congratulations on choosing to live naturally!

NEXT STEPS

☐ Schedule your Lifestyle Overview with your enroller to create a plan to reach your health goals.

☐ Prior to your Lifestyle Overview, watch the video at sharesuccess.com/live

☐ Begin using your oils and products to support your healthy lifestyle!

dōTERRA’s WELLNESS LIFESTYLE
Find the support you need for daily living.

PROACTIVE MEDICAL CARE

INFORMED SELF CARE p. 5, 7, 10

REDUCE TOXIC LOAD p. 8, 9

REST & MANAGE STRESS p. 6, 11

EXERCISE p. 4

EAT RIGHT p. 2, 3, 4

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**OATMEAL**
Add Cinnamon, On Guard®, or Wild Orange to your breakfast oatmeal.

**GREEN SMOOTHIE**
1/2 frozen banana
1/2 cup frozen blueberries or strawberries
2 handfuls of baby spinach or kale
1 1/2 cups vanilla unsweetened almond milk
1 tsp. coconut oil or 1/2 avocado
1 scoop dōTERRA Trim Shake
1 scoop dōTERRA TerraGreens™
1 tbsp. IQ Mega® (optional)

Combine ingredients in blender until smooth.

**start the day right**
Give your body what it needs, and it will sustain itself. This starts with great nutrition. dōTERRA’s whole-foods supplements are an ideal companion for your oils.

**DAILY NUTRIENT PACK®**
Crucial whole-foods & micronutrients (MicroPlex MVp®) + omegas (xEO Mega®).
Take 2 capsules of each with breakfast & lunch or dinner.

**TERRAGREENS®**
Fruit and vegetable supplement drink mix.
Add 1 scoop to water, juice, almond milk, or smoothie.

**TERRAZYME®**
Whole-food enzymes to support healthy digestion and metabolic processes.*
Take 1-2 capsules with each meal.

**ON GUARD®**
Immune support*
Drink in water, apply to bottoms of feet, or diffuse.
healthy weight + exercise

Support your body in exercise and maintain and create healthy weight, using dōTERRA’s natural solutions.

SLIM & SASSY® METABOLIC BLEND
Promotes healthy metabolism.*
Take 3-5 softgels throughout the day as needed, or add 6 drops to a glass water bottle 3 times a day.

DEEP BLUE® SOOTHING BLEND
Apply before and after exercise as needed or desired. Try applying Deep Blue® oil then layer with Deep Blue® Rub for added benefit.

MITO2MAX®
Energy + Stamina Complex. Supports healthy cellular energy production and promotes healthy circulation.*
Take 1 capsule with breakfast and lunch. Use as a natural substitute to caffeinated drinks.

DEEP BLUE
Polyphenol Complex® to soothe aches and discomforts* and support muscle and joint function.*
Take 1-3 capsules daily with meals, or take 2 capsules for extra support.

SLIM & SASSY® TRIM SHAKE
Nutrient enhanced meal alternative.
For one or more meals each day. Available in chocolate, vanilla, and vegan.

BREATHE®
Creates feelings of easy breathing.
Rub 1-2 drops on chest. Dilute if needed.

ALSO TRY
Vanilla Trim Shake with frozen bananas, berries and 3 drops Wild Orange.

CHOCO-PEPPERMINT TRIM SHAKE
1 cup coconut water or almond milk
2 scoops chocolate Trim Shake
1 drop peppermint ice (as desired)
Blend all ingredients until smooth.

HEALTHY WEIGHT PLAN

MORNING
- Trim Shake
- 1 capsule Mito2Max
- 1 Slim & Sassy® Softgel or 3-5 drops in water

LUNCH
- Healthy meal or Trim Shake
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3-5 drops in water

DINNER
- Healthy meal
- 1 capsule Mito2Max
- 1 Slim & Sassy® Softgel or 3-5 drops in water

SNACKS!

SLIM & SASSY CONTROL™
Contains apethyl®, a spinach derivative clinically shown to slow metabolism of fats and aid in appetite control. Available in a drink mix or in delicious snack bars.

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morning routine

Start your day off right using natural aromas for healthy hair, skin, body, and teeth.

- **BALANCE®**
  - Diffuse or apply to feet & spine as needed, especially at night.

- **ON GUARD® TOOTHPASTE**
  - Natural Whitening Toothpaste.

- **VERAGE™ FACIAL KIT**
  - Plant-based, essential oil-infused, all-natural skin care line.

