



*Getting Started*

With

**Essential Oils**



- *Please* be advised that the information in this book is not intended to treat, cure or diagnose any condition.

If you have any concerns or questions about the use of Essential Oils with any pre-existing conditions or ailments, please consult with your medical practitioner immediately.

- *Please* always read the instructions on the bottle of essential oil before use and follow directions.

Also,

If you are concerned about using essential oils topically I always suggest you conduct a patch test on your skin to test for any sensitivity.

### Skin sensitivity patch test

Applying oils directly to the skin should mostly be done using a carrier oil, if are not sure about how an oil might react on a person's skin due to sensitivity, always do a patch test on the skin in the crease of the elbow.

A patch test is where you place a small amount of oil (using a carrier) in a sensitive skin area and then wait 15 minutes to see if a reaction occurs. Always have carrier oil on hand in case of reaction and then use the carrier oil to wipe away the oil from the area.

Massage – please always conduct a skin sensitivity test on anyone who has not had any previous exposure to essential oils or to carrier oils (Almond/ coconut/macadamia etc).



# Let's get started

This getting started booklet is all about the basics of using your oils and allows you to make a few simple things to get you started on your way to including your oils in everyday life ☺

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PLEASE NOTE – Research is your best friend, if you are unsure please do not use until you have the knowledge to proceed with safety, look at the support pages for doTerra for any clarification OR CONTACT doTerra direct on (02) 8015 2080,  
You can also email [doterra-productsupport@doterra.com](mailto:doterra-productsupport@doterra.com)  
With all things if any irritation occurs, stop use immediately and seek medical advice if needed.



# SAFETY GUIDELINES FOR ESSENTIAL OILS

Essential oils are very safe and easy to use. However, it is important to remember that therapeutic grade essential oils are highly concentrated plant extracts and should be used with reasonable care. It is beneficial to have an understanding of the characteristics of various oils and necessary precautions.

**Never apply oils directly to the eyes or ear canal.** After application, avoid rubbing the eyes, around the eyelids, handling contact lenses, or touching the interior of one's nose. The skin around the genitals and mucous membranes areas are also sensitive and prone to irritation.

**Dilute with oil, not water.** If you happen to get an essential oil somewhere you did not intend, or experience discomfort when applying it to your skin, please use a carrier oil or pure vegetable oil to rinse or dilute the area. Using water will increase the discomfort.

**Use a carrier oil with babies, children and those with sensitive skin.** Care should be used with babies, children, and the elderly. Their skin is more sensitive and susceptible to irritation, burning, or stinging sensations. Use a carrier oil to protect this sensitive skin against irritation. When applying oils to babies & children, ensure they will not accidentally get the oils in their eyes or mouth (bottoms of the feet and then covered with socks, or along the spine are good locations).

**"Warm oils"** Some oils, such as cinnamon, thyme, oregano, cassia and clove, can feel very warm or even hot/burning on the skin and therefore should be diluted with a carrier oil when used topically, even on adults. Peppermint is a "cooling" oil but is another oil you may want to dilute.

**Some essential oils are photosensitive.** Photosensitive oils, primarily citrus oils, react to radiant energy or light such as natural sunlight, sunlamps, or other sources of UV rays. The result is a dark pigmentation or a rash on the skin. To avoid issues with photosensitive oils, wait a minimum of six hours before exposing skin where you have applied citrus oils to UV rays/sunshine.

**Internal Use.** While most essential oils on the market should not be taken internally (and this warning is usually on the label), certified pure oils are labelled as dietary supplements and are safe for internal use, in small quantities. Mild oils may be taken under the tongue or in water, hot oils should be placed in capsules. Many oils may be used in cooking recipes for flavouring and/or therapeutic benefit.

**Pregnancy & Nursing.** While oils applied topically at ordinary levels should not be harmful to a developing foetus, please use caution with essential oils during pregnancy. Popular oils generally considered safe to use during pregnancy include bergamot, ginger, geranium, lavender, lemon, sandalwood, wild orange and Ylang Ylang, however, other oils may also be suitable; consult your healthcare provider if you have questions or concerns. Additional oils may be helpful during and after delivery. Internal use of peppermint can reduce milk supply in some mothers, so you may want to avoid it prior to delivery and while nursing.

**Critical health conditions.** Persons with asthma, epilepsy, high blood pressure, or other critical health conditions can definitely benefit from essential oils but may want to consult a healthcare professional. In general, those with **epilepsy** should be cautious or avoid: fennel, basil, birch and digestive blend; those with **high blood pressure** should be cautious or avoid thyme and rosemary.

**A little goes a long way.** Essential oils are pure concentrates. The higher quality the oil, the more potent it will be and smaller amounts are required. One or two drops is considered a dose. **Less oil, more often, is best.** Unlike synthetic medications, you do not need to wait 4 hours before using an oil again. Apply the oil; if there is still pain, apply more again in a few minutes.

**Essential oil and bath water.** One common application method is in a bath. When using undiluted oil in bath water, use a dispersing gel (bath/shower gel can work) to prevent oil from pooling as a concentrated drop in the water. Also note that oils will evaporate quickly in very hot water.

**Many oils are flammable.** Keep them clear of open flame, spark, or fire hazards.

## BASIC SKIN TEST

For those with sensitive skin or prone to irritation, a skin test can help prevent an unwanted reaction.

Place a small amount of carrier oil such as coconut or olive oil, followed by a small amount of the essential oil on the inside of the elbow, underside of the forearm, or wrist.

After approximately 1 hour, check the area(s) for any type of reaction. If an essential oil causes irritation, further diluting the oil with a carrier, or applying a carrier first, then followed by the essential oil will usually make the oil comfortably usable.

Most users will not react to quality, pure oils and they can be safely applied for a direct powerful effect. Melaleuca & Lavender are mild even for more sensitive skin and can usually be effectively used undiluted on burns, insect bites, pimples, and other skin eruptions for most adults.

Essential oils are powerful and are very efficacious even when they are applied with a carrier oil, so do not hesitate to use a carrier oil if needed. Carriers are also helpful for massage and when applying to larger areas.



## POPULAR CARRIER OILS

- Fractionated coconut oil
- Jojoba oil
- Grape seed oil
- Almond oil
- Avocado oil
- Olive oil

**Disclaimer:** Statements about essential oils, aromatherapy and doTERRA products have not been evaluated by the Food and Drug Administration. The information shared is based on scientific research, as well as our own personal experience, however it is for informational purposes only, and is not intended to be a professional medical diagnosis, opinion or suggested course of treatment. Please consult with a qualified medical professional to address specific health concerns you might have.

# *Essential Oils for everyday life !!*

There are so many ways to use essential oils in everyday life for wellbeing and the following pages mention the many areas in your life where you can apply the use of essential oils to achieve such benefits. However, please be aware that all Essential Oils are not created equal and that there can be a big difference in quality and purity due to no existing regulations on the standards Essential oil quality at the time.

I choose to use and recommend doTERRA Essential Oils as being the best quality of oil due to their testing standards and the sourcing of their oils.

How and where you choose to use essential oils is completely up to you and how comfortable you feel with the usage. If you are ever unsure of how to use, I recommend research, research, and research ;) Remember to always follow the directions on the bottle of the Essential Oil and refer to their website for further support and recommendations.

Let's get started!!

## Diffusing oils

There are many great diffusers to use with the essential oils, they are a very cost-effective way to disperse oils. The best diffusers in my opinion are ultra-sonic diffusers, they are safe and very cost effective. Do not use oil burners (naked flame), the heat changes the chemical compounds and changes the effects of the oil. Oils are always best keep at room temperature, around approx. 20°. Please always follow directions on the oil bottle for diffusing as some may have a carrier oil base that is not healthy for use in diffuser.

## Inhalation

This can be done directly from the bottle by waving gently under your nose or you can use a nose inhaler, refer to online purchase references at the end of this article. Always research what you will be using, the nose is a sensitive area.

## Steam

Add a few drops of oil onto the floor of the shower for steam inhalation, you can also add to a bowl of warm water and put a towel over your head. Please be careful with how much essential oil you use, 1 or 2 drops is often enough.

## Vaporisers

Vaporisers add moisture to the air as well as dispersing the oils, so they can leave a moisture residue on the walls in a small room. These are available from most chemists. Always follow directions.

## Baths

Always use a dispersing agent when putting oils in a bath, if not the oils will remain in little globules and could end up neat on sensitive areas. Milks, shower gels and bubble bath bases work well.

## Sitz Bath/ Douches

CAUTION PLEASE - These are used to treat the groin and anal areas, you can read all kinds of treatments on the internet, PLEASE NOTE- You really need to know your oils and dilutions before you attempt any treatments in this manner.

# Essential Oils for everyday life !! Cont..

## Shower gels/ soaps/ hair care

There is nothing better than scenting your own shower gel in the morning to start the day, making your own products is a lot of fun. You can usually get natural non-scented bases and then can just add your oils, being careful with your dilution strengths.

## Facial masks and clay masks

The best masks for the face are the ones you make, and you can use simple ingredients from home such as honey, Oats and some essential oil :)

You can also get a large range of clays from health food stores and on the internet and add some oils as well.

Just try to aim for pure and organic, remember to try and ease the toxic load of our skin, it's our largest organ and a great asset to our immune system.

## Ointments/ Salves/ creams and lotions

You can get great unscented moisturisers and the Fractionated coconut oil from many places – see supplies reference - and you can have fun with creating blends and scenting them. You can make your own ointments with just a few ingredients, search google, there are so many fun ones to try.

Here is one of my favourite creations xox



**Skin Rescue**  
Nourishing carrier oil blend

Creates 100ml of blended carrier oil

- 10ml Avocado Oil
- 10ml JoJoba Oil
- 20ml Apricot Oil
- 60ml Fractionated Coconut Oil

Add all of the carrier oils in a bottle and shake to mix

Not only can this carrier blend be used as an everyday body moisturiser but it can also be added to soften shower gels and bubble bath liquids. Use as the base for body scrubs and hair treatments. You can also add a little to some bath salts xox Enjoy xox

www.bornawesome.me    michele@bornawesome.me    <https://www.facebook.com/withMicheleWragg/>

born Awesome  
Michele Wragg

## Water Spray/ Spritzer

Most people just add oil to water, in a glass spray bottle and shake well before use, please be aware that oil is not water soluble, so you will always need to shake first. There are disperses that you can add to the water, such as Vodka, mineral salts, witch hazel etc. these will keep the essential oil dispersed in the water. Just follow the directions of the recipes you will use.

## Cleaning

There are some oils that go way back in cleaning history, eucalyptus, Tea Tree, lavender, lemon, clove, just to name a few.

There are also great recipes out there on the internet, so go have a look, I have found some great ones on the doTERRA blog if you would like to make any more.

<http://doterrablog.com/>

## Gardening

Essential oils are great for making gardening easy, you can make up all your own insect and pest spray as well as using the oils for companion planting.

