is simple. With an essential oil reference guide and a box of dōTERRA CPTG® essential oils at your fingertips, you'll be prepared to address many of your life's priorities. For those times when you need additional care, partner with practitioners who support you in finding the best proven natural solutions.

Rate yourself in each area (1–10)

PROACTIVE WELLNESS

INFORMED SELF-CARE

REDUCE TOXICITY

REST & RELAXATION

MOVEMENT & METABOLISM

NUTRITION & DIGESTION

WELLNESS

LIFESTYLE

On Guard

Frankincense

Tangerine

Lemon

Lavender

Adaptiv

Ice Blue

ice BLUE RUB

EO MEGA

ESSENTIAL OIL

OMEGA COMPLEX

AUST L 927961

Dietary Supplement

ALPHA CRS+

CELLULAR

ENERGY COMPLEX

AUST L 927962

Dietary Supplement

MICRO PLEX VM

FOOD NUTRIENT

COMPLEX

AUST L 927963

Dietary Supplement

TerraZyme

Supports a

Healthy Digestion

90 Capsules

AUST L 970377

Protect and Restore

Use dōTERRA On Guard® to protect against seasonal threats and Frankincense essential oil for its soothing benefits.

Cleanse and Refresh

Add a citrus oil of your choice to your water to support you in a low-tox lifestyle.

Calm and Ground

Use Lavender to create a restful environment. Diffuse dōTERRA Adaptiv™ to create a calm, centred atmosphere.

Ease and Soothe

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

Fuel, Support, and Fortify

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

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. 3

Nutrition & Digestion

Give your body what it needs to thrive. It all starts with optimal daily nutrition and digestive support. dōTERRA® whole-food supplements are an ideal companion for your essential oils.



DAILY WELLNESS HABITS

- Eat whole, fresh foods.
- Decrease consumption of sugar, caffeine, dairy, and processed foods.



Nutrition



dōTERRA Lifelong Vitality Pack®

Offers crucial bioavailable micronutrients and cellular support.



dōTERRA® Nutrition Greens

Enjoy this tasty, nourishing mix of responsibly sourced superfoods, essential nutrients, and dietary fibre.

Digestion



dōTERRA TerraZyme®

Supports healthy digestion and metabolic processes with whole-food enzymes.



dōTERRA® Nutrition Fibre

Supports regular, healthy digestion. Also helps optimise appetite control and already healthy blood sugar levels.

GREEN SMOOTHIE

- ½ banana, frozen
- ½ cup blueberries or strawberries, frozen
- 2 handfuls of baby spinach or kale
- 1 ½ cups vanilla almond milk, unsweetened
- 1 scoop dōTERRA Nutrition Whey Protein Vanilla flavour
- 1 scoop dōTERRA Nutrition Greens

Combine all ingredients in a blender.

OATMEAL

Add Cinnamon Bark essential oil, dōTERRA On Guard®, or Wild Orange essential oil to your oatmeal.

PRODUCE WASH

Wash off pesticides, germs, and residues by filling the sink with cold water, ½ cup of white vinegar, and 6 drops of Lemon essential oil. Soak the fruits and vegetables, and then rinse.

Movement & Metabolism

Your body is meant for movement. Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems. Essential oils and supplements support greater flexibility and ease feelings of tension in the body. Together, both can enhance your ability to stay active and strong.



DAILY WELLNESS HABITS

- Make time for 30+ minutes of daily movement.
- Stretch or practice yoga to increase flexibility.



Movement



Ice Blue® Rub Athletic Cream

Provides a soothing effect to the back, shoulders, neck, knees, feet, and other areas of concern.

Apply before and after exercise or activity to support ease of movement and recovery.



Ice Blue® Stick + Copaiba

Powerful targeted relief in a fast-acting solid. Formulated with plant-based menthol, methyl salicylate, and camphor, this easy-to-use stick creates a cooling sensation on skin.



Ice Blue Polyphenol Complex™

Proprietary formula containing extracts of Frankincense and Turmeric essential oils which are loaded with polyphenols that are used as an internal solution for soreness or discomfort.



