

essentiallylowtox.com

# AromaTouch®

## welcome guide



# Online

beginner basics  
connection course

WELLNESS + essential oils

QUICK START  
GUIDE

OVER 100  
WAYS TO USE  
YOUR KIT

HOW TO  
USE OILS  
SAFELY

EMOTIONAL  
BENEFITS  
& DIFFUSER  
BLENDS

HOW TO MAKE  
A ROLLER

AROMATOUCH®  
HAND  
TECHNIQUE

HOW TO  
ORDER AND  
EARN FREE  
PRODUCT



Welcome to dōTERRA®

# AromaTouch®

## welcome guide



## Welcome to dōTERRA®

---

### First steps...

1. Open the box and open all of your oils. Smell them one by one!
2. Put a drop of On Guard® in your hand, rub your hand together and inhale the aroma!
3. Read the rest of this welcome guide!

### How to use your new oils...

There are 3 ways to use oils. Topically, internally and aromatically.

**Topical:** Apply on pulse points diluted with Fractionated Coconut oil or lotion.

**Internal:** Take a drop in water, under the tongue or in a Veggie Capsule.

**Aromatic:** Diffuse, breathe in from the bottle or put a drop in your hands, rub together and inhale.

We will explore these ways further in this guide.

### Essential oil safety...

1. Always dilute with Fractionated Coconut oil when applying oils topically. A drop is all you need. dōTERRA® oils are potent, a little goes a long way.
2. When ingesting oils use a glass or metal container. Just a drop at a time.
3. Citrus oils are photosensitive. Do not apply topically if you will be exposed to direct sunlight within 12 hours. Instead apply to areas where the sun does not touch, such as the bottoms of the feet!
4. Using your oils daily will give you the best results. Create a routine that works for you. Leave your oils where you will see them and use them regularly. Store at room temperature, out of direct sunlight.

### Who we are.

An essential oil company changing the world one drop at a time.

### What we do.

Provide the purest, highest quality essential oils and products.

### Why we do it.

To empower you and your loved ones with health and wellness.

*essentiallylowtox.com*

---

# Quick Start Guide



## AromaTouch® MESSAGE BLEND

Clean, fresh, and minty, AromaTouch helps relax muscles and soothe away frustration.



## Wild Orange CLEANSING, INSIDE AND OUT.

Powerful cleanser and purifying agent. Internal use supports healthy immune function\*



## On Guard® PROTECTIVE BLEND

Supports the immune system to help protect you from environmental and seasonal threats.\*



## Peppermint ENERGIZING AND EXHILARATING

Relieves head and neck tension, promotes clear airways, supports oral health, and soothes the stomach.



## Deep Blue® SOOTHING BLEND

Use before or after working out. Offers immediate soothing effects, comforting and cooling.



## Balance® GROUNDING BLEND

Offers a tranquil aroma used to bring harmony to the mind and body. Creates a calming atmosphere.



## Tea Tree CLEANING AND PURIFYING

Purify and freshen the air. Use for occasional skin irritations. Best known for its purifying properties.



## Lavender SLEEP, SKIN AND STRESS

Ease tension and stress. Promotes a restful night's sleep. Soothe minor skin irritations and bites.



## Essential oil safety...

1. Always dilute with Fractionated Coconut oil when applying oils topically. A drop is all you need. dōTERRA® oils are potent, a little goes a long way.
2. When ingesting oils use a glass or metal container. Just a drop at a time.
3. Citrus oils are photosensitive. Do not apply topically if you will be exposed to direct sunlight within 12 hours. Instead apply to areas where the sun does not touch, such as the bottoms of the feet!
4. Using your oils daily will give you the best results. Create a routine that works for you. Leave your oils where you will see them and use them regularly. Store at room temperature, out of direct sunlight.

## Simple Daily Routine to Start

1. Add a drop of Wild Orange to your water each day. One drop to 4 oz of water. Start with 1-3 drops throughout the day. Use a glass or stainless container.
2. Rub 1-2 drops Balance® on the bottoms of your feet every morning to start your day of grounded.
3. Rub Deep Blue® or AromaTouch® on your back & shoulders with a few drops of coconut oil if you have any discomfort.
4. Put a drop of Peppermint in your hand and rub your hands together and breathe in for a quick pick me up!
5. Put your diffuser on every day. Diffuse On Guard® for immune support or Lavender for sleep or Balance® when feeling stressed. Fill with water and add up to 6 drops essential oil.
6. Make sure to follow me on social for lots of ideas and education on how to use your oils.
7. Take the AromaTouch® Course!

