



SPIRIT ASH

A Magical Lifestyle



welcome

to your MAGICAL life

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getting started

You may have questions about how to use essential oils in the safest fashion for you and your family. dōTERRA® essential oils are safe, effective, all- natural health tools. We have some great guidelines for you to get the most out of your oils.

dōTERRA® essential oils have benefits that will support your emotional and your physical health. We will show you how to use them safely and effectively. Keep this guide handy while you start your journey with dōTERRA®.

Safety Tips:

- Avoid contact with eyes, inside the ears and up the nose.
- dōTERRA® oils are potent, a drop is dose. Dilute with fractionated coconut oil (FCO).
- Use only 1-6 drops in your diffuser.
- Use a glass or stainless cup when drinking oils with your water or smoothie.

THREE WAYS TO USE OILS:

Aromatic

Aromatic use can be as simple as breathing the oil directly out of the bottle or placing 1-2 drops in your hands, rub them together and then cup your hands together over your nose and mouth and breathe in.

Diffusing essential oils is where many people get started. It's a great way to purify the air, boost your mood and create a healthy environment. Add a few drops to your cool mist diffuser and you're good to go.

Aromatic use of essential oils is one of the quickest ways to impact your mood. When you breathe in an essential oil, it passes directly into the limbic centre of the brain which impacts mood and emotion.

Topical

Essential oils can be applied topically to target specific areas of the body such as muscle or joint discomfort, an upset tummy or congestion. Common areas to apply essential oils topically on the body are the neck, forehead and temples, chest and abdomen or on the bottom of the feet.

When you apply topically, you want to dilute with a carrier oil such as fractionated coconut oil (FCO). Dilute 1-2 drops of essential oil with the carrier oil. This helps with any skin sensitivity and also helps the oil to penetrate better into your skin.

Topical use is my absolute favorite way to use essential oils. I use oils topically in my daily skincare routine and I have replaced all of my perfume with essential oil blends.

Internal

Certified pure tested grade essential oils can be taken internally to support your overall health. You can add a drop to water, drop under your tongue or put in a veggie capsule (*only take dōTERRA® essential oils internally) Always be sure to use glass or stainless steel when adding oils to your water.

Not all essential oils are safe for internal use. You will find supplement facts on the label of dōTERRA® oils that are safe for internal use. When taken internally, essential oils nourish the whole body including the digestive system, mouth, throat, and liver. Always be sure to follow safety guidelines.

Essential oils can also be used for culinary purposes to add flavour to recipes. See the dōTERRA® website for some healthy and simple recipes using essential oils.

lavender

*Lavender is the oil of communication.
Lavender encourages emotional honesty.*

Lavender essential oil is the swiss army knife of oils. There are over 150 documented uses for Lavender essential oil.

DAILY USES:

- Add a few drops of Lavender essential oil to your bath along with Epsom salts to create a relaxing experience that will help soothe sore muscles and help promote a restful sleep.
- Diffuse at night for a more restful sleep.
- Dilute with coconut oil and rub on the bottoms of your feet for a more restful sleep.
- Apply to skin to soothe any irritation from bug bites.
- Use in cooking to soften citrus flavours and add a flavourful twist to marinades, baked goods and desserts.
- Rub a drop of Lavender in your hands and massage into scalp a few times weekly to help promote hair growth. Or add a drop to your conditioner.
- Apply over the heart and on the back of your neck to help soothe stress and anxious feelings. Or inhale from cupped hands.
- Inhale and apply on temples and back of neck when feeling head tension.

DIFFUSER BLENDS:

Sleep Blend:

▲▲▲▲ Lavender ▲ Frankincense

Calm and Balanced Blend:

▲▲ Lavender ▲▲ Balance

Head Tension:

▲▲ Lavender ▲▲ Peppermint ▲▲ Frankincense

Refresh Your Day

▲▲ Lavender ▲▲ Lemon

DIY RECIPES:

After Sun Spray:

Add 10 drops Peppermint, 10 drops Lavender and 10 drops Frankincense to a 2 oz spray bottle and fill with FCO.