Copaiba Softgels

Traditionally used in Western Herbal medicine to:

- Relieve inflammation
- Relieve mild rheumatoid aches and pain.



Rise & Shine Loyalty Rewards Kit

Get motivated & freshen up for the day ahead with the invigorating natural aromas of essential oils with this refreshing, eco-friendly bundle.

Metabolism



dōTERRA® Nutrition Protein

Premium protein blend supports building muscle, managing appetite, and recovering after workouts. Available in chocolate, vanilla and vegan vanilla.

Blend with a preferred beverage or add to your daily smoothie.

CHOCO-PEPPERMINT PROTEIN SMOOTHIE

- 1 cup coconut water or almond milk
- 1 scoop dōTERRA Nutrition Whey Protein, Chocolate
- 1 drop Peppermint essential oil
- Ice (as desired)

Blend all ingredients until smooth.

BERRY-ORANGE PROTEIN SMOOTHIE

Combine dōTERRA Nutrition Whey Protein Vanilla flavour with frozen berries, bananas, and 3 drops of Wild Orange essential oil.

HEALTHY WEIGHT PLAN

BREAKFAST

- dōTERRA Protein smoothie
- 1 capsule xEO Mega®
- 3-5 drops Smart & Sassy® Active Blend in water



LUNCH

- Healthy meal or dōTERRA Protein smoothie
- 1 capsule xEO Mega®
- 3-5 drops Smart & Sassy® Active Blend in water



