

# Loyalty REWARDS

## HOW TO TAKE ADVANTAGE OF DOTERRA'S OPTIONAL REWARDS PROGRAM

### What is LRP?

- doTERRA's Monthly Loyalty Rewards Program that gives you the opportunity to earn free product!
- It's like frequent flyer miles, but you get 10-30% back instead of the usual 2%
- Customize your order every month
- Earn shipping rewards
- Great way to try new products
- Smartest way to stay consistent with a protocol
- Points are used dollar for dollar (10 points=\$10)
- No selling required
- PV=Point Value

### Loyalty Rewards Eligibility

	1 PV	50PV+	125PV+
•Monthly Customizable Order	X	X	X
•Receive 100% of shipping cost back in free points	X	X	X
•Maintain Rewards Points & Level	X	X	X
•Earn Rewards Points		X	X
•Advance LRP Percentage Level		X	X
•Free Product of the Month (order before the 15th)			X

### How to earn 30% back in percentage points:

Place a monthly LRP order 50PV+ and increase over time. After 1 year you will be at 30% back!  
(Think of it this way...every time you spend \$100, you get \$30 back!)

**10%**

months 1-3

**15%**

months 4-6

**20%**

months 7-9

**25%**

months 10-12

**30%**

months 13+

### **\*if you decide that the Loyalty Rewards Program is not for you at this time:**

- Orders are not eligible for free points or shipping costs back in points
- You can join anytime!

# Immunity WELLNESS PLAN

## 1) BUILD YOUR WELLNESS BOX

50PV+



**On Guard® Immune Blend** \$40.75 | 37PV  
 •Supports immunity  
 •Cleansing properties



**On Guard® Beadlets**  
 \$21.50 | 15PV  
 •Convenient way to take On Guard® internally

125PV+



**Items from 50PV box**  
 •On Guard®  
 •On Guard® Beadlets



**Lifelong Vitality® Supplements**  
 \$115 | 60PV

•Provides an important nutritional foundation for your body to be nourished, function efficiently, & improve immunity



**On Guard® Throat Drops**  
 \$19 | 16PV  
 •Throat drops formulated with On Guard®

Others to Consider



**On Guard® Sanitising Mist** \$10 | 6PV  
 •Purifies hands by killing bacteria



**DDR Prime® Softgels**  
 \$67 | 51PV  
 •Supports immunity and healthy cells



**Petal Diffuser**  
 \$58 | 20PV  
 •Diffuse to cleanse the air  
 •Replace toxic candles

## 2) SUGGESTED PROTOCOL

### DIFFUSE

•Diffuse On Guard® throughout the day to cleanse the air and boost immunity.

### TAKE INTERNALLY

•Take 1 On Guard® Beadlet or DDR Prime® Softgel with breakfast, and 1 with lunch.  
 •(125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch.

### DAILY ROLLER

•Put 30 drops of On Guard® in a 10mL roller & top with Fractionated Coconut Oil. Roll up & down spine, on bottom of feet, & on pulse points 2-3x a day.

### LIFESTYLE

•Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.  
 •Wash hands and use sanitising mist frequently.  
 •Exercise or take a brisk walk for 15-20 minutes 3-5 times a week.

## 3) TRACK YOUR PROGRESS

**Week 1**

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Diffuse  
Roller  
Internal  
Lifestyle

**125 PV:**  
LLV

**Week 2**

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Diffuse  
Roller  
Internal  
Lifestyle

**125 PV:**  
LLV

**Week 3**

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Diffuse  
Roller  
Internal  
Lifestyle

**125 PV:**  
LLV

**Week 4**







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Diffuse  
Roller  
Internal  
Lifestyle