- **SALON ESSENTIALS® KIT**
  - Essential oil-infused premium hair products: Protecting Shampoo, Conditioner, Healthy Hold Glaze, and Root to Tip Serum.

- **NATURAL DEODORANT**
  - Alcohol free & aluminum free.

---

**BATHROOM FRESHENER**

- 5 drops Lemongrass
- 5 drops Grapefruit
- 5 drops Bergamot
- Water

Add water to nearly full 4 oz. spray bottle. Mix, shake, and spray.

**MOUTHWASH**

- 4 drops Cinnamon
- 4 drops Peppermint
- 1 drop Lemon

Mix with 2 cups water. Shake before use.
emotional balance

Feel great and stay balanced. Identify your emotions and the corresponding doTERRA® oils that can inspire and support emotional balance.

- **MOTIVATE®** Encouraging Blend
  Strengthen belief in yourself. Increase courage, confidence, and unleash creativity to manifest powerful results from your best efforts.

- **CHEER®** Uplifting Blend
  Create a bright disposition, cheerful attitude, and boost happiness and positivity.

- **PASSION®** Reassuring Blend
  Support feelings of reassurance & composure, and return to peace and presence.

- **CONSOLE®** Comforting Blend
  Feel more hopeful, comforted, and emotionally balanced.

- **FORGIVE®** Renewing Blend
  Release anger and guilt, and move forward feeling relieved and renewed.

Experience these benefits with the Emotional Aromatherapy Kit. Diffuse for immediate support, or inhale from cupped hands.
Feel great and stay balanced. Identify your emotions and the corresponding dōTERRA® oils that can inspire and support emotional balance.

**Encouraging Blend**
Strengthen belief in yourself. Increase courage, confidence, and unleash creativity to manifest powerful results from your best efforts.

**MOTIVATE®**
Uplifting Blend
Create a bright disposition, cheerful attitude, and boost happiness and positivity.

**CHEER®**
Inspiring Blend
Rekindle excitement and inspire the willingness to take risks and make new discoveries.

**PASSION®**
Renewing Blend
Release anger and guilt, and move forward feeling relieved and renewed.

**FORGIVE®**
Comforting Blend
Feel more hopeful, comforted, and emotionally balanced.

**CONSOLE®**
Reassuring Blend
Support feelings of reassurance & composure, and return to peace and presence.

Experience these benefits with the Emotional Aromatherapy Kit. Diffuse for immediate support, or inhale from cupped hands.

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**healthy kids**

*Nurture your child with essential oils and supplements to create a strong foundation for both mind and body.*

**A2Z**
Chewable™ Tablets
Take as directed with morning and/or evening meals.

**IQ MEGA®**
Liquid Omega 3
Take as directed morning or night.

**INTUNE®**
Focus Blend
Diffuse, apply to the bottoms of feet, back of neck and forehead for focus support for all ages.

**FRACTIONATED COCONUT OIL**
(Always liquid)
Use to dilute as needed.

**QUICK PICK-ME-UP**
Inhale a drop of Wild Orange and Peppermint from cupped hands.
**CLEANSE INTESTINAL TRACT**
GX Assist - 1-3 softgels a day with meals
SUPPORT HEALTHY DIGESTIVE FUNCTION & IMMUNITY*
PB Assist+ - 1-3 capsules a day with meals

**SUPPORT NUTRITION**
Lifelong Vitality Pack - 2 of each capsule am & pm with meals
SUPPORT HEALTHY DIGESTION & METABOLISM*
TerraZyme - 1-3 capsules with meals daily

**CLEANSE**
Lemon - 1-3 drops in water 3-5 times daily

**DIGESTZEN®**
Supports digestive comfort.* Drink 1-2 drops or take 1 softgel for relief as needed.

**SUPPORT FILTERING ORGANS**
Zendocrine Softgels - 1 softgel 2-3 times daily
* Maximize results by adding Zendocrine Complex Capsules - 1 capsule 2-3 times daily

**TIP**
Use citrus oils daily in your water for gentle, natural cleansing.

**WHY CLEANSE?**
- Enhance metabolism
- Enhance mood
- Support healthy weight
- Support nervous system
- Improve digestive function
- Increase energy

**EXPERIENCE dōTERRA’S 30 DAY CLEANSE**

**CLEANSE INTESTINAL TRACT**
GX Assist - 1-3 softgels a day with meals

**SUPPORT HEALTHY DIGESTION & METABOLISM**
TerraZyme - 1-3 capsules with meals daily

**DAY 10-20**
CLEANSE INTESTINAL TRACT
GX Assist - 1-3 softgels a day with meals

**DAY 20-30**
CLEANSE INTESTINAL TRACT
GX Assist - 1-3 softgels a day with meals
SUPPORT HEALTHY DIGESTION & METABOLISM
TerraZyme - 1-3 capsules with meals daily

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natural cleaning

Reducing toxicity in your environment is just as important as reducing toxicity inside your body. Keep your home environment toxin-free by using safe, natural cleaners.