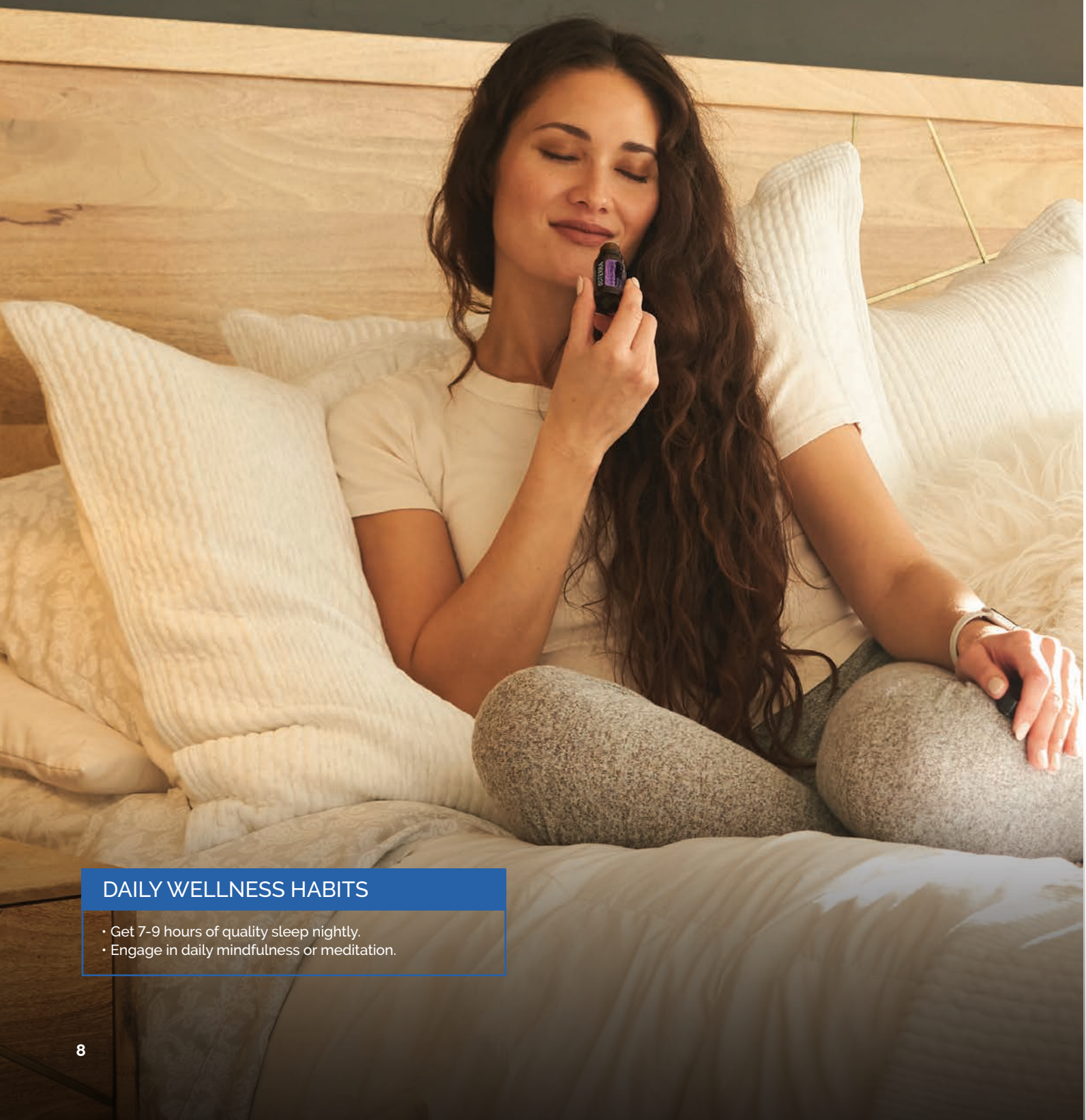
DINNER

- Healthy meal
- 1-3 capsules TerraZyme®
- 3-5 drops Smart & Sassy® Active Blend

Rest & Relaxation

Essential oils provide dynamic support for getting consistent quality sleep and relaxation.

Create an environment where your sleep gives your body the opportunity to repair and renew. Choose solutions to keep feeling great and stay centred no matter what life throws at you.



DAILY WELLNESS HABITS

- Get 7-9 hours of quality sleep nightly.
- Engage in daily mindfulness or meditation.



Prioritise Rest



dōTERRA® Lavender Peace™ Restful Blend & Lavender essential oil
Place 1–2 drops on your pillow for peaceful dreams.



dōTERRA Peace® Reassuring Blend & Cedarwood essential oil
Massage 1–3 drops on feet and forehead at the end of a long day to feel calm and relaxed in a flash.



Petal Diffuser 2.0
Small convenient, and night-friendly diffuser with night light and far-reaching mist.



Rest & Restore

There is no doubt that lack of sleep affects our mood and body. But over-the-counter remedies may have unwanted side-effects. Benefit sleep in a natural, balanced way with this restorative bundle.

RELAXING BATH SALTS

1 cup Epsom salts
10 drops dōTERRA Balance® Grounding Blend, dōTERRA Lavender Peace™ Restful Blend, or Lavender essential oil.

Mix and pour into your bath.



Relaxation



Citrus Bliss® Invigorating Blend
Put a drop in your palm and inhale for a quick pick-me-up. Diffuse for an uplifting environment.



Black Spruce essential oil
Diffuse to help you relax and create a steady environment.



dōTERRA Balance® Grounding Blend
Apply to bottoms of feet to start your day. Diffuse to create a calming, grounding space during demanding or difficult times.



dōTERRA Cheer® Uplifting Blend
Apply to the wrists or pulse points for a cheerful boost of happiness and positivity to your environment throughout the day.

Consider using other essential oils in the dōTERRA Emotional Aromatherapy® system as desired.

dōTERRA® Adaptiv™



dōTERRA® Adaptiv™ Tranquil Blend is here to support your body, mind and spirit through life's more stressful moments. Diffuse or roll on to soothe the mind and relax the body by enjoying the calming aromas of Lavender, Magnolia and Neroli essential oils.

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Reduce Toxicity

A person with long blonde hair, wearing a dark blue long-sleeved top, is standing in a kitchen. The background features a light-colored backsplash with a honeycomb or hexagonal pattern. A green potted plant is visible on a wooden surface to the right. The overall lighting is warm and soft.

Support your body's natural pathways by experiencing the dōTERRA® Lifestyle. Nature experiences cycles of releasing and renewing. Our bodies also experience seasons of regeneration. dōTERRA's CTPG® essential oils support the body's natural renewal process to promote wellness.

