

# dōTERRA®

A photograph of two women and a baby in a kitchen. The woman on the left is wearing a purple top and has her hand on the baby. The woman on the right is wearing a striped shirt and is holding a lemon. The baby is wearing a red vest and is smiling. There are lemons and a small bottle on the counter in the foreground.

8

## Foundational Wellness

Wake Up Right

### ALSO IN THIS ISSUE

36

Behind the Bottle  
Tea Tree

40

Living Kitchen  
A Drop of Delicious



Empowering Wellness  
Worldwide

# Welcome to

# dōTERRA®

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Since its 2008 inception, dōTERRA has provided the highest-quality essential oils to people around the globe. With no industry standard for purity at the time, we created one: CPTG Certified Pure Tested Grade®. This standard ensures you receive only the best essential oils.

## **Our Mission**

dōTERRA, meaning “gift of the earth” in Latin, strives to share these natural essential oil gifts worldwide, helping people take control of their lives one drop at a time. Our commitment to quality and purity drives everything from sourcing to distribution.

## **Our Purpose**

- We intentionally source the gifts of the earth, enriching every life we touch.
  - We empower people and communities in their pursuit of self-reliance.
  - We break cycles of human suffering and poverty as our business expands.
  - We advocate and educate to empower everyone with natural wellness solutions.
  - We advance science for the innovative use of essential oils.
- dōTERRA was founded with the bold commitment to sell only pure essential oils.



## 08 Foundational Wellness

Wake Up Right

## 24 Kids Feature:

Magic Moments



## Also in this issue

### 06 Essential Oil Spotlight:

Lavender

### 18 Product Spotlight:

dōTERRA Serenity®

### 20 Digestive Health:

Trust Your Gut

### 23 Essential Oil Diffuser Blends:


Daily Recharge, Brand New Day,  
& Press Pause

### 28 Home Feature:

Clean Without Compromise

### 32 Beauty Feature:

Purely You



**14** Behind the Bottle  
Lemon

---

**35** Essential Oil Diffuser Blends:  
Deep Reflection & Ready to Go

---

**36** Behind the Bottle:  
Tea Tree

---

**44** Metabolic Health:  
You're Only As Old As You Feel

---

**46** Product Spotlight:  
dōTERRA Frankincense

---

**48** Essential Oil Spotlight:  
Peppermint

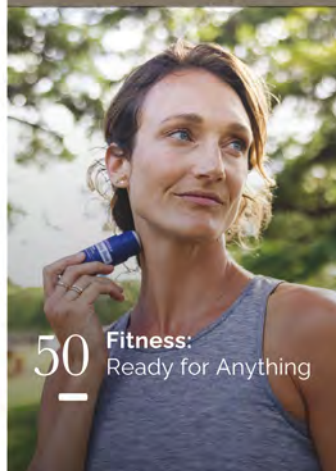
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**53** Build Your Own  
dōTERRA Business

---

**54** dōTERRA Rewards:  
Live the Benefits

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## Fun Fact

The lavender plant gets its name from the Latin word *lavare*, which means "to wash." In ancient Rome, lavender was used for bathing, hygiene, and washing clothes because of its lovely scent.





## Essential Oil Spotlight

# Lavender

*Lavandula angustifolia*

**Distillation Method:** Steam-distilled

**Aromatic Description:** Powdery, floral, light

**Plant Part:** Flower

### Light and Sweet

**Lavender** essential oil has the power to transform any space into a serene sanctuary. With its gentle, pure scent, you can lose yourself among rolling fields of soft lavender blossoms and let the cares of the day slip away.

## How to Use

### Topical

- + Keep a bottle on hand to soothe occasional skin irritations.
- + Apply a few drops to the bottoms of your feet at bedtime to set the tone for a restful environment.

### Internal

- + Take internally to help soothe and relax your mind.\*
- + Add a drop to a cup of evening tea to promote peaceful sleep.\*

### Aromatic

- + Add a few drops to your pillow at bedtime to create a relaxing environment.
- + Freshen your linen closet, mattress, car, or the air by combining with water in a spray bottle.

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

FOUNDATIONAL WELLNESS

# Wake Up Right

Life's stages are whirlwinds of physical changes and added responsibilities. But from youthful energy to the wisdom of later years, there's one constant need: a strong foundation for health.