## Animals

I love using Essential oils in my pat care for my fur kids, you can create great natural blends for relaxation, flea's, skin issues, shampoo's and all kinds of other health care issues. PLEASE NOTE – there are some safety issues for our fur babies so please research thoroughly.

Look for this great Facebook page for animal care; Essential Oil Vet

<https://www.facebook.com/EODVM/>

If you would like to have a reference on hand I find the following book is fantastic.

“Holistic Aromatherapy for Animals,” by Kristen Leigh Bell,

# Essential Oils for everyday life !! Cont..

PLEASE REMEMBER THAT WITH EVERY NEW RECIPE YOU SHOULD .....

## Skin sensitivity patch test

Applying oils directly to the skin should mostly be done using a carrier oil, if are not sure about how an oil might react on a person's skin due to sensitivity, always do a patch test on the skin in the crease of the elbow. A patch test is where you place a small amount of oil (using a carrier) in a sensitive skin area and then wait 15 minutes to see if a reaction occurs. Always have carrier oil on hand in case of reaction and then use the carrier oil to wipe away the oil from the area.

Massage – please always do a skin sensitivity test on anyone who has not had any previous exposure to essential oils or to carrier oils (Almond/ coconut/macadamia etc). If there are any reactions, it is hard to calm down if you have covered a large amount of skin.



## **Where to get supplies;**

### Perth

**Range Products**

**Aussie Soap Supplies**

**Bottles -**

**[Aussiearomasupplies.com.au](http://Aussiearomasupplies.com.au)**

### Online

**New Directions**

**Sydney essential oil supplies**

## HOW TO USE ESSENTIAL OILS

# Aromatically

-  Diffuse a few drops in the morning, throughout the day, or right before going to bed.
-  Place a drop in your palm, rub the palms together, and inhale.
-  Drip 2–3 drops onto the floor of the hot shower, away from the water path, and breathe in.
-  Add to household surface cleaners, or to a load of laundry.
-  Add a couple of drops to pillows and bed linens.

Using essential oils aromatically can influence you in a myriad of ways. Traditionally, aromatic usage has been aimed at improving a person's mood. A better and more stable temperament can have countless benefits on your life, every single day.

Direct inhalation of doTERRA's Elevation or Citrus Bliss first thing in the morning can help you wake up and motivate you to take on the day's tasks. Diffuse essential oils with distinct top notes such as Eucalyptus and Basil throughout the day to keep you productive at work. A quick breath of Peppermint can give you the boost to make it through a tough workout. Diffusing Lavender or Vetiver at night, or adding a few drops to your pillow, can help you prepare for the restful sleep you require to get through the ensuing day. Using essential oils aromatically can be the boost you need to

get through the normal stresses of day-to-day life. Studies show convincing evidence that simply inhaling the aroma of an essential oil is effective for calming nervous or anxious feelings in a variety of settings.

### Activity 1.

## Using a Diffuser

All diffusers are different, so I will always advise to follow the directions provided. Then add a blend below or create another to try, then sit back and smell the magic

### *Try these Blends*

#### **Fight the Afternoon Slump**

2 drops Lemongrass  
4 drops Wintergreen  
3 drops Wild Orange

#### **Kick Back and Relax**

3 drops Lavender  
3 drops Vetiver  
4 drops Cedarwood

#### **Feel Good Blend**

3 drops Bergamot  
3 drops Wild Orange  
1–2 drops Ylang Ylang  
2 drops Spearmint

See more at: <http://doterrablog.com/how-to-use-essential-oils-aromatically/#sthash.VukAVPZk.dpuf>

# ESSENTIAL OIL

## Topical Application

DILUTE *-or-* NOT TO DILUTE

Dr. David K. Hill, DC

This article was originally featured in the Fall 2015 LIVING Magazine. Anyone who has topically applied dōTERRA Deep Blue® Soothing Blend before and after a workout knows how quickly and intensely it works. But the cooling sensation can sometimes be a little strong for small children or people with sensitive skin. Diluting essential oils in a carrier oil before application is an excellent way to reduce sensitive skin reactions to certain essential oils, but will it reduce its effectiveness? The answer may surprise you. Recent research suggests diluting essential oils for topical applications not only does not reduce effectiveness, but may actually have certain advantages.

### LIPOPHILICITY

The skin is one of the largest organs in the body, by both surface area and weight. Although it regulates several aspects of physiology and manages sensory reception, it is primarily a protector. The skin acts as a barrier to protect internal organs from variations in temperature, pressure and mechanical impacts. Page 5 acts as a defender against unwanted foreign agents such as viruses and bacteria, and it does so with amazing proficiency. For thousands of years it was thought that the skin was essentially impermeable, but modern research has revealed that it is not particularly effective at keeping out water and lipidsoluble substances.(1) How essential oils permeate the skin when applied topically is a fascinating process, and one of the most important concepts in understanding how essential oils influence our health. Essential oils are lipophilic, meaning they are attracted to and are soluble in fatty substances. Diluting essential oils in a carrier before applying accentuates this property, providing a number of benefits.

### BENEFITS OF DILUTION

Dilution is one of the most important aspects of effective topical application; it is also one of the most misunderstood. When used properly, carrier oils have been shown to improve essential oil topical application through several different pathways. Evaporation is the primary issue in topical application, as body heat and the skin present a formidable barrier. One of the most important benefits of dilution is that it slows the flashing off of the volatile aromatic compounds, largely through one of the fundamental laws of fluid dynamics: decreasing the surface area of a substance exposed to air reduces the rate of evaporation. When diluted, essential oil chemical constituents have been shown to pass through the epidermis more efficiently than when applied neat . (2) Furthermore, another study showed that dilution may expedite the process, as varying levels of specific constituents were detected in exhaled air in as quickly as 20 minutes when using a carrier while a neat application resulted in no detection for up to two hours. (3)

Understanding proper dilution is an important factor in safe and effective essential oil use. Foremost, any substance that has a near-neutral pH, such as dōTERRA® Fractionated Coconut Oil, is incapable of altering the chemical makeup of an essential oil. Proper dilution, with an appropriate carrier, will not change the effectiveness. One of the most common concerns is the use of essential oils on those with sensitivity considerations, especially children. Although sensitivities are rare when proper usage guidelines are followed with neat application, by decreasing the rate of evaporation and therefore further



limiting exposure, dilution allows for an even greater margin of safety. Dilution requires you use less oil for the same effect. When trying a new oil or when applying warmer oils such as Oregano or Thyme, dilution can decrease the risk for a hypersensitive reaction, reduce waste, and provide an ideal environment to discover which essential oils work best for your situation. Along with improving application efficiency, there are also secondary benefits to using dōTERRA Fractionated Coconut Oil as a carrier. It has a light emollient effect and is excellent for your skin. Unlike other vegetable-based oils, it does not leave an unpleasant greasy residue or interfere with the valuable properties of the essential oil it is carrying. dōTERRA Fractionated Coconut Oil is also very stable, so you don't have to be concerned that it will go rancid after a few uses. Learning to use dōTERRA Fractionated Coconut Oil appropriately as a carrier will improve the experience for your entire family. Despite the growing body of evidence regarding the benefits of dilution, both methods of topical application have their place in the developing model of effective essential oil use. Many of the dōTERRA essential oils can be used safely and effectively neat, but proper dilution can be used appropriately at any time and may even offer some advantages.

See more at: <http://doterrablog.com/essential-oil-topical-application-dilute-or-not-to-dilute/#sthash.SDqTIIJi.dpuf>



I feel the Tisserand dilution chart is the best visual chart to start with blending and diluting your creations, If you are concerned about using essential oils topically I always suggest you conduct a patch test on your skin to test for any sensitivity. See page 2.

Age range	Dilution range
Up to 3 months	0.1-0.2%
3-24 months	0.25-0.5%
2-6 years	1-2%
6-15 years	1.5-3%
15 or older	2.5-5%

## Activity 2.

# Creating a Spritzer

Let's get started on our first project, making a spray with a 30ml spritzer bottle. You have a few choices available to start with, pick one OR make them all. You will notice one common factor with all the recipes, that there is always 15 drops per the 30mls. Dilution for a 30ml spritzer is 15 drops added to the carrier of your choice, see dilution chart on page 7 for more information. On the back of this booklet you will see some labels you can cut out and stick onto the bottle with just clear sticky tape.

Have Fun xx

## *Hand Sanitiser*

15 drops - On Guard

Fill with water

Spray on hands when any cleanliness is needed.

Always shake before use

## *Moisturiser*

8 drops Frankincense

7 drops lavender

Fill with Fractionated Coconut oil

Spray on body to moisturise

## *Owie Spray*

8 drops Tea Tree

7 drops lavender

Fill with Fractionated Coconut oil (antibacterial)

Spray on any boo boo's, great for kids

## *Body Spray*

5 drops Frankincense

5 drops lavender

5 drops Wild orange

Fill with water

Spray on clothes as perfume

# Is it safe to Ingest Essential Oils?

Dr. Joshua Yorgason, MD  
Otolaryngologist (Ear, Nose and Throat Surgeon)  
Member, dōTERRA Medical Advisory Board

Each type of oil contains a mixture of natural chemical compounds unique to that species of plant and to the environment in which the plant is grown. For thousands of years, humans have ingested plants in the form of food as well as plant parts and extracts as herbal health products and teas from leaves and flowers, which contain essential oils. One could argue that it should also be safe to ingest essential oils in small quantities, just as we have been doing when ingesting plants containing essential oils. Because they

are produced naturally by plants, essential oils are found in naturally balanced mixtures. Then why is there an ongoing concern about the internal use of essential oils? **Internal use can not only be very effective, but is also safe.**

Oils first have an effect on local tissues. The local effect may be felt more strongly when applied internally compared to when applied to the skin because the nerves in the mucosa are closer to the surface, often more numerous, and can be more easily stimulated compared to the nerves in the skin. Although the skin is thicker and seems to be less fragile than the mucous membranes, the reality is that similar to the skin the mucosa has many features that are protective, and therefore conducive to the use of essential oils. Like skin, the mucosa has many layers designed to protect the body against disease and toxic exposures. And similar to skin, the mucosa has an ability to constantly restore itself and to regenerate after harmful exposures, such as trauma from teeth or heat from foods that can cause ulceration. The mucosa heals an open sore very quickly, so it can resume its protective function. The mucosa also has thousands of mucous glands that secrete mucous to create a protective film over the tissues. The mucous is continually being produced and continually migrating as the cilia beat, limiting any local exposure. When essential oils contact the mucosa, they are absorbed to some degree at the initial point of contact, but much of the oil will be continually diluted by the mucous. Rapid absorption and constant dilution allow the oils to have a dramatic yet temporary effect, which explains why any sensation you have in the mouth or throat from essential oils taken internally is temporary. **Because the mucosa is designed to be protective, essential oils can be safely used internally.**



The premise of all of these discussions is that essential oils could be harmful when taken internally. However, studies suggest just the opposite. **Essential oils may actually be protective to the mucosa.** Many studies show that essential oils can have a positive effect when there is a problem with the stomach's mucous membranes.\* For example, limonene, found in citrus oils, was shown to help protect the stomach mucosa in a preclinical study.(3) This protective effect was shown without affecting normal stomach acid secretion, gastrin enzyme secretion, or antioxidant glutathione production.(3) Many other studies have also demonstrated similar effects.\* (1–6)

Avoiding hot oils that may be irritating to the mucous membranes, using small single use amounts, or using less than the maximum **daily amounts recommended**, are all safe practices that can help us have confidence in using essential oils internally. If we are using the oils for a local effect, such as to soothe the mouth and throat, then the oils can be appropriately diluted. Internal use of essential oils may be the best method to help improve function of the gut and improve digestion, because the oils can get to the area of need. Taking essential oils internally may be a very effective method to get the oils to be absorbed into the body to promote health and wellness, for an overall soothing effect on the body, and for a calming effect on mood. Using the appropriate amount of oils in Veggie Caps or prepackaged in the appropriate amounts in soft gels can be an effective way to take essential oils internally so that they can be maximally absorbed by the gut for a whole body effect.

