



LIVE

The dōTERRA Lifestyle



Transform Your Health

Welcome to the dōTERRA difference, where changing lives is the norm, and improving your health is our top priority. Use this guide to discover the powerful benefits of essential oils and create a wellness plan that sticks.



Live a Wellness Lifestyle

The dōTERRA Wellness Lifestyle Pyramid illustrates the partnership between lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. As you use these powerful products and live healthy daily habits, you'll experience new levels of wholeness.

Envision a life where finding solutions is simple. With an essential oil reference guide and a box of dōTERRA CPTG® essential oils at your fingertips, you'll be prepared to address 80% of your health priorities. For those times when you need additional care, partner with practitioners who support you in finding the best proven natural solutions.



See individual labels for ingredients, cautions, and instruction for use.

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

Much of the evidence supporting these claims is based on pre-clinical studies. More confirming research is needed, and dōTERRA is committed to the science and research of essential oils.

Nutrition & Digestion

Give your body what it needs to thrive. It all starts with optimal daily nutrition and digestive support. dōTERRA whole-food supplements are an ideal companion for your essential oils.

DAILY WELLNESS HABITS

- Eat whole, fresh foods.
- Decrease consumption of sugar, caffeine, dairy, and processed foods.

GREEN SMOOTHIE

- ½ banana, frozen
- ½ cup blueberries or strawberries, frozen
- 2 handfuls of baby spinach or kale
- 1 ½ cups vanilla almond milk, unsweetened
- 1 scoop dōTERRA Protein
- 1 scoop dōTERRA Greens
- 1 tsp IQ Mega® (optional)

Combine all ingredients in a blender.

OATMEAL

Add Cinnamon Bark, dōTERRA On Guard®, or Wild Orange to your oatmeal.

PRODUCE WASH

Wash off pesticides, germs, and residues by filling the sink with cold water, ½ cup of white vinegar, and 6 drops of Lemon essential oil. Soak the fruits and vegetables, and then rinse.

Nutrition



dōTERRA Lifelong Vitality Pack®
Offers crucial bioavailable micronutrients and cellular support.*



dōTERRA Greens
Enjoy this tasty, nourishing mix of responsibly sourced superfoods, essential nutrients, and dietary fiber.



dōTERRA a2z Chewable™ and IQ Mega®
Start your children's day off with great nutrition as they're growing and developing.

Digestion



DigestZen TerraZyme®
Supports healthy digestion and metabolic processes with whole-food enzymes.*



PB Assist® and PB Assist® Jr
Provides healthy intestinal flora and immune support.*



dōTERRA Fiber
Supports regular healthy digestion. Also helps optimize appetite control and already healthy blood sugar levels.*



Digestive Wellness Program
Start a 90-day journey to a more thriving microbiome by bringing the most popular digestive products into your daily habits.* See page 18 for details.

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Movement & Metabolism

Your body is meant for movement. Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems. Essential oils and supplements support greater flexibility and ease feelings of tension in the body. Together, both can enhance your ability to stay active and strong.



DAILY WELLNESS HABITS

- Make time for 30+ minutes of daily movement.
- Stretch or practice yoga to increase flexibility.

Movement



Deep Blue® Rub
Provides a soothing effect to the back, shoulders, neck, knees, feet, and other areas of concern.
Apply before and after exercise or activity to support ease of movement and recovery.



Deep Blue™ Stick + Copaiba
Topical analgesic that offers temporary relief from minor aches and pains associated with arthritis, sprains, strains, and bruises.
Apply to any area of concern as needed.



Deep Blue Polyphenol Complex®
Soothes aches and discomforts and supports muscle and joint function.*
Take 1-3 capsules daily with meals or take 2 capsules for extra support.



Mito2Max®
An energy and stamina complex that supports healthy cellular energy production and promotes healthy circulation.*
Take 1 capsule with breakfast and lunch. Use as a natural substitute for caffeinated drinks.



Turmeric Dual Chamber Capsules
Supports a healthy inflammatory response in the body.*
Take 1 capsule with breakfast and another with dinner to support an active lifestyle.



