

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	Х	X
•Receive 100% of shipping cost back in free points	Х	Х	Х
•Maintain Rewards Points & Level	X	Х	X
•Earn Rewards Points		Χ	Χ
•Advance LRP Percentage Level		Х	Χ
•Free Product of the Month (order before the 15th)			Χ

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®



On Guard® Sanitising Mist \$10 | 6PV

Purifies hands by killing



DDR Prime® Softgels

\$67 | 51PV

Others to Consider

·Supports immunity and healthy cells



Petal Diffuser

\$58 | 20PV

- ·Diffuse to cleanse the air
- Replace toxic candles

2) SUGGESTED PROTOCOL

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

- •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.

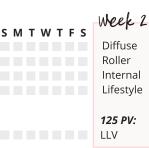
DAILY ROLLER

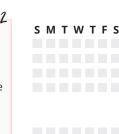
•Put 30 drops of On Guard® in a 10mL roller & top with Fractionated Coconut Oil. Roll up & down spine, on bottom of feet, & on pulse points 2-3x a day.

LIFESTYLE

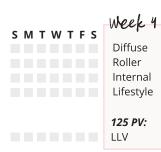
- •Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.
- ·Wash hands and use sanitising mist frequently.
- •Exercise or take a brisk walk for 15-20 minutes 3-5 times a week.











Sleep Better WELLNESS PLAN

1) BUILD YOUR WELLNESS BOX

125PV+ 50PV+ **Others to Consider**



Lavender Peace® **Calming Blend**

\$40.75 | 37PV

- Promotes restful sleep
- Calming & relaxing



Cedarwood

\$22.50 | 14.50PV

- Promotes restful sleep
- ·Calms a racing mind



Items from 50PV box

- ·Lavender Peace®
- Cedarwood



Lifelong Vitality® **Supplements**

\$115 | 60PV

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

Promotes restful sleep

Copaiba Softgels

·Calming & relaxing

\$47 | 33PV



Vetiver \$56 | 43PV

·Calming & grounding

Lavender \$28 | 25.50PV

Calming & relaxing

Promotes restful sleep

Promotes restful sleep



Petal Diffuser \$58 | 20PV

- Diffuse to promote better sleep
- •Replace toxic candles

2) SUGGESTED PROTOCOL

DAILY ROLLER

·Diffuse Lavender Peace® before bed & throughout the night to promote a relaxing atmosphere & improve quality of sleep.

•Put 30 drops total of any combination of Lavender Peace®, Cedarwood, Lavender & Vetiver in a 10mL roller & top with Fractionated Coconut Oil. Apply to bottom of feet & on pulse points before bed.

- •Take 2 Copaiba Softgels before bed.
- •(125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch.

LIFESTYLE

- •Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.
- •Practice deep breathing, meditation, or yoga before bed to relax.
- •Turn off technical devices 1 hour before bed.

. M T W T F .	Week 1	5 M T W T F 5	Week 2	C M T W T F C	Week 3	C M T W T F C	Week 4
SMTWTFS	Diffuse Roller	SMTWTFS	Diffuse Roller	SMTWTFS	Diffuse Roller	SMTWTFS	Diffuse Roller
	Internal Lifestyle		Internal Lifestyle		Internal Lifestyle		Internal Lifestyle
	125 PV: LLV		125 PV: LLV		125 PV: LLV		125 PV: LLV

Stress Less WELLNESS PLAN

1) BUILD YOUR WELLNESS BOX

50PV+

Adaptiv™ Tranquil Blend \$55 | 42PV

- Promotes tranquilityCalming & relaxing fo
- •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



Balance® Grounding Blend

\$27 | 24.50PV

Others to Consider

- 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

SMTWTFS	week 1
	Diffuse
	Roller
	Internal
	Lifestyle
	125 PV:
	LLV









LLV



thergy WELLNESS PLAN

1) BUILD YOUR WELLNESS BOX

125PV+



50PV+

Peppermint

\$26.50 | 23PV

- ·Energising & stimulating
- Improves alertness



Wild Orange

\$14 | 12.50PV

- ·Energizing & uplifting
- ·Improves mood & energy



Motivate® Touch **Encouraging Blend**

\$24 | 17PV

- Encourages action
- ·Helps to overcome & find motivation



Items from 50PV box

- Peppermint
- ·Wild Orange
- Motivate®



Lifelong Vitality® **Supplements**

\$115 | 60PV

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



Peppermint Beadlets

\$16.50 | 11.50PV

·Instant pop of energy and refreshment



Zendocrine® Restart Blend

\$42.50 | 27.50PV

Others to Consider

·Cleanses and detoxes the body for improved energy



Petal Diffuser

\$58 | 20PV

- •Diffuse to promote a stimulating atmosphere
- •Replace toxic candles

2) SUGGESTED PROTOCOL

DIFFUSE

•Diffuse Peppermint and Wild Orange throughout the day to promote an energising atmosphere.