## Recommended Ideal Amounts

	Adult		Child	
	Ideal Amount	24 hr Max	Ideal Amount	24 hr Max
Aromatic	-	-	-	-
Internal	2 - 4 drops	12 - 24 drops	1 - 2 drops	3 - 12 drops
Oral	1 - 3 drops	4 - 18 drops	-	-
Dermal	3 - 6 drops	12 - 36 drops	1 - 2 drops	3 - 12 drops



Dr. David K. Hill, D.C. shared these recommendations at the 2015 dōTERRA Convention. To create these recommendations he balanced effective ranges of essential oils with known safety data. It is important that essential oil users stay within the *Ideal Amount* ranges to derive the maximum benefit from using the essential oils. In fact, overwhelming the body with too much essential oil can sometimes lead to unwanted outcomes. This is because cells in the body utilize complex chemical reactions to metabolize the oils. It is never appropriate to exceed the metabolic capacity of the cells. Learn

more about metabolism in this article: [Essential Oil Metabolism](#).

The *Ideal Amount* column states how much total essential oil a user should take at a time. This amount can be repeated every 4-6 hours, for amounts no greater than the *24-hour Maximum* amount. Internal use refers to taking essential oils in a capsule or a soft gel form. Oral use refers to essential oils taken in water or other liquid, or under the tongue. Oral use is not recommended for children. There is no recommendation made for aromatic use, as this greatly depends on the size of the room and other variable factors. As always, moderation is best.

These are general recommendations that don't take into account the individual health and experience levels of the user. dōTERRA essential oils are very potent and each individual will react differently to them. It is important to be aware of one's own unique health circumstances and adjust accordingly. A key point from Dr. Hill's presentation is that we should be more moderate with our essential oil use when our health is in anyway compromised.

These recommendations are meant as introductory guidelines, and individuals should take into account their own personal experience and the direction of their health care provider in pursuit of wellness through essential oil use.

## Creating some Raw Chocolate

### Activity 3.

#### Raw Chocolate

1 Cup melted organic Coconut oil

1 Cup organic Cacao powder

1 or ½ cup liquid sweetener (coconut syrup, organic maple syrup etc)

2-4 drops of your essential oil flavourings, mix and match eg. Wild orange, peppermint, cinnamon, cassia, lemon, lime. \*\*\*\*please only use approved pure food grade essential oils

#### Instructions:

1. Warm and melt coconut oil
2. Mix all ingredients together and
3. Pour into chocolate moulds or into tray
4. Place in fridge or freezer to set

Many thanks to Vanessa Jean from Food Alchemy for sharing her fabulous raw choc recipe.

Please visit her website for more recipes and to purchase her brilliant "raw food adventures"

DVD 😊

<http://www.foodalchemy.com.au/>

# SPICE IT UP ESSENTIAL OILS

DIY: Transforming Your Spice Cabinet with Essential Oils



## DIY: Transforming Your Spice Cabinet with Essential Oils

Did you know you can substitute most dry spices and herbs with essential oils? Compared to your ordinary dry herb collection, essential oils are far more potent and flavorful. With just one drop of essential oil added to your favorite recipe, you'll experience a burst of fresh flavor with unique health benefits. Creating Your Favorite Flavors with Essential Oils Tip: Usually, one drop of essential oil is equivalent to two teaspoons of dried herbs. However, it's a good idea to start with less and gradually add more to taste. Dip a toothpick into the bottle and stir into your recipe until you reach the desired flavor.

### Creating Your Favorite Flavors with Essential Oils

Tip: Usually, one drop of essential oil is equivalent to two teaspoons of dried herbs. However, it's a good idea to start with less and gradually add more to taste. Dip a toothpick into the bottle and stir into your recipe until you reach the desired flavor.



#### ITALIAN SEASONING BLEND

Ingredients:

- Basil essential oil
- Marjoram essential oil
- Oregano essential oil
- Rosemary essential oil
- Thyme essential oil
- 2 tablespoons garlic powder or 1 garlic clove
- Chopped fresh garlic

Directions:

Mix all ingredients into a homemade spaghetti sauce.



#### HERBS DE PROVENCE BLEND

Ingredients:

- Thyme essential oil
- Marjoram essential oil
- Rosemary essential oil
- Lavender essential oil
- Fennel essential oil
- 2 teaspoons dried orange zest (optional)

Directions:

Add to soups, on chicken, or on roasted vegetables.



#### PUMPKIN PIE MIX

Ingredients:

- Cinnamon essential oil
- Ginger essential oil
- 2 teaspoons nutmeg
- Clove essential oil

Directions:

Combine all ingredients and mix into a pumpkin pie filling.



#### HERB OIL DIP

Ingredients:

- 1 teaspoon crushed red pepper
- 1 teaspoon ground black pepper
- Oregano essential oil
- Rosemary essential oil
- Basil essential oil
- 1 teaspoon granulated garlic
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt
- ¼ cup extra virgin olive oil (or as needed)

Directions:

1. Combine all ingredients, except olive oil, on a deep plate or bowl.
2. Pour olive oil over mixture.



#### CARDAMOM TEA

Ingredients:

- Cardamom essential oil
- Clove essential oil
- Cinnamon essential oil
- Ginger essential oil
- 2 tablespoons honey
- Milk

Directions:

Place all ingredients in three cups of water, heat, but do not boil, for half an hour and strain. Add honey and milk.

#### Activity 4. Create a flavour

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Essential oils can be valuable tools for every gardener. Whether you are trying to chase away garden pests, improve health and growth of the plants, or restore those gardener hands, essential oils can help. Here are some easy ways you can use essential oils to enhance your natural gardening experience.

### **Clean Greenhouse**

I clean my greenhouse and garden tools with a mixture of 10 drops of Melaleuca in about 33 ounces of distilled water. We put this in a spray bottle and clean every inch of the greenhouse. -Maila Chan

### **Slug Away**

Last year, I had the best luck getting rid of slugs using White Fir essential oil on my peppers. I have also used Peppermint oil for aphids and mystery bugs. Peppermint also works great for cooling your body off in the hot sun. I make after-sun spray with Lavender, Peppermint, and aloe juice. After a long day of working on my garden, Deep Blue® Rub comes in handy for the joints and muscles. I clean my hands with essential oil sugar scrub. I can't tell you how much I love using dōTERRA in the garden. -Jamie Stitt

### **Essential Oils and Plant Companionship**

I have been an organic farmer for 35 years. I have been using essential oils in my gardens since I have been with dōTERRA. I teach the organic portion of "The Master Gardener" class for my local area. My class this year will include the wonderful uses of dōTERRA essential oils in the garden—not only for pest management, but also for plant vigor and growth. I don't use any chemicals in my garden at all and love sharing new and safe ways to enjoy gardening! I have substituted dōTERRA essential oils for companion plants—the results are amazing! For example, basil is a great companion plant for tomatoes. I use Basil essential oil in my watering can to give the plants a dose that can be absorbed through the root system, or I use it as a foliar spray. This helps to give the tomato plant great vigor for growth and plant resistance. - Kay Pittman

### **Bug Attack**

My garden was being attacked by a beetle-like bug. It was eating away at everything, especially my favorite lily plant. I put a couple drops of TerraShield® in a spray bottle with water, sprayed the plants, and the beetle moved on! dōTERRA was part of my inspiration for my garden. -Kristen Willis

### **Ants No More**

Last summer, I was attacked by ants. They had colonized near my strawberry patch. I panicked a little—I hate ants!—and dowsed the suckers in a solution of water and Peppermint. The next day, the ants were completely gone! I was impressed by how fast it worked. Plus, even though I did go a little overboard (a few sprays would have worked), I know Peppermint is safe for my strawberries and me. -Elizabeth Sperling

**Fact:** Vinegar makes an effective natural herbicide and weed killer.

**Tip:** Apply Lavender to soothe irritated skin associated with certain plants or bugs.

- See more at: <http://doterrablog.com/doterra-gardeners-journal/#sthash.jS6sMzxo.dpuf>

# Make Over Your Mood



## STRESSED

**Frankincense:** Apply to the bottoms of feet to relax and balance mood swings.

**AromaTouch Massage Blend:** Add to bath or use with carrier oil for massage.

dōTERRA

Maintaining a positive mood and attitude can be very challenging at times. Life can get pretty stressful, especially when trying to multitask. Chances are you are familiar with managing several tasks at once. In today's fast-paced environment, we often experience negative moods. Just as being in a good mood gives you a sense of happiness and well-being, bad moods can also lead to negative feelings over time. When it comes to managing your mood, essential oils can help provide grounding and improve your overall attitude in any situation.

## Calm and Balance

*Chill Out, It Will Be OK*



### WORRIED

Cedarwood: Diffuse after a stressful day to relax the mind and body.

Serenity™ Calming Blend: Diffuse to help promote relaxation and peace.

### ANGRY

Arborvitae: Diffuse at night or rub on forehead, shoulders, or chest for a grounding aroma.

Patchouli: Rub on temples or apply to the bottoms of feet for a calming musky-sweet aroma.

Ylang Ylang: Put a few drops into Epsom salt bath for relaxation.

### STRESSED

AromaTouch® Massage Blend: Add to bath or use with carrier oil for massage.

Frankincense: Apply to the bottoms of feet to promote feelings of relaxation and to balance mood.

Roman Chamomile: Add 1–2 drops to herbal teas to soothe the body and mind.

Vetiver: Diffuse aromatically or use topically with other calming essential oils, such as Lavender, Serenity, or Balance, to promote feelings of calm.