## First, Build Your Foundation with Nutrition

With the right support, your body can perform at its best. **VMG+™ Whole-Food Nutrient Complex** is filled with vital bioavailable vitamins, minerals, greens, and more.\*

A key term there is bioavailable, meaning your body actually absorbs and uses the nutrition you're giving it with VMG+ (and other dōTERRA supplements). Many commercial supplements just go in and out of you without much benefit. You're paying for and taking supplements for the added health value—the least you can ask is the nutrients stick around to positively impact you!\*

*Take 1 sachet per day in water.*

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## Second, Support Your Mind & Heart

Omega-3 fatty acids are essential for brain function, heart health, cell growth, immune function, joint health, and more. **EO Mega<sup>®+</sup>** delivers 900 milligrams of omega-3s (including 800 milligrams of EPA and DHA fatty acids) in 2,000 milligrams of fish oil, alongside **Wild Orange essential oil**. The citrus oil completely eliminates any unpleasant fishy taste and contributes various heart health benefits thanks to its limonene content.\*

*Take 3 softgels per day with food.*

### Third, Protect Your Gut & Microbiome

**dōTERRA PB Restore®** is designed to support your digestive and microbiome health with a one-of-a-kind blend of 30 pre-, pro-, and postbiotics and bacteriophages. Each component plays a vital role in your microbial diversity and balance. The 18 billion CFUs of probiotics replenish your body's supply of good bacteria. The prebiotic and bacteriophages encourage the growth of good bacteria and attack the bad. And the postbiotic provides additional health benefits.\*

*Take 1 capsule per day.*



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Sicily, Italy

**BEHIND  
THE  
BOTTLE**

# Lemon

**Citrus  
limon**





## Sicily, Italy

For our growing partners, owning a lemon orchard isn't simply a way to make a living—it's a way of life. These growers and oil producers were taught the business by their fathers, who were taught by their fathers, and so on. The lemon tree can produce fruit year-round, typically up to 600 pounds. In Sicily, the ideal conditions lead to healthy lemons that can grow to the size of softballs.

The families who help produce **Lemon essential oil** honor the traditions and knowledge of the growers and oil producers who came before them, while also using new technology and methods to make the purest products possible. One producer said,

“Back in the old days, it would take my father, plus 50 men, a whole season to do what we're now able to do in a single day. We can produce much more without losing any quality.”

# Tips for Using Lemon



Add a few drops to olive oil and rub onto wooden surfaces to clean, protect, and polish.



Put a few drops on a rag to remove any residue left behind by stickers.



Mix a few drops with water for a refreshing drink.



## A Sustainable Legacy

Because lemons have so many uses in other industries, nothing these producers make goes to waste. The essential oil is first extracted from the peel and then the fruit is juiced. The remaining peel and pulp are separated, with the peel often being used for candy or producing pectin while the pulp is used in animal husbandry.

**Lemon** essential oil is typically extracted by squeezing, pressing, or rasping methods—often referred to as cold-pressing—the rind of the fruit, releasing the oil from the tiny sacs in the peel. In the past, these extraction methods were done by hand, but now machines have been developed to make the process much faster and more efficient.

As the fruit rolls along the zesters, the essential oil is released into a water bath. The water and oil are separated using large centrifuges that spin the two liquids apart, leaving the pure and natural essential oil.

In millions of homes worldwide, Lemon oil assists with everyday tasks like cooking and cleaning, as well as internal health and personal care.\* By producing the highest-quality lemons possible, growers in Sicily share the magic of this fruit with the world through dōTERRA Lemon essential oil.

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dōTERRA  
**Serenity**<sup>®</sup>

Rest Easy





**dōTERRA Serenity Restful Blend, dōTERRA Serenity Softgels, and dōTERRA Serenity Stick + Valerian** work together to provide a natural and safe solution for people who need to improve their bedtime routine. The softgels work internally to calm your mind\*, while the essential oil blend and stick provide a calming, soothing aroma.

Together, they signal it's time for your body to unwind, leading to deeper, more restorative sleep.

