



I have my oils... NOW WHAT?

HOST A CLASS and earn FREE gifts!

When you start using doTERRA and seeing the wonderful benefits, you'll want to start sharing the oils with your loved ones. You can host a class or refer your friends, family & colleagues. Help them get their own account and doTERRA products for free! Ask me how!

How do you want to use your doTERRA account?

USER - Order products for your personal use.

SHARER - Host a class and share some with friends to earn free products.

BUILDER - Build an oils business and teach others about doTERRA.

*** If you keep 100 PV in your cart at all times and order a single 100PV or more order each month you are eligible to receive compensation from doTERRA!*

WISHLIST

- OPEN the box! Your Intro book has stickers & the 30 day cleanse in the back.
- ORDER Fractionated Coconut Oil (FCO) from doTERRA.
- STICKERS - When you need more, reorder in your doterra.com LRP Cart.
- RESOURCES - The Essential Life book, Modern Essentials book, oil casesbags, 10mL roller bottles from www.essentialoilsupplies.co.uk
- RECIPES - Standard recipe for rollers is 20 drops of each oil in 10mL roller topped off with FCO. Find recipes on Pinterest, Google and in the Facebook Pages. Utilise our Favourite Recipe pages. Max 50% essential oils in roller.
- DILUTION
 ... Adults: 20 drops of oil + FCO, OR... 25-50% essential oils.
 ... Children, Toddlers & Babies: Go by age. Example: 3 year old = 3 drops of each oil + FCO.
- CUSTOMER SERVICE - 02033180064
 ... Keep all items upright (coconut oil, rollers and doTERRA bottles) – everything can leak possibly. If you ever have any concerns about an order, just call them! They're amazing!
- FACEBOOK SUPPORT - Request to join our Facebook groups where we post specials of the month, questions about ordering, local classes, hold drawings for free stuff, etc. Once Upon An Oil Drop Community, Essential Gifts of the Earth, Family Essential Kit UK, UK & Ireland doTERRA Corporate
- WHY MONTHLY REWARDS ORDERING? – Use your Loyalty Rewards Program cart (LRP, monthly ordering) for the best pricing and free products.
 ... Why? To have 100% of your shipping reimbursed as points.
 ... You may cancel by phone anytime & just order as needed, but the best way to order is the LRP. It's best to keep it & order something small, if necessary.
 ... Just order at least 1PV or more each month to stay in the rewards program.
 ... Use free credits for FREE oils & work towards earning 30% in rewards back on your orders.
- REORDER - www.doterra.com
 ... ID # _____ Password _____

Favorite Recipes 1

Foundation of Health

Daily Cleansing

Put citrus oils in water glass (or stainless steel) all day long. 1-2 drops/8oz. Put oil in first, then add water.

Try: Lemon, Lime, Grapefruit, Wild Orange, Tangerine or Slim & Sassy.



Energy & Focus

20 drops Wild Orange
20 drops Peppermint
+FCO in 10mL roller

Roll on back of neck & inhale for a mental lift.

Digestive Health

1-2 Peppermint Beadlets orally AND...

20 drops Digestzen
20 drops Wild Orange
+FCO in 10mL roller

Roll on stomach &/or bottoms of feet. And/or add 2-3 drops to a glass of water & drink.



Slim & Sassy

S&S Softgels: Take 1 softgel 3-5x's a day as needed.

S&S Oil Blend: Drink 1 drop in 8oz. of water throughout the day.

Roller: 20 drops S&S oil blend + FCO.

Veggie Caps: 2-4 drops S&S oil blend throughout the day as needed.

If heartburn occurs, take/drink with grape juice.

- Lifelong Vitality Vitamin Pack (LLV) - Take 1-2 of each, with breakfast and lunch.
- Terrazyme Digestive Enzymes - Take 1-3 capsules/day with meals.
- PB Assist+ Probiotic - Take 1-3 capsules/day with meals.
- Frankincense - 2 drops under/on the tongue daily. Chase with water.
- OnGuard & Balance - 1 drop each on bottom of feet every morning.
- DDR Prime - Roll bottoms of feet & targeted areas daily, a.m. & p.m. (20 drops + FCO).
- Zendocrine Detoxification - Roll over liver & bottoms of feet a.m. only (20 drops + FCO).
- OnGuard Beadlets - Support your immune system daily with 1-2 beadlets orally.
- doTERRA 30-Day Cleanse - Quarterly.