TAKE INTERNALLY

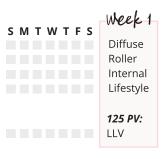
- •(125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch. Pop a Peppermint beadlet as needed throughout the day for a burst of refreshment.
- •Take a capsule of 3 drops Zendocrine® 2x per day to cleanse and detox the body

DAILY ROLLER

•Apply Motivate® to pulse points & inhale throughout the day as needed for a mental boost and encouragement to action.

LIFESTYLE

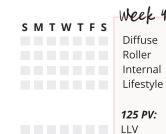
- •Reduce the amount of sugar and processed foods you eat, and increase the amount of vegetables.
- •Exercise or take a brisk walk 10-15 minutes 3-5 times a week.
- •Drink half your body weight in ounces of water daily.











Metabolic Support WELLNESS PLAN

1) BUILD YOUR WELLNESS BOX

, boild look Welliness box



Smart & Sassy® Active Blend

\$30.50 | 27.50PV

- ·Helps boost metabolism
- Helps to manage cravings



Zendocrine® Restart Blend

\$42.50 | 27.50PV

•Cleanses and detoxes the body for improved energy



Items from 50PV box

- •Smart & Sassy®
- Zendocrine®



Lifelong Vitality® Supplements \$115 | 60PV

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



Motivate® Touch Encouraging Blend

\$24 | 17PV

- Encourages action
- Helps to overcome & find motivation



Grapefruit \$20.25 | 18.50PV

- Helps boost metabolism
- •Helps to manage cravings
- •Encourages self-love & honor



Ice Blue® Rub

\$38 | 31PV

Others to Consider

- Soothing cream
- •Apply to muscles after exercise

2) SUGGESTED PROTOCOL

DIFFUSE

•Diffuse Smart & Sassy® or Grapefruit throughout the day to help curb cravings.

DAILY ROLLER

•Put 30 drops total of any combination of Smart & Sassy® or Grapefruit in a 10mL roller & top with Fractionated Coconut Oil. Apply to pulse points & inhale throughout the day as needed.

TAKE INTERNALLY

- •Add 1-2 drops of Smart & Sassy® to water (glass or stainless steel) and sip throughout the day. Take a capsule of 3 drops 3x per day.
- \cdot (125pv) Take Lifelong Vitality® Supplements as directed, typically with breakfast and lunch.
- •Take a capsule of 3 drops Zendocrine® 2x per day to cleanse and detox the body

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.

SMTWTFS	week 1	SMTWTFS	Week 2	SMTWTFS	week 3	SMTWTFS	Week 4
	Diffuse		Diffuse		Diffuse		Diffuse
	Roller		Roller		Roller		Roller
	Internal		Internal		Internal		Internal
	Lifestyle		Lifestyle		Lifestyle		Lifestyle
	125 PV:		125 PV:		125 PV:		125 PV:
	LLV		LLV		LLV		LLV

Seasonal Support WELLNESS PLAN

1) BUILD YOUR WELLNESS BOX

50PV+ 125PV+ **Others to Consider**



Easy Air® Clear Blend

\$27 | 24.50PV

Opens airways when seasonal threats are high



Lavender

\$28 | 25.50PV

 Soothes seasonal respiratory threats



Items from 50PV box

- Easy Air®
- ·Lavender



Lifelong Vitality® **Supplements**

\$115 | 60PV

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



Lemon

\$13.50 | 12.50PV

- Protects against seasonal threats
- ·Helps to maintain clear breathing



Peppermint Beadlets

\$16.50 | 11.50PV

·Helps to open airways



Easy Air® Vapour Stick \$15 | 5.50PV

·Helps to open airways & promote clear breathing



Petal Diffuser

\$58 | 20PV

- Diffuse to open airways
- Replace toxic candles

2) SUGGESTED PROTOCOL

•Diffuse any combination of Easy Air®, Lavender, & Lemon throughout the day to help open airways.