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DIGESTIVE HEALTH

# Trust Your Gut

Digestive health can impact everything from energy levels to mood. When discomfort strikes, dōTERRA natural solutions offer real support.\*

**dōTERRA TerraZyme™** helps break down nutrients, relieving the heavy, weighed-down feeling after meals.\* **PB Assist+®** promotes a balanced gut microbiome, delivering beneficial pre- and probiotics exactly where they're needed.\* And for those unexpected moments, ingestion of **DigestZen®** provides relief from bloating and indigestion with soothing essential oils.\*


Each product brings balance back, helping you feel at ease. With dōTERRA, digestive wellness is within reach—bringing comfort, energy, and confidence to your life.\*

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dōTERRA<sup>®</sup>  
**PB Assist+<sup>®</sup>**  
ProBiome Gut Complex

dōTERRA<sup>®</sup>  
**PB Assist+<sup>®</sup>**  
ProBiome Gut Complex

7 Billion AFU Live Cells  
Formulated for the Whole Family 

Strawberry Melon  
with other natural flavors

Contains Probiotics  
and Prebiotics

Formulated by our experts  
to support your health

# Tips for Better Digestive Health



**Eat More Fiber:** Include fiber-rich fruits, vegetables, and whole grains in your diet to promote regularity and support a healthy gut.



**Practice Deep Breathing:** Stress can impact digestion, so take a few deep breaths before meals to relax your body and prepare it for optimal digestion.



**Stay Active:** Light daily movement, like a walk after meals, encourages the digestive process, helping food move through your system more smoothly.



**Chew Thoroughly:** Chewing well aids in breaking down food for easier digestion and nutrient absorption, reducing the strain on your digestive system.






**Limit Processed Foods:** Eat whole, unprocessed foods when possible, as they're easier on your digestive system and provide more essential nutrients.




## Essential Oil *Diffuser Blends*





### Daily Recharge

-  Lemon
-  Eucalyptus
-  Lavender

### Brand New Day

-  Lime
-  Wild Orange
-  Peppermint

### Press Pause

-  Eucalyptus
-  Spearmint

KIDS FEATURE

# Magic Moments

Add a boost of fun and flavor to playtime with these two DIYs! Bring sensory play to life with our aromatherapy playdough recipe, with kid-friendly essential oils that create a relaxing and engaging activity for little ones. Then, whip up some delicious power bite snacks with a hint of **Wild Orange** essential oil for an energizing treat the whole family will love.





# Wild Orange Power Bites

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## Ingredients

- 1 cup old fashioned oats, ground in food processor or high speed blender
- ½ cup ground flaxseed meal
- 1 cup finely shredded coconut, divided
- 1 cup nut butter
- ⅓ cup raw honey
- 1 tsp vanilla extract
- ½ teaspoon salt
- 2 tablespoons chia seeds
- ½ cup mini semi-sweet chocolate chips
- 3 drops **Wild Orange** essential oil

## Instructions

1. Place all the ingredients in a mixer, reserving ½ cup of the shredded coconut in a bowl and the Wild Orange essential oil.
2. Add the drops of Wild Orange.
3. Mix until well combined.
4. Roll the mixture into balls and coat in the reserved shredded coconut.
5. Store in your refrigerator.

# Aromatherapy Playdough

## Ingredients

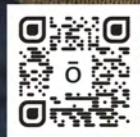
- 2 cups flour
- 2 cups water
- 1 cup salt
- 1 tablespoon olive oil
- 1 teaspoon cream of tartar
- 5 drops **Lavender** essential oil, or oil(s) of your choice
- 3-5 drops natural food coloring

## Instructions

1. Combine all the ingredients, except for the essential oil(s) of your choice, in a large saucepan and stir until combined.
2. Once combined, put over medium heat. Using a spatula, stir until it forms a ball. (Note: Don't overcook, as that'll lead to dry playdough.)
3. Remove from heat and cool on parchment paper.
4. Once cool, add five drops of your favorite essential oil(s) and knead until thoroughly combined.
5. Store in an airtight container in your refrigerator for months of fun!



doTERRA  
**Lavender**  
Lavandula  
angustifolia 1.5 mL  
Essential Oil Supplement



