


DÖTERRA WHOLESALE CUSTOMER

Membership Guide



GREEN LIFE ORGANICS



Are you ready
to live the life
you love?

Tanya X

Membership Guide

I have my oils, now what?

Welcome to the dōTERRA family and Team GLO! We are so excited that you have chosen to begin your essential oil journey with us.

We will be here for you every step of the way as you learn how to use and share your oils.

This guide has been put together to help you make the most of your account and your essential oils. It contains important getting started information to help you use your essential oils safely and effectively and to help you reach your health goals!

I encourage you to join the groups and explore the resources listed in this guide. They will give you tremendous insight into the science, uses and protocols for your oils.

Please feel free to contact the person who introduced you to the oils at any time with questions or concerns. We are always happy to help!

Congratulations on choosing a natural solution for you and your family!

Warmest wishes,

Tanya Maidment

dōTERRA Diamond Leader

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Step 1 – Your Membership Details

Login at mydoterra.com

NAME:

MEMBER ID:

PASSWORD:

JOIN DATE:

For support with ordering or your website contact dōTERRA on:
europeanorders@doterra.com or 02033180064

Step 2 – Ordering & Understanding Your Benefits

There are two ways to order using your dōTERRA Wholesale Membership. Either by placing a Standard Order (SO) with a 25% discount or a Loyalty Rewards Points (LRP) order with up to 55% discount.

A standard order is a one-time purchase. An LRP order is a regular monthly purchase that can be changed or cancelled at any time. The LRP order is the key to unlocking all the wonderful benefits beyond your wholesale discount and ordering the oils at the best prices.

Understanding LRP

Loyalty Rewards Points are product credits you accrue every time you place a Loyalty Rewards Order (LRO). Your points will be added to your account after the 15th of the following month. These points will automatically accumulate in your account until spent or they expire one year after the issue date.

1PV=approx. £1

Product of the Month POM

Every month there is a FREE oil with a qualifying Loyalty Rewards Order (125PV by the 15th of the month).

Redeeming Points

You can redeem points directly in your shopping cart. Just select the dropdown box under 'use points' next to the item you wish to purchase. You can redeem points on a separate order or in conjunction with your monthly LRP order.

Cancelling

Should you wish to cancel your LRO, be sure to redeem any product credits you have earned, or they will be deleted with the order. Then simply call member services at 02033180064 or email europeanorders@doterra.com from the email address associated with your dōTERRA account and request a cancellation.

Member Renewal

Your Membership is valid for one year and the membership renewal is £18 and comes with a free bottle of peppermint oil. The renewal fee is charged when you place an order. Your account becomes inactive if you do not order within 12 months of opening your account.

Benefits

Ordering through the Loyalty Program gets you the following benefits:

- 10-30% of your purchase product volume back in points to use later for free product.
- Once you are earning 30% back on your purchases, you keep that percentage forever unless you cancel your LRO.
- A free oil every month with a qualifying 125PV order.
- Shipping costs are returned in points to be used for future orders.
- Custom orders with a 1PV minimum.
- Discounted prices on supplements when ordering with the Lifelong Vitality Pack.
- Helps you build your oil collection slowly while earning free product.
- You can change your shipping date at any time.
- Your order can be easily cancelled at any time.



Understanding Product Value

Product Value (PV) Must Exceed	1	50	100	125	200
Maintain Loyalty Rewards Points LRP	●	●	●	●	●
Earn Rewards Points & Increase %		●	●	●	●
Earn Fast Start & Commission (Wellness Advocates only)			●	●	●
Free Product of Month Club (for orders placed before the 15 th)				●	●
Special 200PV promotions					●

Loyalty Rewards Points Ordering

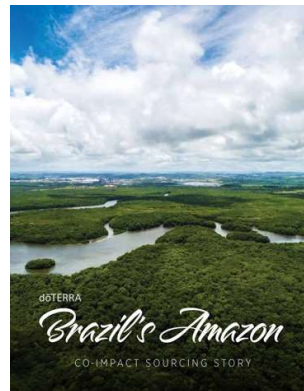
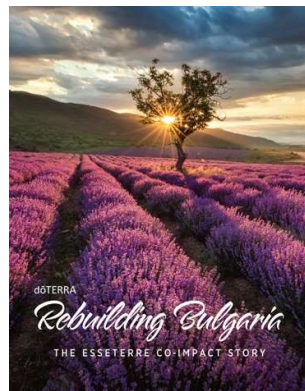
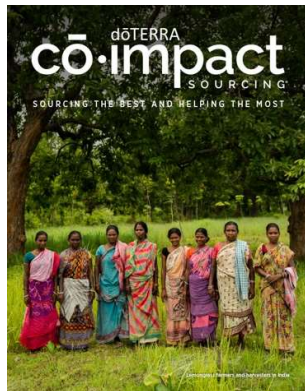
Ordering through dōTERRA's Loyalty Program is the smartest and most cost-effective way to use your dōTERRA Wholesale Membership. This program has the highest rewards in the wellness industry. Order at least one item a month to stay active (we recommend a minimum of 50PV). To order:

1. Go to <http://www.mydoterra.com>
2. Login with your user ID & password
3. Once in your "back-office" Choose CREATE LRP ORDER
4. Choose a date for the order to process on
5. Add the items you want
6. Then click on 'View Cart'. You can also add additional items in the 'quick add to cart' search.
7. Check the shipping address and payment details (you may need to add your card details the first time that you order)
8. Check your total PV value shown in green (see Understanding PV chart for summary of benefits)
9. Click on 'View Totals' to see the total cost of your order including tax & shipping
10. Click on 'Save Changes' or 'Continue'
11. If you click 'Continue' you can then select 'process order now' or 'process as scheduled'
12. Once processed you will receive an email confirming your order
13. Your order should arrive within 4-5 working days
14. IMPORTANT: Make sure that you set a reminder to update your cart each month a few days before its due to ship otherwise you will receive the same products as the previous month
15. To update your order each month simple click on 'edit order'.

