

# I HAVE OILS now what?

start here:

1. **Open everything you bought** and familiarize yourself. Put stickers on the tops of your oils.
2. **Plug in your diffuser** and enjoy the health and mood benefits. Try 3-5 drops of whatever oil you feel drawn to.



next:

Write down 3 reasons you purchased doTERRA.

1

2

3

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Take a few minutes to look up specific health goals in our reference books.

let's review:

Circle the products you already have that support your health goals.

## FOUNDATIONS

- Lifelong Vitality Supplements
- Terrazyme
- PB Assist
- Lemon
- Frankincense

## REST / MANAGE STRESS

- Lifelong Vitality Supplements
- Frankincense
- Balance
- Lavender
- Serenity Oil / Softgels
- Adaptiv Oil / Softgels

## EXERCISE & WEIGHT MANAGEMENT

- Lifelong Vitality Supplements
- Slim & Sassy Oil/Softgels
- Deep Blue Rub
- Copaiba Oil / Softgels
- Turmeric Dual Capsules

## REDUCE TOXIC LOAD

- Diffuser
- On Guard Concentrate
- On Guard Laundry Detergent
- On Guard Toothpaste
- Spa Products
- Skin Care

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Tips:

## HAVE FUN!

Diffuse something new every day. Invigorating combos like peppermint and wild orange are amazing in the morning (2 drops each). At night, enjoy lavender and Breathe (3 drops each).



## START USING 1-2 DROPS OF CITRUS IN YOUR WATER.

Remember to drink out of stainless steel or glass.



## DILUTE.

Topical use is very soothing to muscles, joints and skin irritations. Diluting with dōTERRA fractionated coconut oil/ unscented lotion helps your essential oil absorb better, as well as spread further. If an oil feels uncomfortable on the skin or if it gets into the eyes, use fractionated coconut oil or any vegetable oil to dilute. Do not use water as "oils and water do not mix."

## AGE RATIO RECOMMENDATION



## YOUR SUPPLEMENTS ARE NOW PART OF YOUR DAILY NUTRITION.

Take them after your first substantial meal.

**START SLOWLY** Consider starting with a ¼ or ½ dose for a few days as you build up nutritional support in your body. A full dose is 2 of each supplement taken twice daily. We recommend taking them at breakfast and lunch!

**MAKE IT A LIFESTYLE** Taking supplements at the same time daily creates a ritual alongside meals or something else that is a constant in your routine. Keeping them out where you can see them will remind you to take them, as opposed to leaving them hidden away in high cupboards.

**KEEP AT IT** The longer you take your supplements, the more you will experience the maximum amount of support that comes over time.

sample wellness box (LRP):

my wish list:



**\$151**

126 PV<sup>1</sup>

+ **FREE** Oil of the Month!

+ **FREE** Product Credits!

- Lifelong Vitality Pack \$79.50 / 60 PV
- On Guard Toothpaste \$8.50 / 5 PV
- Copaiba Softgels \$32.00 / 30 PV
- Balance \$21.00 / 21 PV
- Wild Orange \$10.00 / 10 PV

<sup>1</sup> Point Value. For most products, \$1 = 1PV.

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