HOME FEATURE

# Clean

## Without Compromise

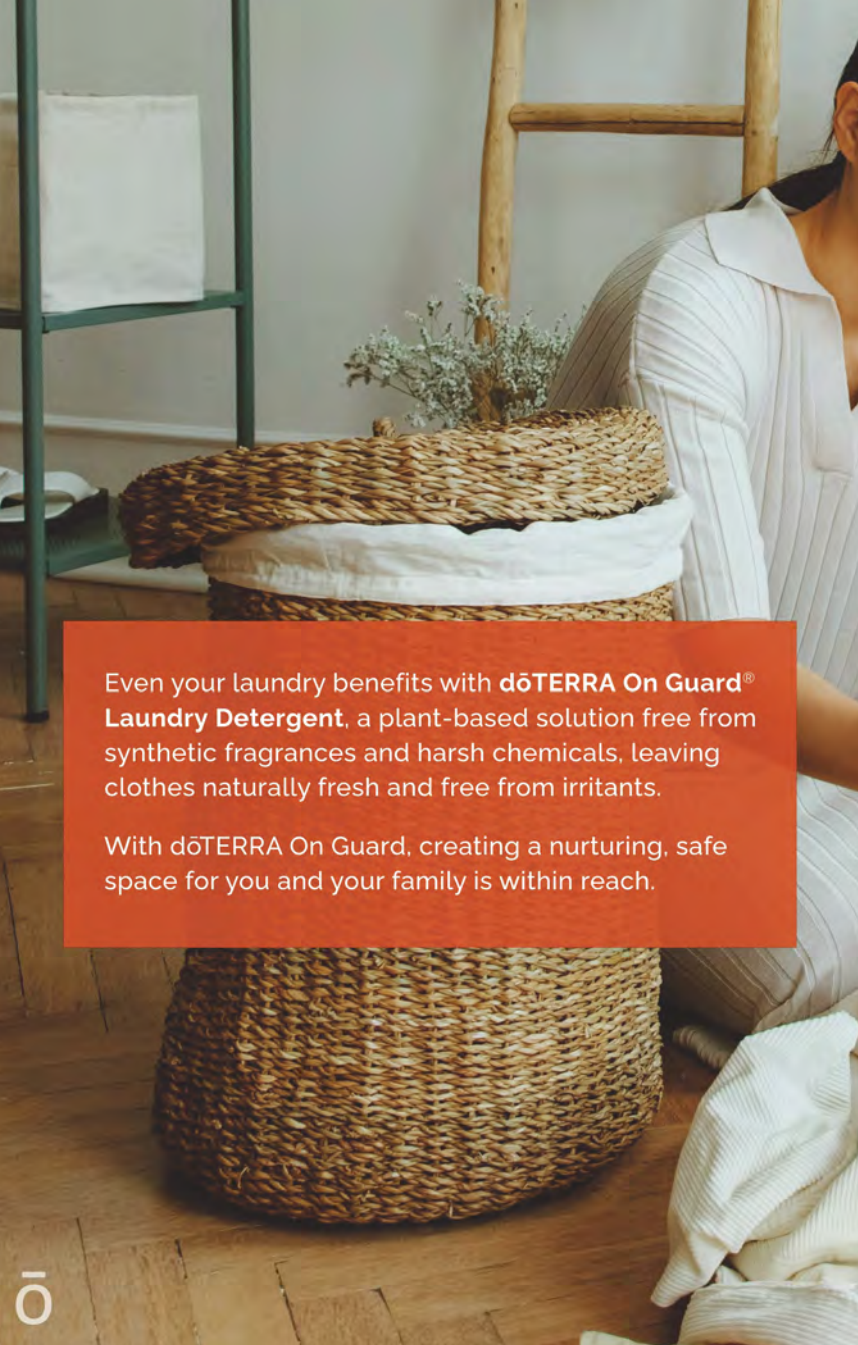
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Your home is more than just walls; it's a place of comfort, memories, and well-being. Transforming it into a sanctuary for health is simple with the dōTERRA On Guard® product line, which offers essential oil-based solutions for a clean and inviting environment.

**dōTERRA On Guard Protective Blend** fills your air with a warm, invigorating aroma, combining Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils. When diffused, it refreshes your home and, when taken internally, supports immune health and antioxidant defenses.\*

Cleaning becomes healthier too with **dōTERRA On Guard Cleaner Concentrate**, a natural, biodegradable alternative to chemical cleaners. Use it on countertops, floors, and other surfaces for a toxin-free clean that's tough on grime but gentle on your home.

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Even your laundry benefits with **dōTERRA On Guard® Laundry Detergent**, a plant-based solution free from synthetic fragrances and harsh chemicals, leaving clothes naturally fresh and free from irritants.

With dōTERRA On Guard, creating a nurturing, safe space for you and your family is within reach.