Respiratory Support

Breathe Stick OR...

20 drops Breathe
20 drops Copaiba
10 drops Eucalyptus
10 drops Frankincense
+FCO in 10mL roller

Roll onto chest, back, and/or bottom of feet.



Sinus Support

20 drops Copaiba
20 drops Breathe
15 drops Lime
+FCO in 10mL roller

Roll over sinus area and bottoms of feet.

Skin Irritations

CorrectX Ointment OR...

20 drops Lavender
20 drops Melaleuca
+FCO in 10mL roller

Put in 10mL roller with FCO or 2oz. glass spray bottle with water. Shake spray bottle before use.



Muscle & Joint Discomfort

20 drops Deep Blue
20 drops Frankincense
20 drops Lavender
20 drops Peppermint
+FCO in 10mL roller

Roll on affected area as needed.

Happy Head

10 drops Frankincense
10 drops Peppermint
10 drops Lavender
+FCO in 10mL roller

Roll on temples and back of neck.



Head/Neck Tension

: 1-2 drops of Frankincense on your finger & rub on the roof of your mouth

: Roll PastTense on the back of the neck & the base of the skull

: 1-2 drops of Deep Blue on the temples, forehead, neck & shoulder region.

: 1-2 drops Digestzen if nauseous

Repeat every 15 minutes - 2 hours, as long as necessary. Nap if situation allows.

The Flu Bomb! Roller

10 drops OnGuard
10 drops Melaleuca
10 drops Lemon
5 drops Oregano
5 drops Frankincense
+FCO in 10mL roller

Roll bottoms of feet every 2 hours.

The Bomb! Veggie Cap

2 drops OnGuard
2 drops Melaleuca
2 drops Lemon
2 drops Oregano
2 drops Frankincense

In a veggie cap after every meal.

Seasonal Zen

TriEase softgels AND/OR...
20 drops Lavender
20 drops Lemon
20 drops Peppermint
+FCO in 10mL roller

Roll bottom of small toes, bottom of feet, back of neck, & around your sinuses. Can do 1 drop each in a shot glass of warm water, gargle & drink.



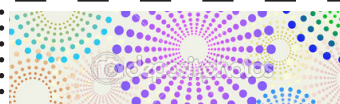
Happy Ears

20 drops Basil
20 drops Lavender
20 drops Melaleuca
+FCO in 10mL roller

Roll around the ear. Roll on cotton ball & place cotton ball in ear. Or 1 drop Melaleuca on cotton ball & place in ear.

Sleep & Calming

1. Diffuse 3 drops Serenity & 3 drops Breathe
2. Roll on Calming Blend
20 drops Balance + 20 drops Serenity + FCO in 10mL roller.
Roll wrists & bottoms of feet.
3. Ingest 2 Serenity Softgels 30 minutes before bed



Perfume

20 drops Whisper OR Balance OR Passion OR essential oil of choice

Put in 10mL roller with FCO or 2oz. glass spray bottle with water. Shake spray bottle before use. Roll/spray pulse points and enjoy!

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent disease. Check with your physician if you have health concerns.



Pain Protocol

Deep Blue Polyphenol
Complex 2x's daily.

Discomfort

LLV, Deep Blue Rub, Copaiba
and/or oil roller recipe of
your choice. Apply to affected
area(s) as needed.

Clear Face

HD Clear Kit AND...
10 drops Oregano
10 drops Peppermint
10 drops Melaleuca
10 drops Lavender
10 drops OnGuard
+FCO in 10mL roller
Roll areas of concern.

Thyroid Support

LLV daily. AND...
20 drops each: Myrrh
& Lemongrass
+FCO in 10mL roller
*Roll over thyroid &
wrists 3x's daily.*
AND Layer 1 drop
Frankincense overtop.

