




Welcome to the
world of **doTERRA**
New Member
Induction



FREE Educational Classes




Emotional Wellbeing
Rachel Pernak-Brennon



Love your Pets
Ingrid Liberte




Green Cleaning
Ali Thomas



Gut Health
Tania Jooste

Tuesday
7pm UK

FREE



Menopause
Rebecca Francis



Radiant Skin
Paula Mills



What's Cooking
Debra Williams & Karal Rees



Pregnancy, Birth & Early Years

An amazing bonus to your membership

Your Priorities!

Please Share your priorities with your doTERRA sponsor
So they can help and support you to achieve your goal

PRIORITIES



1. *Health?*
- 2.
- 3.

What would you like to achieve in doTERRA?

*The first Wealth is....
Health!*

Preventative Healthcare – daily habits!



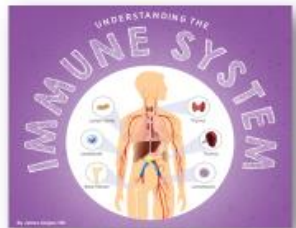
Disease prevention relies on anticipatory actions



Preventive healthcare is especially important given the worldwide rise in prevalence of chronic diseases and serious illness. **In doTERRA you have an opportunity to increase your understanding of how you can take control your health naturally, reducing your risks and improving the probability of living better for longer!**

Supporting optimal immune system function

Journey To A Healthier You



dōTERRA WELLNESS LIFESTYLE



Supporting the immune system involves promoting lifestyle, stress management, exercise, diet, restful sleep, and the appropriate use of nutritional supplements and medicines

Preventative health care consists of measures taken for disease prevention, as opposed to disease treatment. Just as health comprises a variety of physical and mental states, so do disease and disability, which are affected by lifestyle behaviours, environmental factors, genetic predisposition, and disease agents.

We must pay more attention to these 4 key areas of health!



- ✓ Alternative to support existing conditions
- ✓ Preventative Health Care

Daily Wellness Routine

We are all creatures of habit, and routines offer a way to promote health and wellness through structure and organization. Having a routine can greatly improve your health. Understanding how our essential oils and health supplements can support you in establishing part of your routine is a great place to start.



Let's look at what oils you can start using straight away...

Reduce Stress
Improve quality
of Sleep, 2x drops
bottom of feet
before bed. Also
In diffuser whilst
sleeping!

Lavender



- ✓ Lavender "Widely used for its calming and relaxing qualities"
- ✓ Aids restful sleep
- ✓ Soothes skin irritations— bites – stings – burns – itchiness
- ✓ Eases muscle tension
- ✓ Calming for the emotions
- ✓ Great in the diffuser at night or in a bath for its calming & relaxing qualities



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

Help to expel
toxins 2 x drops
in water or in a
veggie capsule
every morning
and drink..or
swallow

Lemon



- ✓ Cleanses and purifies the air and surfaces
- ✓ Detoxifier, naturally cleanses the body and aids in digestion
- ✓ Supports healthy respiratory function
- ✓ Promotes a positive mood and cognitive ability
- ✓ Add Lemon oil to cleaning supplies, to the kitchen diffuser for fresh scents, to use as a natural sticker & pen remover, in water for a refreshing drink!



45 Lemons = 1 x 15 ml bottle

*In a sustainable way

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

Daily Wellness Routine

2 x Drops
In water & drink
Or in Veggie
Capsule & swallow
Every day to
Support cellular
health, & boost
immune System..

Frankincense



- ✓ Frankincense "The King of all oils" When in doubt, use this oil. Powerful anti-inflammatory oil
- ✓ Helps build and maintain a healthy immune system
- ✓ Frankincense is a natural painkiller
- ✓ Helps prevent the breakdown of cartilage tissue by inhibiting the production of key inflammatory molecules
- ✓ Promotes cellular health /operate at optimum level
- ✓ Anti-Aging and Wrinkle Fighter. Beautifying for the skin, reduces the appearance of skin imperfections, blemishes, and stretch marks"
- ✓ Helps regulates oestrogen production in women and helps reduce the risk of post-menopause tumour or cyst formation in the uterus (uterine cancer). It also regulates the menstrual cycle of premenopausal women
- ✓ Boosts to other oils!
- ✓ Very spiritual meditative oil so great to diffuse to relax and rest the mind
- ✓ Frankincense oil has the ability to pass the blood brain barrier to assist in any brain disorders



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease."

