

NATALIE ROSE

Services & Support Guide



www.essentiallylowtox.com

Introduction

WHAT IS WELLNESS



Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving. To understand the significance of wellness, it's important to understand how it's linked to health.

While there are common elements among them, wellness is distinguished by not referring to a static state of being (i.e., being happy, in good health, or a state of wellbeing). Rather, wellness is associated with an active process of being aware and making choices that lead toward an outcome of optimal holistic health and wellbeing.

Make your home a sanctuary. Fill it with the things that bring you joy and surround yourself with the reassured peace-of-mind that comes from knowing you've done everything you can to nurture the earth and protect your loved ones.

SMART GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>HOW CAN THE GOAL BE ACCOMPLISHED?</p>	
R	<p><u>RELEVANT</u></p> <p>DOES THIS SEEM WORTHWHILE?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



Section 1

SETTING YOUR GOALS

We are here to help you every step of the way, please reach out and chat!

[BOOK YOUR FREE VITALTY ZOOM CALL HERE >>](#)

30 DAYS

ACTION PLAN

-
-
-
-

60 DAYS

ACTION PLAN

-
-
-
-

90 DAYS

ACTION PLAN

-
-
-
-

5 STEP

PROCESS

01

STEP ONE

LEARN & EARN
ATTEND CLASSES AND LEARN THE BASIC
ABOUT THE POWER OF PLANTS! POTENCY,
PROTOCOLS, PROGRAMS.

02

STEP TWO

CONNECT SUPPORT PEOPLE
BOOK YOUR PRIVATE VITALITY CALL TO ASK
QUESTIONS AND DISCOVERY THE DOTERRA
LIFESTYLE.

03

STEP THREE

DIFFUSE, APPLY, FLAVOUR
SET UP YOUR FIRST WELLNESS STATION AND
USE OILS EVERY DAY!

04

STEP FOUR

MONTHLY GOUP GIVEWAYS
SUBMIT YOUR 30 DAY TRACKING WELLNESS
AND BE IN THE DRAW TO WIN, WIN, WIN!

05

STEP FIVE

SHARE YOUR STORY
ITS NATURAL TO INSPIRE OTHERS WHEN
YOUR FEELING YOUR BEST! INVITE OTHER
LIKE MINDED LADIES TO EARN REWARDS!



Section 2

LET'S ASSESS

SET YOUR SPIRIT FREE WITH NATURAL WELLNESS
EMOTIONS + BODY + MINDFULNESS

How will you rate the following

PHYSICAL

	Never	Rarely	Sometimes	Always
I feel good about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise to keep my body healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get 7-8 hours of sleep every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following

EMOTIONAL

	Never	Rarely	Sometimes	Always
I can manage my feelings properly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to cope when stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I allot time for my hobbies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3 STEP

PROCESS

STEP ONE

MOOD TRIGGERS
& RESPONSE

ARE YOU LISTENING TO
YOUR INNER VOICE?

STEP TWO

BREAKING THE CYCLE
SELF-SABOTAGE

TRACKING 30 DAY HEALTH PRACTISES

STEP THREE

IMPROVED ENERGY LEVELS
METABOLIC PROCESSES

WORK - REST - PLAY



Section 3

PLANNING AHEAD

LIVING WELLNESS AREAS TO REDUCE YOUR TOXIC LOAD!
SWAP ONE SPACE AND START SMALL!



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YES. / NO

CHECKLIST

AS YOU READ EACH QUESTION, SIMPLY TICK "YES" IF YOU AGREE OR "NO" IF YOU DISAGREE WITH THE STATEMENT.