Linen Spray:

Add 20 drops of Lavender to a 4 oz spray bottle and fill with distilled water.



lemon

Lemon essential oil is dōTERRA®'s best selling oil. This oil is a must-have for cleansing, energizing and uplifting.

DAILY USES:

- Add a drop of lemon essential oil to your water in the morning to add flavour and to gently cleanse.
- Diffuse Lemon essential oil to energize and uplift your mood.
- Add a drop or two to a bowl of cold water (or fill your kitchen sink) to clean your fresh fruit and veggies. Let sit for 3-4 minutes to remove residue.
- Remove sticky labels or greasy residue with Lemon essential oil. Just add a few drops to a cotton cloth and it will rub right off.
- Lemon promotes healthy respiratory function and when blended with Peppermint and Lavender, can assist with seasonal respiratory discomfort.* Simply diffuse all three or add two drops of each into a veggie cap and take internally.
- Diffuse in your kitchen to eliminate cooking odors.
- Lemon oil also makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes.

Lemon is the oil of focus. Lemon helps to clear self-judgement and inspires the soul with energy.

DIFFUSER BLENDS:

Seasonal Boost:

▲▲Lemon ▲▲Lavender ▲▲Peppermint

Breathe Easy:

▲▲Lemon ▲▲▲Breathe®

Immune Support:

▲▲▲Lemon ▲▲On Guard®

Energize Your Day:

▲▲Lemon ▲▲Peppermint ▲▲Frankincense

GREEN CLEANING:

All-Purpose Cleaning Spray:

In a glass or metal spray bottle add 10 drops lemon, 2 tbsp On Guard® Cleaner Concentrate and fill with water.

Mirror & Glass Cleaner:

In a glass or metal spray bottle add 20 drops lemon, 2 tbsp white vinegar and fill with water.



on guard®

On Guard® is a proprietary immune support blend by doTERRA®. This is probably their most well-known oil blend and one that we use daily in our home.

DAILY USES:

- Take a drop under your tongue 2-3 times a day at the onset of feeling unwell.
- Diffuse with Lemon, Breathe®, and Tea Tree when feeling under the weather to help purify the air. All you need is a drop or two of each oil.
- Diffuse daily during school months if you have little ones at home to help support everyone's immune systems and cleanse the air.
- Add to water for an effective all-purpose surface cleaner.
- Soak sliced apples in water and a few drops for a healthy, immune-boosting snack.*
- Combine a few drops with Fractionated Coconut Oil for a natural hand cleanser.
- Make an immune roller bottle with On Guard® essential oil and top with fractionated coconut oil. Be sure to follow the recommended dilution chart for various ages.



IN THE BLEND:

This powerful immune and respiratory boosting blend includes Clove, Rosemary, Cinnamon, Wild Orange, and Eucalyptus for powerful internal support. When used topically, it is cleansing and purifying.

doTERRA® On Guard® is the oil of protection. Stand up for yourself and live with integrity.

DIFFUSER BLENDS:

Immune Support:

▲▲▲▲ On Guard® ▲ Frankincense

Protect and Focus:

▲▲ On Guard® ▲▲ Peppermint

Immune Support Too:

▲▲ On Guard® ▲▲ Lemon ▲▲ Tea Tree

Protect and Sleep

▲▲ On Guard® ▲▲▲ Lavender

DIY RECIPES:

Immune Support Capsule:

To a Veggie Cap add 2 drops each: On Guard®, Lemon, Frankincense and Oregano.

Cleaning Spray:

In a glass or metal spray bottle add 10 drops On Guard®, 2 tbsp On Guard® Cleaner Concentrate and fill with water.

peppermint

*Peppermint brings joy to the soul.
Rediscover the joy of being alive.*

Peppermint essential oil is one of my favorite oils!
The perfect natural pick me up.