# Ways to use your new products

## wild orange



- Add a drop to your water every day for a burst of flavor and to promote overall health.
- Diffuse to energize and uplift.
- Add a drop to your smoothie recipe for a refreshing twist.
- When feeling down, apply one drop to hands, rub together, and inhale deeply as needed throughout the day.
- Add a few drops to desserts or drinks for to add a little fresh twist.
- Make a window cleaner. Fill a glass spray bottle with 1/4 c. vinegar & 1/4 rubbing alcohol. 1 tbsp tapioca starch or arrowroot powder. Add 20 drops Wild Orange. Top with water & shake to mix before using.
- Wild Orange oil offers many internal benefits.\* Taken internally, Wild Orange essential oil supports digestion.\*
- A few drops of Wild Orange on a soft cloth will remove just about any sticky residue.

Photosensitive: do not use topically (12hr) before going in the sun.

## on guard®



- Can be taken internally daily to maintain healthy immune function.\*
- Add two to three drops in a veggie capsule for immune support.
- Diffuse to purify the air, and can be very energizing and uplifting.
- Diffuse or inhale directly from palms, or rub on chest or feet when seasonal and environmental threats are high.
- Combine a few drops of doTERRA On Guard® with Fractionated Coconut Oil for a natural hand cleanser.
- Soak sliced apples in water and a few drops for a healthy, immune-boosting snack.\*
- Make an effective all-purpose surface cleaner. Use an 8oz glass sprayer, add 20 drops onguard, fill with water, shake before use.
- To support a healthy immune system, rub on the bottom of your children's feet each morning before school, dilute with fractionated coconut oil.
- If you like the On Guard® Protective Blend, you may also like On Guard® Beadlets, Foaming Hand Wash, Whitening Toothpaste, Softgels, and Sanitizing Mist.

## deep blue®



- Provides a comforting sensation of cooling and warmth to overworked muscles and joints. Massage into legs, shoulders, back, and joints before and after exercise.
- Massage onto growing kids' legs before bedtime.
- Apply on feet and knees before and after exercise.
- Apply to hands and feet after gardening.
- After long hours on the computer, try rubbing Deep Blue essential oil blend on your fingers, wrists, shoulders, and neck.

## peppermint



- When ingested, Peppermint essential oil promotes healthy respiratory function and clear breathing\*
- Peppermint oil promotes digestive health when taken internally\*
- Use a drop of Peppermint oil with Wild Orange oil in water for a healthy, refreshing mouth rinse.
- Take one to two drops of in a Veggie Capsule to alleviate occasional stomach upset.\*
- Add a drop of peppermint essential oil to your favorite smoothie recipe for a refreshing twist.
- Place one drop of Peppermint essential oil in your palms, rub together and inhale for a mid-day pick-me-up.

# Ways to use your new products

## lavender



- Add a few drops of Lavender oil to pillows, bedding, or bottoms of feet at bedtime.
- For restful sleep, diffuse Lavender oil at bedtime to calm your mind and create a peaceful environment. Diffuse 4-6 drops in your diffuser.
- Add 3-4 drops to your bath with epsom salts.
- Keep a bottle of Lavender oil on hand to soothe occasional skin irritations.
- Take internally to reduce anxious feelings.\* Add one drop to a glass of water or put a drop under your tongue.
- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.
- Freshen your linen closet, mattress, car, or the air by combining Lavender essential oil with water in a spray bottle.
- Make an after-sun soothing spray with Lavender and Copaiba. Add 3 drops each to a 30ml spray bottle (available from doTERRA®) and top with water.
- DIY carpet refresher. Add 20 drop lavender to 1/2 cup baking soda. Mix and gently sprinkle over carpets. Let sit and then vacuum.

## tea tree



- Renowned for its cleansing and rejuvenating effect on the skin.
- For occasional skin irritations, apply 1-2 drops of Tea Tree essential oil onto affected area.
- Combine 1-2 drops with your facial cleanser for added cleansing properties, or apply to skin after shaving.
- Apply to fingernails and toenails after showering to purify and keep nails looking healthy.
- Add a few drops to a spray bottle with water and use on surfaces as a cleansing and purifying agent.
- Use three to four drops in the diffuser of your choice.