**STAIN REMOVER**
1/2 cup white vinegar
20 drops Lemon
Add water & oil to an 8 ounce glass spray bottle. Spray remover on stain & wash.

**GLASS CLEANER**
1 1/2 cup white vinegar
1/2 cup water
8 drops Lemon
Mix ingredients in 16-ounce glass spray bottle & shake thoroughly. Spray on glass. Wipe with paper towel or cloth. Enjoy a clean natural scent and streak free glass!

**TOILET CLEANER**
1/2 cup baking soda
1/4 cup white vinegar
10 drops Melaleuca
Mix ingredients in jar. Add to toilet bowl and let sit a few minutes before scrubbing.

**ON GUARD® DETERGENT**
Plant-based laundry concentrate. Dilute as directed and use in place of household cleaners.

**ON GUARD® HAND WASH**
Foaming soap
Use in hand soap pump bottles.

**ON GUARD® CLEANER**
Cleaner Concentrate

*dōTERRA*
Wherever you go, preparedness is a big part of having peace of mind. Take doTERRA® with you to be better prepared for life's little emergencies.

**PAST TENSE®**
Eases occasional head and neck tension.*

**CORRECT-X®**
Natural ointment for use on minor cuts and abrasions.

**ON GUARD®**
Throat drops & beadlets
Consume 1 drop or beadlet daily for immune support.*

**LAVENDER**
Calms, comforts, & soothes sensitivities.*

**8 VIAL KEYCHAIN**
Pack your 8 most frequently used oils to be ready for anything!

---

**HAND CLEANSING GEL**
5 tbsp. aloe vera gel
¼ tsp. vitamin E oil
4 tbsp. water
8-10 drops On Guard®

Mix in a bowl and pour into squeeze container. Enjoy clean hands safely on-the-go.

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**KEYCHAIN FAVORITES**
Peppermint
Lavender
DigestZen®
Citrus Bliss®
On Guard®
Grapefruit
Melaleuca
Breathe®

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**DIAPER BAG ESSENTIALS**
Balance®
Serenity®
Roman Chamomile
AromaTouch®
TerraShield®
Touch®

---

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Wherever you go, preparedness is a big part of having peace of mind. Take dōTERRA® with you to be better prepared for life's little emergencies.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Pack your 8 most frequently used oils to be ready for anything!

- **LAVENDER**
  - Natural ointment for use on minor cuts and abrasions.

- **CORRECT-X®**
  - Eases occasional head and neck tension.*

- **PAST TENSE®**
  - Consume 1 drop or beadlet daily for immune support.*

- **ON GUARD®**
  - Throat drops & beadlets

**HAND CLEANSING GEL**
5 tbsp. aloe vera gel
¼ tsp. vitamin E oil
4 tbsp. water
8-10 drops On Guard®
Mix in a bowl and pour into squeeze container. Enjoy clean hands safely on-the-go.

**DIAPER BAG ESSENTIALS**
- Balance®
- Serenity®
- Roman Chamomile
- AromaTouch®
- TerraShield®
- Touch®

**KEYCHAIN FAVORITES**
- Peppermint
- Lavender
- DigestZen®
- Citrus Bliss®
- On Guard®
- Grapefruit
- Melaleuca
- Breathe®

**PEACEFUL REST FAVORITES**

**PEACEFUL DREAMS**
Place 1-2 drops of Lavender or Sérenity® on pillow.

**RELAX IN A FLASH**
Combine 1-3 drops of Wild Orange and Vetiver, and massage on feet and spine.

**EASY BREATHING**
Gargle 1-2 drops of On Guard® and diffuse Breathe® or apply Breathe® Vapor Stick.

**DEEP RESTFUL SLEEP**
Combine 15 drops Lavender, 10 drops Vetiver, and 5 drops of Frankincense, Ylang Ylang, and Wild Orange. Diffuse, drop under tongue, and/or massage into neck and feet.

**AROMALITE DIFFUSER**
Cool mist atomizing diffuser.

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**RELAXING BATH SALTS**
1 cup Epsom salts
10 drops Balance®, Sérenity®, or Lavender
Mix and pour into bath.