DAILY USES:

- Need an energy pick me up? Diffuse Peppermint essential oil (I love to combine it with Wild Orange) to energize and uplift.
- Rub a drop of Peppermint essential oil on the back of your neck for alertness and energy.
- Peppermint is my go-to oil for head tension. Dab lightly onto temples and back of neck.
- Soothe tummy upset. Add a drop of Peppermint to a hot tea or glass of water. Dilute with fractionated coconut oil and rub clockwise on your tummy to soothe an upset, bloated tummy.
- Diffuse in your office to support increased concentration and motivation.
- Add a drop to your morning coffee or green smoothie for an added burst of flavour.
- Add a drop to a glass of water to freshen breath.
- Support open airways by diluting a drop of Peppermint with fractionated coconut oil and apply on your chest. Or add a drop to cupped hands and breathe in.



DIFFUSER BLENDS:

Energy Blend:

▲▲Peppermint ▲▲Lemon

Breathe Easy:

▲▲Peppermint ▲▲Breathe® ▲Frankincense

Clean Air:

▲▲▲Peppermint ▲▲On Guard®

Seasonal Blend:

▲▲Peppermint ▲▲Lemon ▲▲Lavender

DIY RECIPES:

Cooling Spray:

Add 20 drops of Peppermint to a 2 oz spray bottle and fill with distilled water. Spray on skin to cool off. Do not get in eyes.

Peppermint Brownies:

Add a drop to your favorite brownie recipe or baked goods or hot cocoa for added flavour.

Air

Air is dōTERRA®'s proprietary respiratory blend for all things easy breathing.

DAILY USES:

- Minimize the effect of seasonal threats by diluting and applying topically to the chest, back or bottoms of feet or add a few drops into the palms of your hands and inhale directly.
- Diffuse at nighttime to calm the senses and promote a restful sleep. This blend is amazing to combine with Lavender at nighttime (especially if anyone snores in your house!)
- I love to add a drop or two to my shower. It feels like a spa experience with the steam and aroma of this beautiful oil blend.
- Diffuse for a clean and refreshing aroma.
- Make a roller bottle with fractionated coconut oil and apply to the bridge of your nose before bed if you tend to snore. Be careful not to get in eyes. This helps to open up airways and promote a more restful sleep.



IN THE BLEND:

Air is a blend of Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara essential oils. This blend helps maintain feelings of clear airways and easy breathing.

Air is the oil of breath. Let go and be open to receiving love and connection.

DIFFUSER BLENDS:

Respiratory Support:

👉👉 Air 👉👉 Lemon 👉👉 Frankincense

Uplifting:

👉👉 Air 👉👉 Lemon 👉👉 Adaptiv™

Sleep and Snoring:

👉👉 Air 👉👉👉 Lavender

Focus:

👉👉 Air 👉👉 Copaiba 👉👉 Frankincense

DIY RECIPES:

Chest Rub:

Add 10 drops of **Air blend** to 1/4 cup coconut oil. Mix thoroughly. Keep in an air tight glass jar. Apply to chest and back when respiratory support is needed.

Steam Bowl:

When congested add 3 drops **Air blend** to a hot mug of water. Cover head with a towel and lean over the mug and breathe in deeply. Keep your eyes closed. Careful not to touch the hot water.

tea tree

Tea Tree is the oil of energetic boundaries. Clear negative energetic baggage.

Tea Tree essential oil has over 90 different compounds and limitless applications. Tea Tree is best known for its purifying properties. It can be used to cleanse and purify the skin and nails and to support a healthy looking complexion.

DAILY USES:

- Tea Tree is a great oil to use when you are congested. You can apply topically diluted with coconut oil over your chest or diffuse it.
- For occasional skin irritations, apply 1–2 drops of Tea Tree essential oil onto affected area.
- Combine 1–2 drops with your facial cleanser for added cleansing properties for skin blemishes and imperfections.
- Apply to fingernails and toenails after showering to purify and keep nails looking healthy.
- Add a few drops to a spray bottle with water and use on surfaces as a cleansing and purifying agent.
- Apply after shaving. Mix with Frankincense and Lavender and top with coconut oil.