Copaiba Softgels
Supports the healthy functioning of the cardiovascular system and a healthy inflammatory response in the body.*
Take 1 softgel as needed.



Relief Wellness Program
Moving more because you feel better, stronger, and more flexible is a dream come true. Take 90 days to make it a reality. See page 18 for details.

Metabolism



dōTERRA Protein
Premium protein blend supports building muscle, managing appetite, and recovering after workouts.* Available in chocolate, vanilla, and vegan.
Blend with a preferred beverage or add to your daily smoothie.

CHOCO-PEPPERMINT PROTEIN SMOOTHIE

1 cup coconut water or almond milk
1 scoop dōTERRA Chocolate Protein
1 drop Peppermint essential oil
Ice (as desired)
Blend all ingredients until smooth.

BERRY-ORANGE PROTEIN SMOOTHIE

Combine dōTERRA Vanilla Protein with frozen berries, bananas, and 3 drops of Wild Orange essential oil.

HEALTHY WEIGHT PLAN

BREAKFAST

- dōTERRA Protein smoothie
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3-5 drops in water



LUNCH

- Healthy meal or dōTERRA Protein smoothie
- 1 capsule Mito2Max®
- 1 Slim & Sassy® Softgel or 3-5 drops in water



DINNER

- Healthy meal
- 1-3 capsules DigestZen TerraZyme®
- 1 Slim & Sassy® Softgel or 3-5 drops in water

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Rest & Manage Stress

Essential oils provide dynamic support for getting consistent quality sleep and managing stress. Create an environment where your sleep gives your body the opportunity to repair and renew. Choose solutions to keep feeling great and stay centered no matter what life throws at you.



DAILY WELLNESS HABITS

- Get 7-9 hours of quality sleep nightly.
- Engage in daily mindfulness or meditation.



Prioritize Rest



dōTERRA Serenity® and Lavender
Place 1–2 drops on your pillow for peaceful dreams.



dōTERRA Serenity® Softgels
Take 1–2 softgels before bed for deep, rejuvenating sleep.*



dōTERRA Peace® and Cedarwood
Massage 1-3 drops on feet and forehead at the end of a long day to feel calm and relaxed in a flash.



Sleep Wellness Program
Sleep doesn't have to come at a price. Save big while you create habits that settle your mind and body for better rest. See page 18 for details.

RELAXING BATH SALTS

1 cup Epsom salts
10 drops dōTERRA Balance®, dōTERRA Serenity®, or Lavender
Mix and pour into your bath.



Manage Stress



Citrus Bliss®
Put a drop in your palm and inhale for a quick pick-me-up. Diffuse for an uplifting environment.



Black Spruce
Diffuse to help you relax and create a steadying environment.



dōTERRA Balance®
Apply to bottoms of feet to start your day. Diffuse to create a calming, grounding space during demanding or difficult times.



dōTERRA Cheer®
Apply to the wrists or pulse points for a cheerful boost of happiness and positivity to your environment throughout the day.

Consider using other essential oils in the dōTERRA Emotional Aromatherapy® system as desired.



Mind & Mood Wellness Program
Take a 90-day journey to greater peace of mind and a steadier, more resilient you. See page 19 for details.

The Adaptiv® System



Adaptiv Calming Blend is the answer during life's most demanding moments. Diffuse or roll on to create a calming atmosphere. Adaptiv Capsules combine clinically studied botanicals with a blend of essential oils to help you adapt to stressful situations.*

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Reduce Toxicity

Support your body's natural detoxification pathways by experiencing the dōTERRA 30-Day Cleanse. Occasional cleansing may enhance your metabolism,* support your efforts to achieve a healthy weight,* improve your digestive function,* and increase your energy.*

Download the
dōTERRA 30-Day
Cleanse Program.



DAILY WELLNESS HABITS

- Drink 8 or more glasses of water daily.
- Use citrus oils in your water daily for gentle, natural cleansing.



Experience the dōTERRA 30-Day Cleanse



DAYS 1-30



MAXIMIZE NUTRITION AND SUPPORT LONGEVITY

dōTERRA Lifelong Vitality Pack®

Take 2 capsules of each supplement with morning and evening meals.