## aromatouch®



- Add to Epsom salts and enjoy soaking in a hot bath.
- Apply to neck and shoulders to promote feelings of relaxation and lessen tension or use with a carrier or apply neat for massage.
- This massage in a bottle can be applied to the shoulders for a quick break in the day, or used as part of a more traditional massage to enhance the rejuvenation benefits.
- AromaTouch Massage Blend is effective at diffusing tension when used aromatically or applied topically. It's a perfect blend to use as a mid-day stress buster or just before an important event to help ease away nervous jitters.
- The doTERRA® AromaTouch® Technique features the application of AromaTouch Massage Blend for a relaxing, soothing experience.
- AromaTouch is also a popular oil to use in hand massages. Try it with the AromaTouch® hand technique for an escape from daily stress.

## balance®



- Begin your day by putting Balance® on the bottom of your feet.
- Apply to your wrists or neck to help ease anxious feelings.
- Diffuse in your car during road trips to create a calming, soothing environment.
- Many of the oils in this blend have been used for thousands of years to balance emotions, ease anxious feelings, and harmonize the mind and body.
- Use as a personal perfume or cologne.
- Diffuse with citrus oils for an uplifting yet grounding aroma.

*essentiallylowtox.com*

# The AromaTouch® Technique

A simple yet powerful way to provide every individual with an essential oil experience.

When you enroll with the AromaTouch® Training Kit, you'll have the products you need to perform the AromaTouch Technique—a life-changing practice that creates a powerful essential oil experience for you to share with others.

With the kit, you'll also receive access to the official doTERRA® AromaTouch® Technique Certification course, taught by Dr. Hill himself! If you're ready to master the AromaTouch® Technique, this kit is perfect for you.

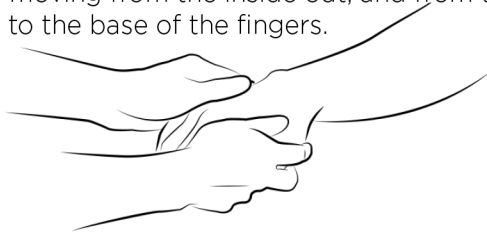
After purchasing the kit, you'll receive an email giving you access to the certification course. You can expect to receive this email two to three business days after your purchase.

## The AromaTouch® Hand Technique

The AromaTouch® Hand Technique is an incredibly valuable tool for anyone that wants to share essential oils with others. It is versatile, efficient, and has the ability to provide a positive essential oil experience.

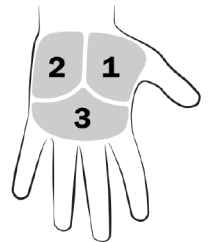
### Step 1 Oil Introduction

- Apply a light, even coating of your selected oil to the entire palm of the recipient's hand (about one to three drops).
- Use both hands to grip one of the recipient's hands on either side with the dorsum (back) of the hand facing upward and your thumbs on top.
- Use your thumbs to stretch the tissue of the hand moving from the inside out, and from the wrist to the base of the fingers.



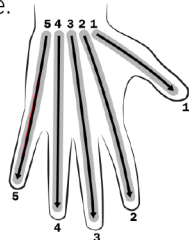
### Step 2 Regional Tissue Pull

- Grip the recipient's hand (palm facing up) with one hand on either side and your thumbs on top. Use your thumbs to methodically work through all three regions, beginning in Region 1, with medium pressure.
- Make sure to work the entire surface area of each of the hand's regions.



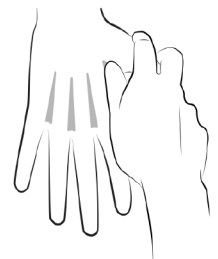
### Step 3 Pinpoint Zone Activation

- Use your thumbs\* to work through each of the hand's five zones. Beginning in Zone 1, place your thumbs at the top of the recipient's hand close to the wrist and alternately work thumbs down the entire length of Zone 1 to the tip of the finger. Repeat the procedure for all five zones, three times each zone.
- \*Choose a lead thumb and a follow thumb for this step. Make sure the follow thumb is always behind the lead thumb.