DIFFUSER BLENDS:

Fresh Home:

👉👉 Tea Tree 👉👉👉 Lemon

Rainy Day:

👉👉 Tea Tree 👉👉 Breathe®

Refresh:

👉👉 Tea Tree 👉👉 Lemon 👉👉 Lavender

Herbal Bliss:

👉👉 Tea Tree 👉👉👉 Peppermint

DIY RECIPES:

Creepy Crawly Hair Spray:

Have young kids? Make a DIY hair spray.

Add 10-20 drops Tea Tree to a 2 oz spray bottle and fill with distilled water. For an added boost, add OnGuard® too.

Cleaning Spray:

In a glass or metal spray bottle add 10 drops Tea Tree, 1/2 cup white vinegar and fill with distilled water.



oregano

Oregano oil is an amazing oil to support your immunity. This is an oil that we don't use daily (unless you like to cook), but we are so grateful to have it on hand when we need it most.

USES:

- Add a drop to soups, chile, spaghetti sauce or salad dressings to add beautiful flavour. You only need one drop! It's quite strong.
- Taken internally, Oregano supports the digestive, respiratory, and immune systems.* Oregano offers powerful antioxidants.* Take a few drops in a veggie capsule for immune support.
- Apply topically to bottoms of feet (heavily diluted with fractionated coconut oil as this oil is hot!) when feeling under the weather.
- Add a drop of Oregano to an olive oil and balsamic bread dip and dip your favorite artisan bread. It's delicious!
- Less is more. Oregano is one of the most potent essential oils. Take extra caution when using this essential oil and follow safety guidelines.

SAFETY:

Safely apply hot oils topically by diluting them. For hot oils such as Oregano, we recommend that adults dilute one drop of oil with 3-10 drops carrier oil.

Do not add hot oils to bath water.

When using hot oils internally, do not place them directly on the tongue. Use a veggie capsules or add to food to dilute.

Oregano is the oil of humility and non-attachment. Remove blocks and cut away negative attachments.

RECIPE:

Italian Bread Dip:

¼ cup olive oil
1–3 tablespoons balsamic vinegar to taste
½ teaspoon Italian seasoning
1 tablespoon Parmesan cheese (optional)
1–3 drops Oregano oil (start with a toothpick and progress toward drops for desired amount)
Gently mix together all ingredients in a bowl large enough to dip into.
Dip Italian style bread into bowl and enjoy.

DIY RECIPE:

Immune Support Capsule:

To a Veggie Cap add 2 drops each: On Guard®, Lemon, Frankincense and Oregano.



Zengest

***Zengest** is the oil of assimilation.
Digest life's many experiences.*

This is a blend helps with digestive issues such as bloating and gas, nausea, motion sickness, heartburn, diarrhea and constipation, reflux and indigestion.

DAILY USES:

- Apply a drop or two topically diluted with fractionated coconut oil in a clockwise motion on the tummy.
- Take a couple drops in a veggie capsule to soothe digestive discomfort.
- Bring this oil with you wherever you travel (In fact, I take all the top ten with me whenever I am traveling). This blend is great for calming motion sickness from traveling in a car, boat or airplane.
- If you have had a time where your schedule is hectic and you turn to fast foods that are greasy, be preventative by taking a veggie capsule with 1 Zengest before your meal (or add a drop to your water).
- Apply topically on your tummy to provide support after eating a larger, heavier or restaurant meal.
- When feeling congested rub diluted over sinus areas: beside the nose, and on the forehead.

DIY RECIPES:

Digestive Support Capsule:

To a Veggie Cap add 2 drops each: DigestZen®, Lemon, Peppermint.

Digestive Roller:

Add 20 drops of Zengest to a 10mL roller, fill with FCO. Roll clockwise around belly button when feeling digestive upset.