DAILY WELLNESS HABITS

- Drink 8 or more glasses of water daily.
- Use citrus oils in your water daily for gentle, refreshing flavour.



Experience the dōTERRA® 30-Day Refresh

DAYS 1-30



MAXIMISE NUTRITION AND
SUPPORT LONGEVITY

dōTERRA Lifelong Vitality Pack®

*Take 2 capsules of each supplement
with morning and evening meals.*



SUPPORT HEALTHY DIGESTION

TerraZyme®

Take 1-2 capsules with each meal daily.



REFRESH

Lemon essential oil

Add 3 drops to drinking water 3 times daily.

DAYS 1-10



HEALTHY APPETITE

Zendocrine® Restart Blend

*Add 2 drops for flavouring in
drinking water twice daily.*

DAYS 11-20



SUPPORT HEALTHY DIGESTIVE FUNCTION

**dōTERRA Nutrition Fibre
containing prebiotics**

Add to beverage with one meal each day.

DAYS 21-30



SUPPORT CELLULAR HEALTH

DDR Prime® Softgels

Take 1-2 softgels with meals twice daily.



SWITCH & DITCH
DIFFUSING BUNDLES

*Ditch the artificial fragrances
and switch to nature's natural
aromas to fragrance your
home and refresh your
self-care rituals.*

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Natural Home Care

A clean home doesn't need to come at the cost of your health. Shop consciously and replace synthetic products with safe, plant-based, non-toxic, and natural cleaners that contain pure CPTG® essential oils.



DAILY WELLNESS HABITS

- Eliminate chemical-based cleaning products.
- Use safe and natural cleansers and detergents.



dōTERRA® clean

Time and time again, essential oils out perform their synthetic counterparts when it comes to purifying any surface or space. Free from phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in 100% recyclable containers, and harness the natural antibacterial power of dōTERRA Tea Tree and Lemon Eucalyptus essential oils to provide a natural, fresh aroma and deliver effective results.



dōTERRA® clean **Multi-Purpose Surface Spray**

Consciously created to be gentle on the environment and safe on food surfaces, while being tough at removing residue.



dōTERRA® clean **Dishwashing Liquid Concentrate**

A more joyful way to do dishes, consciously created to be gentle on the environment and your skin, while being tough on greasy pots and pans.



dōTERRA® clean **Liquid Laundry Detergent Concentrate**

Reduce chemical waste and pollution, consciously created to keep your home, family and the environment safe and healthy.



dōTERRA® clean **Powdered Laundry Detergent**

Mindfully formulated with a powerful blend of naturally derived, plant-based ingredients in powdered form.



dōTERRA® Clean & Green **Liquid Laundry Bundle**

A combination of effective, eco-friendly dōTERRA clean products featuring the Liquid Laundry Detergent Concentrate for a low-tox lifestyle.



dōTERRA® Clean & Green **Powdered Laundry Bundle**

A combination of effective, eco-friendly dōTERRA clean products featuring the Powdered Laundry Detergent for a low-tox lifestyle.

Australian-Made

Non-toxic

Eco-friendly

Leaves no harmful residue

No animal ingredients or testing

100% recyclable packaging

Natural Self-Care

A close-up photograph of a woman with light brown hair and freckles. She is smiling and looking upwards and to the right. She is applying a white cream to her right cheek with her right hand. The background is a soft-focus indoor setting with green plants and warm lighting.

You don't have to settle for questionable ingredients in your self-care routine. Avoid adding to your body's toxic load. Instead, choose safe and natural with CPTG® essential oil-based products that provide a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA® nature-derived formulations.

DAILY WELLNESS HABITS

- Eliminate chemical-based self-care products.
- Use safe and natural products in your self-care routine.



Essential Skin Care

Designed to meet all your anti-aging and skincare needs. Use twice daily to keep the skin feeling healthy and looking young.



Yarrow | Pom Collection

A powerful synergistic and first-of-its-kind blend that promotes the appearance of a smooth, glowing complexion.



Shampoo & Conditioner Bars

Formulated to gently cleanse and nourish your hair naturally and contains no water, saving the planet from empty bottles.



