



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 your doTERRA online shop.
- STICKERS - When you need more, reorder from your doTERRA online shop.
- RESOURCES - The Essential Life book, Modern Essentials book, Oil Magic book, oil bags, roller bottles etc. from www.essentialoilsupplies.co.uk
- RECIPES - Standard recipe for rollers is 20 drops of essential oils in 5mL roller bottle topped off with FCO. Find recipes on Pinterest, Google and doTERRA Facebook Pages. Utilise our Favourite Recipe pages attached. 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 essential oil + FCO, 10 year old = 10 drops of essential oils + FCO.
- CUSTOMER SERVICE - 02033180064

Keep all items upright (coconut oil, rollers and doTERRA bottles), everything can leak possibly. Store in a cool, dark place where you will use them the most such as bedside table, kitchen top, handbag. Call Customer Services for any problems.
- FACEBOOK SUPPORT - Request to join our Facebook support groups where we post specials of the month, hold online educational classes, hold drawings for a chance to win free products, etc. 1. Once Upon An Oil Drop Community 2. Essential Gifts of the Earth 3. doTERRA UK & Ireland
- 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 _____

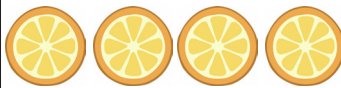
Favourite Recipes 1

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

10 drops Wild Orange
10 drops Peppermint
+FCO in 5mL roller

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

Digestive Health

1-2 Peppermint Beadlets orally
AND...

10 drops Digestzen
10 drops Wild Orange
+FCO in 5mL roller

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



Smart & 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...

5 drops Air
5 drops Copaiba
5 drops Eucalyptus
5 drops Frankincense
+FCO in 5mL roller

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



Sinus Support

7 drops Copaiba
7 drops Air
7 drops Lime
+FCO in 5mL roller

Roll over sinus area and bottoms of feet.

Skin Irritations

CorrectX Ointment OR...

10 drops Lavender
10 drops Melaleuca
+FCO in 5mL roller

Put in 5mL roller with FCO or 2oz. glass spray bottle with water. Shake spray bottle before use.



Muscle & Joint Discomfort

5 drops Deep Blue
5 drops Frankincense
5 drops Lavender
5 drops Peppermint
+FCO in 5mL roller

Roll on affected area as needed.

Happy Head

10 drops Frankincense
5 drops Peppermint
5 drops Lavender
+FCO in 5mL 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

5 drops OnGuard
5 drops Melaleuca
5 drops Lemon
5 drops Oregano
5 drops Frankincense
+FCO in 5mL 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...
7 drops Lavender
7 drops Lemon
7 drops Peppermint
+FCO in 5mL 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.



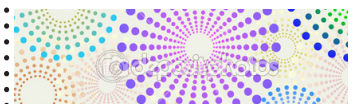
Happy Ears

7 drops Basil
7 drops Lavender
7 drops Melaleuca
+FCO in 5mL 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 Air
2. Roll on Calming Blend
10 drops Balance + 10 drops Serenity + FCO in 5mL 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 5mL 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.

Favourite Recipes 2

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...
5 drops Oregano
5 drops Peppermint
5 drops Melaleuca
5 drops Lavender
5 drops OnGuard
+FCO in 5mL roller

Roll areas of concern.

Thyroid Support

LLV daily. AND...
10 drops each: Myrrh & Lemongrass
+FCO in 5mL 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

4 drops AromaTouch
4 drops Lemongrass
4 drops Marjoram
4 drops Cypress
4 drops Wintergreen
4 drops Siberian Fir
+FCO in 5mL roller

Roll on affected area as needed.

Maintain Healthy Cholesterol

LLV daily. AND... 5 drops each of: Lemongrass, Basil, Frankincense, Helichrysum, Lavender & Rosemary, +FCO in 5mL 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.

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.
5mL 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.

Mental Clarity

8 drops Rosemary
8 drops Lemon
4 drops Cypress
+FCO in 5mL 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

5 drops Copaiba
5 drops Petitgrain
5 drops Frankincense
5 drops Deep Blue
5 drops Marjoram
+FCO in 5mL 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

8 drops Lavender
8 drops Peppermint
5 drops Frankincense

Put in 5mL 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.

5 drops each: Helichrysum, Ylang Ylang, Cassia, Marjoram, Frankincense +FCO in 5mL roller

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

Snoring

Diffuse Air.

And apply 1 drop Air & 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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