### Step 4 Interphalangeal Pull

- With the recipient's palm facing up, grip the wrist in one hand.
- Use your hand to stretch the tissue located between each finger away from the hand by gripping and sliding the tissue between your thumb and forefinger.
- Repeat the pull three times between each finger before moving on.



*essentiallylowtox.com*

# Emotional Benefits

Aromatic Use: Inhale from the bottle. Diffuse 3-6 drops.  
Place one drop in hand, rub together and inhale. Wear as a personal perfume.

## wild orange

### THE OIL OF ABUNDANCE

Playful | Generous | Creative  
Enjoy the bounties of life.

## balance®

### THE GROUNDING BLEND

Stable | Connected | Perseverance  
Provides inner strength and fortitude.

## on guard®

### THE OIL OF PROTECTION

Protected | Capable | Independent  
Stand up for oneself, live in integrity.

## aromatouch®

### THE OIL OF RELAXATION

Balanced | Relaxed | Flexible  
Release tension and move in harmony.

## peppermint

### OIL OF A BUOYANT HEART

Optimistic | Relieved | Strength  
Rediscover joy.

## lavender

### OIL OF COMMUNICATION & CALM

Emotional Honesty | Peace of Mind  
Release tension and use your true voice.

## deep blue®

### OIL OF SURRENDERING PAIN

Strengthen | Serene | Healing  
Maintain clarity in the face of pain.

## tea tree

### THE OIL OF ENERGETIC BOUNDARIES

Empowered | Resilient | Safe  
Clears negative energetic baggage.



# Diffuser Blends

### BE HAPPY

2 drops Lavender  
2 drops Wild Orange

### JUST CHILL

2 drops Wild Orange  
2 drops AromaTouch®

### ENERGIZE

3 drops Peppermint  
1 Wild Orange & 1 Tea Tree

### RELEASE TENSION

2 drops Lavender  
2 drops AromaTouch®

### GRATEFUL BLEND

1 drop Wild Orange  
5 drops Balance®

### BE WELL

3 drops OnGuard™  
2 drops Wild Orange

### FOCUS BLEND

3 drops Wild Orange  
3 drops Peppermint

### SOOTHE AND CALM

3 drops Balance®  
3 drops Lavender®

### MEDITATION

3 drops Balance®  
3 drops AromaTouch®

### MORNING BLEND

2 drops On Guard®  
2 drops Peppermint

### CLEAR THE AIR

3 drops OnGuard™  
2 drops Tea Tree

### WORK OUT BLEND

2 drops Deep Blue®  
2 drops Wild Orange

*essentiallylowtox.com*

# How to make a roller



When using oils topically we suggest you dilute. For one-time use, you can put a drop of oil in your hand and add a few drops of fractionated coconut oil or any other vegetable oil. But for times when you want to use your oils topically daily, making a roller bottle is the best solution. Choose the oil, add it to the roller, then fill with FCO. Pop on the top and keep it where you will need it. For example, make the Sleepy time roller and keep it next to your bed!

Don't worry if you don't want to make your own rollers... you can purchase most of doTERRA®'s oils in pre-made roller bottles, just log into your account and order from there!

## Make a roller by age

Start with the lowest amount of drops. Fill with FCO.

AGE	DROPS OF EO
0-12 months	1-6 drops
1-5 years	6-15 drops
6-11 years	15-30 drops
12+ years	15-40 drops
elderly	6-15 drops

(10 ml roller bottle)

## Single Use

	essential oil	: coconut oil
0-12 months	1 drop	: 1 tbsp
1-11 years	1-2 drops	: 1 tsp
12+ years	1-2 drops	: 3 drops
elderly	1-2 drops	: 1 tsp

## Roller Recipes:

### MUSCLE BLEND

10 drops AromaTouch®  
20 drops Deep Blue®

### HEAD TENSION

10 drops AromaTouch®  
10 drops Lavender  
10 drops Peppermint

### RESPIRATORY SUPPORT

20 drops Peppermint  
10 drops AromaTouch®

### IMMUNE SUPPORT

20 drops On Guard®  
10 drops Wild Orange

### SLEEPY TIME

20 drops Lavender  
10 drops Balance®

### CALMING BLEND

10 drops Lavender  
20 drops Balance®

### SPRING TIME SUPPORT

15 drops Lavender  
15 drops Peppermint

### GRATITUDE BLEND

5 drops Wild Orange  
25 drops Balance®

### SKINCARE BLEND

15 drops Lavender  
15 drops Tea Tree

### SLEEPY TIME

20 drops Lavender  
10 drops Balance®

When making rollers for kids, see the chart and reduce the drops of essential oil depending on their age.