**125 PV:**  
LLV

# Sleep Better WELLNESS PLAN

## 1) BUILD YOUR WELLNESS BOX

50PV+	125PV+	Others to Consider
<div style="margin-bottom: 20px;">  <p><b>Lavender Peace® Calming Blend</b> \$40.75   37PV •Promotes restful sleep •Calming &amp; relaxing</p> </div> <div>  <p><b>Cedarwood</b> \$22.50   14.50PV •Promotes restful sleep •Calms a racing mind</p> </div>	<div style="margin-bottom: 20px;">  <p><b>Items from 50PV box</b> •Lavender Peace® •Cedarwood</p> </div> <div>  <p><b>Lifelong Vitality® Supplements</b> \$115   60PV •Provides an important nutritional foundation for your body to be nourished, function efficiently, &amp; improve sleep</p> </div> <div>  <p><b>Copaiba Softgels</b> \$47   33PV •Promotes restful sleep •Calming &amp; relaxing</p> </div>	<div style="margin-bottom: 20px;">  <p><b>Lavender</b> \$28   25.50PV •Promotes restful sleep •Calming &amp; relaxing</p> </div> <div>  <p><b>Vetiver</b> \$56   43PV •Calming &amp; grounding •Promotes restful sleep</p> </div> <div>  <p><b>Petal Diffuser</b> \$58   20PV •Diffuse to promote better sleep •Replace toxic candles</p> </div>

## 2) SUGGESTED PROTOCOL

DIFFUSE	TAKE INTERNALLY
<ul style="list-style-type: none"> <li>•Diffuse Lavender Peace® before bed &amp; throughout the night to promote a relaxing atmosphere &amp; improve quality of sleep.</li> </ul>	<ul style="list-style-type: none"> <li>•Take 2 Copaiba Softgels before bed.</li> <li>•(125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch.</li> </ul>
DAILY ROLLER	LIFESTYLE
<ul style="list-style-type: none"> <li>•Put 30 drops total of any combination of Lavender Peace®, Cedarwood, Lavender &amp; Vetiver in a 10mL roller &amp; top with Fractionated Coconut Oil. Apply to bottom of feet &amp; on pulse points before bed.</li> </ul>	<ul style="list-style-type: none"> <li>•Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.</li> <li>•Practice deep breathing, meditation, or yoga before bed to relax.</li> <li>•Turn off technical devices 1 hour before bed.</li> </ul>

## 3) TRACK YOUR PROGRESS

<p><b>S M T W T F S</b></p> <p><i>Week 1</i></p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><b>S M T W T F S</b></p> <p><i>Week 2</i></p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><b>S M T W T F S</b></p> <p><i>Week 3</i></p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><b>S M T W T F S</b></p> <p><i>Week 4</i></p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>
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# Stress Less WELLNESS PLAN

## 1) BUILD YOUR WELLNESS BOX

50PV+



**Adaptiv™ Tranquil Blend** \$55 | 42PV  
 •Promotes tranquility  
 •Calming & relaxing for mind & body



**Adaptiv™ Roller**  
 \$30 | 23PV  
 •Helps to adapt in unsettling situations  
 •Supports relaxation

125PV+



**Items from 50PV box**  
 •Adaptiv™  
 •Adaptiv™ Roller



**Lifelong Vitality® Supplements**  
 \$115 | 60PV

•Provides an important nutritional foundation for your body to be nourished, function efficiently, & balance emotions

Others to Consider



**Balance® Grounding Blend**  
 \$27 | 24.50PV  
 •Calming & grounding  
 •Supports relaxation



**Copaiba Softgels**  
 \$47 | 33PV  
 •Promotes restful sleep  
 •Calming & relaxing



**Petal Diffuser**  
 \$58 | 20PV  
 •Diffuse to promote a relaxing atmosphere  
 •Replace toxic candles

## 2) SUGGESTED PROTOCOL

### DIFFUSE

•Diffuse Adaptiv™ throughout the day to promote a calming atmosphere.

### TAKE INTERNALLY

•(125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch.  
 •Take 1-2 Copaiba Softgels 2x per day

### DAILY ROLLER

•Put 30 drops total of any combination of Adaptiv™, Lavender Peace®, & Balance® in a 10mL roller & top with Fractionated Coconut Oil. Apply to pulse points & inhale throughout the day as needed.

### LIFESTYLE

•Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.  
 •Practice deep breathing, meditation, or yoga to relax.  
 •Take a relaxing Epsom salt bath with Adaptiv™, Balance®, or Lavender Peace® 2-3x per week.