Scheduled Loyalty Orders

Scheduled: 12/28/2020	
Edit Order	Order Total £ 88.80
Ship Now!	PV Total 110.50

16. Use 'quick add to cart' to edit your order. Make sure the frequency says 'monthly'. For limited time offers or BOGOs you will need to process straight away.
17. Here are some handy links for product information and price lists:
 - Product Guide: <https://media.doterra.com/gb/en/brochures/product-guide.pdf>
 - Product information pages: <http://doterraeveryday.eu/training/pip-english/>
 - Price List: <https://media.doterra.com/gb/en/forms/price-list.pdf>



Why dōTERRA?

Good things happen with people support companies that do good work!

What makes dōTERRA different?

- The oils are sourced from indigenous plants and are the purest, most potent oils on the market.
- dōTERRA chooses to work with small-scale farmers.
- Transparency: All oil testing is available to the public.
- Supportive team education.

How does my purchase make a difference?

- dōTERRA creates partnerships with growers around the world, nurturing developing economies and preserving rich agricultural traditions through dōTERRA Co-Impact Sourcing®.
- Each purchase improves the growers' lives and their communities.
- The dōTERRA Healing Hands Foundation®, dōTERRA's charitable organisation, provides funding and resources to create community-based, social-impact projects that improve lives in the larger communities where oils are sourced.
- Add Hope oil or Rose Hand Lotion to your purchase and the full purchase price goes to support dōTERRA Healing Hands

Click [HERE](#) for more info and find out how you can get involved.

Step 3 – Take Control of Your Health

A lifestyle founded upon healthy eating, exercise, proper rest, and reducing toxin exposure will help you take control of your health and see the improvement you desire. dōTERRA is committed to empowering you to make positive changes in all these areas.

dōTERRA Wellness Pyramid

Live a Wellness Lifestyle

Rate yourself in each area (1-10)

The diagram is a pyramid-shaped rating form with six horizontal bars of decreasing length from top to bottom. Each bar is a different color and contains a text label. To the left of the bars, a vertical double-headed arrow is labeled 'HEALTHCARE' (pointing up) and 'LIFESTYLE' (pointing down). To the right of each bar is a small, empty square box for rating.

Category	Area	Rating Box
HEALTHCARE	PROACTIVE MEDICAL CARE	<input type="checkbox"/>
	INFORMED SELF CARE	<input type="checkbox"/>
	REDUCE TOXIC LOAD	<input type="checkbox"/>
LIFESTYLE	REST & MANAGE STRESS	<input type="checkbox"/>
	EXERCISE	<input type="checkbox"/>
	EAT RIGHT	<input type="checkbox"/>

Your Wellness Plan

Top Health Concerns:

Top Health Goals:

Current Medication:

Which dōTERRA Products do You Have:

Other Info:

Product Wish List & Suggested Protocols:

Month 1 _____

Month 2 _____

Month 3 _____

DISCLAIMER:

The information in this booklet is intended for education purposes only, the statements have not been evaluated by the European Medicines Agency (EMA), Food and Drug Administration (FDA) or Therapeutic Goods Association (TGA). These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a medical practitioner. These suggested uses apply only to Certified Pure Tested Grade (CPTG) dōTERRA Essential Oils. Always check usage instructions on how to use these safely.

Daily Guide for Optimal Health

When your oils arrive, please open the box and start using them! Make sure you create your own personalised wellness plan with the person who introduced you to the oils as well as tap into all of the great resources available to you. Click [here](#) for a handy resource summary.

There are so many benefits for daily use. Here are a few to help get you started.

Morning

- **CITRUS OILS** (eg Lemon, Wild Orange, Grapefruit, Lime) - 1 drop in water (cleansing, energising and uplifting), diffuse throughout the day;
- **BALANCE Oil** 2-3 drops on soles of feet (calming, soothing and relaxing);
- **ON GUARD Oil** 2-3 drops on soles of feet or along spine (immune support);
- **FRANKINCENSE** 2-3 drops under tongue or back of neck (cellular health, immune support, emotional wellbeing).

Evening

- **CALMING OILS** (e.g. Lavender, Lavender Peace, Balance, Cedarwood) -2 drops nightly on wrist, back of neck, bottom of feet and in diffuser (for restful sleep and emotional support)
- **ON-GUARD and FRANKINCENSE** (as per morning routine)

Daily

- **LIFE LONG VITALITY SUPPLEMENTS & DDR PRIME**
Taken twice daily or as directed (general wellness and vitality, antioxidant and DNA protection, immune support, energy, stress management, cardiovascular health, bone health, digestive health)
- **TERRAZYME** (Digestive Enzyme)
Take before each meal (promotes gastrointestinal comfort and food tolerance & supports healthy production of metabolic enzymes)
- **PB ASSIST+** (Pro-biotic)
Take one a day (supports healthy digestive and immune system function)

For additional support try On Guard Plus softgels (immune support), Serenity Sort Gels (sleep support), Tri-ese softgels (seasonal support), Zendocrine soft gels (detoxification support) or Zengest soft gels (digestive support).