IN THE BLEND:

The blend contains Peppermint, Ginger, Cardamom, Caraway, Anise, Coriander, and Fennel essential oils. These oils are known for their supportive gastrointestinal benefits when ingested and together create a powerful digestive blend.*



adaptiv™

Adaptiv™ is the oil of adaptability, it was formulated to assist with anxious feelings.

Adaptiv™ Calming Blend oil is perfect for life's most stressful moments, it helps improve sustained attention while easing the body and mind. Be empowered with a natural solution that helps you feel in control of your environment.

DAILY USES:

- Designed to help you acclimate and adjust to the daily challenges of life. It is specifically formulated to help soothe, uplift, calm, relax, and boost. Diffuse to soften stressful or tense environments.
- In the evening, massage into your feet or shoulders with Fractionated Coconut Oil.
- Add a few drops to an evening bath with Epsom salts.
- When you need to take a deep breath, relax, and carry on, use as a tranquil, relaxing perfume. Apply to pulse points and over the heart. Or apply to diffuser jewelry to keep the scent with you through the day.
- Apply one drop to hands, rub together, and inhale deeply as needed throughout the day.



IN THE BLEND:

The blend contains Lavender, Magnolia, Neroli, Wild Orange, Spearmint, Sweetgum, Rosemary, and Copaiba essential oils.

- Lavender is used for calm and relaxation.
- Magnolia's aroma is intoxicatingly sweet and soft.
- Neroli carries a calm, uplifting scent.
- Wild Orange is uplifting and positive.
- Spearmint is invigorating and refreshing, yet sweet among mint oils and promotes a focused environment.
- Rosemary has an energizing, herbaceous scent.
- Copaiba can help soothe and ease anxious feelings.

DIFFUSER BLENDS:

Stress Less:

Adaptiv™ Frankincense

Uplifting:

Adaptiv™ Wild Orange

Sleep Support

Adaptiv™ Lavender

Focus:

Adaptiv™ Copaiba

DIY RECIPE:

Relaxing Room Spray:

In a glass spray bottle, add 20 drops Adaptiv™ essential oil, 2 tbsp witch hazel and top with distilled water. Depending on the size of your spray bottle, you may wish to add more essential oils. To refresh a room, just give the bottle a shake and spray liberally.

copaiba

Copaiba has a soothing aroma and it can be applied to the skin to promote a clear, smooth complexion. Taken internally, Copaiba essential oil supports the health of the cardiovascular, immune, digestive, and nervous systems.*

DAILY USES:

- Add one to two drops to water, juice, or tea to support the health of the cardiovascular, immune, digestive, nervous, and respiratory system.*
- First thing in the morning take 1–3 drops of Copaiba under your tongue. It has powerful antioxidant benefits when taken internally.* For increased cellular support, take with Frankincense.*
- Internal use helps calm, soothe, and support the nervous system.* Place one to two drops of Copaiba under the tongue to encourage a general sense of well-being during periods of stress or nervousness.
- Apply topically combined with a carrier oil or a facial moisturizer to help keep skin clean and clear, and to help reduce the appearance of blemishes.



- Diffusing or inhaling Copaiba oil is deeply relaxing and soothing. Add a few drops to a diffuser for emotional support.
- For digestive support at mealtimes, take with Peppermint.*

Copaiba is the oil of unveiling. It increases grounding in yourself, and finding a renewed purpose and meaning moving forward.

DIFFUSER BLENDS:

Immune Support:

👉👉 Copaiba 👉👉👉 OnGuard®

Sweet Dreams:

👉👉 Copaiba 👉👉 Lavender

Grounding:

👉👉 Copaiba 👉👉 Frankincense

Relax and Focus:

👉👉 Copaiba 👉👉👉 Adaptiv™

DIY RECIPES:

Skin Syrum:

Add 20 drops Copaiba and 10 drops Lavender to a 10mL roller, fill with FCO. Use as a spot treatment for clear skin.