## 3) TRACK YOUR PROGRESS

**Week 1**

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Diffuse  
 Roller  
 Internal  
 Lifestyle

**125 PV:**  
 LLV

**Week 2**

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Diffuse  
 Roller  
 Internal  
 Lifestyle

**125 PV:**  
 LLV

**Week 3**

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Diffuse  
 Roller  
 Internal  
 Lifestyle

**125 PV:**  
 LLV

**Week 4**

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Diffuse  
 Roller  
 Internal  
 Lifestyle

**125 PV:**  
 LLV



# Metabolic Support WELLNESS PLAN

## 1) BUILD YOUR WELLNESS BOX

50PV+	125PV+	Others to Consider
 <p><b>Smart &amp; Sassy® Active Blend</b> \$30.50   27.50PV</p> <ul style="list-style-type: none"> <li>•Helps boost metabolism</li> <li>•Helps to manage cravings</li> </ul>	<div style="margin-bottom: 10px;">  <p><b>Items from 50PV box</b></p> <ul style="list-style-type: none"> <li>•Smart &amp; Sassy®</li> <li>•Zendocrine®</li> </ul> </div> <div style="margin-bottom: 10px;">  <p><b>Lifelong Vitality® Supplements</b> \$115   60PV</p> <ul style="list-style-type: none"> <li>•Provides an important nutritional foundation for your body to be nourished and detox efficiently</li> </ul> </div> <div>  <p><b>Motivate® Touch Encouraging Blend</b> \$24   17PV</p> <ul style="list-style-type: none"> <li>•Encourages action</li> <li>•Helps to overcome &amp; find motivation</li> </ul> </div>	<div style="margin-bottom: 10px;">  <p><b>Grapefruit</b> \$20.25   18.50PV</p> <ul style="list-style-type: none"> <li>•Helps boost metabolism</li> <li>•Helps to manage cravings</li> <li>•Encourages self-love &amp; honor</li> </ul> </div> <div>  <p><b>Ice Blue® Rub</b> \$38   31PV</p> <ul style="list-style-type: none"> <li>•Soothing cream</li> <li>•Apply to muscles after exercise</li> </ul> </div>
 <p><b>Zendocrine® Restart Blend</b> \$42.50   27.50PV</p> <ul style="list-style-type: none"> <li>•Cleanses and detoxes the body for improved energy</li> </ul>		

## 2) SUGGESTED PROTOCOL









<b>DIFFUSE</b>	<b>TAKE INTERNALLY</b>
<ul style="list-style-type: none"> <li>•Diffuse Smart &amp; Sassy® or Grapefruit throughout the day to help curb cravings.</li> </ul>	<ul style="list-style-type: none"> <li>•Add 1-2 drops of Smart &amp; Sassy® to water (glass or stainless steel) and sip throughout the day. Take a capsule of 3 drops 3x per day.</li> <li>•(125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch.</li> <li>•Take a capsule of 3 drops Zendocrine® 2x per day to cleanse and detox the body</li> </ul>
<b>DAILY ROLLER</b>	<b>LIFESTYLE</b>
<ul style="list-style-type: none"> <li>•Put 30 drops total of any combination of Smart &amp; Sassy® or Grapefruit in a 10mL roller &amp; top with Fractionated Coconut Oil. Apply to pulse points &amp; inhale throughout the day as needed.</li> </ul>	<ul style="list-style-type: none"> <li>•Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.</li> <li>•Exercise or take a brisk walk 10-15 minutes 3-5 times a week.</li> <li>•Drink half your body weight in ounces of water daily.</li> </ul>

## 3) TRACK YOUR PROGRESS

<p><i>Week 1</i></p> <p>S M T W T F S</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><i>Week 2</i></p> <p>S M T W T F S</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><i>Week 3</i></p> <p>S M T W T F S</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><i>Week 4</i></p> <p>S M T W T F S</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>
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# Seasonal Support WELLNESS PLAN