# Purely You

In today's world, finding skincare products that aligns with your values can feel like a balancing act. You're more aware than ever of the impact your choices have on your body and the environment, but the beauty aisle still feels overwhelming. Product labels flash promises, yet the long lists of unpronounceable ingredients and vague claims leave you uncertain.

How can you know you're nourishing your skin with ingredients that are truly safe, effective, and supportive of natural beauty?

Aging gracefully is about nourishing your natural beauty with skincare products you can trust. In a world of complex labels and chemical-laden products, **Yarrow | Pom** offers pure, powerful ingredients to revitalize your skin naturally. Then the **Essential Skincare Kit** simplifies your routine, bringing together gentle yet effective steps that keep your skin healthy and hydrated. And with dōTERRA **sun mineral-based sunscreen**, you can protect your skin while outdoors.

Choose dōTERRA for a skincare routine that's aligned with your values, where every product supports confidence, authenticity, and wellness.

# Tips for Glowing Skin



**Stay Hydrated:** Drinking plenty of water throughout the day helps keep your skin looking clear and hydrated from within.



**Eat Antioxidant-Rich Foods:** Foods like berries, leafy greens, and nuts support skin health by protecting against oxidative stress.



**Exfoliate:** Use a mild, natural exfoliant at least once a week to remove dead skin cells.



**Dress Appropriately:** Wear a wide-brimmed hat and sunglasses when outside, especially in summer heat and in the late morning and early afternoon.



**Wash Up:** Washing after you awaken removes any bacteria that's settled on you while resting. And before bed, you'll want to remove makeup and grime that's landed on your skin throughout the day.



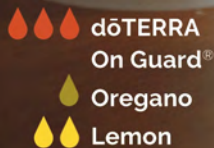
## Essential Oil *Diffuser Blends*

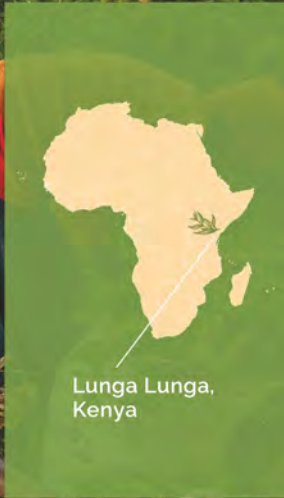


### Deep Reflection



### Ready to Go





Lunga Lunga,  
Kenya

BEHIND  
THE  
BOTTLE

# Tea Tree

*Melaleuca  
alternifolia*

## Lunga Lunga, Kenya

Four miles from the border of Tanzania in the lush agricultural haven of Lunga Lunga, Francis Nyachoka begins his morning routine. He tends to tea trees and other crops on his property, which thrive in sunny conditions and moist soil. The evergreen, shrublike tea trees are native to Australia but flourish in this part of Kenya, providing a powerful cash crop to small-scale farmers like Mr. Nyachoka.

## Southeast Australia

Tea trees grow from spring to autumn in their native Australia. Their conventional harvesting involves cutting the branches and leaves almost to the stump. New branches and leaves quickly regrow just a few weeks after harvesting, meaning these vibrant trees can be sustainably harvested every year. The new growth is also good for the environment, because young trees use more carbon dioxide from the atmosphere than mature trees, which helps with rapid carbon sequestration.

Southeast  
Australia



## Lunga Lunga, Kenya

Mr. Nyachoka first started growing tea trees in 2017. At first, he committed only a small portion of his land as part of a small-scale farming program. When he earned over three times as much on his tea trees as his corn, Mr. Nyachoka converted more of his land, expanding into the 7,000 trees he cares for today.

Mr. Nyachoka now makes over eight times his previous income, which has allowed him to build a new house on his land and buy a new tractor.

Mr. Nyachoka's tea tree business has also enabled him to support his grandchildren. One grandson is pursuing a teaching degree through Nairobi University, and another is studying clinical medicine through the Kenya Medical Training College.

## Tips for Using Tea Tree



Combine 2-3 drops with shampoo for an invigorating shower.



Apply to skin after shaving.



Apply to fingernails and toenails after showering to purify and keep nails looking healthy.



## Nothing Wasted

Tea Tree oil is steam-distilled from the tree's leaves. No part of the tree is wasted producing this dōTERRA essential oil. In both Australia and Kenya, the steamed tea tree biomass is tilled into the fields as mulch to conserve moisture, regenerate and nourish the soil, and prevent weed growth.