Muscle Support Spray:

In a glass or metal spray bottle add 20 drops Copaiba and 20 drops Deep Blue®, fill with FCO. Spray on as needed.

frankincense

Frankincense is the oil of truth. Let go of lies, deceptions and negativity.

Frankincense is known as the king of oils. Frankincense is known to support healthy cellular, immune, nervous, and digestive function when used internally.*

DAILY USES:

- Nourish your skin. Frankincense is great for beautifying your skin. Add a drop to your favorite moisturizer for beautiful and radiant looking skin.
- Add a drop to fractionated coconut oil and apply to help strengthen weakened or dry nails.
- When diffused or applied topically, Frankincense oil induces feelings of peace, satisfaction, and overall wellness.
- Apply one drop on your thumb and press into the roof of your mouth when you are experiencing head tension.
- Take one drop under your tongue daily in the morning as part of your daily health habits. Frankincense promotes cellular function and the health of the joints, liver, lungs, gastrointestinal, musculoskeletal, and urinary tract systems.*
- Enhance the benefits of any oil by adding 1 drop of Frankincense.



DIFFUSER BLENDS:

Immune Support:

🔹🔹 Frankincense 🔹🔹🔹 OnGuard®

Meditation Blend:

🔹🔹 Frankincense 🔹🔹 Balance

Uplifting Blend:

🔹🔹 Frankincense 🔹🔹 Lavender 🔹 Lemon

Concentration:

🔹🔹 Frankincense 🔹🔹🔹 Peppermint

DIY RECIPES:

Natural postpartum spray:

Add 6 tablespoons witch hazel, 4 tablespoons filtered water, 5 drops Lavender, 5 drops Frankincense to a spray bottle. Shake well and apply to perineum, or spray onto feminine hygiene pads for a cooling effect.

Daily Cellular Support Capsule:

Take one to two drops in a veggie capsule to support healthy cellular function.*

balance®

This grounding blend offers a tranquil aroma suggesting harmony to the mind and body, and balance to the emotions.

USES:

- Begin your day by putting Balance® on the bottom of your feet. The fresh, woody aroma makes it a perfect go-to-oil during times of stress. This blend evokes feelings of tranquility, relaxation, and well-being.
- Apply to your wrists or neck to help ease anxious feelings. During times of stress or adversity, this blend can help promote feelings of peace and instill a quiet confidence.
- Diffuse in your car during road trips to create a calming, soothing environment.

IN THE BLEND:

This blend includes Frankincense, Spruce, Ho Wood, Blue Tansy, Blue Chamomile, and Osmanthus.

- Frankincense promotes relaxation, a positive mood, and a strong mind-body connection.
- Spruce is renowned for its grounding properties. Soothe away stress and help with blocked emotions.
- Ho Wood soothes the mind and body and introduces feelings of peace.
- Blue Tansy has a soft, sweet, and fruity aroma that is used to uplift mood.
- Blue Chamomile is helpful in easing feelings of disappointment, worry, and discouragement.
- Osmanthus Flower eases feelings of stress.

Oregano is the oil of humility and non-attachment. Remove blocks and cut away negative attachments.

DIFFUSER BLENDS:

Calm and Lift:

Balance® Peppermint

Finding Balance:

Balance® Frankincense

Unwind:

Balance® Lavender

Breathe

Balance® Breathe®

DIY RECIPE:

Shower Tablets:

1 ½ cups baking soda

15–20 drops Balance®

½ cup water

Using a spoon, tightly pack mixture into small silicone molds and let dry overnight.

To use, place one or two tablets in the back of your shower. Allow tablets to dissolve gradually and release the calming aroma of Balance®.



deep blue®

Deep Blue® is the oil of surrender. It offers strength to face emotional wounds.

Formulated to soothe and cool, Deep Blue® is an enriched blend of oils perfect for a massage after a long day or an intense workout.