## 1) BUILD YOUR WELLNESS BOX

50PV+	125PV+	Others to Consider
 <p><b>Easy Air® Clear Blend</b> \$27   24.50PV •Opens airways when seasonal threats are high</p>  <p><b>Lavender</b> \$28   25.50PV •Soothes seasonal respiratory threats</p>	 <p><b>Items from 50PV box</b> •Easy Air® •Lavender</p>  <p><b>Lifelong Vitality® Supplements</b> \$115   60PV •Provides an important nutritional foundation for your body to be nourished &amp; function efficiently</p>  <p><b>Petal Diffuser</b> \$58   20PV •Diffuse to open airways •Replace toxic candles</p>	 <p><b>Lemon</b> \$13.50   12.50PV •Protects against seasonal threats •Helps to maintain clear breathing</p>  <p><b>Peppermint Beadlets</b> \$16.50   11.50PV •Helps to open airways</p>  <p><b>Easy Air® Vapour Stick</b> \$15   5.50PV •Helps to open airways &amp; promote clear breathing</p>

## 2) SUGGESTED PROTOCOL









<b>DIFFUSE</b>	<b>TAKE INTERNALLY</b>
<p>•Diffuse any combination of Easy Air®, Lavender, &amp; Lemon throughout the day to help open airways.</p>	<p>•Take capsules of Lemon &amp; Lavender (2 drops each) throughout the day as needed. •(125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch. Pop a Peppermint beadlet as needed.</p>
<b>DAILY ROLLER</b>	<b>LIFESTYLE</b>
<p>•Put 30 drops total of any combination of Easy Air®, Lemon, &amp; Lavender in a 10mL roller &amp; top with Fractionated Coconut Oil. Apply to chest, bridge of nose, &amp; inhale throughout the day as needed.</p>	<p>•Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables. •Exercise or take a brisk walk 10-15 minutes 3-5 times a week. •Drink half your body weight in ounces of water daily.</p>

## 3) TRACK YOUR PROGRESS

<p><b>S M T W T F S</b></p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p>	<p><i>Week 1</i></p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><b>S M T W T F S</b></p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p>	<p><i>Week 2</i></p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><b>S M T W T F S</b></p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p>	<p><i>Week 3</i></p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><b>S M T W T F S</b></p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p>	<p><i>Week 4</i></p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>
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# Digestive Support WELLNESS PLAN

## 1) BUILD YOUR WELLNESS BOX

50PV+	125PV+	Others to Consider
 <p><b>DigestZen® Internal Blend</b> \$43   37.50PV •Improves digestion •Soothing &amp; settling</p>	 <p><b>Items from 50PV box</b> •DigestZen® •Lemon</p>	 <p><b>Peppermint Beadlets</b> \$16.50   11.50PV •Convenient way to take soothing relief of peppermint</p>
 <p><b>Lemon</b> \$13.50   12.50PV •Improves digestion &amp; detox ability</p>	 <p><b>Lifelong Vitality® Supplements</b> \$115   60PV •Provides an important nutritional foundation for your body to be nourished &amp; function efficiently</p>	 <p><b>Ginger</b> \$67   43.50PV •Soothing &amp; settling</p>
	 <p><b>Zendocrine® Restart Blend</b> \$42.50   27.50PV •Cleanses and detoxes the body for improved digestion</p>	 <p><b>Cardamom</b> \$40.50   28.50PV •Soothing to digestion</p>

## 2) SUGGESTED PROTOCOL

### TAKE INTERNALLY

- Add 1-2 drops of Lemon to water (glass or stainless steel) and sip throughout the day. Put a drop of DigestZen® under tongue or pop a peppermint beadlet if stomach upset arises.
- (125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch. Take 1-2 TerraZyme® with each meal. Take a capsule of 1 drop each Zendocrine®, Ginger, Cardamom as needed throughout the day.

### DAILY ROLLER

- Put 30 drops total of any combination of DigestZen® or Lemon in a 10mL roller & top with Fractionated Coconut Oil. Apply around belly button as needed.

### LIFESTYLE

- Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.
- Exercise or take a brisk walk 10-15 minutes 3-5 times a week.
- Drink half your body weight in ounces of water daily.