Skin, Hair & Body

Verage Skincare Collection

Order the entire set & save!

Essential Skincare Set
*For mature skin. Order the entire
set & save (LRP only).*

Salon Essentials
Haircare System
*Order the whole system
& save (LRP only).*

Total doTERRA Spa Kit
*Body wash, body butter, hand
& body lotion, body scrub,
mud mask, lip balms, & bath bar.*

Muscle/Joint Discomfort 2

10 drops AromaTouch
10 drops Lemongrass
10 drops Marjoram
10 drops Cypress
10 drops Wintergreen
10 drops Siberian Fir
+FCO in 10mL roller

Roll on affected area as needed.



Maintain Healthy Cholesterol


LLV daily. AND... 10 drops each
of: Lemongrass, Basil, Frankin-
cense, Helichrysum, Lavender &
Rosemary, +FCO in 10mL roller.
Roll arch of feet, a.m. & p.m.

AND... In a veggie cap 2x's/daily:
2 drops each Cassia, Lemongrass,
& Marjoram.

Hormones & Women's Health

LLV & Women's Health Kit
(ClaryCalm, Bone Nutrient,
Phytoestrogen Complex) daily.

Kit saves \$16 (LRP only).



Maintain Healthy Blood Sugar

LLV daily. AND...
1-2 drops Balance on bottoms
of feet in a.m.
1-2 drops Lavender on
bottoms of feet at bedtime.
1 drop Cinnamon in coffee/tea.
10mL Roller: 2 drops each
Clove & Cinnamon, 4 drops
Rosemary, 3 drops Thyme,
+FCO. Roll on arch of foot
2x's daily.

Focus & Concentration


InTune roller on back of neck,
bottoms of feet and/or spine,
as needed.

Favorite Recipes 2

Mental Clarity

8 drops Rosemary
12 drops Lemon
4 drops Cypress
+FCO in 10mL roller

*Apply to wrists, back of hands,
back of neck or temples, and/or
chest and inhale deeply.*



Healthy Kids


a2z Chewable vitamin
IQ Mega liquid supplement
PB Assist Jr. probiotic

*Roll bottoms of feet with
OnGuard Touch roller
at bedtime.*

Nerve Support

25 drops Copaiba
20 drops Petitgrain
15 drops Frankincense
10 drops Deep Blue
10 drops Marjoram
+FCO in 10mL roller

*Roll on legs and feet. Layer
2-3 drops AromaTouch neat
overtop, as needed.*



Diffuse

Run diffuser with 6 drops
for a 100mL capacity and
20 drops for a 500mL.
Try these combos...

*Wild Orange & Peppermint
OnGuard & Wild Orange
Breathe & Lavender
Frankincense & Lavender
Siberian Fir & Grapefruit
Lemon & Lime
Douglas Fir & Citrus Bliss
Cassia & Lemongrass
Vetiver & Lemon
Elevation & Balance
Bergamot & Wild Orange
Cedarwood & Lavender
Breathe & OnGuard*



After Sun Blend

20 drops Lavender
20 drops Peppermint
5 drops Frankincense

*Put in 10mL roller with FCO or
2oz. glass spray bottle with water.
Shake spray bottle before use.*

Maintain Healthy Blood Pressure

Daily: LLV; 1-2 drops Lemon
oil in glass of water.

10 drops each: Helichrysum,
Ylang Ylang, Cassia,
Marjoram, Frankincense
+FCO in 10mL roller

*Roll bottoms of feet & over
carotid arteries 2x's daily.*


Snoring

Diffuse Breathe.

And apply 1 drop Breathe
& 1 drop Thyme on bottom
of each big toe at bedtime.

Healthy Life

OnGuard product line...

- Cleaner Concentrate
 - Foaming Handwash
 - Laundry Detergent
 - Protective Blend oil
 - Beadlets
 - Softgels
 - Throat Drops
 - Toothpaste
 - Sanitizing Mist
- 

Healthy Emotions

Emotional Aromatherapy
Oil & Roller Kits...

*Motivate, Cheer, Passion,
Forgive, Console, Peace.*

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