SUPPORT HEALTHY DIGESTION AND METABOLISM*

DigestZen TerraZyme®

Take 1-2 capsules with each meal daily.



CLEANSE
Lemon

Add 3 drops to drinking water 3 times daily.



Zendocrine® Detoxification Complex

Take 1-2 capsules with morning and evening meals.

DAYS 1-10



SUPPORT FILTERING ORGANS*

Zendocrine® Softgels

Take 1-2 softgels twice daily.

DAYS 11-20



CLEANSE INTESTINAL TRACT*

GX Assist®

Take 1 softgel with your evening meal.

DAYS 21-30



SUPPORT HEALTHY DIGESTIVE FUNCTION AND IMMUNITY*

PB Assist®

Take 3 capsules with your evening meal or at bedtime.



SUPPORT CELLULAR HEALTH*

DDR Prime® Softgels

Take 1-2 softgels with meals twice daily.



Cleanse & Restore Kit

These cleansing products are available in the convenient, discounted Cleanse & Restore Kit.

See individual labels for ingredients, cautions, and instruction for use.

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Natural Home Care

A clean home doesn't need to come at the cost of your health. Go greener by replacing synthetic products with safe, plant-based, nontoxic, and natural cleaners that contain pure CPTG® essential oils.

DAILY WELLNESS HABITS

- Eliminate chemical-based cleaning products.
- Use safe and natural cleansers and detergents.

dōTERRA® abōde™



Time and time again, essential oils outperform synthetic counterparts when it comes to purifying any surface or space. Free of phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products come in recyclable containers, use natural enzymes, and feature the abōde Refreshing Blend to provide a natural, fresh aroma and deliver effective results.



dōTERRA abōde Refreshing Blend
A high-powered essential oil blend perfect for making nontoxic DIY cleaners and refreshing the air in any space.



abōde Foaming Hand Wash Concentrate
Effective against impurities, leaving the hands fresh and clean.



abōde Hand Lotion
Perfect for relieving dryness and helping the hands feel hydrated and nourished.



abōde Dishwasher Pods and Liquid Dish Soap
Tough on grease, leaving dishes, glassware, pots, and pans sparkling clean.



abōde Multi-Purpose Surface Cleaner Concentrate
Safely clean nonporous household surfaces, including where food is prepared.



abōde Laundry Pods
Gentle on clothes and tough on dirt, leaving every load fresh, clean, and bright.



The abōde line features beautiful, highly durable glass bottles. They're intended to buy once and refill again and again, making it simple to reduce, reuse, and recycle.

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Natural Self-Care

You don't have to settle for questionable ingredients in your self-care routine. Avoid adding to your body's toxic load. Instead, choose safe and natural products that provide a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA naturally formulated essential oil-based options.



DAILY WELLNESS HABITS

- Eliminate chemical-based self-care products.
- Use safe and natural products in your self-care routine.



Essential Skin Care

Designed to meet all your antiaging and skincare needs. Use twice daily to keep the skin feeling healthy and looking young.



Yarrow | Pom Collection

A powerful three-layer botanical approach to beauty, inside and out. Use daily for a youthful glow.



dōTERRA® Hair Care

Use essential oil-infused, premium hair products: Protecting Shampoo, Daily Conditioner, and Leave-In Conditioner.



Oral Care

Use dōTERRA On Guard® Natural Whitening Toothpaste and Mouthwash morning and night to naturally brighten your smile.



Body Care

Cleanse your body with the Spa Moisturizing Bath Bar and Refreshing Body Wash, which are free of harsh ingredients.

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Informed Self-Care

Make it a habit to use dōTERRA natural solutions as your first line of defense. When life's challenges arise, use a trusted essential oil reference book to search the possibilities of solutions at your fingertips.

Oils on the Go



8-VIAL KEYCHAIN

Pack your eight most frequently used essential oils and be ready for anything!