---

A quality night’s sleep is one of the fundamentals of a healthy lifestyle. Frequent use of the oils promotes restful sleep.

**bedtime**
1. Write down your health priorities and find solutions.

<table>
<thead>
<tr>
<th>My Top Health Priorities</th>
<th>Products I Have</th>
<th>Additional Products to Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
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<tr>
<td>2.</td>
<td></td>
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<tr>
<td>3.</td>
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</tbody>
</table>

2. Create your healthy lifestyle plan.

Create a 90-day wellness plan by adding the product you need to your LRP orders (recommended to run between the 5th-15th).

<table>
<thead>
<tr>
<th>MORNING</th>
<th>AFTERNOON</th>
<th>EVENING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
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<td>2.</td>
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<tr>
<td>3.</td>
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</tbody>
</table>

Daily Health Foundations
- Balance®
- LLV or Daily Nutrient Pack®
- TerraZyme®
- On Guard®
- Lemon or other citrus oil

- TerraZyme®
- Balance®
- LLV or Daily Nutrient Pack®
- TerraZyme®
- Serenity® or other calming oil

3. What other wellness choices could support your goals? (e.g. increase water, sleep, exercise, dietary changes, etc.)?

4. Live empowered with Natural Solutions.

Create a 90-day wellness plan by adding the product you need to your LRP orders (recommended to run between the 5th-15th).

<table>
<thead>
<tr>
<th>MONTH 1 LRP</th>
<th>Date:</th>
<th>MONTH 2 LRP</th>
<th>Date:</th>
<th>MONTH 3 LRP</th>
<th>Date:</th>
</tr>
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</tbody>
</table>

