



# I have my oils... NOW WHAT?

## USER – SHARER – BUILDER

### Explanation :

HOST A CLASS and earn free gifts! Like a diffuser, books, oils, rollers, whatever you want to earn! All of the new members you refer to dōTERRA go toward referral bonuses for you! So, refer your friends and family and coworkers!

USER - You! Order products for your personal use.

SHARER - Host a class and share some of your oils with friends to help them be healthy.

BUILDER - Build an essential oils business and teach others about a healthier lifestyle with dōTERRA.

*\*\* 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 dōTERRA!*

- OPEN your box and review the contents. Book has stickers in the middle & 30 day cleanse in the back! Do the cleanse quarterly.
- ORDER 10mL Rollers amazon.com, Fractionated Coconut Oil (FCO) to dilute your oils for safety, better absorption and to prevent skin sensitivity.
- STICKERS - Reorder in your www.doterra.com Cart.
- RESOURCES - eoebooks app, Modern Essentials app, The Essential Life book from oillife.com or amazon.com
- RECIPES - Standard recipe for rollers is 20 drops of each oil in 10mL roller topped off with FCO. Find recipes on Pinterest, Google and in the Facebook Pages. Utilize our Favorite Recipe pages. Max 50% essential oils in roller.
- DILUTION  
... Adults: 20 drops of each oil + FCO or 25-50% essential oils  
... Children, Toddlers & Babies: Go by age. Example: 3 year old = 3 drops of each oil + FCO.
- CUSTOMER SERVICE - 800-411-8151 or live chat on doterra.com  
Keep all items upright (coconut oil, rollers and dōTERRA bottles) – everything can leak possibly. Customer service can help you with anything regarding your account.
- FACEBOOK SUPPORT - Request to join our Facebook group(s)... we post specials, answer questions, hold drawings for free stuff, etc...

## WISHLIST

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- WHY MONTHLY REWARDS ORDERING? – Use your LRP (Loyalty Rewards Program) Cart – to get the best pricing and free products.  
... Why? To have 100% of your shipping reimbursed as points.  
... You may cancel by phone at anytime and just order as needed but the best way to order is the monthly rewards cart (LRP).  
... Just order at least 1PV (=\$1) or more each month to stay in the rewards program. ... Use your free credits for FREE oils. Earn up to another 30% back in rewards!
- REORDER doterra.com ID # \_\_\_\_\_ Password \_\_\_\_\_

## Favorite Recipes 1

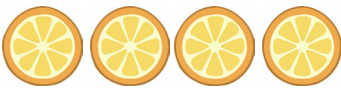
## Foundation of Health

### Daily Cleansing

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

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

- Lifelong Vitality Vitamin Pack (LLV) - Take 1-2 of each, a.m. and p.m. after food.
- Terrazyme Digestive Enzymes - Take 1 with a glass of water before each meal.
- 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 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.



### Energy & Focus

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

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

### Respiratory/Cough

Breathe Stick OR...

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

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

### Happy Head

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

Roll on temples and back of neck.

### Seasonal Zen LLP

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

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

### Digestive Health

1-2 Peppermint Beadlets orally AND...  
20 drops Digestzen  
20 drops Wild Orange  
+FCO in 10mL roller

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



### Sinus/Stuffiness

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

Roll over sinus area and bottoms of feet.

### 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.

### Happy Ears

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

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

### Slim & Sassy

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

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

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

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

If heartburn occurs, take/drink with grape juice.

### Skin/Owies

CorrectX Ointment OR...

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

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



### Muscle & Joint Pain

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

Roll on affected area as needed.

### The Bomb! Roller

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

Roll bottoms of feet every 2 hours.

### The Bomb! Veggie Cap

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

In a veggie cap after every meal.

### Sleep & Calming

1. Diffuse 3 drops Serenity & 3 drops Breathe

2. Roll on Calming Blend  
20 drops Balance + 20 drops Serenity + FCO in 10mL roller.  
Roll wrists & bottoms of feet.

3. Ingest 1 Serenity Softgel 30 minutes before bed



### Perfume

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

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

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

## Mental Clarity

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

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



## Clear Face

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

## Thyroid Support

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

## Skin, Hair & Body

Verage Skincare Collection  
Order the entire set & save \$74.  
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Essential Skincare Set  
For mature skin. Order the entire  
set & save \$34.66 (LRP only).  
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Salon Essentials  
Haircare System  
Order the whole system  
& save \$18 (LRP only).  
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Total doTERRA Spa Kit  
Body wash, body butter, hand  
& body lotion, body scrub,  
mud mask, lip balms, & bath bar.  
Saves \$31.27.

## After Sun Blend

20 drops Lavender  
20 drops Peppermint  
5 drops Frankincense

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



## Cholesterol Support

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

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

## Hormones & Women's Health

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

Kit saves \$16 (LRP only).



## Pancreas/Blood Sugar

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

## Focus & Concentration

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



## Favorite Recipes 2

### Muscle/Joint Pain 2

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

Roll on affected area as needed.

### 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

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

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



### Diffuse

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

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

### Pain Protocol

Internally: LLV & Deep Blue  
Polyphenol Complex 2x's daily.

Topically: Deep Blue Rub  
& pain roller recipe of your  
choice. Apply to affected  
area(s) as needed.



### Blood Pressure

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

In 10mL roller:  
12 drops Helichrysum  
12 drops Ylang Ylang  
8 drops Cassia  
8 drops Frankincense  
8 drops Marjoram  
+FCO

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

### Snoring

Diffuse Breathe.

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



### Healthy Life

OnGuard product line...

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

### Healthy Mind

Emotional Aromatherapy  
Oil & Roller Kits...

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

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