KEYCHAIN FAVORITES

Lavender	dōTERRA On Guard®
DigestZen®	Frankincense
Peppermint	Deep Blue®
dōTERRA Breathe®	Tea Tree

DAILY WELLNESS HABITS

- Turn to natural solutions as your first line of defense.
- Refer to an essential oil reference book for possibilities.



dōTERRA On Guard® Sanitizing Mist
 Spray this naturally derived hand sanitizing mist, which is 99.9% effective against most common germs (see label for list of germs).



dōTERRA On Guard+™ Softgels
 Consume 1 or more softgels as needed to promote healthy immune function.*



Correct-X®
 Use this natural ointment for any minor skin irritations.



Lavender
 Apply topically to soothe occasional skin irritations.



Peppermint
 Apply for a cooling sensation. Dilute as needed.



Tea Tree
 For occasional skin irritations, apply 1–2 drops onto the affected area.



ClaryCalm®
 Roll this women's monthly blend on lower abdomen and use with a heating pad.



Immunity Wellness Program
 Make immune health a top priority and build a collection of tools for both everyday protection and occasional extra support.* See page 19 for details.

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Targeted Wellness Delivered



Get the results you're looking for. Whether it's relief, immune support, or a greater sense of inner harmony, each collection has been carefully selected by essential oil experts and experienced doctors to give you the exact products you need to achieve your health goals.



Exclusive gifts and premium products with each program!

Digestive Wellness Program

Settle, stimulate, and move.

Digestive and intestinal health are top needs for many people. Provide your body with regular and effective support with this balanced combination of hero products in the Digestive Wellness Program.*



Relief Wellness Program

Soothe, support, and comfort.

Say goodbye to distracting discomfort and hello to liberation and freedom with the safe and natural solutions in the Relief Wellness Program. Enjoy more fully the activities you love!*



Sleep Wellness Program

Relax, unwind, and rest.

Getting optimal sleep night after night is a top health priority for everyone. Whether targeting how you fall or stay asleep, get the rest you need with support from the Sleep Wellness Program.*



Top 3 Benefits of the Wellness Programs

- 1 Support your top health priority and stick with it for 90 days.** Create a collection of powerful products and solutions to address your personal health challenges.
- 2 Set it and forget it.** Order a program once and automatically receive one of three rotating kits every month.
- 3 Enjoy big savings and an exclusive gift.** Every kit is \$75 / 60 PV and contains a variety of targeted products at a discounted price, along with an exclusive gift.

Mind & Mood Wellness Program

Balance, center, and adapt.

No matter what life throws at you, don't let daily ups and downs take a toll. Feel centered and uplifted with the Mind & Mood Wellness Program.*



Immunity Wellness Program

Protect, strengthen, and respond.

The Immunity Wellness Program gives you what you need, inside and out. This curated selection of products is designed to support your immune system,* keep your environment clean, and protect your family and home.

Respiratory Wellness Program

Open, expand, and clear.

Breathing well is essential to life. The Respiratory Wellness Program encourages feelings of clear airways and offers support so you feel like you are breathing easy.*



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Customize Your Wellness Plan



Check the products that will help you achieve your health goals and experience remarkable changes in how you feel.

On the next page, create your 90-day wellness plan and record each future month's product wish list in the spaces provided.