DR. HILL'S Daily Oil Recommendation

FOR HEALTHY EMPOWERED LIVING

MORNING



Apply 1-2 drops of dōTERRA Balance® to the bottom of your feet when you awake.



Apply 1 drop of Frankincense under your tongue.



Take dōTERRA Lifelong Vitality Pack®, 1 PB Assist®+ and DigestZen TerraZyme® with your morning meal.

AFTERNOON



Diffuse or apply your favorite oil for mood management.



Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with your afternoon meal.



Use a citrus oil in your water throughout the day.

EVENING



Take dōTERRA Lifelong Vitality Pack® and DigestZen TerraZyme® with your evening meal.



Diffuse dōTERRA On Guard® or take a dōTERRA On Guard®+ Softgel.

BEDTIME



Diffuse your favorite oil for relaxation.



Take 2 dōTERRA Serenity™ Restful Complex Softgels 30 minutes before sleep.



Apply dōTERRA Serenity® or Cedarwood to the bottom of your feet before sleep.











*Health Recommendations may be adjusted to meet your personal needs.

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Step 4 – Getting Familiar With The Top 10

There are many oils, but some you will use more often than others. Below is a summary of the Top 10. Also, read more on our blog post '[Getting Started With Essential Oils – The Top 10](#)'.

Top 10 Oils

 Frankincense Promotes feelings of relaxation, soothing on skin.	 Peppermint Energising, promotes uplifted, cheery feelings.
 Lemon Clean refreshing aroma, promotes feelings of clarity and invigoration.	 Air® Invigorating and supports clear airways.
 Lavender Calming, soothes skin and promotes peaceful sleep.	 Deep Blue® Soothing and comforting after exercise.
 Melaleuca Natural household cleaner, cleansing and revitalising on skin.	 ZenGest® Calming for stomach after eating, or during travel.
 Oregano Refreshing, food flavouring.	 On Guard® Energising, uplifting, supports the immune system.

These statements have not been evaluated by the Food and Drug Administration
Not intended to diagnose, treat, cure, or prevent any disease.

Step 5 – Using Your Oils Safely & Effectively

There are three ways to use essential oils. Aromatically, Topically and Internally. Make sure that you always check the labels as not all oils can be ingested and some are photosensitive (e.g. citrus oils). Below is a summary of each use.



Aromatic Use

Aromatic use is an easy and effective way for your body to absorb the benefits of essential oils. Smell is a highly sensory experience, and the elegant aromas of every essential oil have unique scents that are aromatically uplifting, calming, and energising.

Do	Don't
Diffuse 3-4 drops of essential oil in a cold air, or water diffuser.	Apply essential oils directly on, or inside your nose.
Apply essential oil to a cotton ball and place in desired area (such as inside a car vent).	Diffuse essential oils in a non-ventilated area.
Combine essential oil with water in a spray bottle and mist over linens, or into air.	Apply essential oil to broken, damaged, or otherwise injured skin.
Add essential oil to a batch of laundry, or to dryer sheets.	Apply to sensitive areas.
Put 1 drop essential oil in palms, rub hands together, cup hands over the nose and inhale deeply.	

Source: doterra.com

Topical Use

Topical use is a great way for your body to absorb essential oils due to their low molecular weight and lipid solubility. Often we suggest that essential oils are used with a carrier oil, such as Fractionated Coconut Oil, to help increase absorption and simultaneously moisturize dry or flaky skin.

While carrier oils can be useful, some essential oils require dilution (or use of a carrier oil) to protect the skin. Every essential oil approved for topical use is divided into one of three categories:

- **(N) Neat:** apply directly to the skin without carrier oil.
- **(S) Sensitive:** dilute prior to use for sensitive skin types.
- **(D) Dilute:** required dilution prior to use.

Do	Don't
Check the essential oil label to see if the product is suggested N. S. or D.	Apply essential oil to skin around the eyes.
Dilute 'Neat' or 'Sensitive' essential oils with Fractionated Coconut Oil in a 1:3 ratio prior to use.	Apply essential oil to eyes and inner ears.
Dilute 'Dilute' essential oils with Fractionated Coconut Oil in a 1:10 ration prior to use.	Apply essential oil to broken, damaged, or otherwise injured skin.
Test topical essential oil use on a small patch of skin before applying to large areas of the body (everyone's body reacts differently).	Apply to sensitive areas.
Check the essential oil label for UV warnings.	

Source: doterra.com

Carrier Oils

A carrier oil is used to dilute essential oils before applying them to the skin. These oils are usually a cold-pressed oil that comes from the fatty portions of particular plants.