### RESTLESS/LACK OF CONCENTRATION

Rosemary: Take internally, to help reduce nervous tension and occasional fatigue.\* refer ideal amounts chart pg10

Lavender: Add to bath water to soak away stress or apply to the temples and the back of the neck.

Balance™ Grounding Blend: Apply to wrists or neck to help ease anxious feelings.

InTune® Focus Blend: Use at work to stay on task or when feeling tired mid-afternoon.

### NERVOUS

Clary Sage: Apply one to two drops to your pillow for a restful night's sleep.

Bergamot: Diffuse in the classroom or at work during high stress levels.

## 10 WAYS TO BOOST YOUR MOOD NATURALLY

1. Get a good night's sleep
2. Make sunshine a part of your day
3. Exercise regularly
4. Introduce healthier food options
5. Do something nice for someone
6. Use essential oils daily
7. Try positive thinking
8. Find a quiet place and meditate
9. Achieve a goal, big or small
10. Express gratitude daily

# Elevate and Energize

*Lighten Up*

## **TIRED/UNMOTIVATED**

Grapefruit/Lemon/Lime: Rub underneath your nose to sharpen focus while studying or reading.

Citrus Bliss®: Diffuse aromatically or put one drop on your wrists and rub them together for an uplifting everyday perfume.

Peppermint: Apply to the palms of hands and deeply inhale for a quick pick-me-up.

Wild Orange: Energize the mind and body by placing two drops each of Wild Orange, Peppermint, and Frankincense in the palm of your hand. Rub palms together and inhale deeply.

## **SAD/DISCOURAGED**

Sandalwood: Apply to the neck at bedtime for a restful sleep, or use during meditation.

Elevation: Diffuse in the mornings to start the day with a positive, uplifted mood.

## **FEELING BLUE**

Myrrh: Use aromatically to help promote awareness and uplift your mood.

# Mood Boosting Diffuser Blend

## **Relaxing Blend**

3 drops Vetiver  
3 drops Lavender  
3 drops Sandalwood  
2 drops Ylang Ylang

## **Harmonizing Blend**

3 drops Patchouli  
2 drops White Fir  
2 drops Lavender

## **Vitalizing Blend**

5 drops Frankincense  
5 drops Peppermint  
5 drops Wild Orange  
5 drops Lemon

## **Activity 5.**

# Creating a Roll-on Perfume

## **Relaxing Blend**

1 drops Vetiver  
1 drops Lavender  
1 drops Sandalwood  
.5 drops Ylang Ylang

## **Harmonizing Blend**

2 drops Patchouli  
1 drops White Fir  
1 drops Lavender

## **5ml Roll-on blends**

Add the oils to a 5ml roll-on bottle and then fill with fractionated Coconut oil, only to where the bottles curved edge at the top. Put in lids and label xx

## **Vitalizing Blend**

1 drops Frankincense  
1 drops Peppermint  
1 drops Wild Orange  
1 drops Lemon

Tip: You can make topical blends by adding essential oils diluted with Fractionated Coconut Oil to a small roller bottle.

- See more at: <http://doterrablog.com/make-over-your-mood-with-doterra-essential-oils/#sthash.iEGdhcFW.dpuf>

Bottles and rollers can be purchased from here;

<http://www.aussiearomasupplies.com.au/>

# Cleaning made easy!

In my opinion doTERRA have one of the best cleaning concentrates around ☺  
This bottle of concentrate can replace all your cleaners and cuts through grime effortlessly

## dōTERRA On Guard® Cleaner Concentrate

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure  
Therapeutic Grade®

### PRODUCT DESCRIPTION

dōTERRA On Guard Cleaner Concentrate is designed to be the ideal natural cleaner. It is fortified with the proprietary dōTERRA On Guard Protective Blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® essential oils, which provide natural protection against certain environmental factors while elevating the overall cleaning capability. This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odors, so it is safe for loved ones as well as the environment. The multi-purpose capabilities of dōTERRA On Guard Cleaner Concentrate make it perfect to expertly clean hard surfaces in the kitchen, bathroom, or any room, leaving behind a clean and invigorating scent.

### DIRECTIONS FOR USE

**MULTI-PURPOSE CLEANER:** Mix 2 tbsp of concentrate per 24 oz. of water.

**BATHROOMS:** Mix 3 tbsp of concentrate per 24 oz. of water.

**DISHES:** Mix 3 tbsp of concentrate per gallon of water.

**TOUGH JOBS:** Apply concentrate directly on designated area and let soak.

Avoid direct use of concentrate on hardwood floors and natural stone.

### CAUTIONS

Use product only as directed as a household cleaner. Keep out of the reach of children.

### KEY INGREDIENTS AND BENEFITS

- Proprietary dōTERRA On Guard Protective Blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG essential oil provides natural protection by keeping surrounding areas clean and safe
- Plant-based surfactants help improve the cleaning process as well as contribute to a product that is safe for you, your family, and the environment
- No preservatives added, helping to provide a safe and effective household cleaning product

dōTERRA On Guard®  
Cleaner Concentrate  
12 oz/355 mL

# The cost of natural health care

## *Australian Price per Drop*

SINGLE OILS	Price \$	Per Drop	SINGLE OILS	Price \$	Per Drop	OIL BLENDS	Price \$	Per Drop
Arborvitae	34	0.41	Oregano	31.75	0.12	Easy Air	27	0.11
Basil	31.5	0.12	Oregano Touch	23.5	0.14	Easy Air Touch	27	0.16
Bergamot	41	0.16	Patchouli	46	0.18	Elevation	49.5	0.19
Black Pepper	26.5	0.31	Peppermint	25.5	0.11	Forgive	34.5	0.41
Cardamom	54	0.65	Peppermint Touch	20.25	0.12	Forgive Touch	21	0.12
Cassia	29	0.11	Peppermint Beadlets	16.5	1 drop per beadlet	Hope Touch	26	0.15
Cedarwood	22.5	0.09	Petitgrain	41.5	0.16	Ice Blue	42.5	0.51
Cilantro	31.25	0.12	Roman Chamomile	70	0.84	Ice Blue Touch	62	0.37
Cinnamon Bark	31	0.37	Rosemary	21.5	0.08	Ice Blue rub	36.5	30 per ml
Clary Sage	63	0.25	Sandalwood	110	1.32	InTune	43	0.25
Coriander	38.5	0.15	Sandalwood (Hawaiian)	110	1.32	Lavender Peace	40.75	0.16
Clove	18.25	0.07	Siberian Fir	27	0.1	Motivate	39.75	0.47
Cypress	20	0.08	Spearmint	50	0.21	Motivate Touch	24	0.14
Douglas Fir	39	0.46	Spikenard	79.5	0.95	On Guard®	40.75	0.16
Eucalyptus	18	0.07	Tea Tree (Melaleuca)	24.5	0.09	On Guard® Touch	36.25	0.21
Fennel (Sweet)	21.5	0.08	Tea Tree Touch (Melaleuca)	18.5	0.11	Passion	64.75	0.78
Frankincense	85.5	0.34	Thyme	47.5	0.19	Passion Touch	40	0.24
Frankincense Touch	68	0.41	Vetiver	60	0.24	PastTense®	23.5	0.14
Geranium	37.5	0.15	Wild Orange	14	0.05	Peace	48.5	0.58
Ginger	67	0.26	Wintergreen	36	0.14	Peace Touch	29	0.17
Grapefruit	20.25	0.08	Ylang Ylang	61	0.24	Purify	30	0.12
Helichrysum	135	1.62	<b>OIL BLENDS</b>	<b>Price \$</b>	<b>Per Drop</b>	Salubelle	97	0.58
Juniper Berry	30	0.36	AromaTouch®	31.75	0.12	Smart & Sassy®	30.5	0.12
Lavender	28	0.11	Balance	27	0.11	TerraArmour®	15	0.06
Lavender Touch	20.25	0.12	Cheer	43.25	0.52	TerraArmour® Spray	31	1.03 per ml.
Lemon	13.5	0.05	Cheer Touch	26	0.15	Whisper™	41.5	0.51
Lemongrass	13	0.05	Citrus Bliss	20.5	0.08	Zendocrine®	42.5	0.17
Lime	17	0.06	Clary Calm	30.75	0.18			
Litsea	35	0.14	Console	58	0.69			
Manuka	73	0.87	Consol Touch	38.5	0.23			
Marjoram	40.5	0.16	DigestZen	41	0.16			
Melissa	233	2.8	DigestZen Touch	35	0.21			
Myrrh	92.5	0.37						

\*\*5 ml Oil = 83 drops

\*\*15ml Oil = 250 drops

\*\*10ml Rollers - approx 166 drops

from the roller bottle



\*\*Please note prices are subject to change

# Cellular nutrition – your healing self



**THE**  
**Multivitamin**  
**(R)EVOLUTION**

**Experience the full benefits of multivitamins!**

 **NUTRITION CORNER WITH DR. CARSTEN SMIDT**

Having created some of the most sophisticated and best-selling multivitamin/mineral supplements in the industry over the last 20 years, I've seen the products and their underlying research evolve in stages. Usually, it takes the products about 5–10 years to follow the research. Now, we have reached yet another critical point when research creates a new paradigm shift for multivitamin/mineral supplements. With our new Daily Nutrition Pack, dōTERRA® leads the way so that you can be among the first to reap the full benefits of a truly expertly formulated, all-in-one daily multinutrient supplement.

This article was featured in the [Spring 2015 LIVING Magazine](#).

## **NUTRITION CORNER WITH DR. CARSTEN SMIDT**

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### **Do I Need a Multivitamin?**

The short answer is a resounding yes. Anybody in the scientific community who seriously studies vitamin and mineral nutrition agrees that virtually everyone's nutrition falls short in meeting even the bare minimum requirements for many nutrients (known as the RDI—Recommended Dietary Intakes). Trying to get the RDIs of all 26 essential vitamins, minerals, and trace elements—micronutrients—from foods alone is next to impossible, even if you eat a wholesome, balanced diet. Fruits and vegetables are rich in these micronutrients, plus they contain important phytonutrients (carotenoids, polyphenols, essential oils, etc.). The problem is that hardly anyone eats enough fruits and vegetables. A recent analysis of WHO/FAO data (Murphy et al., *Br J Nutr* 112(6):1004, 2014) shows that this is a world-wide problem: three out of four people on this planet don't even meet the minimum recommended five daily servings of fruits and vegetables! Instead, modern diets are high in refined foods and beverages devoid of micronutrients and full of empty calories.

In the U.S., nine out of ten adults do not meet the RDIs for vitamins D and E, and over half of us don't meet the RDIs for vitamin A, calcium, and magnesium (Fulgoni, et al., *J Nutr* 141(10):1847-54, 2011). Even if you are vegan or vegetarian, you're unlikely to get enough vitamin D, B12, calcium, iron, and zinc. Long-term, these nutrient deficiencies cause lack of energy, poor immunity, weak bones, cognitive decline, and a host of other health problems.