<p>NUTRITION & DIGESTION</p>	<p>Fuel, Support, and Fortify</p> <p> <input type="checkbox"/> dōTERRA Lifelong Vitality Pack® <input type="checkbox"/> dōTERRA a2z Chewable™ <input type="checkbox"/> IQ Mega® <input type="checkbox"/> dōTERRA Greens </p>	<p>Support Digestion</p> <p> <input type="checkbox"/> DigestZen TerraZyme® <input type="checkbox"/> PB Assist+® <input type="checkbox"/> PB Assist® Jr <input type="checkbox"/> dōTERRA Fiber </p>	<p>Curated Wellness Programs and Kits</p> <p> <input type="checkbox"/> Daily Habits Kit <input type="checkbox"/> Digestive Program </p>
<p>MOVEMENT & METABOLISM</p>	<p>Soothe and Energize</p> <p> <input type="checkbox"/> Deep Blue® <input type="checkbox"/> Mito2Max® <input type="checkbox"/> Copaiba Softgels <input type="checkbox"/> Turmeric Capsules </p>	<p>Support Strength and Metabolism</p> <p> <input type="checkbox"/> Slim & Sassy® <input type="checkbox"/> dōTERRA Protein </p>	<p>Relief Program</p> <p> <input type="checkbox"/> Relief Program </p>
<p>REST & MANAGE STRESS</p>	<p>Support Sleep and Rest</p> <p> <input type="checkbox"/> Lavender <input type="checkbox"/> dōTERRA Serenity® <input type="checkbox"/> dōTERRA Serenity® Softgels <input type="checkbox"/> Volo® Diffuser <input type="checkbox"/> dōTERRA Peace® <input type="checkbox"/> Cedarwood </p>	<p>Manage Stress and Mood</p> <p> <input type="checkbox"/> dōTERRA Cheer® <input type="checkbox"/> Black Spruce <input type="checkbox"/> Adaptiv® <input type="checkbox"/> Citrus Bliss® <input type="checkbox"/> dōTERRA Balance® </p>	<p>Mind & Mood Program</p> <p> <input type="checkbox"/> Mind & Mood Program <input type="checkbox"/> Sleep Program </p>
<p>REDUCE TOXICITY</p>	<p>Support Cleansing</p> <p> <input type="checkbox"/> Lemon <input type="checkbox"/> Zendocrine® Softgels </p> <p>Natural Self-Care</p> <p> <input type="checkbox"/> Oral Care <input type="checkbox"/> Essential Skin Care <input type="checkbox"/> Yarrow Pom <input type="checkbox"/> Hair Care </p>	<p>Natural Home Care</p> <p> <input type="checkbox"/> dōTERRA® abode™ </p>	<p>Cleanse & Restore Kit</p> <p> <input type="checkbox"/> Cleanse & Restore Kit </p>
<p>INFORMED SELF-CARE</p>	<p>Protect and Restore</p> <p> <input type="checkbox"/> dōTERRA On Guard® <input type="checkbox"/> DigestZen® <input type="checkbox"/> Peppermint <input type="checkbox"/> Tea Tree <input type="checkbox"/> Frankincense </p>	<p> <input type="checkbox"/> ClaryCalm® <input type="checkbox"/> Correct-X® </p>	<p>Respiratory Program</p> <p> <input type="checkbox"/> Respiratory Program <input type="checkbox"/> Immunity Program </p>



Loyalty Rewards Program

Earn Free Products of Your Choice

The dōTERRA Loyalty Rewards Program (LRP) provides an automatic monthly shipment of products you use on a regular basis. If your loyalty order contains at least 50 PV,* you immediately begin to earn product points that can be used as cash to receive free dōTERRA products. The longer you participate, the more points you can earn—up to 30% of your total monthly LRP purchases!

Loyalty Rewards Program FAQs

How do I get free products?

EARN FREE PRODUCT POINTS IN ADDITION TO YOUR 25% DISCOUNT

LRP BENEFITS: PERCENTAGE BACK IN PRODUCT POINTS FOR FREE PRODUCTS

10% Months 1-3 > 15% Months 4-6 > 20% Months 7-9 > 25% Months 10-12 > 30% Months 13+

TOTAL SAVINGS AND PRODUCT POINTS:

35% | 40% | 45% | 50% | 55%

How do I get 30% back in free product points?

Your Loyalty Rewards percentage grows over time and begins the first month you place a qualifying 50 PV or more loyalty order. You'll increase by 5% every three months when your orders are over 50 PV until you reach the maximum of 30%.

How do I maximize dōTERRA specials?

Place a loyalty order of at least 125 PV (Personal Volume) between the 5th and the 15th. This sets you up to receive the Product of the Month for free and take advantage of promotions. Pay attention to the PV versus price, as many specials are PV-related and start on the first of the month.