Common Types of Carrier Oil

Coconut	Almond	Grapeseed	Joboba	Olive
Light	Soothing	Delicate skin	Resembles natural skin oils	High in vitamins and minerals
Doesn't go rancid	Slightly oily	Used in cosmetics	Odourless	Great for hair
No Residue	Use in health and beauty recipes	Slightly odourless	Non-greasy	Heavy and oily
All skin types	Soothing		Expensive	Strong odour

Photosensitive Oils

Some oils are photosensitive so you should avoid exposure sunlight for at least 12 hours after applying any of the following oils topically:



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Dilution Guide

% Dilution & Age	5ml Bottle	10ml Bottle
0.5% (0-12 months)	less than a drop	1 drop
1% (0-12 months)	1.5 drops	3 drops
2% (6-12 months)	3 drops	6 drops
3% (1-5 years)	4.5 drops	9 drops
4% (1-5 years)	6 drops	12 drops
5% (6-11 years)	7.5 drops	15 drops
10% (6-11 years)	15 drops	30 drops
25% (6-11 years)	1:3 ratio (drops of EO to carrier oil)	1:3 ratio (drops of EO to carrier oil)
50% (12-adult)	1:1 ratio (drops of EO to carrier oil)	1:1 ratio (drops of EO to carrier oil)

Source: <https://www.facebook.com/pg/rollerballmakeandtake>

Good to Know:

1 tsp = 5 ml = 1/6 oz
 2 tsp = 10 ml – 1/3 oz

Helpful Notes:

Whatever concentration you choose, it is recommended to first do a “patch test” for any new oils before using.

Always start with the minimum amount of oils. You can always add more if you feel it’s necessary.

Internal Use

Internal use allows you to receive essential oil benefits from the inside out—just one drop at a time! The flavour profiles of many essential oils are useful in cooking or can be added directly to a glass of water for a unique taste. Though essential oils are derived from consumable plant material such as fruit rinds or spices, not all are safe for internal consumption.

Do	Don't
Check the label to ensure the product is approved for internal use.	Directly consume undiluted drops of essential oil.
Add 1 drop essential oil per every 120ml water (water is a safe way to dilute essential oils for internal use).	Consume essential oils not approved for internal use.
Slowly add to recipes using a toothpick.	
Add to a vegetable capsule and consume.	

Source: doterra.com

Recommended Daily Amounts

Below is a handy table that indicates the recommended maximum drops for topical, internal and aromatic use for adults and children.

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

Source: <https://www.doterra.com/US/en/blog/science-research-news-recommended-ideal-amounts>

Safety Tips

- Don't place essential oils directly in your ears, nose, or eyes.
- Don't flush eyes with water if exposed to an EO. Use a carrier oil on the outside of eye to draw it out.
- Don't apply oils topically (except bottom of feet) for 20 minutes before or after bathing or swimming.
- Don't store your oils in direct sunlight. Heat can damage EOs.
- Don't drink EOs from plastic containers.
- Do Avoid exposure to sunlight for at least 12 hours after applying photosensitive Oils.
- Do read the labels properly before use.
- Do use appropriate dilution (see dilution chart)

What About Plastic?



Ingesting Essential Oils: You should always use glass or stainless steel, when taking essential oils internally.

Storing Essential Oils: You can store essential oils in glass or approved plastic containers.

- HDPE (High Density Polyethylene) spray bottles and containers.
- PETE (Polyethylene Terephthalate) number 1 and 2.



Step 6 – Support & Resources

There are so many great resources to help you get started on your essential oil journey. Here is a helpful summary:

dōTERRA Online Resources

- www.sourcetoyou.com – Find out how dōTERRA sources only the most pure, potent and effective oils on earth.
- www.aromaticscience.com – for information on the science and research behind essential oils and their benefits.
- [dōTERRA Product Tips Blog](#) An excellent place to learn about product promotions, product features or product success stories.
- [dōTERRA Europe Tools Site](#) An “all-in-one” site with downloadable Product Information Pages, price lists, product guide and more.
- doterraeveryday.eu Site A site that hosts trainings, event listings, news and information.
- dōTERRA.com Designed for anyone who is curious about dōTERRA and wants a high-level overview of the company.
- [Aromatouch.com](#): Learn about dōTERRA’s Aromatouch technique and how you can learn it.
- [dōTERRA Empowered Life](#) for product training, webinars, videos and more.
- [dōTERRA eBooks](#): dōTERRA have a great selection of e-books that you can download for free. These books are packed with great content and ideas for using your oils in so many ways.



Other Helpful Websites

- www.greenlifeorganics.co.uk/blog
- <https://www.greenlifeorganics.co.uk/my-ebooks/> (including Raw Chocolate Treats and Diffusing Essential Oils)
- <https://www.greenlifeorganics.co.uk/resources/>



Apps

- [dōTERRAs Daily Drop](#): for more helpful essential oil knowledge at your fingertips.
- [Droplii](#): for free for heaps of helpful recipe and oil usage ideas.

Facebook Pages & Groups

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- [dōTERRA Europe Facebook Page](#): Product information, specials, important announcements etc.
- [dōTERRA UK & Ireland Corporate Group](#): Product training, events, connect with other members etc.

Other

- [Green Life Organics Page](#): for special offers, event listings, oil tips etc.
- [GreenLifeOils Group](#): for product information and training.
- [Team GLO Members Group](#) (Tanya's Essential Team) for special promotions, continuing education and event updates.
- [Team GLO FAQ Customer Group](#): Everything that you need to know to get started with your oils

Books, Bottles & Accessories

[Essential Oils Supplies UK](#) and are a great resource for books, bottles and accessories. You can purchase roller bottles, glass spray bottles, jars, diffuser jewellery and more.

[Essentoils](#) also have reasonably priced accessories and you can also try Amazon or Ebay (WARNING: never buy oils off Amazon or Ebay as often they are fake!).

For a list of recommended books visit: <https://www.greenlifeorganics.co.uk/resources/>

You can also stock up on useful ingredients from your local health store (or Amazon) including:

- **Epsom Salts** (for relaxing bath salts)
- **Bicarbonate of soda** (for making bath & toilet bombs and dishwasher tablets)
- **Citric acid** (for cleaning, bath & toilet bombs and dishwasher tablets)
- **Uncentred Liquid Castile soap** (for making hand and body wash)

Step 7 – Glossary

- **FCO:** Fractionated Coconut Oil
- **IO:** Internet Order. An order placed by a through your Virtual Office.
- **LLV:** LifeLong Vitality, dōTERRAs top selling product.
- **LRO:** Loyalty Rewards Order, regular monthly order up to 55% below retail prices.
- **LRP:** Loyalty Rewards Program. This program provides free product credits for monthly purchases ordered on the program. When you participate, you will immediately begin to earn product credits that can be used as cash to purchase dōTERRA products.
- **POM:** Product of the Month. The Product of the Month is a special monthly promotion given to those who have an LRP order of at least 125 PV processed by the 15th of the month.
- **PV:** Personal Volume. PV is assigned to each product and is a separate total from the dollar amount on your orders. On many products the PV will match the wholesale value. There are a few products that the PV may be less than the cost (Ex: Family Essentials Kit) . Shipping costs and tax do not count as PV, so the dollar amount of your order will generally be more than the PV amount.
- **SO:** Standard Order, one time order at 25% discount.
- **Upline:** The person who enrolled a Wellness Advocate or Preferred Member and places them in their downline becomes that Wellness Advocate's direct upline. The upline also includes those that enrolled the direct upline.
- **WA:** Wellness Advocate (Independent Product Consultant eligible for commission).
- **WC:** Wholesale Customer

Step 8 – Helpful Guides

Essential Oils Quick Reference Charts

Application

A - Aromatic
T - Topical
I - Internal

Skin Sensitivity

N - Neat
S – Sensitive
D - Dilute

Single Essential Oils

	APPLICATION			SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE/DROP	PV
Arborvitae <i>Thuja plicata</i>	A	T		N			5 ml	£18.00	£0.21	23.5
Basil <i>Ocimum basilicum</i>	A	T	I	N			15 ml	£16.25	£0.07	21.0
Bergamot <i>Citrus bergamia</i>	A	T	I		S		15 ml	£24.00	£0.10	31.5
Black Pepper <i>Piper nigrum</i>	A	T	I		S		5 ml	£16.75	£0.20	22.0
Black Spruce <i>Picea mariana</i>	A	T			S		5 ml	£18.25	£0.21	20.0
Blue Tansy <i>Tanacetum annuum</i>	A	T		N			5 ml	£97.25	£1.14	107.0
Cardamom <i>Elettaria cardamomum</i>	A	T	I	N			5 ml	£21.50	£0.25	28.5
Cassia <i>Cinnamomum cassia</i>	A	T	I			D	15 ml	£15.50	£0.06	20.5
Cedarwood <i>Juniperus virginiana</i>	A	T			S		15 ml	£12.00	£0.05	15.5
Celery Seed <i>Apium Graveolens</i>	A	T	I		S		15 ml	£37.75	£0.17	40.5
Cilantro <i>Coriandrum sativum</i>	A	T	I	N			15 ml	£21.50	£0.10	28.5
Cinnamon <i>Cinnamomum zeylanicum</i>	A	T	I			D	5 ml	£17.50	£0.21	23.0
Citronella <i>Cymbopogon winterianus</i>	A	T			S		15 ml	£19.00	£0.08	20.0
Clary Sage <i>Salvia Scalarea</i>	A	T	I	N			15 ml	£29.50	£0.12	38.5
Clove Bud <i>Eugenia caryophyllata</i>	A	T	I			D	15 ml	£11.50	£0.05	15.0
Copaiba <i>Copaifera</i>	A	T	I		S		15 ml	£36.00	£0.16	39.0
Coriander <i>Coriandrum sativum</i>	A	T	I	N			15 ml	£21.50	£0.09	28.5
Cypress <i>Cupressus sempervirens</i>	A	T		N			15 ml	£13.25	£0.05	17.5
Douglas Fir <i>Pseudotsuga menziesli</i>	A	T		N			5 ml	£19.25	£0.23	25.0

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	APPLICATION			SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE / DROP	PV
Eucalyptus <i>Eucalyptus radiata</i>	A	T		S			15 ml	£11.50	£0.05	15.0
Fennel (Sweet) <i>Foeniculum vulgare</i>	A	T	I	S			15 ml	£12.50	£0.05	16.2
Frankincense <i>Boswellia frereana</i> TOP SELLER	A	T	I	N			15 ml	£57.00	£0.23	74.5
Geranium <i>Pelargonium graveolens</i>	A	T		N			15 ml	£30.00	£0.12	39.0
Ginger <i>Zingiber officinale</i>	A	T	I	S			15 ml	£40.75	£0.16	43.5
Grapefruit <i>Citrus X paradise</i>	A	T	I	N			15 ml	£13.25	£0.05	17.5
Green Mandarin <i>Citrus nobilis</i>	A	T	I	N			15 ml	£28.50	£0.11	31.5
Helichrysum <i>Helichrysum italicum</i>	A	T		N			5 ml	£72.00	£0.85	94.0
Juniper Berry <i>Juniperus communis</i>	A	T	I	N			5 ml	£15.50	£0.18	20.5
Lavender <i>Lavandula angustifolia</i> TOP SELLER	A	T	I	N			15 ml	£19.25	£0.08	25.0
Lemon <i>Citrus limon</i> TOP SELLER	A	T	I	N			15 ml	£9.25	£0.04	12.0
Lemon Eucalyptus <i>Eucalyptus citriodora</i>	A	T		S			15 ml	£12.25	£0.05	13.5
Lemongrass <i>Cymbopogon flexuosus</i>	A	T	I	S			15 ml	£8.75	£0.04	11.5
Lime <i>Citrus aurantifolia</i>	A	T	I	S			15 ml	£12.00	£0.05	15.5
Marjoram <i>Origanum majorana</i>	A	T	I	N			15 ml	£15.50	£0.06	20.5
Melaleuca <i>Melaleuca alternifolia</i> TOP SELLER	A	T	I	N			15 ml	£15.50	£0.06	20.5
Melissa <i>Melissa officinalis</i>	A	T	I	N			5 ml	£114.50	£1.35	149.0
Myrrh <i>Commiphora myrrha</i>	A	T		N			15 ml	£54.00	£0.22	70.5
Oregano <i>Origanum vulgare</i> TOP SELLER	A	T	I			D	15 ml	£21.00	£0.08	27.5
Patchouli <i>Pogostemon cablin</i>	A	T	I	N			15 ml	£24.00	£0.11	31.50
Peppermint <i>Mentha piperita</i> TOP SELLER	A	T	I	S			15 ml	£16.75	£0.07	22.00
Petitgrain <i>Citrus aurantium</i>	A	T	I	S			15 ml	£27.00	£0.12	29.0
Pink Pepper <i>Schinus molle</i>	A	T	I	N			5 ml	£22.50	£0.26	24.5

dōTERRA Membership Guide

	APPLICATION		SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE / DROP	PV
Roman Chamomile <i>Anthemis nobilis</i>	A	T		N		5 ml	£48.00	£0.56	50.0
Rosemary <i>Rosmarinus officinalis</i>	A	T	I	N		15 ml	£12.00	£0.05	15.5
Rose <i>Rosa damascena</i>	A	T			S	5 ml	£292.00	£3.44	224.0
Sandalwood <i>Santalum album</i>	A	T	I	N		5 ml	£66.00	£0.78	94.0
Sandalwood Hawaiian <i>Santalum album</i>	A	T	I	N		5 ml	£72.00	£0.88	94.0
Siberian Fir <i>Abies sibirica</i>	A	T	I	N		15 ml	£16.25	£0.07	21.0
Spearmint <i>Mentha spicata</i>	A	T	I		S	15 ml	£24.00	£0.11	31.5
Spikenard <i>Nardostachys jatamansi</i>	A	T		N		5 ml	£51.00	£0.60	54.5
Tangerine <i>Citrus reticulata</i>	A	T	I	N		15 ml	£15.50	£0.07	16.5
Tea Tree <i>Melaleuca alternifolia</i>	A	T		N		15 ml	£15.50	£0.07	20.5
Thyme <i>Thymus vulgaris</i>	A	T	I		D	15 ml	£30.00	£0.12	39.0
Turmeric <i>Curcuma longa</i>	A	T	I	N		15 ml	£28.50	£0.13	31.5
Vetiver <i>Vetiveria Zizanol</i>	A	T	I	N		15 ml	£36.00	£0.14	47.0
Wild Orange <i>Citrus sinensis</i>	A	T	I	N		15 ml	£9.00	£0.04	12.0
TOP SELLER									
Wintergreen <i>Gaetheria procumbens</i>	A	T			S	15 ml	£19.75	£0.08	26.0
Yarrow POM	A	T	I	N		30 ml	£97.00	0.19	106.5
Ylang Ylang <i>Cananga odorata</i>	A	T	I	N		15 ml	£34.25	£0.14	44.5

Single Touch Oils* (Top 10)

	APPLICATION		SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE / DROP	PV
Frankincense Touch <i>Lavandula angustifolia</i>	S	T		N		10 ml	£36.00	£0.28	47.0
Lavender Touch <i>Lavandula angustifolia</i>	A	T		N		10 ml	£11.50	£0.07	15.0
Oregano Touch <i>Origanum vulgare</i>	A	T		N		10 ml	£12.50	£0.08	16.50
Peppermint Touch <i>Mentha piperita</i>	A	T		N		10 ml	£11.00	£0.07	22.0
Tea Tree Touch <i>Melaleuca alternifolia</i>	A	T		N		10 ml	£10.25	£0.06	13.5

*Touch oils come in 10ml roller bottles and are diluted with Fractionated Coconut oil

Single Touch Oils (Florals)

	APPLICATION			SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE / DROP	PV
Jasmine Touch <i>Jasminum grandiflorum</i>	A	T		N			10 ml	£43.25	£0.26	47.0
Magnolia Touch <i>Michelia alba</i>	A	Y		N			10 ml	£28.50	£0.18	31.5
Rose Touch <i>Rosa damascena</i>	A	T		N			10 ml	£76.75	£0.47	84.0
Neroli Touch <i>Citrus x aurantium</i>	A	T		N			10 ml	£48.00	£0.30	53.0

Essential Oil Blends

	APPLICATION			SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE / DROP	PV
dōTERRA AIR <i>Respiratory Blend</i> <i>(Breath in USA and Easy Air in AU/NZ)</i> <i>Laurel Leaf, Eucalyptus, Peppermint, Melaleuca (Tea tree), Lemon, Cardamom, Ravintsara, Ravensara</i>	A	T			S		15 ml	£22.50	0.09	29.5
doTERRA ADAPTIV <i>Calming Blend</i> <i>Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum</i>	A	T		N			15 ml	£39.25	£0.17	42.0
doTERRA ALIGN <i>Centering blend</i> <i>Bergamot, Coriander, Marjoram, Peppermint, Jasmine, Rose</i>	A	T		N			5 ml	£17.50	£0.21	19.0
doTERRA ANCHOR <i>Steadying Blend</i> <i>Lavender, Cedarwood, Sandalwood, Cinnamon, Frankincense, Black Pepper, and Patchouli</i>							5 ml	£20.50	£0.24	22.5
doTERRA ARISE <i>Enlightening Blend</i> <i>Grapefruit, Lemon, Osmanthus, Melissa, Siberian Fir</i>	A	T		N			5 ml	£19.50	£0.23	21.5
AROMATOUCH <i>Massage Blend</i> <i>Cypress, Peppermint, Marjoram, Basil, Grapefruit, Lavender</i>		T		N			15 ml	£21.50	£0.09	28.5
dōTERRA BALANCE <i>Grounding Blend</i> TOP SELLER <i>Fractionated Coconut oil, Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus Absolute</i>	A	T		N			15 ml	£21.00	£0.08	27.5
CITRUS BLISS <i>Invigorating Blend</i> <i>Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine</i>	A	T		N			15 ml	£21.00	£0.09	27.5
CLARYCALM <i>Blend for Women</i> <i>Clary sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa</i>	A	T		N			10 ml	£22.75	0.14	30.0
DDR PRIME <i>Cellular Complex</i> <i>Frankincense, Wild Orange, Lemongrass, Thyme, Clove, Summer Savory Niaouli</i>		T	I		S		15 ml	£28.75	£0.12	31.0
DEEP BLUE <i>Soothing Blend</i> TOP SELLER <i>Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, Osmanthus</i>		T			S		5 ml	£30.00	£0.35	37.0

Essential Oil Blends (cont.)

	APPLICATION				SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE / DROP	PV
DIGESTZEN <i>Digestive Blend</i> TOP SELLER <i>(Digestzen in USA & Au)</i> Star Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon, Fennel	A	T	I	N			15ml	28.75	0.12	37.5	
ELEVATION <i>Joyful Blend</i> Lavandin, Tangerine, Lavender, Amyris, Clary Sage, Sandalwood, Ylang Ylang, Ho Wood, Osmanthus Absolute, Lemon, Myrrh	A	T		N			15 ml	£34.75	£0.14	45.5	
HD CLEAR <i>Topical Blend</i> Black Cumin Seed Oil, Ho Wood, Melaleuca (Tea tree), Eucalyptus, Geranium, Litsea		T		N			10 ml	£18.00	0.11	19.0	
IMMORTELLE <i>Anti-Aging Blend</i> <i>(Salubelle in EU & AU/NZ)</i> Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, Rose	A	T		N			10 ml	£86.50	0.43	94.0	
INTUNE <i>Focus Blend</i> Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Sandalwood, Roman Chamomile	A	T		N			10 ml	£30.00	0.18	39.0	
dōTERRA ON GUARD <i>Protective Blend</i> TOP SELLER Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary	A	T	I		S		15 ml	£28.25	£0.11	37.0	
PASTENSE <i>Tension Blend</i> Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, Rosemary	A	T		N			10 ml	£19.25	£0.08	25.0	
PURIFY <i>Cleansing Blend</i> Lemon, Siberian Fir, Citronella, Lime, Melaleuca (Tea Tree), Cilantro	A	T		N			15 ml	£20.50	£0.08	26.5	
dōTERRA SERENITY <i>Restful Blend</i> <i>(Lavender Peace in AUS)</i> Cedarwood, Ho Wood, Vetiver, Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, Sandalwood	A	T		N			15 ml	£37.75	£0.15	49.5	
SLIM & SASSY <i>Metabolic Blend</i> TOP SELLER <i>(Smart & Sassy in EU)</i> Grapefruit, Lemon, Peppermint, Ginger, Cinnamon, Spearmint, Japanese Peppermint, Ginger	A	T	I		S		15 ml	19.75	0.08	26.0	
TERRASHIELD <i>Outdoor Blend</i> <i>(Terramour in AU/NZ)</i> Fractionated Coconut Oil, Ylang Ylang, Tamarui, Nootka, Cedarwood, Catnip, Lemon, Eucalyptus, Litsea, Vanilla Absolute	A	T		N			15 ml	£10.25	£0.04	13.5	
WHISPER <i>Blend for Women</i> Frac. Coconut Oil, Patchouli, Bergamot, Sandalwood, Rose Absolute, Vanilla Absolute, Jasmine Absolute, Cinnamon, Cocoa Absolute, Ylang Ylang	A	T		N			5 ml	£35.57	£0.42	27.5	
ZENDOCRINE <i>Detoxification Blend</i> Tangerine, Rosemary, Geranium, Juniper Berry, Cilantro	A	T	I	N			15 ml	£21.00	£0.08	27.5	

Emotional Aromatherapy Oil Blends (5ml)

	APPLICATION			SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE / DROP	PV
dōTERRA CONSOLE <i>Comforting Blend</i> <i>Frankincense, Patchouli, Ylang Ylang, Labdanum Absolute, Amyris, Sandalwood, Rose, Osmanthus Absolute</i>	A	T		N			5 ml	£30.00	£0.35	39.0
dōTERRA CHEER <i>Uplifting Blend</i> <i>Wild Orange, Clove, Star Anise, Lemon, Myrtle, Nutmeg, Vanilla Absolute, Ginger, Cinnamon Bark, Zdravetz</i>	A	T			S		5 ml	£20.50	£0.24	26.5
dōTERRA FORGIVE <i>Renewing Blend</i> <i>Spruce, Bergamot, Juniper Berry, Myrrh, Arborvitae, Nootka Tree, Thyme, Citronella</i>	A	T			S		5 ml	£16.75	£0.20	22.0
dōTERRA MOTIVATE <i>Encouraging Blend</i> <i>Peppermint, Clementine, Coriander, Basil, Yuzu, Meissa, Rosemary, Vanilla Absolute</i>	A	T			S		5 ml	£18.50	£0.22	24.5
dōTERRA PASSION <i>Inspiring Blend</i> <i>Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Absolute Vanilla</i>	A	T			S		5 ml	£33.50	£0.39	44.0
dōTERRA PEACE <i>Reassuring Blend</i> <i>Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum Absolute, Spearmint</i> <i>Source: doterra.com</i> <i>Emotional Aromatherapy oils are also available as 10ml touch oils</i>	A	T		N	S		5 ml	£33.50	£0.39	44.0

Children's Touch Oils (10ml)

	APPLICATION			SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE / DROP	PV
BRAVE <i>Courage Blend</i> <i>Wild Orange, Amyris, Osmanthus, and Cinnamon Bark</i>	A	T		N			10 ml	£21.50	£0.13	23.5
CALMER <i>Restful Blend</i> <i>Lavender, Cananga, Buddha Wood, Roman Camomile</i>	A	T		N			10 ml	£19.50	£0.12	21.5
STEADY <i>Grounding blend</i> <i>Amyris, Balsam Fir, Coriander, Magnolia</i>	A	T		N			10 ml	£15.25	£0.09	17.0
RESCUER <i>Soothing Blend</i> <i>Copaiba, Lavender, Spearmint, Zanthoxylum</i>	A	T		N			10 ml	£15.25	£0.09	17.0
STRONGER <i>Protective Blend</i> <i>Cedarwood, Litsea, Frankincense, Rose</i>	A	T		N			10 ml	£14.50	£0.08	16.0
TAMER <i>Digestive Blend</i> <i>Cedarwood, Litsea, Frankincense, Rose</i>	A	T		N			10 ml	£15.50	£0.09	17.0
THINKER <i>Focus Blend</i> <i>Vetiver, Peppermint, Clementine, Rosemary</i>	A	T		N			10 ml	£21.67	£0.13	18.0

Blend Touch Oils

	APPLICATION			SKIN SENSITIVITY			SIZE	W/S PRICE	PRICE / DROP	PV
AIR TOUCH	A	T		N			10 ml	£10.75	0.07	14.0
DEEP BLUE TOUCH	A	T		N			10 ml	£33.50	0.2	44.0
ON GUARD TOUCH	A	T		N			10 ml	£16.75	0.1	22.0
ZENGEST TOUCH	A	T		N			10 ml	£10.75	0.07	14.0
doTERRA HOPE TOUCH	A	T		N			10 ml	£21.25	£0.13	0
doTERRA ADAPTIV TOUCH	A	T		N			10 ml	£21.00	£0.13	22.5

For a full list of products including supplements and cleaning process you can view the product guide, information and price list here

- Product Guide: <https://media.doterra.com/gb/en/brochures/product-guide.pdf>
- Product information pages: <http://doterraeveryday.eu/training/pip-english/>
- Price List: <https://media.doterra.com/gb/en/forms/price-list.pdf>

Checklist

- Start using your oils!
- Join Team GLO and FAQ group.
- Download Droplii App.
- Join our free wellness education series in Team GLO.
- Get equipped with resources (e.g. Essential Life book) from essentialoilssupplies.co.uk
- Book a wellness consult with the person that introduced you.
- Interested in getting free oils, supplementing, or replacing your income?
Ask us how.

Step 9 – Host a Class

Once you experience the amazing benefits of dōTERRA, it is natural to want to share the oils with friends and family. This can also be a great way to get FREE oils!

There are a number of ways to do this. One of the simplest is to book a class and one of our trained Wellness Advocates can come to your home and teach about the benefits of essential oils and how to get started. This can also be done online with Zoom.

As a host you will receive a gift and you also have the option to upgrade to a Wellness Advocate so that you can earn bonuses and commission from dōTERRA. dōTERRA has a generous system to help you pay for your oils or even supplement or replace your current income.

Why Share dōTERRA?

➤ Personal retail website www.mydoterra.com/yourname

➤ Earn 25% profit on purchases made by Retail Customers

➤ High customer retention rate

➤ Unlimited earnings

➤ Great bonus opportunities

You can read more about sharing the oils or building a business with dōTERRA [here](#) and you can join our [business Facebook group](#).

Classes are educational, inspirational, empowering and fun! Generally, we recommend around 4-8 attendees. If you would like to explore options with this then please [book a time to chat](#) or host a class.



Contact
Tanya Maidment 140123
www.greenlifeorganics.co.uk
tanya@greenlifeorganics.co.uk
+4407557337363

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