2 x Drops
In water & drink
or in Veggie
Capsule & swallow
Every day to
Optimise Gut
Health..

ZenGest



- ✓ **ZenGest Digestive blend**
- ✓ Aids in the digestion of foods
- ✓ Acid reflux
- ✓ Heartburn
- ✓ Motion sickness
- ✓ Gas!
- ✓ Soothes stomach upset – diarrhoea, constipation
- ✓ Maintains a healthy gastrointestinal tract
- ✓ Great to use after a large meal, to help our digestion, reduce bloated feeling



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease."

Getting to Know Your 10 x Core Oils... *Click on the image for more Product Information*

Peppermint



- ✓ Natural Pain Killer
- ✓ Helps reduce a high temperature – hot flashes/flu
- ✓ Promotes healthy respiratory function and clear breathing
- ✓ Alleviates stomach upset
- ✓ Reduces stomach aches – bloating
- ✓ Soothe digestive issues
- ✓ Freshens bad breath
- ✓ Relieves headaches
- ✓ Natural Energiser – replacing caffeinated drinks!
- ✓ Diffuse Peppermint oil with Wild Orange in diffuser

1 x drop of doTERRA Peppermint oil is the equivalent to x 28 cups of peppermint tea, our oils are very potent!

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

Lavender



- ✓ Lavender “Widely used for its calming and relaxing qualities
- ✓ Aids restful sleep
- ✓ Soothes skin irritations – bites – stings – burns – itchiness
- ✓ Eases muscle tension
- ✓ Calming for the emotions
- ✓ Great in the diffuser at night or in a bath for its calming & relaxing qualities

Daily wellness routine!

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

Oregano



- ✓ **Oregano “Nature’s most powerful antibiotic**
- ✓ Used as a powerful cleansing and purifying agent
- ✓ Provides immune-enhancing benefits
- ✓ Used to remove warts, veruca's
- ✓ Excellent source of antioxidants”
- ✓ When feeling unwell it can be mixed with Melaleuca to make a very powerful force
- ✓ Oregano is HOT oil and needs to be used in conjunction with carrier oil. Can also be used in veggie caps and swallowed

70 times more powerful than herbs!

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

On Guard



- ✓ **On Guard Protective blend – A powerful oil to ward off viruses bugs and germs**
- ✓ Supports healthy immune function
- ✓ Protects against environmental threats
- ✓ Great to apply to the bottom of children's feet before going to school to support the immune system
- ✓ Cleanses surfaces
- ✓ Purifies the skin while promoting healthy circulation
- ✓ Energizing and uplifting aroma”
- ✓ Great to diffuse in meeting rooms with Wild orange to purify the air

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

Lemon



- ✓ Cleanses and purifies the air and surfaces
- ✓ Detoxifier, naturally cleanses the body and aids in digestion
- ✓ Supports healthy respiratory function
- ✓ Promotes a positive mood and cognitive ability
- ✓ Add Lemon oil to cleaning supplies, to the kitchen diffuser for fresh scents, to use as a natural sticker & pen remover, in water for a refreshing drink!



45 Lemons = 1 x 15 ml bottle
*In a sustainable way

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

Melaleuca



- ✓ **Melaleuca "aka Tea Tree oil"** Anti-Bacterial, Anti-Fungal, Antiseptic, Anti-Viral, a very powerful first aid for the skin
- ✓ Renowned for its cleansing and rejuvenating effect on the skin
- ✓ Used to combat cold sores! Spots, Acne,
- ✓ Use on cuts and scrapes to help prevent infection
- ✓ Promotes healthy immune function
- ✓ Protects against environmental and seasonal threats
- ✓ Great in the diffuser to boost the immune system
- ✓ Great hand sanitizers.