# Green Cleaning

## Glass Cleaner

AN AFFORDABLE, EASY, ECO-FRIENDLY OPTION.

### Ingredients

- 1 ½ cup white vinegar
- ½ cup distilled water
- 8 drops of a citrus oil of your choice

### Directions

- Grab a 16 oz spray bottle and mix all together.
- Spray and wipe clean.



Citrus oils are cleansing, purifying, and invigorating.

## Linen Spray

FRESHEN YOUR LINENS WITH LAVENDER!

### Ingredients

- 1 tsp Witch Hazel or Vodka
- Water
- 30 drops Lavender

### Directions

- Add witch hazel, water, and oil into a 2 oz spray bottle.
- Shake and spray your linens!

Freshen your linen closet, mattress, car, or the air with Lavender.



## All-Purpose Spray

THIS SIMPLE RECIPE HAS ONLY 3 INGREDIENTS!

### Ingredients

- 1 cup white vinegar
- 1 cup water
- 30 drops Essential Oil
- Oil Ideas:**
- 15 Lavender & 15 Tea Tree or
- 15 OnGuard® & 15 Wild Orange

### Directions

- Add all ingredients to a 16 oz spray bottle.
- Shake thoroughly and spritz on surfaces and wipe clean!
- This will literally cost you less than \$2.00 for a full bottle!

Perfect for use all throughout the house!

## Oil Degreaser

WILD ORANGE OIL IS ONE OF THE MOST USED OILS IN OUR HOME.

It works amazing as a substitute for Goo Gone. Use it to remove stickers, on tough grease stains, or on hands that are covered in sap!



Cleanses and purifies the air and surfaces.

## Fruit & Veggie Wash

MOST PRODUCE HAS BEEN SPRAYED WITH PESTICIDES!

### Spray Option

- ¼ cup White or Apple Cider Vinegar
- 10 drops Wild Orange essential oil
- Fill the rest of your 8 oz spray bottle with distilled water
- Shake, spray your fruit and veggies, and rinse clean!



Can be used as a non-toxic cleaner throughout the home

### Sink Option

- Fill your sink or a bowl with water
- Add 3-5 drops of Wild Orange essential oil
- Add 3-4 pumps of OnGuard® foaming hand wash
- Swish, and let the produce soak for 5-10 minutes and rinse clean!

## Foaming Hand Soap

SURPRISINGLY EASY TO INEXPENSIVE TO MAKE!

### Ingredients

- 2 tbsp unscented castile soap
- 1 tbsp fractionated coconut oil (FCO)
- 10 drops of your favorite essential oil
- Water

### Directions

- Pour castile soap and FCO into the bottle and add essential oils
- Slowly add water, making sure to leave room for the pump
- Add lid, shake and you are all set!

Try Balance® or Peppermint



# How to Order

## Wholesale Account:

Make sure to login to your account at doterra.com. You will receive 25% off of all your purchases. There are two ways to order. You can place a Standard Order at any time or if you want to save up to 55% on your products, make sure to order through the [Loyalty Rewards Program](#).

### LOYALTY REWARDS PROGRAM - EARN FREE PRODUCTS!

The Loyalty Rewards Program (LRP) is an optional, monthly order that enables you to qualify for rewards. Your monthly LRP order is saved in a cart in your account. You can change what you receive every month by editing the contents in the cart before your processing date.

- Earn 5 points when you pay for shipping.
- When you place a 100 point LRP order get free shipping!
- When you place a 50PV order you qualify to earn LRP points and to advance in % rewards. Start at 10% rewards and advance up to 30% rewards!

How to earn 30% back in free product				
<b>10%</b>	<b>15%</b>	<b>20%</b>	<b>25%</b>	<b>30%</b>
months 1-3	months 4-6	months 7-9	months 10-12	months 13+

A minimum of one item is required in the LRP cart at all times. This will maintain your current percentage rewards and accrued points. Qualify to receive our free Product of the Month when you place an LRP order of at least 125 PV before the 15 of the month.

You can redeem your points at any time.

You can change the run date, but you cannot skip a month of ordering.

You can choose to process your LRP cart multiple times a month.