Experts agree that you should try to eat a healthy diet high in fruits and vegetables and take a multivitamin/mineral supplement. Now, the real question is which supplement should you take and how should it be formulated? Are the RDI amounts even sufficient? We know today that for most micronutrients they are not, and that optimum intakes are often higher than the RDIs. But how much higher? And what happens if we get too much? These questions have kept scientists busy for the last 50 years, and recent research makes it clear that it's time to rethink again.

### Multivitamin Evolution

The first multivitamins hit the retail shelves in the '50s and '60s and remain a staple in today's retail and mass markets. These inexpensive products deliver the RDI of most vitamins and lesser amounts of most minerals. Their mineral sources are often poorly absorbed and utilized by the body and they lack phytonutrients and essential omega-3 fatty acids.

Then, research in the '80s and '90s suggested that above-RDI amounts of certain antioxidant vitamins, some B-vitamins, and trace elements have additional health benefits, and these studies paved the way to the current generation of micronutrient supplements popular in the specialty and direct-sales markets. These comprehensive products often include mega-doses (10x RDI or more) of vitamins, better quality minerals, omega-3 fatty acids and phytonutrients, and some make you take 16 or more capsules or tablets a day. In fact, competition is fierce, and many companies are playing a horsepower game where more must be better.

Most recently, however, the results of very large, long-term studies have shown that mega-doses of micronutrients like vitamin C, vitamin E, beta-carotene, folate, and selenium don't work. In fact, some of these studies found negative effects at high doses previously assumed to be safe. Unfortunately, the supplement industry is still taking a defensive position belittling or dismissing these studies.

### Multivitamin Revolution

The good news for you is that dōTERRA® never believed in the "more-is-better" horsepower game. In fact, we are now in the unique position to embrace all the recent micronutrient research—positive and negative—and create a completely revolutionary concept of formulating multivitamins. How?

Let's take a step back. I mean a giant step back to when we humans first roamed this planet. Our genes change very slowly, and they can take thousands of years to adapt to dietary changes. For most of our history we ate hunter-gatherer diets. Only recently, our diets and lifestyles changed dramatically with the introduction of agriculture. And in the last 100 years, even more drastic changes occurred due to the industrialization of our food supply. So modern diets today are very different from the diets our genes are used to.

Now, take a good look at the dosages used in all of the micronutrient studies, and compare them to the amounts that we used to get from diets we are genetically programmed for. That's what we did, and it soon became clear that problems only arise when we consume much more or much less than what we could possibly get from the natural diets our bodies are genetically used to. This makes a lot of sense, and we used this approach to set a new standard, one that embraces the concept of natural balance. For each micronutrient we now have a range of natural intakes that our bodies were made for, and they coincide with the amounts needed for optimum health benefits.

### Restore Natural Balance with Daily Nutrient Pack

dōTERRA's new Microplex MVp™ and xEO Mega® (Daily Nutrient Pack) are the first micronutrient supplements in the industry that apply this new standard of natural balance to all vitamins, minerals, trace elements, phytonutrients, and essential fatty acids. This game-changing, patent-pending approach ensures that you get the optimum amounts and types of all micronutrients every day, including a full spectrum of omega-3s, antioxidant polyphenols, and carotenoids. With Daily Nutrient Pack, you don't have to worry about getting too little or too much of anything anymore. Instead, you get what your body was made for and demands—the most efficacious and safe amounts needed for long-term health and vitality.



## How Do I Use Daily Nutrient Pack?

**Daily Nutrient Pack** (the new Microplex MVp and xEO Mega) is a foundational supplement designed for men and women of all ages as well as for teenagers. Pregnant and nursing women also benefit but should consult with their physician as they may require additional iron or folate. If you desire extra energy benefits, you can add our new, more potent **Mito2Max®** (with lychee fruit extract), and if you deal with occasional joint discomfort, we recommend adding our new **Deep Blue Polyphenol Complex™**. We also updated **Lifelong Vitality Pack** with the new Microplex MVp and xEO Mega formulas while keeping the current Alpha CRS+®.

### Dr. Smidt recommends:

Daily Nutrient Pack: A revolutionary micronutrient supplements providing naturally balanced amounts of all vitamins, minerals, trace elements, phytonutrients, and omega-3 fatty acids. Lifelong Vitality Pack: Now with our new naturally-balanced Microplex MVp and xEO Mega.

### Bio:



Dr. Carsten Smidt is dōTERRA's Chief Science Officer and oversees research and product development. Dr. Smidt has held executive research and development positions for almost 20 years, working for leading global companies in dietary supplement, nutraceutical, and medical food industries. He holds a doctorate degree in Nutrition Science and Physiological Chemistry from the University of California at Davis, and is a fellow of the American College of Nutrition. Dr. Smidt is passionate about health and fitness, and enjoys the outdoors.

- See more at: <http://doterrablog.com/the-multivitamin-revolution-experience-the-full-benefits-of-multivitamins/#sthash.7jtE93NI.dpuf>

## THE dōTERRA® LIFELONG VITALITY PROGRAM

A comprehensive dietary supplement foundation for a lifetime of vitality and wellness, Alpha CRS+®, xEO Mega®/vEO Mega®, and Microplex MVp™ provide potent levels of antioxidants, vitamins, minerals, essential fatty acids, co-factors of cellular energy production, and a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils—your first step toward a lifetime of looking, feeling, and living younger, longer.

### dōTERRA LIFELONG VITALITY PACK

Alpha CRS+, xEO Mega or vEO Mega, and Microplex MVp are a comprehensive dietary supplement program of essential nutrients and energy factors for lifelong vitality and wellness. Formulated to be taken together in a daily regimen, these three revolutionary products supply a proprietary array of cutting-edge ingredients at potent levels many times higher than the same ingredients of other daily supplement programs.



### LIFELONG VITALITY BENEFITS\*

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Non-GMO, gluten-free, dairy-free

# Dudes Welcome

## The Guy Side of dōTERRA



Who said essential oils were only for women?  
Even the manliest of men can benefit from the power of essential oils in their lives.

### Every man needs a lemon...

Use Lemon essential oil to remove gum, oil and grease stains, and sticky residue or to prevent rust and loosen rusty screws.

Add 2–3 drops on a rag to remove grime from tools and make them look new.

Get rid of the stale food smell in your Dutch oven by leaving a paper towel with a few drops of Lemon until the next use.

Use Melaleuca and Lemon essential oil to clean a car battery and polish chrome wheels.

### Maintain Your Manliness with Personal Hygiene

#### Clean Mouth, Fresh Breath

Use On Guard Toothpaste every day to ensure fresh breath and experience the protective benefits of essential oils found in On Guard Blend.

Pop a Peppermint Beadlet for instant fresh breath and confidence.

Add a couple drops of On Guard, Melaleuca, and Peppermint essential oils to water for a refreshing mouth rinse.

#### One for the Beard

Love your facial hair? Use Root to Tip Serum to soothe and smooth facial skin and hair.

#### Shaving Tip

Apply Melaleuca and Lavender mixed with Fractionated Coconut Oil after shaving to soothe irritated skin.

#### Shoe Deodorizer

Add a few drops of Purify, Peppermint, or any citrus essential oils onto a paper towel or a used dryer sheet, scrunch, and place in your shoes overnight.

### Lifestyle & Health

A strong, healthy body can come in handy-especially when you are trying to raise a family. Taking care of your overall health will give you the strength and energy you need to work, play, and be the best man you can be.

#### Nutritional Boost

LifeLong Vitality is a nutritional powerhouse for providing your body the essential nutrients it needs.

Support healthy cellular integrity with DDR Prime.\*

#### Healthy Energy

No need to pound energy drinks; take some Mito2Max when you need an extra energy boost.\*

### Feeling a little tense after a long day?

Apply some PastTense on your temples or neck for a cooling, soothing sensation.

### What man doesn't like to eat?

Take TerraZyme daily to support and enhance your body's natural digestive processes."\*

**Soothe overworked muscles** with Lemongrass, Deep Blue, and Peppermint after a long day of work, manual labor, or physical activity.

### Handsome Sleep

Apply Lavender or Serenity on the bottom of feet before bedtime.

### His Diffuser Blends

Add 2–4 drops of the following essential oil blends in the diffuser while working in the garage or office.

Wintergreen and Cedarwood for feelings of confidence and self esteem

Cypress and White Fir for feelings of clear breathing and a sense of empowerment

Peppermint or Melissa for alertness

Lemongrass for an aroma that most men enjoy

- See more at: <http://doterrablog.com/dudes-welcome-the-guy-side-of-doterra/#sthash.6CzHrOeT.dpuf>

## Product Spotlight



### Refreshing Body Wash

#37460001

Your Price  
AUD22.00

Retail  
AUD29.00

PV  
11



### Description

The invigorating scents of CPTG® Bergamot, Grapefruit and Cedarwood essential oils are refreshing and uplifting, making it an ideal body wash to start the day. Natural surfactants derived from coconut oil and essential fatty acids provide gentle yet thorough cleansing without irritating the skin like other harsh soaps and body washes. This natural gel cleanser provides a perfect foaming action that glides across the skin without stripping the skin of its natural oils. Formulated with only nature's finest ingredients, the doTERRA SPA Refreshing Body Wash will leave your skin feeling clean, smooth, and fresh.

### Primary Benefits

- Bergamot essential oil purifies and soothes skin and provides an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Cedarwood essential oil promotes relaxation
- Sodium Methyl Oleoyl Taurate is a sulfate-free mild surfactant derived from nature and is readily biodegradable

# Product Spotlight

# Emotional Aromatherapy Kit

#21140004

Your Price  
AUD260.00

Retail  
AUD346.67

PV  
158



## Description

The doTERRA Emotional Aromatherapy System is a revolutionary organization of aromatic plant families around a continuum of emotions for a simple, profound approach to using fragrant essential oils in emotional aromatherapy applications. Individual essential oils can be used with great effectiveness by skilled aromatherapists. doTERRA makes emotional aromatherapy easy and accessible for anyone dealing with common negative emotions with a new line of proprietary essential oil blends representing six categories of emotional well-being. Each delicate blend contains CPTG Certified Pure Therapeutic Grade® essential oils that can be used aromatically or topically to help balance and brighten your changing moods. Just a few drops of these naturally complex, fragrant blends can elicit profound emotional responses to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again. This kit includes:

- doTERRA Motivate®
- doTERRA Cheer®
- doTERRA Passion®
- doTERRA Forgive®
- doTERRA Console®
- doTERRA Peace®



## GREAT SUPPLIERS



<http://www.aussiearomasupplies.com.au>

### Aromatherapy Supplies

Family owned Business  
Bottles, Roller's and cases  
at wholesale prices

Come on in and browse our range of quality glass bottles, lids and tops designed specifically for essential and aromatherapy oils.