01	ATTEND GLOW 101 BASIC OIL TRAINING	YES <input type="checkbox"/>	NO <input type="checkbox"/>
02	OPEN AND LABEL OIL STARTER KIT	YES <input type="checkbox"/>	NO <input type="checkbox"/>
03	SET UP YOUR FIRST WELLNESS STATION	YES <input type="checkbox"/>	NO <input type="checkbox"/>
04	SET UP DOTERRA REWARDS TEMPLATE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
05	COMPLETED 30 DAY GUT CLEANSE	YES <input type="checkbox"/>	NO <input type="checkbox"/>
06	WATCHED MASTERMIND FEMININE FLOW 90MIN	YES <input type="checkbox"/>	NO <input type="checkbox"/>
07	DOWNLOAD BODY CHALLENGE WORKBOOK	YES <input type="checkbox"/>	NO <input type="checkbox"/>
08	BOOKED VITALY ZOOM CALLS X 3	YES <input type="checkbox"/>	NO <input type="checkbox"/>



Section 4

CHECKLIST

Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

Emotional activities for the week

- Journal
- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun



ITS THE SMALL DAILY THINGS WE DO THAT CREATE A HEALTHY CHANGE.

ORGANIC LIVING SUPPORTS THE NATURAL HEALING PROCESSES OVER TIME!

YOUR GO TO

RESOURCE LIST

WWW.ESSENTIALLYLOWTOX.COM

WE HOLD REGULAR ZOOM WORKSHOPS TO SUPPORT YOUR OIL JOURNEY, CHECK YOUR INBOX FOR EVENTS AND BLOG LINKS TO LEARN, LIVE AND LOVE THE OILS!



[HTTPS://WWW.DOTERRA.COM/AU/EN_AU](https://www.doterra.com/au/en_au)

DOTERRA HAS YOUR BACK! THE OIL COMMUNITY IS AMAZING AND CORPORATE CONVENTIONS AND BUSINESS TRAINING IS WORLD CLASS, ASK YOUR MENTOR FOR DATES AND SEE DOTERRA MONTHLY EMAIL NEWSLETTER.



[HTTPS://WWW.ANITASOILESSENTIALS.COM.AU](https://www.anitasoilessentials.com.au)

BULK SUPPLIES AND ADDITIONAL OILS ARE AVAILABLE WITH BEAUTIFUL ANITA, SHE HAS GIFTED YOU A SPECIAL DISCOUNT CODE: EELITE10



[HTTPS://WWW.WELLNESSNOOK.LIFE](https://www.wellnessnook.life)

BOOKS AND EBOOKS ARE ESSENTIAL TO MASTER ALL THE DIMENSIONS OF NATURAL WELLNESS! ONLINE RESOURCES CAN BE A GREAT PLACE TO START YOUR COLLECTION.





Section 5

ACTION STEPS

MASTERING YOUR SELF CARE BUILDS RESILIENCE!
AVOID MICROBACTERIAL & HORMONE RESISTANCE...

1 COSMETIC SWAP

.....

.....

.....

2 CLEANING SWAP

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.....

3 COOKING SWAP

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.....



*more bang
for your
buck!*

LOYALTY
REWARDS
PROGRAM

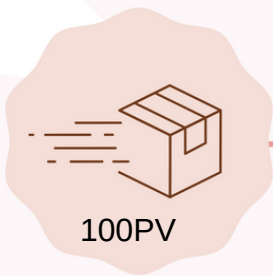
LOYALTY REWARDS PROGRAM

The Loyalty Rewards Program (LRP) provides free product credits (points) for monthly purchases ordered on the program. As a participant in the Loyalty Rewards Program, you will immediately begin to earn points that can be used as cash to purchase products.



WHAT ARE THE BENEFITS?

more bang for your buck



GET SHIPPING
FEES BACK IN
POINTS



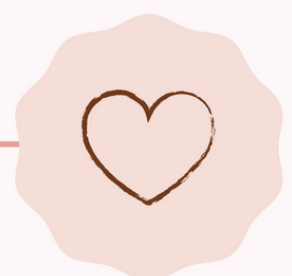
EARN POINTS
BACK FOR YOUR
PURCHASE



GET
FREE
OILS!