You can cancel at any time, just contact Member Services via phone, chat, or email.

\*PV (Personal Volume or Point Value): This is a numeric value assigned to each product. It is used as the qualifier for promotions too.



## Want to learn more?

The dōTERRA.com website offers a lot of options.

Learn more about individual oils, body systems or the science behind the oils.

Discover Solutions for any topic... here are some options.

- Beauty and Personal Care
- Kids
- Reduce Toxic Load
- Eat Right
- Lifestyle
- Informed Self-care
- Exercise
- Mood Management
- Sleep

I also offer ongoing support through my essential oil groups, continuing education webinars and so much more. Please contact me with any questions that you have.

## What to Order Next...

Explore our most popular products...



Have trouble getting enough ZZZ's? Do you struggle to fall asleep, stay asleep, or get deep enough sleep?

**serenity®**



Deep Blue® Rub is comforting and cooling joints and muscles.

**deep blue® rub**



The Adaptiv™ Calming Blend Capsules are one of the best tools available to help manage the effects of everyday tension, anxious feelings, uneasiness, and worry.\*

**adaptiv™**

## LifeLong Vitality®

Give your body what it needs, and it will thrive. Eating right starts with proper daily nutrition and digestive support. Together these supplements provide maximum nutrition for energy, focus, relief from discomfort, and well-being.

### Microplex VMz®

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells\*
- Supports a healthy metabolism\*
- Supports healthy immune function\*
- Supports healthy digestion\*
- Fights free radicals with the antioxidant vitamins A, C, and E\*

### xEO Mega®

- Marine and land sourced omega fatty acids and powerful essential oils, all to support your body.\*
- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides immune-boosting nutrients\*
- Supports healthy function of the brain, eyes\* and nervous system\*
- Promotes healthy skin\*

### Alpha CRS®+

- Supports healthy cell function by reducing oxidative stress to DNA and other critical cell structures\*
- Supports healthy response to oxidative stress in cells\*
- Energy and vitality\*
- Supports mental clarity and function\*
- Healthy tissues and organs\*
- Does not contain genetically modified material.

LifeLong Vitality®  
Our #1 product with a 30 day money back guarantee.



*essentiallylowtox.com*

### Health is Wealth

Maximize your daily nutrient intake with doTERRA LifeLong Vitality Pack®, a trio of power-packed supplements to fuel and support your body.\*

# What are your top priorities?

Get wellness delivered straight to your door with our special Wellness Programs. Each month for three months, we'll send you a new collection of products specifically selected to support your health priorities.

## CHOOSE YOUR PROGRAM

Choose from one of the below wellness tracks.

## USE YOUR PRODUCTS

Each month, you receive a new kit of specialized products for your program.

## OWN YOUR HEALTH START SEEING REAL RESULTS

As you integrate essential oils into your daily routine.

## REPEAT OR PICK A NEW PROGRAM

Start the same program again or pick a different one for a new set of powerful benefits.



## Mind & Mood

*Balance, restore, and adapt.*

This program contains powerful tools you can use to create an uplifting environment that helps you feel centered, no matter what life throws your way.



## Relief

*Comfort, support, and soothe.*

These products deliver targeted comfort and relief so you can give your muscles and joints support as you push yourself to grow stronger and healthier!\*



## Immunity

*Protect, strengthen, and respond.*

The products inside were carefully selected to support and strengthen your immune system, keep your environment clean, and protect your home. Using your products daily is the most effective way to maximize your benefits!



## Sleep

*Rest, recharge, and refresh*

The Sleep Wellness Program is designed to help your body get the restful sleep it requires each night. If you have trouble falling or staying asleep or experience low-quality sleep, this Program can help you get the rest you deserve.\*



## Respiratory

*Breathe in. Breathe out*

This program offers a curated selection of products that support your respiratory system, encourage feelings of clear airways, and help you feel like you're breathing easy.\*



## Digestion

*Fortify, soothe, and sustain.*

The Digestive Wellness Program is everything you need to calm unwanted digestive disruptions and discomforts naturally, while also promoting overall healthy digestion.\*

*essentiallylowtox.com*

You can cancel, restart, or choose a new program at any time!  
Plus get a 20% discount on select other products when you choose any of these programs!

# My Daily Routine

MORNING

---

---

---

AFTERNOON

---

---

---

EVENING

---

---

---

NOTES

---

---

---