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

Air



- ✓ **Air Respiratory blend**
- ✓ Maintains clear airways and breathing
- ✓ Supports overall respiratory health
- ✓ Great to diffuse to assist with chestiness, asthma
- ✓ Hay fever
- ✓ Sinusitis
- ✓ Colds & Flu
- ✓ Apply before a hike, run, or yoga to open the airways and have a better workout!



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

Frankincense



- ✓ **Frankincense "The King of all oils"** When in doubt, use this oil. Powerful anti-inflammatory oil
- ✓ Helps build and maintain a healthy immune system
- ✓ Frankincense is a natural painkiller
- ✓ Helps prevent the breakdown of cartilage tissue by inhibiting the production of key inflammatory molecules
- ✓ Promotes cellular health /operate at optimum level
- ✓ Anti-Aging and Winkle Fighter. Beautifying for the skin, reduces the appearance of skin imperfections, blemishes, and stretch marks"
- ✓ Helps regulate oestrogen production in women and helps reduce the risk of post-menopause tumour or cyst formation in the uterus (uterine cancer). It also regulates the menstrual cycle of premenopausal women
- ✓ Boosts to other oils!
- ✓ Very spiritual meditative oil so great to diffuse to relax and rest the mind
- ✓ Frankincense oil has the ability to pass the blood brain barrier to assist in any brain disorders



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

ZenGest



- ✓ **ZenGest Digestive blend**
- ✓ Aids in the digestion of foods
- ✓ Acid reflux
- ✓ Heartburn
- ✓ Motion sickness
- ✓ Gas!
- ✓ Soothes stomach upset – diarrhoea, constipation
- ✓ Maintains a healthy gastrointestinal tract
- ✓ Great to use after a large meal, to help our digestion, reduce bloated feeling



These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent disease."

Deep Blue



- ✓ **Deep Blue Soothing blend** (not to be taken internally)
- ✓ Soothes sore muscles and achy joints
- ✓ For migraine, arthritis, period cramping
- ✓ Supports healthy circulation
- ✓ Use it on sore muscles after a workout or beforehand to be proactive
- ✓ Applying to the back of the neck & temples to help alleviate any head tension going on
- ✓ Great for a massage mixed with a carrier oil



These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent disease."

Reduce Toxins –
Swap where you shop!



Reduce Toxins!

We all tend to purchase our personal care, home care, and health care products from here there and everywhere at different times of the month. We often lose track of **how much we spend, we don't necessarily receive discounts by being a regular customer** and often we buy products that contain **harmful chemicals**. Many of us are creatures of habit without giving to much thought to the outcome!

Swap where you shop!

doTERRA has a diverse range of products you probably didn't even realise, we don't just sell essential oils. So the great news is you can 'swap where you shop' you can literally **buy from yourself** – save money with your increasing discounts which start at **25%** increasing up to a **MASSIVE 55%** on the Loyalty Rewards Program.

You can have whatever you want, **delivered whenever you want**, and you know they do not contain harmful chemicals and are **100% pure and natural...** **REDUCE TOXIC LOAD – IMPROVE HEALTH – LOOK AFTER YOUR FUTURE SELF – INCREASE YOUR DISCOUNTS!**



Swap Where You Shop! 25% OFF!

We used to buy similar products to these from the supermarket & pharmacy but NOT ANY MORE!
We've dramatically REDUCED our TOXIC LOAD - Plus WHY would we buy from someone else when you sell it yourself!



Toothpaste



Mouthwash



Shampoo



Conditioner



H&Body lotion



Shower Gel



Handwash



Anti Ageing Cream



Deodorant



Bath Bar



Kids Multi Vits



Vitality Supplements



Detergent

GET UP TO an EXTRA 30% BACK on whatever you spend, this is in ADDITION to your 25% off - **_LRP ORDERS ONLY!**

Our AMAZING Loyalty Reward Program



Loyalty Reward Program: LRP. This is the intelligent way to buy doTERRA products getting the MAXIMUM discounts available, up to a massive 55% off!