## 3) TRACK YOUR PROGRESS

S M T W T F S	Week 1	S M T W T F S	Week 2	S M T W T F S	Week 3	S M T W T F S	Week 4
<div style="display: flex; justify-content: space-between;"> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> </div>	Roller Internal Lifestyle	<div style="display: flex; justify-content: space-between;"> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> </div>	Roller Internal Lifestyle	<div style="display: flex; justify-content: space-between;"> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> </div>	Roller Internal Lifestyle	<div style="display: flex; justify-content: space-between;"> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> </div>	Roller Internal Lifestyle
<div style="display: flex; justify-content: space-between;"> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> </div>	<b>125 PV:</b> LLV	<div style="display: flex; justify-content: space-between;"> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> </div>	<b>125 PV:</b> LLV	<div style="display: flex; justify-content: space-between;"> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> </div>	<b>125 PV:</b> LLV	<div style="display: flex; justify-content: space-between;"> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> <div style="width: 40px; height: 15px; background-color: #ccc;"></div> </div>	<b>125 PV:</b> LLV



# Less Discomfort WELLNESS PLAN

## 1) BUILD YOUR WELLNESS BOX

### 50PV+



#### Copaiba

\$52 | 39.5PV

- Soothing to the mind and body



#### Ice Blue® Rub

\$38 | 31PV

- Soothing cream
- Apply after exercise

### 125PV+



#### Items from 50PV box

- Copaiba
- Ice Blue® Rub



#### Lifelong Vitality® Supplements

\$115 | 60PV

- Provides an important nutritional foundation for your body to be nourished, & function efficiently



#### PastTense®

\$19.50 | 19.50PV

- Cooling, soothing, & relaxing

### Others to Consider



#### Turmeric

\$41 | 31PV

- Soothing to the mind and body



#### AromaTouch®

\$28 | 28PV

- Comforting & relaxing
- Soothing



#### Copaiba Softgels

\$47 | 33PV

- Promotes restful sleep
- Calming & relaxing

## 2) SUGGESTED PROTOCOL

### TAKE INTERNALLY

- Put a drop of Copaiba under tongue as needed, or take 1-2 drops in a veggie capsule 2-3x per day.
- (125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch. Take Copaiba Softgels as needed. Take 1-2 drops Turmeric in a veggie capsule as needed.

### TOPICAL

- Put 30 drops total of any combination of Copaiba or AromaTouch® in a 10mL roller & top with Fractionated Coconut Oil. Apply to area of concern as needed.
- Use Ice Blue Rub® and PastTense® as needed.

### LIFESTYLE

- Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.
- Exercise or take a brisk walk 10-15 minutes 3-5 times a week.
- Drink half your body weight in ounces of water daily.

## 3) TRACK YOUR PROGRESS

**Week 1**

S M T W T F S

Topical  
 Internal  
 Lifestyle

**125 PV:**  
 LLV

**Week 2**

S M T W T F S

Topical  
 Internal  
 Lifestyle

**125 PV:**  
 LLV

**Week 3**

S M T W T F S

Topical  
 Internal  
 Lifestyle

**125 PV:**  
 LLV

**Week 4**

S M T W T F S

Topical  
 Internal  
 Lifestyle

**125 PV:**  
 LLV

# Non-Toxic Cleaning WELLNESS PLAN

## 1) BUILD YOUR WELLNESS BOX

50PV+



**On Guard® Cleaning Concentrate** \$18 | 10PV  
 •All-purpose, natural protection against environmental threats



**On Guard® Laundry Detergent**  
 \$44 | 23PV  
 •Free of synthetic fragrances, dyes, & toxins



**Purify Refreshing Blend**  
 \$27 | 21.50PV  
 •Clean refreshing scent  
 •Safely purifies the air

125PV+



**Items from 50PV box**  
 •On Guard® Concentrate  
 •On Guard® Detergent  
 •Purify



**Lifelong Vitality® Supplements**  
 \$115 | 60PV

•Provides an important nutritional foundation for your body to be nourished and detox efficiently



**On Guard® Foaming Soap**  
 \$32 | 23.50PV  
 •Keep hands clean & protected

Others to Consider



**Lemon**  
 \$13.50 | 12.50PV  
 •Cleanses surfaces  
 •Purifies the air  
 •Removes sticky goo



**Petal Diffuser**  
 \$58 | 20PV  
 •Diffuse to cleanse the air  
 •Replace toxic candles

## 2) SUGGESTED PROTOCOL

### DIFFUSE

•Diffuse any combination of Purify & Lemon throughout the day to help cleanse the air.