TOTAL PV _______  TOTAL PV _______  TOTAL PV _______
<table>
<thead>
<tr>
<th>HEALTH PRIORITY</th>
<th>ESSENTIAL OILS</th>
<th>SUPPLEMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adrenals</td>
<td>Zendocrine, Basil, Geranium, Ylang Ylang, Rosemary</td>
<td>Lifelong Vitality, Mito2Max</td>
</tr>
<tr>
<td>Anxious Feelings</td>
<td>Serenity, Lavender, Frankincense, Peace, Console, Forgive</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Back, Neck, &amp; Shoulders</td>
<td>Deep Blue, AromaTouch, Wintergreen, White Fir</td>
<td>Lifelong Vitality, Deep Blue Complex</td>
</tr>
<tr>
<td>Blood Sugar/Pancreas</td>
<td>Cinnamon, Slim &amp; Sassy, Coriander, Juniper Berry</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Bones &amp; Connective Tissue</td>
<td>Wintergreen, Helichrysum, Frankincense, Lemongrass</td>
<td>Women’s Bone Nutrient</td>
</tr>
<tr>
<td>Brain/Memory</td>
<td>Frankincense, Balance, Peppermint, InTune, Rosemary, Vetiver</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Breastfeeding (Milk Supply)</td>
<td>Fennel, Basil, Clary Sage, Lavender</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Circulation &amp; Heart</td>
<td>Cypress, Balance, Douglas Fir, Ylang Ylang</td>
<td>Mito2Max</td>
</tr>
<tr>
<td>Cleanse &amp; Restore</td>
<td>Lemon, Grapefruit, Oregano, Zendocrine, Lemongrass, Purify</td>
<td>Zendocrine Complex, GX Assist, PB Assist</td>
</tr>
<tr>
<td>Digestive Support</td>
<td>DigestZen, Peppermint, Cardamom, Ginger, Fennel, Spearmint</td>
<td>TerraZyme, PB Assist, Digest Tab, DigestZen Softgel</td>
</tr>
<tr>
<td>Ear Discomfort</td>
<td>Melaleuca, Lavender, Helichrysum, Rosemary, Thyme, Eucalyptus</td>
<td>On Guard+ Softgels</td>
</tr>
<tr>
<td>Endocrine System</td>
<td>Zendocrine, Juniper Berry, Basil, Ginger, Rosemary, Whisper</td>
<td>Zendocrine Complex</td>
</tr>
<tr>
<td>Energy</td>
<td>Citrus Bliss, Lemon, Motivate, Peppermint, Lime, Rosemary</td>
<td>Lifelong Vitality, Mito2Max</td>
</tr>
<tr>
<td>Focus &amp; Concentration</td>
<td>InTune, Balance, Peppermint, Rosemary, Basil, Vetiver, Lavender</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Hormone Balance</td>
<td>Myrrh, Whisper, Clary Sage, Thyme, Clary Calm, DDR Prime</td>
<td>Lifelong Vitality, Phytoestrogen</td>
</tr>
<tr>
<td>Immune System</td>
<td>On Guard, Oregano, Melaleuca, Black Pepper, Melissa, Cinnamon</td>
<td>Lifelong Vitality, PB Assist, On Guard Throat Drops, On Guard +</td>
</tr>
<tr>
<td>Joints</td>
<td>Deep Blue, Lemongrass, Oregano, Wintergreen</td>
<td>Lifelong Vitality, Deep Blue Complex</td>
</tr>
<tr>
<td>Libido</td>
<td>Passion, Ylang Ylang, Cinnamon</td>
<td>Lifelong Vitality, Mito2Max</td>
</tr>
<tr>
<td>Menstrual Support</td>
<td>Clary Sage, Lavender, Clary Calm, Basil, Whisper, Marjoram</td>
<td>Lifelong Vitality, Phytoestrogen</td>
</tr>
<tr>
<td>Mood: Discouraged, Lonely, Pessimistic</td>
<td>Citrus Bliss, Elevation, Motivate, Cheer, Wild Orange</td>
<td>Mito2Max, Lifelong Vitality</td>
</tr>
<tr>
<td>Mood: Hurt, Wounded</td>
<td>Console, Helichrysum, Forgive, Thyme, Passion</td>
<td>Mito2Max, Lifelong Vitality</td>
</tr>
<tr>
<td>Mood: Irritable</td>
<td>Balance, Serenity, Frankincense, Peace, Forgive, Helichrysum</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Mood: Lethargic, Stuck</td>
<td>Elevation, Citrus Bliss, Lemon, Bergamot, Wild Orange, Purify, Motivate</td>
<td>Lifelong Vitality, Mito2Max</td>
</tr>
<tr>
<td>Mood: Overstressed</td>
<td>Balance, Serenity, Frankincense, Lavender, Wild Orange</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Mood: Trauma</td>
<td>Serenity, Balance, Frankincense, Lavender, Lemon, Console, Forgive</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Respiratory</td>
<td>Breathe, Eucalyptus, White Fir, Cardamom, Arborvitae, Spearmint</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Scrapes, Cuts (minor)</td>
<td>Melaleuca, Purify, Lavender, Helichrysum, Patchouli, Frankincense</td>
<td>Correct-X</td>
</tr>
<tr>
<td>Seasonal Relief</td>
<td>Breathe, Peppermint, Lavender, Lemon, PB Assist, Tri Ease Softgels</td>
<td>On Guard + Softgels, Tri Ease Softgels</td>
</tr>
<tr>
<td>Sinuses</td>
<td>Breathe, Melaleuca, Eucalyptus, Rosemary, Thyme</td>
<td>On Guard + Softgels, Tri Ease Softgels</td>
</tr>
<tr>
<td>Skin (hot)</td>
<td>Lavender, Helichrysum, Melaleuca, Peppermint, Spearmint</td>
<td>Correct-X</td>
</tr>
<tr>
<td>Skin (blemishes)</td>
<td>HD Clear, Melaleuca, Geranium, Cedarwood, Purify</td>
<td>HD Foaming Face Wash, Verage Facial Cleanser</td>
</tr>
<tr>
<td>Skin (wrinkles)</td>
<td>Immortelle, Geranium, Helichrysum, Myrrh, Sandalwood</td>
<td>Verage Anti-Aging Serum</td>
</tr>
<tr>
<td>Sleep</td>
<td>Serenity, Vetiver, Lavender, Peace, Fennel</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Teeth &amp; Gums</td>
<td>On Guard, Myrrh, Patchouli, Cedarwood, Clove</td>
<td>On Guard Toothpaste, Women’s Bone Nutrient</td>
</tr>
<tr>
<td>Tension (occasional)</td>
<td>Past Tense, Peppermint, Lavender, AromaTouch, Frankincense, Deep Blue</td>
<td>Deep Blue Complex, Women’s Bone Nutrient</td>
</tr>
<tr>
<td>Throat</td>
<td>On Guard, Lavender, Arborvitae, Myrrh, Lime</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Thyroid</td>
<td>Lemongrass, Clove, Peppermint, Myrrh, DDR Prime</td>
<td>Lifelong Vitality</td>
</tr>
<tr>
<td>Weight</td>
<td>Slim &amp; Sassy, Grapefruit, Peppermint, Lemon, Ginger, Cinnamon</td>
<td>Trim Shake, Slim &amp; Sassy Control, V Shake</td>
</tr>
</tbody>
</table>
THE SMARTEST WAY TO BUY: loyalty rewards

You can always order a standard wholesale order for 25% off retail pricing, but to get the best value, choose to create an LRP (Loyalty Rewards Program) order for even greater savings. Get the most out of your dōTERRA wholesale account and receive even more benefits, including FREE products when you order monthly through the Loyalty Rewards Program!