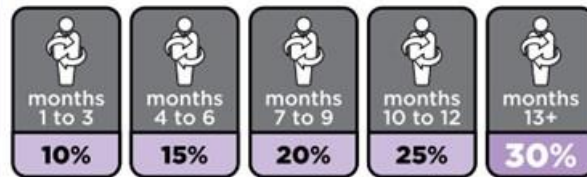
For future purchases, please DON'T place a standard 'One-time Order' do it as an 'LRP' order 'Loyalty Reward Program' by doing so you can receive FREE product credits which you then swap for FREE PRODUCTS. We use the one-time orders to redeem product points to get the FREE PRODUCTS of choice!

 Create A NEW LRP Template 

 Place standard one-time order 

No-hassle, automatic delivery of the doTERRA products you want & use on a monthly basis, a great opportunity to 'Swap Where You Shop' don't buy 'chemical laden' products from the supermarket, GO NATURAL with doTERRA... we don't just sell essential oils!


Loyalty Rewards Credits




Additional Benefit: Product of the Month

One monthly Loyalty Rewards order totaling 125 PV or more that processes on or before the 15th of each month, will include a free product!


*If you are promoting doTERRA products to others it is a convenient way to meet your 100 PV requirement to qualify to receive commissions * To receive free product points your order only needs to be 50pv, every product has a PV (product value which is displayed)

 You can receive up to an extra 30% back of the Product Value (PV) on your monthly LRP order in product credits, see how your credits grow on the chart

 These credits are in ADDITION to the 25% discount you already receive – an equivalent to a MASSIVE 55% OFF IN TOTAL

 You have the Freedom to edit your LRP template at any time or even cancel it, you are completely in control

With LRP YOU get products for FREE!

 Please ASK your enroller to help you set this up



How to know what Oils to use for what conditions?

You don't have to be an expert!

Information on which oil to use, is readily available!



Modern Essential Plus App to your phone – We don't have to be experts to be able to help people or ourselves with essential oils!

Here is a great way to be able to access which oils are best for what condition – **Less than £5 from your App store!**



FREE

Download from your app store

doTERRA's own app – Daily Drop It's amazing to help you to grow your **knowledge daily!** And it's **FREE** - A brief video clip will drop in every day after you watch the previous days. It provides tips, advice, inspiration and information. It provides you with a fun and convenient way to get your essential oil education anytime, anywhere. Essential must have.

'Advanced Oil Magic' book

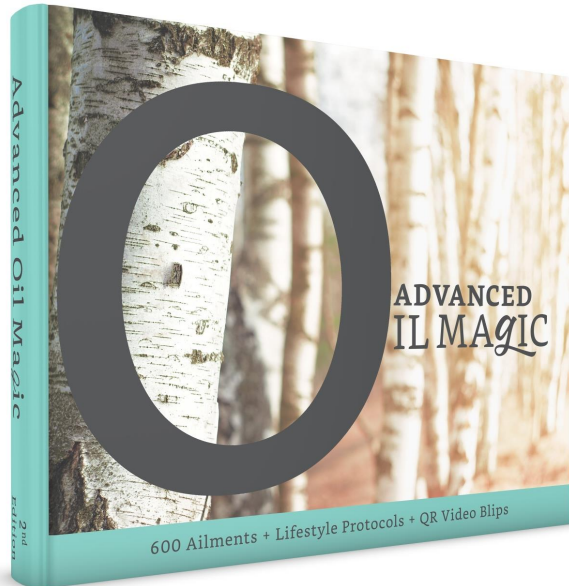


Table of Contents

Advanced Usage Guide.....	7
Ailments & Conditions.....	17
Single Oils.....	59
Oil Blends.....	125
Supplements & Softgels.....	167
Protocols by Ailment.....	177
Lifestyle Protocols.....	207
Emotions & Energy.....	239
Science & Research.....	265
References & Credits.....	303

Start by looking up quick suggestions for your health challenges & needs.

Then get to know your essential oils a bit more.

Commit to a Protocol or a Lifestyle Protocol to get big, long-term results.



QR Video Blips!
Simply flash your smart phone's camera at the QR code on a single oil page to pull up a cool video on that essential oil.