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[Andrew.wragg@outlook.com](mailto:Andrew.wragg@outlook.com) find us on Face book "The Aussie Essential Oil Business"



Wooden Essential Oil Boxes  
designed, sourced and handcrafted  
in Perth, Western Australia using  
preloved, recycled, natural selection  
and plantation timbers

*'Protecting Natures Gifts'*

Essential oil storage,  
displays and accessories

**WildOils**

0430 222 245 [wildoils@hotmail.com.au](mailto:wildoils@hotmail.com.au) find us on Face book "Wild Oils"



<https://www.shantistar.com.au/shop/>

Diffusers & reference books

**Shantistar - John & Noel**

# SUPPORT FOR YOUR OILY JOURNEY

## Online sites - doTERRA

<https://doterra.com/US/en/>

<https://doterra.com/US/en/blog-products>



<https://doterra.com/US/en/blog-science>

## Online sites – Facebook

Empower with Essential Oils – secret group, need to be added

<https://www.facebook.com/groups/1377629072500139/>

doTERRA Australia – open group

<https://www.facebook.com/doterraAU/?fref=ts>

doTERRA International – open group

<https://www.facebook.com/doterra/?fref=ts>

# SUPPORT FOR YOUR OILY JOURNEY



## How many drops are in a bottle?

Approximately:

- 500 Drops in a typical 30 mL bottle
  - 250 drops in a typical 15mL bottle
  - 170 drops in a typical 10mL
  - 150 drops in a typical 9mL (150 total with the FCO and EO)
  - 150 Full Pump Sprays in 30mL TerraShield Bottle
  - 83 drops in a typical 5mL bottle
  - 45 drops fit in a 5/8 dram sample vial (2.31 mL)
- Note: this is the size used in our key chain  
Approximately 8-12 drops in the Trio Sample Vials.

## How many drops of oil are in each beadlet?

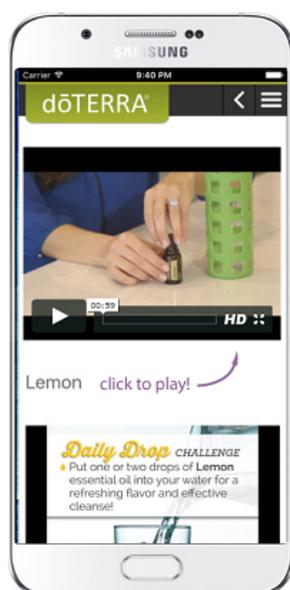
- 1/4 drop in each On Guard Beadlet
- 1/4 drop in each Peppermint Beadlet

## How many drops of oil are in each softgel?

- |                 |               |
|-----------------|---------------|
| Triease- 5      | Digestzen - 2 |
| Slim & Sassy- 5 | Zendocrine -2 |
| On Guard- 2     | DDR Prime- 4  |

## Mobile phone applications

### Daily Drop



A drop of essential oil education in the palm of your hand!

The new Daily Drop App provides a convenient solution to essential oil education. Short videos and simple challenges are right at your fingertips all day. You might find yourself waiting in the parking lot to pick up your kids, on your lunch break, or winding down at the end of the day when you have some time to fill. Commit to two minutes a day for 30 days to take your essential oil usage knowledge to the next level.

The Daily Drop app can be downloaded in the **Google Play** store and in **iTunes**. For those excited about this new education, but prefer email, you may subscribe to the **daily mailing list**.

We would love to hear about your experience with the app. What do you wish the app could do? If you are experiencing any problems, we can help you troubleshoot. Send your feedback and questions to [dailydrop@doterra.com](mailto:dailydrop@doterra.com).

**FREE APPLICATION**

# SUPPORT FOR YOUR OILY JOURNEY

## Mobile phone applications



## Modern Essential App

Learn how aromatherapy can benefit health and well-being—naturally! Get current, scientific guidance on the therapeutic use of essential oils at your fingertips. Streamline your access to information with a unique, color-coded recommendation system that quickly points you to the right oils and blends for over 200 health conditions.

You can take your app anywhere for ready reference or in-depth study. Use the search function to find quick details about a particular ailment, essential oil or blend, or application method. Or read through the applications section to discover old and new approaches for oil use. Take time to browse our new living section for cooking, craft, and care ideas. Then link directly to our online store to shop the best products and prices for your aromatherapy lifestyle. You'll want this app at home, on the road, or in meetings with clients.

The Modern Essentials App derives from the authoritative work on aromatherapy for over 20 years: "Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils". See this book or documentation of the research studies behind the app's recommendations, plus much more on why and how to use essential oils.

Get your oils game on with the ME App!

**Available for Android and iPhone**

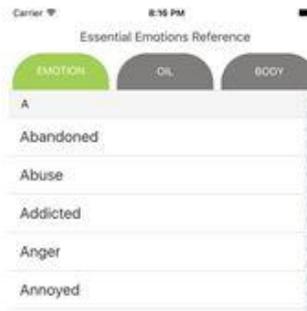
Just search for Modern essentials

**SMALL COST**



# SUPPORT FOR YOUR OILY JOURNEY

## Mobile phone applications



Are you ready to take your emotional wellness to the next level?

Emotions are an important part of what makes us human. They enrich our lives, enable us to connect, and open the way for us to experience the beauty and joy of life. But they can also trap us, undermine our relationships, and keep us from being our best self at home, work, or in other settings.

### Emotional Wellness @ Your Fingertips

The Essential Emotions Reference app has been created specifically to help you take emotional wellness into your own hands. With the Essential Emotions Reference app, you now have an easy-to-use tool right at your fingertips. You can start today to begin making a difference in your emotional well being by understanding what you are feeling and the simple steps to create the emotional health you are seeking.

### How Does the Essential Emotions App Work?

The Essential Emotions Reference app is a simple reference guide that can help you identify and process the various emotions you may be experiencing. It includes questions that empower you to find the root cause of your emotional concerns. It also allows you to look up physical symptoms to help you identify what emotions may be contributing to those physical concerns.

The Essential Emotions App references the powerful support of essential oils, allowing you to look up what essential oils best support the emotion you are experiencing. The app guides you to know how and where to apply the oils for maximum support.

Finally, the Essential Emotions Reference app provides guidance on how to process and release the emotion you are experiencing through visualizations and affirmations.

SMALL COST

Available for Android and iPhone

Just search for Essential Emotions

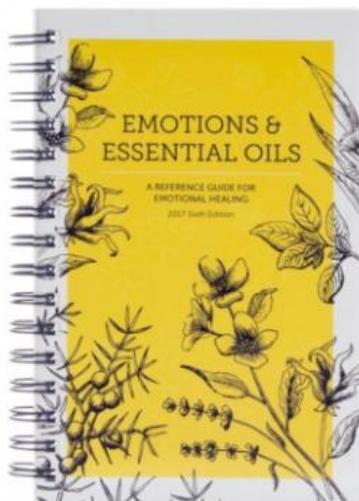
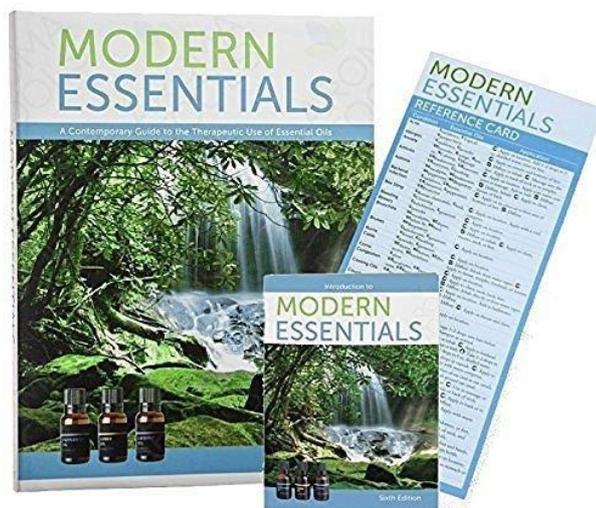
# SUPPORT FOR YOUR OILY JOURNEY

## Books



**The Essential Life** is Here! The Essential Life is a return to the plant remedies that have been used throughout the ages. It's about inspiring individuals to create wellness instead of waiting for it. It's about empowering families to be their own healers. It's about scientific fact, simplicity, little leaps of faith, and clear direction. It's a trajectory toward an elevated quality of life, and it's a life anyone can claim. This new book will give both the novice oil user and the oil expert insight into using essential oils not only to address health concerns, but also for everyday use in the home through cooking, cleaning, blending, gardening, pets & much more. This book will help you understand how to use the oils with your baby and through pregnancy. Designed to be incorporated into all aspects of your life you'll see topics such as: -First Aid -Body Systems -Recipes -Oils Blending -Baby -Pets -Gardening -Holiday -Supplementary Products and much more The books quick reference guide is a very easy-to-use way to know which oils you can use for more than 600 health concerns. From athlete to parent this book is a must have.

This popular hardcover book is truly one of a kind. **Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils** is perfect for anyone looking to know more about essential oils and how they can be used in everyday life. Whether you are a beginner or a long-time essential oil user, this book is designed for you. Features of the new edition of this contemporary guide include the following: New oils have been added to sections throughout the book. Stunning new design with enhanced Single Oil and Oil Blends sections featuring an updated "Quick Facts" box to make it simple to discover the basics about any oil. An enhanced Introduction to Essential Oils section with additional illustrations and explanations on essential oils, their benefits, historical background, safety information, and more. A new section on how the essential oils interact with the body including scientific research and safety data.



Essential oils are widely used for their physical health benefits, but few have understood the scope of their healing capabilities. In **Emotions & Essential Oils**, essential oils are introduced as powerful emotional healers. This groundbreaking book bridges the gap between the physical and emotional aspects of essential oils and creates a user-friendly guide for taking charge of your emotional health. Each oil is written about with profound insight and understanding of its innate properties and gifts, and the result is as poetic as it is practical. This easy to follow spiral bound reference guide will help you come to know the oils in a new way and more fully appreciate their distinct healing qualities. For long-time oil enthusiasts and beginners alike, Emotions & Essential Oils will inspire you with the genius and beauty of one of Mother Nature's finest gifts. \*\*\*This book includes emotional descriptions for dōTERRA's entire line of essential oils, including all new Edition oils & blends released at the September 2015 convention.\*\*\* Now up to edition 7

# dōTERRA Loyalty Rewards Program

dōTERRA's Loyalty Rewards Program rewards you for on-going loyalty when you make regular monthly purchases. The program allows you to earn product credits that can be used towards purchases of dōTERRA products.

## Getting started on the Loyalty Rewards Program:

- 1** **Create your Loyalty Reward Order:**  
Simply set up your Loyalty Rewards Order by logging into your Online Account and creating a Loyalty Rewards Order.


- 2** **Earn a FREE Product of the Month simply by:**

  - Creating a Loyalty Rewards Order that totals 125 Points Value (PV) or more **and**
  - Setting the date for your Loyalty Rewards Order to be shipped on or before the 15th of every month.