EARN MONEY
FROM OTHER
ORDERS*



IMPROVE YOUR
WELLNESS WHEN
YOU USE OILS DAILY

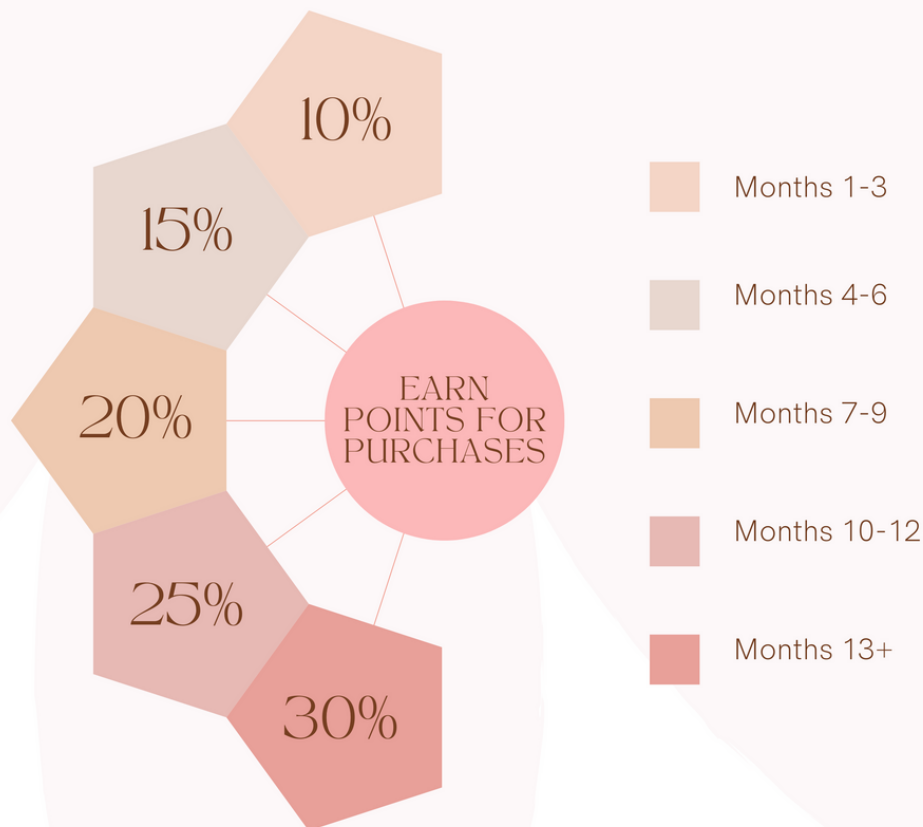
Perks

- *Totally optional + cancel anytime*
- *Customize your order every month*
- *Earn FREE points from purchases**
- *Redeem your points for free products*
- *Earn shipping cost back in points**
- *FREE product from monthly promos*
- *Spend 1PV to maintain percentage threshold*

**Conditions apply*

HOW DOES THE LOYALTY REWARDS PROGRAM WORK?

Each month you get to customize your very own wellness box. Choose what products you wish to order, however great or small. Any monthly order over 50PV will earn you points. As you continue to order on a monthly basis the percentage of points you get back will increase. After 12 months of ordering you will reach the 30% threshold!



MONTHLY PROMOTIONS & FREEBIES

Every month DōTERRA offer new promotions and freebies.

The freedom of the LRP is you can partake in all or some based on your oil needs in any particular month. The LRP is completely customizable to suit your needs and budget.

Choose what level works best for you each month.

1PV

MAINTAIN
PERCENTAGE
LEVEL

50PV

EARN POINTS
BACK FOR YOUR
PURCHASE

100PV
FREE SHIPPING

EARN
COMMISSIONS

125PV

EARN THE FREE
PRODUCT OF
THE MONTH

200PV

EARN THE FREE
PROMOTION
PRODUCTS

If you place an LRP order between the 1st and 15th of the month which reaches 125PV, you will qualify for the Product of the Month Club. The Product of the Month Club is a permanent promotion, with a new free product each month!

200 PV PROMOTION

Occasionally DōTERRA like to spice things up with a 200PV promotion offering you the chance to stock up on MORE free oils. If you place an LRP order in that month that reaches 200PV, you will qualify for the free promotion oils.

POINTS & PERCENTAGES

Each product has a Point Value (PV). It is this point value you earn a percentage of, NOT the dollar amount. Points can be later redeemed for free products.