A

Abuse Recovery

Apply 1-3 drops to top of head, forehead, and back of neck 3x daily.



 Hopeful Blend ^A^T

 Women's Monthly Blend ^A^T

 Rose ^A^T

 Bergamot ^A^T

 Lavender ^A^T

Protocol on pg. 233

Acne/Blemishes

Apply a drop topically to affected areas 1-2x daily. Add 2-3 drops to facial lotion and apply after cleansing routine.



 Melaleuca ^T

 Skin Clearing Blend ^T

 Juniper Berry ^T

 Neroli ^T

 Lavender ^T

Protocol on pg. 180

ADD/ADHD

Apply a few drops on forehead and back of neck; inhale a few drops from cupped hands.



 Focus Blend ^A^T

 Vetiver ^A^T

 Reassuring Blend ^A^T

 Frankincense ^A^T

 Grounding Blend ^A^T

Protocol on pg. 181

Addiction: Drugs

Apply a couple drops to chest, temples, and bottoms of feet daily; inhale from cupped hands as needed.



 Copaiba ^A^{TI}

 Detoxification Blend ^A^{TI}

 Cleansing Blend ^A^T

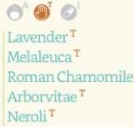
 Black Pepper ^A^{TI}

 Frankincense ^A^{TI}

Protocol on pg. 210

Abscess

Apply 2-4 drops 3x daily over affected area.



 Lavender ^T

 Melaleuca ^T

 Roman Chamomile ^T

 Arbovitae ^T

 Neroli ^T

Aches

Massage 2-4 drops into affected muscles and joints as needed.



 Marjoram ^A^{TI}

 Lemongrass ^A^{TI}

 Soothing Blend ^A^T

 Massage Blend ^A^T

 Helichrysum ^A^{TI}

Protocol on pg. 197

Actinic Keratosis

Apply 3-5 drops to affected area 4x daily.



 Frankincense ^T

 Lavender ^T

 Melaleuca ^T

 Myrrh ^T

Addiction: Alcohol

Apply a couple drops to back of neck, temples, ears, and below chest as often as needed.



 Bergamot ^A^{TI}

 Hopeful Blend ^A^T

 Encouraging Blend ^A^T

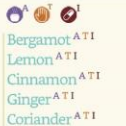
 Black Pepper ^A^{TI}

 Lemon ^A^{TI}

Protocol on pg. 210

Addiction: Food

Apply 3-5 drops as needed to abdomen and inside of legs from knees to ankles.



 Bergamot ^A^{TI}

 Lemon ^A^{TI}

 Cinnamon ^A^{TI}

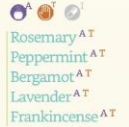
 Ginger ^A^{TI}

 Coriander ^A^{TI}

Protocol on pg. 210

Absentmindedness

Massage 1-3 drops into forehead, temples, back of neck, and chest as needed; inhale from cupped hands.



 Rosemary ^A^T

 Peppermint ^A^T

 Bergamot ^A^T

 Lavender ^A^T

 Frankincense ^A^T

Protocol on pg. 218

Acid Reflux

Take 2-4 drops internally or rub over stomach as needed.



 Peppermint ^{TI}

 Digestive Blend ^{TI}

 Ginger ^{TI}

 Cardamom ^{TI}

 Digestion Tablets ^I

Protocol on pg. 180



Addiction: Caffeine

Apply a couple drops to back of neck, temples, ears, and below chest as often as needed.



 Peppermint ^A^{TI}

 Wild Orange ^A^{TI}

 Jasmine ^A^T

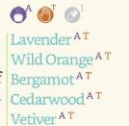
 Encouraging Blend ^A^T

 Lavender ^A^{TI}

Protocol on pg. 210

Addiction: Internet/ Video Games

Apply 3-5 drops to bottom of feet and outside of legs from knees to ankles.