Oral Care

Use dōTERRA On Guard® Natural Whitening Toothpaste and Mouthwash morning and night to naturally brighten your smile.



Body Care

Cleanse your body with the Spa Moisturising Bath Bar and Refreshing Body Wash, which are free of harsh ingredients.

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Informed Self-Care

Make it a habit to use dōTERRA® natural solutions as your first line of defence. When life's challenges arise, use a trusted essential oil reference book to search the possibilities of solutions at your fingertips.

Oils on the Go



8-VIAL KEYCHAIN

Pack your eight most frequently used essential oils and be ready for anything!

KEYCHAIN FAVOURITES

Lavender	dōTERRA On Guard®
ZenGest®	Frankincense
Peppermint	Ice Blue®
dōTERRA EasyAir®	Tea Tree

DAILY WELLNESS HABITS

- Turn to natural solutions as your first line of defense.
- Refer to the AUNZ Product Guide for possibilities.

**On Guard® Sanitising Mist**

Spray this naturally derived hand sanitising mist, which cleanses by killing bacteria on the skin.

**Correct-X®**

Use this natural ointment for any minor skin irritations.

**Lavender essential oil**

Apply topically to soothe occasional skin irritations.

**Peppermint essential oil**

Apply for a cooling sensation. Dilute as needed.

**Tea Tree essential oil**

For occasional skin irritations, apply 1-2 drops onto the affected area.

**ClaryCalm® Monthly Blend for Women**

Roll this women's monthly blend on lower abdomen and use with a heating pad.

**Family Essentials Kit**

Make a healthy lifestyle a top priority and build a collection of tools for both everyday protection and occasional extra support.

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Customise Your Wellness Plan

NUTRITION & DIGESTION

Fuel, Support, and Fortify



☐ doTERRA® Lifelong Vitality Pack®



☐ doTERRA Greens

MOVEMENT & METABOLISM

Soothe and Energise



☐ Ice Blue®



☐ Copaiba Softgels

REST & RELAXATION

Support Sleep and Rest



☐ Lavender



☐ doTERRA Lavender Peace®



☐ Petal 2.0 Diffuser



☐ doTERRA Peace®



☐ Cedarwood

REDUCE TOXICITY

Support Cleansing



☐ Lemon



☐ Zendocrine



☐ Oral Care

Natural Self-Care



☐ Essential Skin Care



☐ Yarrow | Pom



☐ Hair Care

INFORMED SELF-CARE

Protect and Restore



☐ doTERRA On Guard®



☐ ZenGest®



☐ Peppermint



☐ Tea Tree



☐ Frankincense

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.



Check the products that will help you achieve your health goals and experience remarkable changes in how you feel.

On the next page, create your 90-day wellness plan and record each future month's product wish list in the spaces provided.

Support Digestion



☐ TerraZyme®



☐ dōTERRA Fibre

Curated Wellness Kits



☐ Nutrition Bundle Chocolate



☐ Nutrition Bundle Vanilla

Support Strength and Metabolism



☐ Smart & Sassy®



☐ dōTERRA Protein



☐ Rise & Shine LRP Bundle

Manage Stress and Mood



☐ dōTERRA Cheer®



☐ Black Spruce



☐ dōTERRA Adaptiv™



☐ Citrus Bliss®



☐ dōTERRA Balance®



☐ Rest & Restore LRP Bundle

Natural Home Care



☐ dōTERRA® clean



☐ Clean & Green Liquid Laundry Bundle



☐ ClaryCalm®



☐ Correct-X®



☐ DDR Prime®



☐ Family Essentials

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.






Wellness Consult


1 Write down your health priorities and find solutions.

Top Health Priorities for You and Your Family	Natural Solutions You Have	Natural Solutions You Need
1	1	1
2	2	2
3	3	3

2 Create your daily wellness plan.

Begin with the foundational daily habits listed below. Then add the natural solutions you need and organise them into your daily plan.