DAILY USES:

- Apply Deep Blue® on your feet and knees before and after exercise for relief of exhausted and overworked muscles.
- Rub Deep Blue® on lower back muscles after a day of heavy lifting at work or during a move.
- Growing can cause great discomfort and can even be the cause of restless nights. Massage Deep Blue® with a few drops of FCO onto growing kids' legs before bedtime.
- After long hours on the computer, try rubbing Deep Blue® essential oil blend on your fingers, wrists, shoulders, and neck.
- When experiencing any muscle tension reach for Deep Blue®.
- Add a few drops to an evening bath with Epsom salts.



IN THE BLEND:

Eight essential oils combine synergistically to create a powerful blend: Blue Chamomile, Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, and Osmanthus. These essential oils provide rejuvenating benefits and provide soothing comfort to the back, legs, and feet.

DEEP BLUE RUB:

One of doTERRA®'s most popular products, Deep Blue® Rub is a topical cream infused with Deep Blue® essential oil, natural plant extracts, and other helpful ingredients. When applied topically to problem areas, Deep Blue® Rub provides a cooling and soothing sensation. This cream is non-greasy and leaves skin moisturized.

DIY RECIPE:

Muscle Blend:

Make your own roller for on the go. Add 20 drops Deep Blue®, 10 drops Peppermint, 10 drops Frankincense or Copaiba to a 10ml roller, fill with FCO.

how to order

YOUR WHOLESALE ACCOUNT

doTERRA® is more than just oils... try switching out your toothpaste, shampoo, lotions and so much more with pure products - infused with pure essential oils. With your wholesale account you can purchase your oils and natural health products at a 25% discount whenever you want.

No minimum purchase requirement.

No requirement to sell ever. No strings attached.

The best part is that they'll get delivered right to your door.

You can opt into our monthly wellness box (LRP) if you like (totally optional) and start to earn FREE products.

Our rewards program is the best! You can earn up to an additional 30% back in rewards points just for purchasing products that you use every day.

See below to learn more about our Loyalty Program.

LOYALTY REWARDS PROGRAM

doTERRA's Loyalty Rewards Program (LRP) 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 doTERRA products.

CREATE YOUR LOYALTY REWARD ORDER:

1. Simply set up your Loyalty Rewards Order by logging into your online account and creating a Loyalty Rewards Order. Choose the date and the products you want.
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 order to be shipped on or before the 15th of every month. Pay attention to the PV versus price, as many specials are PV-related and start on the first of the month.
3. You can change your Loyalty Reward Order every month before the shipping date. You choose the products you want!

BENEFITS OF LOYALTY REWARDS ORDERS (LRP)

- Your Loyalty Rewards percentage starts at 10% and grows over time . It begins the first month you place a qualifying 50 PV+ LRP order.
- You will increase by 5 percent every three months when your orders are over 50 PV until you reach the maximum of 30 percent LRP Rewards.
- Get your shipping costs reimbursed.

Example Order at 10% Rewards:

100PV order plus £4 shipping = £14 in rewards

Example Order at 30% Rewards:

100PV order plus £4 shipping = £34 in rewards

- Receive a free 'Product of the Month' with a 125 PV order by the 15th.
- Special discounts for only for LRP customers!
- Redeem your product points anytime.
- Place a minimum 1PV (one item) order each month to maintain your rewards and rewards level.
- Cancel at anytime by contacting customer service.

OUR BUSINESS OPPORTUNITY

Create a life you love.

Have you been dreaming of creating a life filled with passion and purpose? A life filled with happiness, abundance, freedom, and connection with a community of like-minded people?

Are you passionate about finding a more natural approach to your health and self-care?

Do you love helping others?

Are you ready for amazing personal and business growth?

If so, then this opportunity is for you. Our team attracts fun-loving, free-spirited and visionary women and men who are inspired to share their gifts and grow a heart-centered business that feeds their soul. Message me to learn more about this opportunity.

dilution guide



How to make a roller by age

Start with the lowest amount of drops. Fill with FCO.