 Lavender ^A^T

 Wild Orange ^A^T

 Bergamot ^A^T

 Cedarwood ^A^T

 Vetiver ^A^T

Protocol on pg. 210

Green Mandarin *Citrus Nobilis*

Application



Main Properties

Nervine
Digestive
Sedative
Antiseptic
Immunostimulant

Chemical Constituents

d-limonene, y-terpinene, linalool, myrcene

Other Uses

Antibacterial, Anti-viral, Depression, Numbness, Regenerative, Skin Toner

Safety

Excessive dosing may cause indigestion. Unlike other citrus oil, there is no photo-sensitivity with Green Mandarin.

Top Uses

- 1 Nerve Damage
Apply 2-4 drops to bottoms of feet and along spine.
- 2 Sensation Loss in Extremities
Massage with carrier oil into affected areas.
- 3 Pain
Massage 2 drops into affected areas.
- 4 Simple Antibiotic
Take 2-4 drops in a capsule 3-5x daily as needed.
- 5 Mood Lift
Diffuse 3-6 drops or inhale from cupped hands as needed.
- 6 Ageless Skin
Apply 2 drops with carrier oil to fine lines and wrinkles before bed.



Emotional Use

Monoterpenes like y-terpinene make Green Mandarin an uplifting oil. It helps the heart feel light and easy-going.



Citrus Pow Water

2 drops Green Mandarin
1 drop Lemon
1 drop Peppermint
Splash of orange juice

Add oils to 44oz of water with a splash of orange juice. Only use stainless steel or glass water bottles (no plastic!).

Skin Tightening Serum

2 drops Green Mandarin
1 drop Melaleuca
1 drop Frankincense
1 drop Hawaiian Sandalwood

Combine oils and massage into face and neck after removing makeup at night.

Therapeutic Properties Glossary

The following are the most common therapeutic properties of essential oils. The pages that follow expand on common chemical constituents that provide each of these therapeutic properties, and in which essential oils they can be found.

Analgesic	Reduces pain sensation	Aphrodisiac	Increases sexual desires
Anti-allergenic	Reduces allergic response	Astringent	Firms tissues, reduces secretions
Antiarthritic	Useful in treating arthritis	Cardiotonic	Vitalizes cardiovascular system
Antibacterial	Kills or prevents bacterial growth	Carminative	Reduces gas or bloating
Anticarcinogenic	Inhibits development of cancer cells	Decongestant	Reduces congestion and opens airways
Anticonvulsant	Reduces convulsions	Digestive Stimulant	Aids in proper digestive processes
Antidepressant	Alleviates depression symptoms	Disinfectant	Fights the spread of germs
Antiemetic	Eases nausea and vomiting	Expectorant	Removes excess mucus
Antifungal	Prevents fungal growth	Immunostimulant	Stimulates immune system activity
Anti-infectious	Prevents uptake of infection	Nervine	Beneficial effect on nerves
Anti-inflammatory	Alleviates inflammation	Regenerative	Promotes body tissue regeneration
Antioxidant	Destroys or inhibits growth of parasites	Restorative	Promotes restoration of body systems
Anti-parasitic	Alleviates pain and stiffness	Rubefacient	Increases circulation & skin redness
Anti-rheumatic	Reduces damage from free radicals	Sedative	Relaxes psychological and physical activity
Antispasmodic	Prevents or relieves spasms & convulsions	Soporific	Induces sleep
Antitumoral	Inhibits growth of tumors	Stomachic	Stimulates digestion & appetite
Antitussive	Relieves coughs	Tonic	Encourages feelings of vitality
Antiviral	Inhibits replication of viral RNA	Vasodilator	Relaxes blood vessels, lowers blood pressure