PRODUCT VALUE (PV) MUST EXCEED	1	50	100	125
Maintain LRP points previously earned	●	●	●	●
Earn LRP product points (to use for free products) and increase percentage from 10% to 30%		●	●	●
Qualify to earn commissions			●	●
Get free shipping			●	●
Receive the free Product of the Month (orders placed between the 1st-15th)				●

*PV (Personal Volume): This is a numeric value assigned to each product. It's used as the qualifier for commissions, rank, and promotions. Products purchased with points have no PV.

How do I create a new loyalty order?

Log into doterra.com. Click "Create New LRP Order" or edit items in an existing loyalty order template.

Watch how to create an LRP order.



How do I get free shipping on my orders?

All loyalty and enrollment orders over 100 PV will qualify for free shipping. If a loyalty or enrollment order is placed below 100 PV, dōTERRA will give five Shipping Reward Program (SRP) points. SRP product points can be used on future dōTERRA orders.

When can I use my product points?

Redeem your product points anytime within a year from when you earn them.

How do I redeem my LRP points?

In your virtual shopping cart, select "Use Points" on the products you'd like to redeem with your LRP points. New points are added the 15th of the following month after each order placement.

Can I have more than one loyalty order?

Yes. If you need more than your monthly order, simply change your LRP template and run it again on whatever day of the month you choose, or you can set up as many orders as you like. Remember to cancel any orders you don't want to receive the following month.

How do I cancel my loyalty order?

You can cancel your loyalty order anytime via phone, online chat, or email to service@doterra.com. dōTERRA customer service can assist you with redeeming any free product points you've accumulated prior to cancellation so points aren't lost. If you cancel your loyalty order, you'll start back at 10% rewards when you resume consistent loyalty order purchasing.

What if I want to return products?

dōTERRA refunds 100% of anything unopened within 30 days of purchase and 90% of the purchase price if opened or used.



Learn More

Member # _____

Password _____

Log in at [doterra.com](https://www.doterra.com).



Empowered Life Series
[doterra.com/US/en/empowered-life-series](https://www.doterra.com/US/en/empowered-life-series)
 View this webinar series to continue learning ways you can use your products.



Essential Oil Solutions Podcast
 Subscribe to learn the best ways to use essential oils.



Learn more and get great ideas:
[doterra.com/US/en/magazines/doterra-living](https://www.doterra.com/US/en/magazines/doterra-living)



Use the dōTERRA Shop app for easy online ordering.



Get an essential oil reference guide or mobile app.

Essential Tips

Effectiveness

-  Use your reference guide to find solutions to health priorities or concerns as they arise.
-  Different essential oils work for different people. When you're not getting the desired results, try different oils or application methods.
-  Massage to increase benefits and promote rapid absorption.
-  Try different application methods: apply under the tongue or to the bottoms of the feet, spine, or navel.
-  Use oils topically with Fractionated Coconut Oil to enjoy greater sustained absorption.

Safety

-  Avoid contact with the eyes, inside of the nose, and ears.
-  Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has prediluted oils.
-  Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.
-  Read labels and follow recommendations.

Best Practices

-  Keep your products at their best by avoiding exposure to extreme temperatures or direct sunlight.
-  Use glass containers with your essential oils, as they can break down some plastics over time.
-  dōTERRA essential oils are potent. Use smaller amounts more frequently for best results.

Your Key Support _____

Phone _____

Email _____

Other Support _____

Phone _____

Email _____

Upcoming Local or Online Classes and Events _____

Live chat: doterra.com	Americas: +1 800-411-8151
Email: service@doterra.com	Australia: +61 (02) 8015-5080
US: Text us now at 343-57	UK: +44 2033180064

Team Call/Website/Facebook Group(s) _____

Every Bottle Makes a Difference

Consistently using dōTERRA products can change your life, as well as the lives of the growers and their families all over the world. Every drop of essential oil represents hands that have nurtured the earth for our benefit.



Share with those you love.

Change Others' Lives
 Host a dōTERRA class to be of service to your friends and family.



Build an income and make an impact.

Change Your Future
 Create recurring income and greater freedom by sharing and empowering others with natural solutions.





dōTERRA®
pursue what's pure®

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