FREQUENTLY ASKED QUESTIONS

How do I get 30% back in FREE product credits?
• Your Loyalty Rewards percentage grows over time from the first month you order after enrolling.
• Your starting percentage depends on the kit you started with. Whatever percentage you start at, you will increase by 5% every 3 months until you reach the maximum of 30% LRP Rewards.

How do I create or change my LRP order?
• Log into mydoterra.com. Click “Create New LRP Order,” or edit items in an existing LRP order.

How do I redeem my Loyalty Rewards Points?
• In your virtual shopping cart select “Use Points” on the products you would like to redeem with your Loyalty Rewards Points. New points are added the 15th of the following month after each order placement.

How do I cancel my Loyalty Rewards order?
• You can cancel your LRP order anytime via phone, online chat, or email to service@doterra.com. dōTERRA Customer Service will assist you in redeeming any free product credits you’ve accumulated. If you cancel your LRP order, you’ll start back at 10% rewards whenever you resume consistent LRP order purchasing.

Watch a short video about the benefits of Loyalty Rewards at sharesuccess.com/rewards.

Can I have more than one LRP order?
• Yes, if you have a need for more than your monthly order, simply change your LRP order and run it again whatever day(s) of the month you choose. Set up as many orders as you like. Remember to cancel any orders you do not wish to receive the following month.

How do I get 100% of my shipping reimbursed?
• 50% of your shipping will be reimbursed in product credits when placing any LRP order. The remaining 50% will be reimbursed in product credits if the LRP order is processed online, without calling customer support.

How do I maximize dōTERRA’s specials?
• Place an LRP order of at least 125 PV (product value) between the 1st and the 15th. This sets you up to receive the Product of the Month for FREE and take advantage of any promotions. Pay attention to the PV versus price, as many specials are PV-related, and start on the 1st of the month.

PRODUCT VALUE (PV) MUST EXCEED » 1 50 100 125

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>50</th>
<th>100</th>
<th>125</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maintain LRP Rewards Points</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Earn 10-30% Points &amp; Increase %</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Qualify to Receive Income*</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Receive Free Product of the Month (orders placed between the 1st - 15th)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

*To receive commissions, you must have a single order of at least 100 PV.
SAFETY

Avoid contact with eyes, nose and inside ears.

dōTERRA® oils are very potent. Use smaller amounts more frequently for best results. Dilute with Fractionated Coconut Oil for sensitive skin.

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

EFFECTIVENESS

Different oils work for different people. When you’re not getting results, try different oils or different application methods.

Use a hot compress or massage in to drive oils deeper into tissue or for more rapid absorption.

To affect the whole body quickly, apply oils to bottoms of feet, spine, or navel.

BEST PRACTICES

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

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

Place diffusers in bedrooms and high traffic areas.

enjoy!

FOUNDATIONAL NUTRITION WITH BIG SAVINGS

Only available on LRP

Buy 1 Lifelong Vitality or Daily Nutrient Pack

- Microplex VMz™ $20/10PV orig. $39.50
- xEO Mega® $20/10PV orig. $39.50
- Mito2 Max® $20/10PV orig. $29.50
- Deep Blue Polyphenol Complex® $20/10PV orig. $59.50
- TerraZyme™ $20/10PV orig. $37.50
- PB Assist® + $20/10PV orig. $34.50
- Kids Kit (IQ Mega® & A2Z) $25/10PV orig. $39.50

OR

$79.50 wholesale 60 PV

$59.50 wholesale 50 PV

+ Choose Up to 3 Additional Supplements at Reduced Prices
Opt into the Live the Wellness Lifestyle email series at sharesuccess.com/live

Get an oil reference guide or mobile app.

Learn more and get great ideas:
doterrablog.com/doterra-living
(Living Magazine)
aromaticscience.com
(Research Directory)

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

Share with those you love

CHANGE OTHERS’ LIVES
Host a dōTERRA class with your friends and family!
sharesuccess.com/share

Build an income & make an impact

CHANGE YOUR FUTURE
Schedule a Business Overview.
sharesuccess.com/build