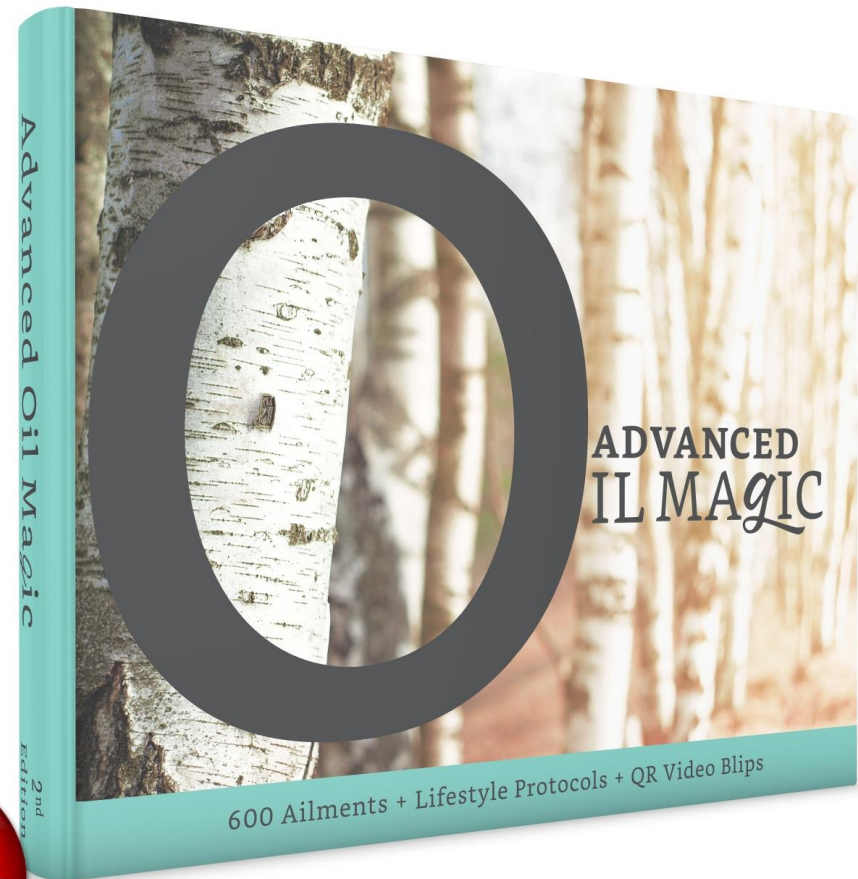
Other therapeutic properties that have not been reviewed in this section due to redundancy or because less research has been done include anaphrodisiac, anti-carcinoma, anticatarrhal, anticoagulant, antimicrobial, antimutagenic, antiputrescent, antiseptic, antitoxic, calmative, cleanser, cytophylactic, deodorant, detoxifier, diuretic, emmenagogue, energizing, galactagogue, grounding, insecticidal, invigorating, laxative, mucolytic, neuroprotective, purifier, refreshing, relaxing, revitalizer, steroidal, stimulant, uplifting, vasoconstrictor, vermicide, vermifuge, and warming.