	MORNING	AFTERNOON	EVENING
SUPPLEMENTS	<input type="checkbox"/> dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®)  <input type="checkbox"/> 1-2 TerraZyme® 	<input type="checkbox"/> dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®)  <input type="checkbox"/> 1-2 TerraZyme® 	<input type="checkbox"/> 1-2 TerraZyme® 
ESSENTIAL OILS	<input type="checkbox"/> 1-3 drops Lemon essential oil in water <input type="checkbox"/> 2 drops Frankincense essential oil on bottoms of feet <input type="checkbox"/> 2 drops dōTERRA Balance® Grounding Blend on bottoms of feet	<input type="checkbox"/> 1-3 drops Lemon essential oil in water <input type="checkbox"/> Diffuse 4-5 drops dōTERRA On Guard® Protective Blend <input type="checkbox"/> Apply Ice Blue® Rub Athletic Cream after workout	<input type="checkbox"/> 2 drops Frankincense essential oil on bottoms of feet <input type="checkbox"/> 2 drops dōTERRA Balance® Grounding Blend on bottoms of feet <input type="checkbox"/> Apply Ice Blue® Rub Athletic Cream where needed <input type="checkbox"/> Diffuse 3-5 drops Lavender essential oil at bedtime

*When beginning dōTERRA Lifelong Vitality Pack®, start with half doses for two weeks.  with Meal

3 What other wellness choices could support your goals?

(e.g., water intake, sleep, exercise, dietary changes)

4 Live empowered with natural solutions.

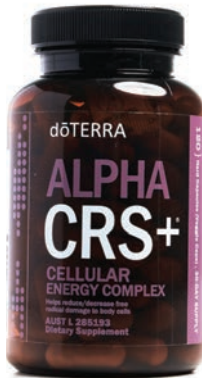
Create a 90-day wellness plan by adding the product you need to your loyalty orders (recommended to run between the 5th–15th, to receive the Product of the Month FREE).

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

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Make Wellness Complete

The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of wellness convenient and affordable. These essential nutrients can be paired perfectly with any of the Wellness Programs or your essential oils to maximise results.



Alpha CRS+® contains powerful polyphenols which may assist in protecting the body from the effects of free radical damage and reduce free radicals formed in the body.



xEO Mega® contains ultra pure essential fatty acids and other fat-soluble nutrients that support heart, cardiovascular system, bone, eye and immune system health, also supports brain and muscle function.



Microplex VMz® contains a balanced formula of bioavailable vitamins and minerals, that support collagen health, energy levels and production and other health benefits for when dietary intake is insufficient in modern diets.

Loyalty Rewards Program, *The Smartest Way to Buy*

For greater savings and opportunities to receive free products, create a Loyalty Rewards order.



Buy dōTERRA Lifelong Vitality Pack®

Choose Up to 3 Additional Supplements at Reduced Prices



Ice Blue
Polyphenol Complex™



TerraZyme®



Copaiba Softgels®



DDR Prime®



Loyalty Rewards Program

Earn Free Products of Your Choice

The dōTERRA Loyalty Rewards Program (LRP) provides an automatic monthly shipment of products you use on a regular basis. If your loyalty order contains at least 50 PV,* you immediately begin to earn product points that can be used as funds to receive free dōTERRA products. The longer you participate, the more points you can earn—up to 30% of your total monthly LRP purchases!

Loyalty Rewards Program FAQs

EARN FREE PRODUCT POINTS

LRP BENEFITS: PERCENTAGE BACK IN PRODUCT POINTS FOR FREE PRODUCTS



How do I get 30% back in free product points?

Your Loyalty Rewards percentage grows over time and begins the first month you place a qualifying 50 PV or more Loyalty Rewards order. You'll increase by 5% every three months when your orders are over 50 PV until you reach the maximum of 30%.

How do I maximise dōTERRA specials?

Place a Loyalty Reward order of at least 125 PV between the 1st and the 15th (MST). This sets you up to receive the Product of the Month for free and take advantage of promotions.

How do I create a Loyalty Rewards order?

Log into mydoterra.com. Click "Create a new Loyalty Rewards template" or edit items in an existing Loyalty Rewards template.

Will my product points ever expire?