LOYALTY REWARDS ORDER EXAMPLE

PV = POINT VALUE

- Points are "DōTERRA Dollars"
- PV is slightly less in value than the \$ amount
- For every LRP order over 50PV you earn a percentage back
- Use points to purchase FREE products



30
POINTS
FOR YOU

5
POINTS
FOR YOU



PLACE A
100PV ORDER

EARN 30%
BACK IN POINTS

EARN SHIPPING
BACK IN POINTS

EQUALS 36
POINTS TO SPEND

SUMMARY

Maintain your accrued points.
Shipping reimbursed in points.

1-49 PV

As above PLUS earn 10% back
on orders. Percentage increases
every 3 months up to 30%.

50-
99 PV

As above PLUS earn
commissions from customers
IF you decide to do DōTERRA
as a business.

NOTE: That's completely up to you!

100-
124 PV

As above PLUS receive a FREE
bottle of oil each month.
Order by the 15th to qualify.

125 PV

As above PLUS receive a FREE
oils & products in the promotion.

200 PV



*Everyone
Loves
Free!*



CREATE A NEW LOYALTY REWARDS PROGRAM TEMPLATE

01

Log into your account on doterra.com, then on the right side of the screen, select the purple "Create New Loyalty Order" button

02

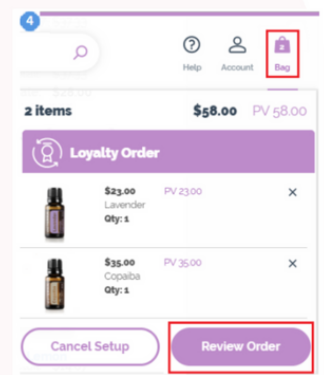
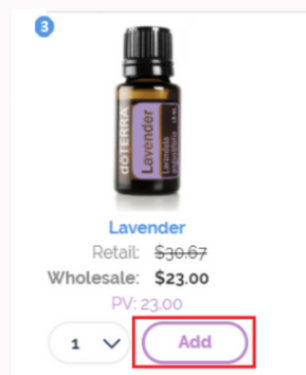
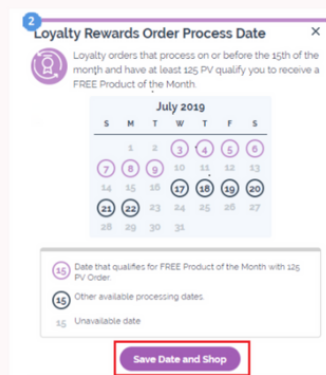
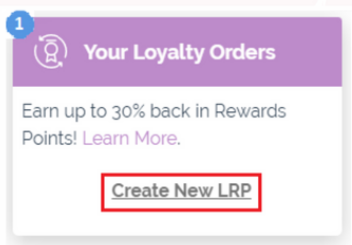
Pick an available date on which you would like your LRP to automatically process. Select "Save Date and Shop."

03

Browse the shopping menu to find products you wish to add to your order. Select the "Add" button to add it to your cart

04

Once you have found all your items, click on the "Bag" in the top Right icon and press "Review Order."



CREATE A NEW LOYALTY REWARDS PROGRAM TEMPLATE

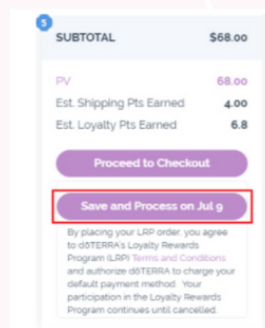
05

From inside your cart, you can:

- Edit your cart contents. See [Editing a Loyalty Rewards Program Order Template](#).
- Edit Shipping, Payment, and Notifications for your order. See [Edit Shipping, Payment, and Notifications in a Loyalty Template](#).
- Check the Personal Consumption box if you do not plan to resell these products. Checking or un-checking this box will affect the taxes on your order. For more details, see [Personal Consumption Information](#).

06

If all of the details for your order look correct, you can select "Save and Process on (date)" to have the order process on the date you selected or "Proceed to Checkout" to process the order immediately. See [Processing Your Loyalty Rewards Program Order](#).



ENJOY SHOPPING!