267

Science



BUY NOW

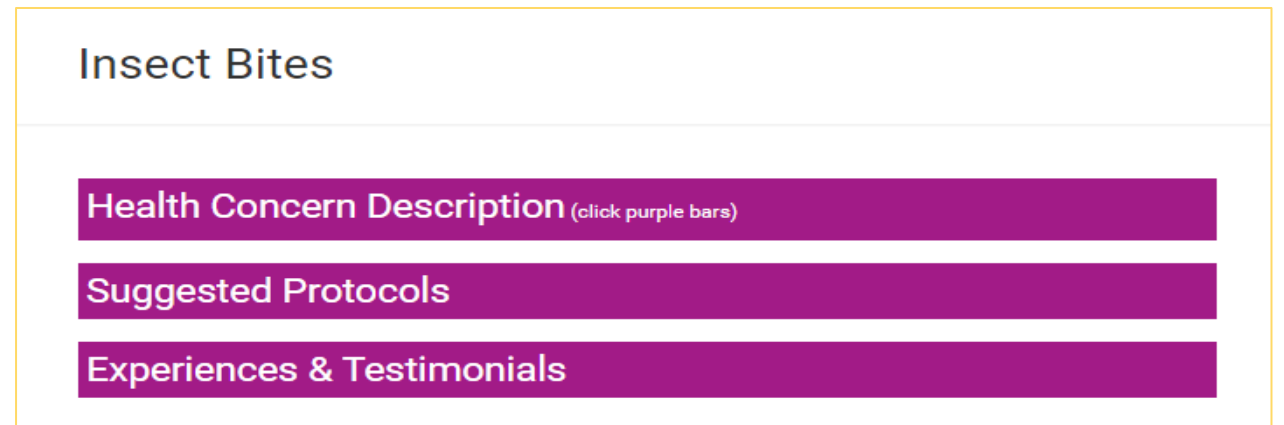
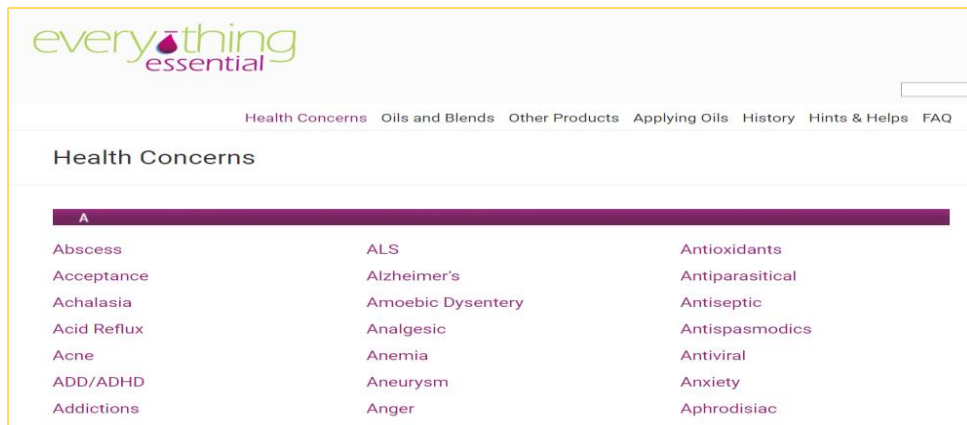


<https://www.essentialoilsupplies.co.uk/product/advanced-oil-magic-hardback-book/>

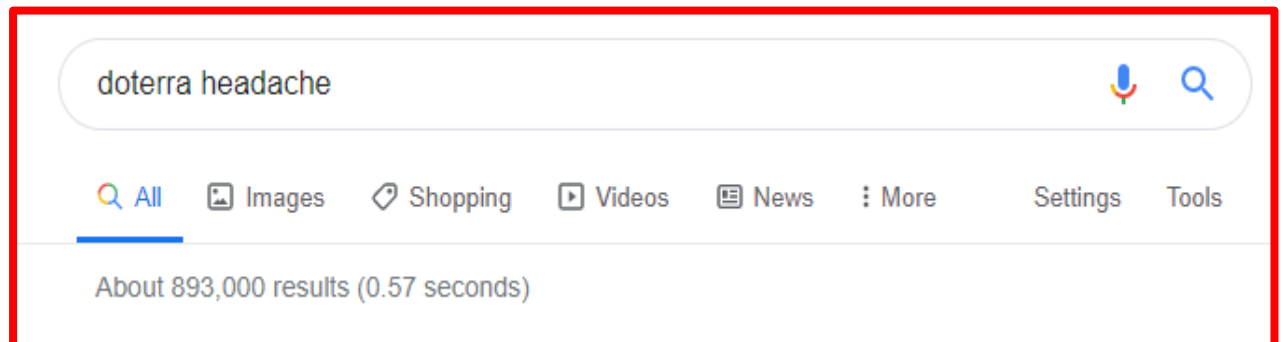
Ailment's and Oils: Online Reference to conditions and recommended oils. This is a great to look up different conditions to be able to cross reference recommended oils. This site also allows you to access testimonials from clients who have enjoyed positive experiences

www.ailmentsandoils.co.uk

A to Z of conditions – example of how the site works



Don't forget you can use google!



Join our

facebook[®]
PRIVATE GROUP *for* MEMBERS ONLY

Team Facebook Groups – This is a great community where we share relevant information – product information - tips advice - guidance - what’s going on etc. **It really does make you feel part of something special.**



This is our customer Facebook group where we share great product information DAILY

<https://www.facebook.com/groups/doTERRAsharersWorldwide>



This is our Business Facebook group where we share information about sharing doTERRA with others/earning an Income.

<https://www.facebook.com/groups/BusinessProgressionGroup>