PERSONAL VOLUME (PV) MUST EXCEED	1	50	100	125
Maintain LRP points previously earned	●	●	●	●
Earn LRP product points (to use for free products) and increase percentage from 10% to 30%		●	●	●
Qualify to earn commissions			●	●
Receive the free Product of the Month (orders placed between the 1st-15th)				●

Points expire after 12 months. This is a rolling date from when the points are issued into your account.

What is the difference between PV and product points?

PV and product points are not the same thing. Each product is assigned PV. This PV is then used each month to qualify for commissions, rank, and promotions among other things. You will earn a certain percent of that PV back as reward product points that can then be redeemed for free product.

How do I redeem my product points?

In your virtual shopping cart, select "Use Points" on the products you'd like to redeem with your LRP points. New points are added the shortly after commission run the following month (normally runs between 15th-17th MST each month).

Can I have more than one Loyalty Rewards order?

Yes. If you need more than your monthly order, simply change your LRP template and run it again on whatever day of the month you choose, or you can set up as many Loyalty Rewards template as you like.

How do I cancel my Loyalty Rewards order?

You can cancel your Loyalty Rewards order anytime via phone, online chat, or email to australia@doterra.com or newzealand@doterra.com. However, if you wish to cancel all your LRP templates, you need contact Member Service team so that dōTERRA customer service can assist you with redeeming any free product points you've accumulated prior to cancellation so points aren't lost. If you cancel your LRP template, you'll start back at 10% rewards when you resume consistent Loyalty Rewards order purchasing.

What if I want to return products?

dōTERRA refunds 100% of anything unopened within 30 days of purchase and 90% of the purchase price if opened or used.

*PV (Personal Volume): This is a numeric value assigned to each product. It's used as the qualifier for commissions, rank, and promotions. Products purchased with points have no PV.



Essential Tips

Effectiveness



Use your reference guide to find solutions to health priorities or concerns as they arise.



Different essential oils work for different people. When you're not getting the desired results, try different oils or application methods.



Massage to increase benefits and promote rapid absorption.



Try different application methods: apply under the tongue or to the bottoms of the feet, spine, or navel.



Use oils topically with Fractionated Coconut Oil to enjoy greater sustained absorption.

Safety



Avoid contact with the eyes, inside of the nose, and ears.



Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has prediluted oils.



Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus essential oils topically.



Read labels and follow recommendations.

Best Practices



Keep your products at their best by avoiding exposure to extreme temperatures or direct sunlight.



Use glass containers with your essential oils, as they can break down some plastics over time.



dōTERRA essential oils are potent. Use smaller amounts more frequently for best results.

Learn More

Member # _____

Password _____

Log in at doterra.com.



Empowered Life Series

doterra.com/AU/en_AU/empowered-success

View this webinar series to continue learning ways you can use your products.



Get an essential oil reference guide or mobile app.



@doterraAU
@doterranzofficial



@doterraaunz

Your Key Support _____

Phone _____

Email _____

Other Support _____

Phone _____

Email _____

Upcoming Local or Online Classes and Events _____

Live chat:
doterra.com

Email:
Australia MS:
australia@doterra.com
New Zealand MS:
newzealand@doterra.com

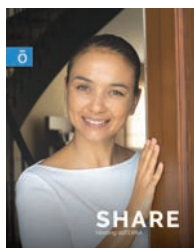
Australia:
(02) 8015 5080

New Zealand:
(08) 0046 6815

Team Call/Website/Facebook Group(s) _____

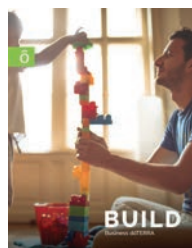
Every Bottle Makes a Difference

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 essential oil represents hands that have nurtured the earth for our benefit.



Share with those you love.

Change Others' Lives
Host a dōTERRA class to be of service to your friends and family.



Build an income and make an impact.

Change Your Future
Create recurring income and greater freedom by sharing and empowering others with natural solutions.

11/11/2019

dōTERRA®
AUSTRALIA & NEW ZEALAND

pursue what's **pure**®

LIVE-AUS EN 300622



60223996

© 2022 dōTERRA Holdings, LLC. All words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC.