

# 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 dōTERRA.

1

2

3



\*

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

*let's review:*

**Circle** the products you already have which 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
- Adaptive Oil / Softgels

## EXERCISE & WEIGHT MANAGEMENT

- Lifelong Vitality Supplements
- Slim & Sassy
- 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



# I HAVE OILS now what?

Tips:

## HAVE FUN!

Diffuse something new everyday. 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.

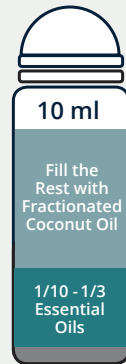


## DILUTE.

Topical use is very soothing to muscles, joints and skin irritations. Diluting with doterra fractionated coconut oil/ unscented lotion helps your essential oil absorb better a 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 no use water as "oils and water do not mix."

## AGE RATIO RECOMMENDATION

<2 yrs	2-6 yrs	6+ yrs
1/10 EO	1/4 EO	1/3 EO



## 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):

symphony of the cells:



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

\$151

126 PV<sup>1</sup>

+ FREE Oil of the Month!

+ FREE Product Credits!

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

Apply FCO liberally to the back, neck and shoulders. Then apply 2-3 drops of each of the following oils all over the back and feet. Rub in, then apply the next oil.

- 👑👉 FRANKINCENSE
- 👑👉 OREGANO
- 👑👉 DIGESTZEN
- 👑👉 LEMON
- 👑👉 MELALEUCA
- 👑👉 ON GUARD
- 👑👉 PEPPERMINT

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