**FREE Product of the Month**


- 3** **Convenience to change your Loyalty Reward Order every month before the shipping date.**  
Don't want to receive the same products as last month? Simply login to your Online Account and edit your Loyalty Rewards Order for the month.  
*You can do this every month!*


- 4** **Earning points with dōTERRA Loyalty Rewards Order purchases.**  
Every dōTERRA product has a Points Value (PV) and a dollar value (e.g. Lavender 15 mL AUD \$28.00 with 21 PV).  
Loyalty Rewards Product Credits are calculated based on Points Value.


- 5** **To redeem your earned Product Credits towards a purchase of your favourite dōTERRA products:**  
Simply login to your VO to redeem them online or contact Member Service on (02) 8015 5080.



# Get dōTERRA products for FREE

## What is the Loyalty Rewards Program (LRP)?

Just like everyday household essentials, there are items you may use frequently and wish to buy regularly. The Loyalty Rewards Program makes it easy to order those items and rewards you with product credit points that can be redeemed for dōTERRA products!

As a participant in the program, you will immediately begin to earn product credits and the longer you participate, the more credits you can earn – up to 30% of your total Loyalty Rewards monthly Points Value.

## Loyalty Rewards Highlights:

- ◆ *Hassle-free, flexible monthly shipment*
- ◆ *Receive product credits that can be redeemed for dōTERRA products*
- ◆ *Receive a FREE Product of the Month when your Loyalty Rewards Order totals 125 Points Value or more and is scheduled to ship on or before the 15th of each month*
- ◆ *The longer you participate, the greater rewards you can earn*
- ◆ *Convenience to change your order every month*
- ◆ *No lock-in contract - freedom to cancel at anytime simply by calling Member Services on (02) 8015 5080*

## How do I earn Loyalty Rewards Credits?

Months on Loyalty Rewards Program	1 - 3 Months	4 - 6 Months	7 - 9 Months	10 - 12 Months	13+ Months
Loyalty Reward Credits (Minimum of 50 PV Order)	10%	15%	20%	25%	30% Maximum Saving
% of Loyalty Rewards Monthly Points Value					
<b>BONUS: Product of the Month: When your LRP Order Totals 125 PV and ships on or before the 15th of each month!</b>					

## LRP Highlights:

- No-hassle, automatic shipment of the dōTERRA products you use on a monthly basis
  - Receive up to 30% of the PV value of your monthly LRP order
  - Use your LRP product credits as cash to purchase dōTERRA products
  - Freedom to change your LRP order up to your monthly ship date
  - Convenient way to meet monthly PV and bonus qualification requirements
- Powerful loyalty incentive for new customers and consultants that you personally sponsor
  - View Loyalty Rewards points online in your mydoterra.com Back Office
- LRP orders can be set to ship any day between the 1st and the 28th of the month.

## Terms and Conditions:

- **Minimum monthly Loyalty Rewards order of 50 PV to earn product credits**
- No maximum monthly credit accumulation limit
- Product credits expire 12 months from the date of issue
- Product credits can be used to purchase full PV products only
- **Product credits can be redeemed online or by phone by calling 02 8015 5080**
- Redemption orders cannot be combined with other product orders and have no PV
- **A redemption fee of \$3 per Order redemption, applicable taxes, and shipping and handling charges will apply**
- Must be an LRP participant for 60 days before credits can be redeemed
- All product credits will be immediately cancelled with LRP cancellation
- Product credits have no cash redemption value and are non-transferable
- Products purchased with LRP credits are not for resale
- **Cancellation of LRP order must take place over the telephone by calling Member Services at 02 8015 5080**
- Orders with a minimum of 1 PV\* will maintain both Loyalty Reward level (%)\*\* and previously accrued points\* Loyalty Rewards orders must exceed 49 PV per single order to earn Reward Points.\*\* Loyalty Rewards orders must exceed 49 PV per single order to advance Loyalty 30%

## Hints, Tips & ESSENTIAL BITS

# How to create a Loyalty Rewards Order



### Order Summary Key:

- Local Australia Orders
- International US Orders

- Log onto your virtual office:  
<http://doterra.myvoffice.com>
- Click on the 'SHOP' tab.
- Select 'Create New LRP Order.'
- Establish the date you would like your Loyalty Rewards Program order to run each month.
- Select a date on or before the 15th of the Month and create a LRP Order of 125 PV or more to receive the FREE Product of the Month.
- Continue shopping and add items to cart.
- When you proceed to check-out you will once again have the option to process order now or as scheduled.
- If this is your first order you will need to 'Process as Scheduled.'



Video instructional

<https://www.youtube.com/watch?v=ndI5vHVgtQw>

## doTERRA WISH LIST

On pages 40 - 43 you will find a wish list for doTerra oils and most popular products, this is so you can plan your reward months out over a period of 12 months and to gain the highest benefits from this fantastic rewards program 😊

## Hints, Tips & ESSENTIAL BITS

# How to edit and process your Loyalty Rewards Order



- Log onto your virtual office:  
<http://doterra.myoffice.com>
- Click on the 'SHOP' tab.
- Select the icon under the 'Edit' column.
- You can either edit, continue shopping or save changes and continue to check out.
- When you continue to check-out you will have the option to push the order through prior to your scheduled date or simply save the changes made so the order runs on your nominated date.
- You can make as many orders here per month as you would like.

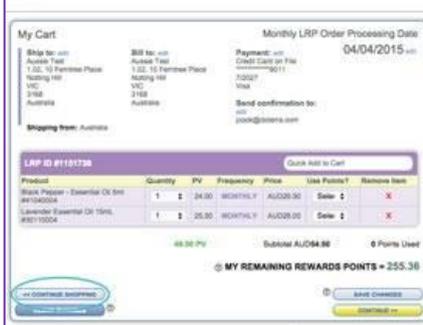
### Order Summary Key:

- Local Australia Orders
- International US Orders



## Hints, Tips & ESSENTIAL BITS

# How to change and add items to your Loyalty Rewards Order



- Log onto your virtual office:  
<http://doterra.myoffice.com>
- Click on the 'SHOP' tab.
- Select the icon under the 'Edit' column on the LRP Order you want to edit.
- On the 'My Cart' page to add products to your LRP Order click on 'Continue Shopping'
- You will be taken back to the 'SHOP' page where you can add items to this LRP Order. Once you have added the products you want, click back on the LRP Order you are editing.
- To remove items from your LRP Order make sure you are in the 'My Cart' area of the order and then click on the red 'X' next the product you want to remove.
- Once you have made all your changes remember to click 'View Totals' and 'Save Changes' before continuing on.



# doTERRA WISH LIST - Aust products

## REWARD MONTHLY ORDERS

			1	2	3	4	5	6	7	8	9	10	11	12
MONTH														
SINGLE OILS	PV	Price \$												
Arborvitae	24	34.00												
Basil	31.5	31.50												
Bergamot	29	41.00												
Black Pepper	24	26.50												
Cardamom	28.5	40.50												
Cassia	20.5	29.00												
Cedarwood	14.5	22.50												
Cilantro	28.5	31.25												
Cinnamon Bark	28	31.00												
Clary Sage	41	63.00												
Coriander	27	38.50												
Clove	16.5	18.25												
Cypress	18	20.00												
Douglas Fir	25.5	39.00												
Eucalyptus	16.5	18.00												
Fennel (Sweet)	15	21.50												
Frankincense	77.5	85.50												
Frankincense Touch	44	68.00												
Geranium	34	37.50												
Ginger	43.5	67.00												
Grapefruit	18.5	20.25												
Helichrysum	95	135.0												
Juniper Berry	21.5	30.00												
Lavender	25.5	28.00												
Lavender Touch	13	20.25												
Lemon	12.5	13.50												
Lemongrass	12	13.00												
Lime	15.5	17.00												
Litsea	24	35.00												
Manuka	51	73.00												
Marjoram	26.5	40.50												
Melissa	168	233.0												
Myrrh	60	92.50												
Oregano	29	31.75												
Oregano Touch	29	23.5												
Patchouli	33	46.00												
Peppermint	23	25.50												
Peppermint Touch	13	20.25												
<i>TOTAL POINTS for page</i>														
<i>SAUD COST FOR POINTS</i>														

# doTERRA WISH LIST

## REWARD MONTHLY ORDERS

			1	2	3	4	5	6	7	8	9	10	11	12
MONTH														
SINGLE OILS	PV	Price \$												
Peppermint Beadlets	11.5	16.50												
Petitgrain	29	41.5												
Roman Chamomile	49	70.00												
Rosemary	15	21.50												
Sandalwood	78.5	110.0												
<i>Sandalwood (Hawaiian)</i>	57	110.0												
Siberian Fir	20.5	27.00												
Spearmint	32.5	50.00												
Spikenard	55.5	79.5												
<i>Tea Tree (Melaleuca)</i>	22.5	24.50												
<i>Tea Tree Touch (Melaleuca)</i>	12	18.5												
<i>Thyme</i>	31	47.50												
Vetiver	43	60.00												
Wild Orange	12.5	14.00												
Wintergreen	23.5	36.00												
Ylang Ylang	39.5	61.00												
OIL BLENDS	PV	Price \$												
AromaTouch®	29	31.75												
Balance	24.5	27.00												
Cheer	28	43.25												
Cheer Touch	18	26.00												
Citrus Bliss	18.5	20.50												
Clary Calm	28	30.75												
Console	37.5	58.00												
Console Touch	27	38.5												
DigestZen	37.5	41.00												
DigestZen Touch	22.5	35.00												
Easy Air	24.5	27.00												
Easy Air Touch	24.5	27.00												
Elevation	45	49.50												
Forgive	22	34.50												
Forgive Touch	14.5	21.00												
Hope Touch	00	26.0												
Ice Blue	38.5	42.50												
Ice Blue Touch	40	62.00												
Ice Blue rub	31	36.50												
<i>TOTAL POINTS for page</i>														
<i>\$ COST FOR POINTS</i>														





## Hints, Tips & ESSENTIAL BITS

# How to redeem Loyalty Rewards Points with a Standard Order



- Log onto your virtual office: [doterra.myoffice.com](http://doterra.myoffice.com). Click on 'SHOP' tab.
- Adding the items that you want to redeem using your points to your cart. Do this via the product categories from the main page or type the product name in the 'Item Search' box.
- Once you have added the items you want to redeem for points, click on 'GO TO CART' in the Cart Summary Box on the right hand side.
- In your cart, click the drop down box and select your quantity in the "Use Points?" column (2nd from the right) to indicate you want to use points for these products.
- Once you have finished updating your products to be used with points, select 'CONTINUE' in the lower left hand corner. If everything looks correct on the 'Review Your Order' page, hit 'Process Order Now'.

NOTE: A standard order will not stop your monthly LRP order from processing. Your Loyalty Reward Program order will still go through on your scheduled processing date.