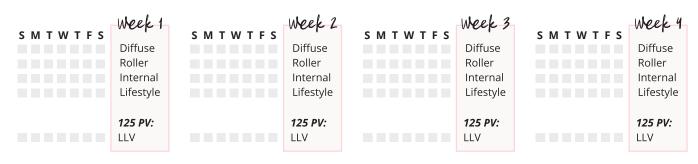
DAILY ROLLER

•Put 30 drops total of any combination of Easy Air®, Lemon, & Lavender in a 10mL roller & top with Fractionated Coconut Oil. Apply to chest, bridge of nose, & inhale throughout the day as needed.

- •Take capsules of Lemon & 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.

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.



Digestive Support WELLNESS PLAN

1) BUILD YOUR WELLNESS BOX

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

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.

body for improved digestion

•(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.

	Week 1		Week 2		Week 3		Week 4
SMTWTFS	Roller Internal Lifestyle	SMTWTFS	Roller Internal Lifestyle	SMTWTFS	Roller Internal Lifestyle	SMTWTFS	Roller Internal Lifestyle
	125 PV: LLV		125 PV: LLV		125 PV: LLV		125 PV: LLV

Less Digcomfort WELLNESS PLAN

1) BUILD YOUR WELLNESS BOX

50PV+ 125PV+ Others to Consider Copaiba **Turmeric** Items from 50PV box \$52 | 39.5PV \$41 | 31PV Copaiba Soothing to the mind ·Soothing to the mind ·Ice Blue® Rub and body and body Lifelong Vitality® Supplements Ice Blue® Rub **AromaTouch®** \$115 | 60PV \$38 | 31PV \$28 | 28PV Soothing cream Provides an important nutritional ·Comforting & relaxing Apply after exercise foundation for your body to be Soothing nourished, & function efficiently Copaiba Softgels **PastTense®** \$47 | 33PV \$19.50 | 19.50PV Promotes restful sleep ·Cooling, soothing, Calming & relaxing & 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.



Non-Toxic Cleaning WELLNESS PLAN

1) BUILD YOUR WELLNESS BOX

,



On Guard® Cleaning Concentrate \$18 | 10PV •All-purpose, natural

•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



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



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

Diffuse
Lifestyle

125 PV:
LLV

SMTWTFS

Diffuse Lifestyle

LLV

SMTWTFS

Diffuse
Lifestyle

125 PV:

SMTWTFS

Diffuse Lifestyle

> **125 PV:** LLV

Mord Borst WELLNESS PLAN

1) BUILD YOUR WELLNESS BOX

50PV+ 125PV+ Others to Consider



Cheer® Touch

\$26 | 18PV

- •Uplifting & invigorating
- •Sunshiny, optimistic aroma



Wild Orange

\$14 | 12.50PV

- •Uplifting & invigorating
 •Promotes a positive
- •Promotes a positive atmosphere



Bergamot

\$41 | 29PV

- Uplifting to mood
- •Helps to calm and relax



Items from 50PV box

- ·Cheer® Touch
- Wild Orange
- Bergamot



Lifelong Vitality® Supplements

\$115 | 60PV

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



Citrus Bliss® Invigorating Blend

\$20.50 | 18.50PV

•Promotes positive atmosphere



ClaryCalm®

\$30.75 | 28PV

Use daily to balance mood& hormones



Elevation Joyful Blend

\$49.50 | 45PV

- Uplifting & invigorating
- Promotes a positive atmosphere



Petal Diffuser

\$58 | 20PV

- •Diffuse to create a positive atmosphere
- Replace toxic candles

2) SUGGESTED PROTOCOL

DIFFUSE

•Diffuse any combination of Citrus Bliss®, Wild Orange, & Bergamot throughout the day to boost mood & positivity.

TAKE INTERNALLY

- •Add 1-2 drops of Wild Orange to water (glass or stainless steel) and sip throughout the day to boost mood & improve detox ability. •(125pv) Take Lifelong Vitality® Supplements as directed, typically
- with breakfast and lunch.

DAILY ROLLER

- •Apply Cheer® Touch to pulse points & inhale throughout the day as needed.
- •Apply ClaryCalm® daily to abdomen.

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.