### TAKE INTERNALLY

•(125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch. These will help your body detoxify toxins previously built up from synthetic exposure.

### ALL-PURPOSE CLEANER

•Put 1-2 Tbsp of On Guard® Concentrate in Mist Sprayer & top with water. Add Purify or Lemon for greater cleansing & an amazing clean smell.

### LIFESTYLE

•Reduce the amount of toxic exposure in your home by removing synthetic cleaning products, personal care products, and candles.  
 •Drink half your body weight in ounces of water daily to improve your body's detox ability.

## 3) TRACK YOUR PROGRESS

S M T W T F S



Week 1

Diffuse Lifestyle

125 PV:  
LLV

S M T W T F S



Week 2

Diffuse Lifestyle

125 PV:  
LLV

S M T W T F S



Week 3

Diffuse Lifestyle

125 PV:  
LLV

S M T W T F S











Week 4

Diffuse Lifestyle

125 PV:  
LLV

# Mood Boost WELLNESS PLAN

## 1) BUILD YOUR WELLNESS BOX

50PV+	125PV+	Others to Consider
 <p><b>Cheer® Touch</b> \$26   18PV •Uplifting &amp; invigorating •Sunshiny, optimistic aroma</p>  <p><b>Wild Orange</b> \$14   12.50PV •Uplifting &amp; invigorating •Promotes a positive atmosphere</p>  <p><b>Bergamot</b> \$41   29PV •Uplifting to mood •Helps to calm and relax</p>	<p><b>Items from 50PV box</b></p> <ul style="list-style-type: none"> <li>•Cheer® Touch</li> <li>•Wild Orange</li> <li>•Bergamot</li> </ul>  <p><b>Lifelong Vitality® Supplements</b> \$115   60PV</p> <ul style="list-style-type: none"> <li>•Provides an important nutritional foundation for your body to be nourished, function efficiently, &amp; improve mood</li> </ul>  <p><b>Citrus Bliss® Invigorating Blend</b> \$20.50   18.50PV •Promotes positive atmosphere</p>	 <p><b>ClaryCalm®</b> \$30.75   28PV •Use daily to balance mood &amp; hormones</p>  <p><b>Elevation Joyful Blend</b> \$49.50   45PV •Uplifting &amp; invigorating •Promotes a positive atmosphere</p>  <p><b>Petal Diffuser</b> \$58   20PV •Diffuse to create a positive atmosphere •Replace toxic candles</p>

## 2) SUGGESTED PROTOCOL

<b>DIFFUSE</b>	<b>TAKE INTERNALLY</b>
<ul style="list-style-type: none"> <li>•Diffuse any combination of Citrus Bliss®, Wild Orange, &amp; Bergamot throughout the day to boost mood &amp; positivity.</li> </ul>	<ul style="list-style-type: none"> <li>•Add 1-2 drops of Wild Orange to water (glass or stainless steel) and sip throughout the day to boost mood &amp; improve detox ability.</li> <li>•(125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch.</li> </ul>
<b>DAILY ROLLER</b>	<b>LIFESTYLE</b>
<ul style="list-style-type: none"> <li>•Apply Cheer® Touch to pulse points &amp; inhale throughout the day as needed.</li> <li>•Apply ClaryCalm® daily to abdomen.</li> </ul>	<ul style="list-style-type: none"> <li>•Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.</li> <li>•Exercise or take a brisk walk 10-15 minutes 3-5 times a week.</li> <li>•Drink half your body weight in ounces of water daily.</li> </ul>

## 3) TRACK YOUR PROGRESS

<p><b>Week 1</b></p> <p>S M T W T F S</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><b>Week 2</b></p> <p>S M T W T F S</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><b>Week 3</b></p> <p>S M T W T F S</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>	<p><b>Week 4</b></p> <p>S M T W T F S</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>■ ■ ■ ■ ■ ■ ■</p> <p>Diffuse Roller Internal Lifestyle</p> <p><b>125 PV:</b> LLV</p>
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