AGE	DROPS OF EO
0-12 months	1-6 drops
1-5 years	6-15 drops
6-11 years	15-30 drops
12+ years	15-40 drops
elderly	6-15 drops

(10 ml roller bottle)

Single Use

	essential oil	coconut oil
0-12 months	1 drop	1 tbsp
1-11 years	1-2 drops	1 tsp
12+ years	1-2 drops	3 drops
elderly	1-2 drops	1 tsp

1:1

1:2

1:3



NEAT 1:1

1 drop essential oil : 1 drop carrier oil
e.g. Peppermint, Frankincense,
Tea Tree, Adaptiv™, Balance®,
Lavender, Lemon, DigestZen®.

SENSITIVE 1:2

1 drop essential oil : 2 drops carrier oil
e.g. Breathe®, Copaiba, Deep Blue®,
OnGuard®.

DILUTE 1:3

1 drop essential oil : 3 drops carrier oil
e.g. Oregano

recipes

DIFFUSER BLENDS

Seasonal Blend

2 drops Lavender
2 drops Lemon
2 drops Peppermint

Calming Blend

2 drops Lavender
4 drops Copaiba

Snore No More!

4 drops Air
2 drops Lavender

Respiratory

4 drops Air
1 drop Frankincense
1 drop Lemon

Cellular Support

2 drops Lemon
4 drops Frankincense

Immune Support

1 drops Frankincense
4 drop On Guard®
1 drop Tea Tree

Focus Blend

3 drops Adaptiv™
3 drops Peppermint

Bed Time

4 drops Lavender
2 drops Copiaba

Memory Boost

4 drops Frankincense
2 drops Peppermint

Head Tension

2 drops Lavender
2 drops Peppermint
2 drops Frankincense

Cool Breeze

2 drops Lemon
2 drops Air
2 drops Peppermint

Citrus Wind

2 drops Lemon
2 drops Air

Liquid Calm

2 drops Lavender
2 drops Balance®

Chillax

2 drops Frankincense
3 drops Lavender
1 drop Balance®

Cleaning Day

1 drop Peppermint
5 drops Lemon

Refresh

2 drops Tea Tree
3 drops Lemon
1 drop Peppermint

Grateful Blend

1 drop Lemon
5 drops Frankincense

Meditation

3 drops Frankincense
3 drops Copaiba

Balanced

3 drops Balance®
3 drops Copaiba

Be Happy

2 drops Frankincense
2 drops Lemon
2 drops Peppermint

ROLLER BLENDS

Basic blends for adults to start with when your kit arrives. Add the oils to a 10ml roller bottle, then fill with coconut oil. Roller bottles and coconut oil can be purchased from your dōTERRA® account.

Tummy Tamer

20 drop Zengest

Bruise Blend

20 drops Lavender
10 drops Deep Blue®

Seasonal Support

10 drops Lavender
10 drops Lemon
10 drops Peppermint

Massage Blend

10 drops Deep Blue®
5 drops Lavender
15 drops Copaiba

Head Tension

10 drops Lavender
10 drops Peppermint
10 drops Frankincense

Hot Flashes

10 drops Peppermint
10 drops Frankincense

Cough Blend

15 drops Air
5 drops Frankincense
5 drops Lemon

Sinus Blend

5 drops Air
5 drops Zengest

Immune Support

10 drops Frankincense
20 drops On Guard®
10 drops Tea Tree

Focus Blend

10 drops Adaptiv™
10 drops Peppermint

Sleepytime Roller

20 drops Lavender
10 drops Copiaba

Memory Roller

20 drops Frankincense
10 drops Peppermint

Calming Blend

20 drops Lavender
20 drops Copaiba

Stop The Itch

10 drops Lavender
10 drops Peppermint

Teen Age Skin

8 drops Tea Tree
8 drops Copaiba
8 drops Lavender

Glowing Skin

10 drops Lavender
20 drops Frankincense
20 drops Copaiba

*For children or those with sensitive skin see dilution ratios. Examples: For babies, reduce to 1 drop each. For children reduce to 10 drops to 3 drops.



A Magical Lifestyle