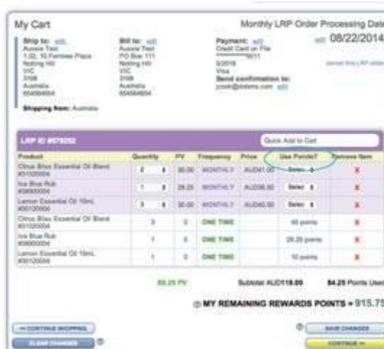


Video Instructional

[https://www.youtube.com/watch?v=kiRdH\\_EUn8Q](https://www.youtube.com/watch?v=kiRdH_EUn8Q)

## Hints, Tips & ESSENTIAL BITS

# How to redeem Loyalty Rewards Points with a Loyalty Order



NOTE: Add point redemption items to your LRP order when you are ready for it to process (at least 24 hours before your scheduled processing date) because you will not have the option to save a point redemption order. Keep an eye on your processing date to make sure your order counts towards the correct month. Since processing dates are based off U.S. time, we don't recommend processing orders until at least the 2nd of each month (1st in the U.S.) to make sure it's counted towards the correct period. Point items do not have PV and will not help you towards monthly PV goals.

- Log onto your virtual office: [doterra.myoffice.com](http://doterra.myoffice.com). Click on 'SHOP' tab.
- In the Scheduled LRP order box, click the grey button with your LRP order # to go to your cart to make edits.
- Once in your cart, add the items you would like to redeem your points for to your order. Make sure to have one item in your cart that you intend to pay for at all times, or you will receive an error message.
- Once you have items in your cart, click the drop down box and select your quantity in the "Use Points?" column (2nd from the right) to indicate you would like to use points on the products.
- Once you have finished updating your products to be used with points, select 'CONTINUE' in the lower left hand corner. If everything looks correct on the "Review Your Order" page, hit "Process Order Now".



Qty		Essential Oils	Unit	POINT
<b>ESSENTIAL OIL SINGLES</b>				
	49360004	Arborvitae	5 mL	24.00
	30010004	Basil	15 mL	22.00
	30790004	Bergamot	15 mL	29.00
	41040004	Black Pepper	5 mL	24.00
	49350004	Cardamom	5 mL	28.50
	30020004	Cassia	15 mL	20.50
	49300004	Cedarwood	15 mL	14.50
	41850004	Cilantro	15 mL	28.50
	30030004	Cinnamon Bark	5 mL	28.00
	30420004	Clary Sage	15 mL	41.00
	30040004	Clove	15 mL	16.50
	30780004	Coriander	15 mL	27.00
	30050004	Cypress	15 mL	18.00
	31590004	Douglas Fir	5 mL	25.50
	30060004	Eucalyptus	15 mL	16.50
	41290004	Fennel (Sweet)	15 mL	15.00
	30070004	Frankincense	15 mL	77.50
	31800004	Frankincense Touch*	9 mL	44.00
	30090004	Geranium	15 mL	34.00
	31630004	Ginger	15 mL	43.50
	30100004	Grapefruit	15 mL	18.50
	30410004	Helichrysum	5 mL	95.00
	49290004	Juniper Berry	5 mL	21.50
	30110004	Lavender	15 mL	25.50
	31660004	Lavender Touch*	9 mL	13.00
	30120004	Lemon	15 mL	12.50
	30130004	Lemongrass	15 mL	12.00
	30870004	Lime	15 mL	15.50
	30140004	Marjoram	15 mL	26.50
	30160004	Myrrh	15 mL	60.00
	30180004	Oregano	15 mL	29.00
	31770004	Oregano Touch*	9 mL	15.00
	30890004	Patchouli	15 mL	33.00
	30190004	Peppermint	15 mL	23.00
	31670004	Peppermint Touch*	9 mL	13.00
	31570004	Peppermint Beadlets	125 Blts	11.50
	30200004	Rosemary	15 mL	19.50
	30210004	Sandalwood	5 mL	78.50
	41860004	Sandalwood (Hawaiian)	5 mL	71.50
	31610004	Spearmint	15 mL	32.50
	30150004	Tea Tree	15 mL	22.50
	31680004	Tea Tree Touch*	9 mL	12.00
	30220004	Thyme	15 mL	31.00
	30430004	Vetiver	15 mL	43.00
	30250004	White Fir	15 mL	22.50
	30170004	Wild Orange	15 mL	12.50
	31620004	Wintergreen	15 mL	23.50
	30240004	Ylang Ylang	15 mL	39.50
	30260004	Fractionated Coconut Oil	4 oz	15.00
<b>ESSENTIAL OIL BLENDS</b>				
	31200004	AromaTouch*	15 mL	29.00
	31010004	Balance™	15 mL	24.50
	31720004	Citrus Bliss*	15 mL	18.50
	31020004	Cheer	5 mL	28.00
	35270004	ClaryCalm* Roll On	10 mL	28.00
	31730004	Console	5 mL	37.50
	31030004	DigestZen*	15 mL	37.50
	31780004	DigestZen* Touch*	9 mL	22.50
	49370004	Easy Air™	15 mL	24.50
	31820004	Easy Air™ Touch*	9 mL	14.50
	31040004	Elevation	15 mL	45.00

Qty		Essential Oils	Unit	POINT
	31750004	Forgive	5 mL	22.00
	49400004	HD Clear Roll On	10 mL	28.00
	31050004	Ice Blue*	5 mL	38.50
	31810004	Ice Blue* Roll On	10 mL	61.00
	31380004	Ice Blue* Touch*	9 mL	40.00
	41840004	InTune* Roll On	10 mL	39.00
	31090004	Lavender Peace™	15 mL	37.00
	31740004	Motivate	5 mL	25.50
	31100004	On Guard*	15 mL	37.00
	31790004	On Guard* Touch*	9 mL	23.50
	31580004	On Guard* Beadlets	125 Blts	19.50
	31760004	Passion	5 mL	41.50
	31350004	PastTense* Roll On	10 mL	21.50
	31710004	Peace	5 mL	31.50
	31060004	Purify	15 mL	21.50
	37140004	Saluabelle™ Roll On	10 mL	88.00
	31370004	Smart & Sassy*	15 mL	27.50
	31080004	Whisper	5 mL	27.00
	31460004	Zendocrine	15 mL	27.50
	34410004	DDR Prime Softgels	60 Stgls	58.00
<b>ESSENTIAL OIL KITS AND ACCESSORIES</b>				
	32180004	Introductory Kit	Single	24.00
	20560004	Essential Collection Kit	Single	147.50
<b>SPA</b>				
	36190004	Lip Balm (Peppermint & Wild Orange)	0.15 oz	5.50
	36100004	Spa Hand & Body Lotion	6.7 oz	16.50
<b>ESSENTIAL SKIN CARE</b>				
	37040004	Essential Serum	1 oz	44.50
	37010004	Facial Cleanser	4 oz	21.50
	37050004	Invigorating Scrub	2.5 oz	16.00
	37020004	Pore Reducing Toner	4 oz	15.50
<b>Veragé™ PRODUCTS</b>				
	37380004	Veragé™ Cleanser	2 fl oz	31.00
	37390004	Veragé™ Toner	1.7 fl oz	27.50
	37400004	Veragé™ Saluabelle Hydrating Serum	15 mL	80.00
	37410004	Veragé™ Moisturizer	1 fl oz	34.50
	42690004	Veragé™ Skin Care Collection	4 Pack	91.00
<b>HD CLEAR™ PRODUCTS</b>				
	49420004	HD Clear™ Foaming Face Wash	1.7 oz	28.00
	49410004	HD Clear™ Facial Lotion	1.7 oz	37.50
	49400004	HD Clear™ Topical Blend	10 mL	28.00
<b>SALON ESSENTIALS®</b>				
	36210004	Root to Tip Serum	30 mL	38.50
	36220004	Protecting Shampoo	8 oz	23.50
	36230004	Smoothing Conditioner	8 oz	27.50
	36260004	Shampoo & Conditioner LRP Only	2 Pack	35.50
	36240004	Shampoo 2-Pack LRP Only	2 Pack	30.00
	36250004	Conditioner 2-Pack LRP Only	2 Pack	37.50
<b>ON GUARD® PRODUCTS</b>				
	31100004	On Guard*	15 mL	37.00
	31790004	On Guard* Touch*	9 mL	23.50
	31580004	On Guard* Beadlets	125 Blts	19.50
	34050004	On Guard* Protecting Throat Drops	30 Lzgs	17.50
	38010004	On Guard* Foaming Hand Wash	Single	23.50
	38140004	On Guard* Cleaner Concentrate	12 fl oz	14.50
	38910004	On Guard* Natural Whitening Toothpaste	4 oz	7.50



# Labels



## Vitalizing Blend

1 drops Frankincense  
1 drops Peppermint  
1 drops Wild Orange  
1drops Lemon

*Roll on wrists*

Keep away from eyes  
If any irritation occurs, cease use  
immediately

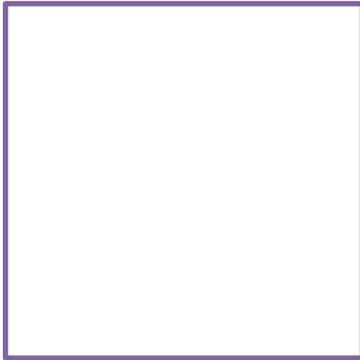


## Hand Sanitiser

Contains On Guard essential  
oil and water.

*Spray on hands*

Keep away from eyes  
If any irritation occurs, cease use  
immediately



## Harmonizing Blend

2 drops Patchouli  
1drops White Fir  
1 drops Lavender

*Roll on wrists*

Keep away from eyes  
If any irritation occurs, cease use  
immediately



## Moisturiser

Contains Frankincense,  
Lavender essential oil and  
FCO.

*Spray on body and rub*

Keep away from eyes  
If any irritation occurs, cease use  
immediately



## Relaxing Blend

1 drops Vetiver  
1 drops Lavender  
1 drops Sandalwood  
.5 drops Ylang Ylang

*Roll on wrists*

Keep away from eyes  
If any irritation occurs, cease use  
immediately

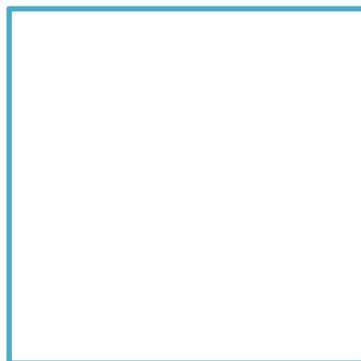


## Owie Spray

Contains Lavender, Tea Tree  
essential oil & FCO

*Spray on any Boo Boo's*

Keep away from eyes  
If any irritation occurs, cease use  
immediately



## Body Spray

*Spray on body*

Keep away from eyes  
If any irritation occurs, cease use  
immediately