LIVING KITCHEN

# A Drop of Delicious

Elevate your cooking with vibrant essential oil flavors. These recipes—a zesty vinaigrette salad dressing and a tangy chicken marinade—show how just a few drops of oils like Lemon, Cilantro, and Oregano can bring bold, fresh tastes to your favorite dishes!





# Cilantro Vinaigrette Salad Dressing

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## Ingredients

- $\frac{3}{4}$  cup olive oil
- $\frac{1}{4}$  cup lime juice
- $\frac{1}{3}$  cup lemon juice
- 1 bunch cilantro, washed
- 1 tablespoon dried onion, minced
- $\frac{1}{2}$  teaspoon red pepper flakes
- 3 tablespoons white vinegar
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon honey
- 1 teaspoon spicy brown mustard
- 2 drops Lemon essential oil
- 1 drop Cilantro essential oil

## Instructions

1. Place all the ingredients into a blender and blend until smooth.
2. Serve with your favorite green salad.
3. Store in your refrigerator for up to 7 days.



# Tangy Baked Greek Chicken

## Ingredients

- 2 large boneless, skinless chicken breasts
- ½ cup plain Greek yogurt
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ cup avocado oil
- 1 lemon
- 4 cloves garlic, minced
- 2 tablespoons dried oregano
- 2 drops Oregano essential oil

## Instructions

1. Place the chicken breasts in a bowl and set aside.
2. Add all other ingredients to a bowl and combine.
3. Pour the marinade into the bowl with the chicken pieces. Cover the bowl and allow the chicken to marinate for between 30 minutes and 3 hours in the refrigerator.
4. When you're ready to bake, heat oven to 450 degrees, and place chicken breasts in a glass baking dish.
5. Bake until cooked through—about 15–20 minutes or 165°F, placing the oven on broil for the last 7–8 minutes.
6. Allow the chicken to rest, covered, for 15 minutes before slicing.

*Tip: Refrigerate any leftovers for up to 3 days.*





METABOLIC HEALTH

# You're Only As Old As You Feel

Modern life can trap you in sedentary routines, draining natural vitality. You yearn to feel energized, whole, and fully alive—but stress, unhealthy foods, and aging can slow you down.

Movement is essential yet challenging to prioritize. The **dōTERRA MetaPWR<sup>®</sup>** line offers support to reignite your health journey. Internal use of **MetaPWR Metabolic Blend** helps improve exercise performance and curbs cravings, while **MetaPWR Advantage** and **MetaPWR Assist** can help sustain metabolism and maintain skin and joint health.\*

With natural solutions featuring trustworthy ingredients, you can embrace every stage of life with confidence, moving freely and feeling your best. Your body deserves to thrive—and MetaPWR helps you get there.

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dōTERRA  
MetaPWR

**Stretch:** Do some quick stretches to increase blood flow, improve flexibility, and prepare yourself for the day.

**Walk:** A short walk outside boosts circulation, clears your mind, and promotes joint flexibility.

**Strength Training:** Using light weights or doing bodyweight exercises a few times a week supports muscle tone and bone health.

**Have Fun:** Dance, hike, swim—just having fun with your daily movement makes it easier to stay consistent.

**Stay Aware:** Pay attention to your body's cues. Move at your own pace and leave space to recover.



dōTERRA

# Frankincense



The King of Oils





PRODUCT  
*Spotlight*

# nse



The dōTERRA Frankincense Oil Family brings you the powerful benefits of frankincense in versatile forms for every need. Known as the “king of oils,” frankincense has been cherished for centuries for its ability to soothe, rejuvenate, and support overall wellness. From the pure **Frankincense Essential Oil** to the convenient **Frankincense Stick + Naio Wood** and **Frankincense Boswellic Acid Complex**, this collection provides options to fit seamlessly into your wellness routine. Whether you're looking to enhance your skincare, boost your relaxation routine, or support a healthy inflammatory response, the dōTERRA Frankincense Oil Family delivers natural, potent support straight from nature.\*

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*Fun Fact*

The scientific name for peppermint is *Mentha piperita*. In Greek mythology, a nymph named Minthe—also known as Mentha—was transformed by Queen Persephone into a sweet-smelling mint.







## Essential Oil Spotlight

# Peppermint

*Mentha piperita*

**Distillation Method:** Steam-distilled

**Aromatic Description:** Minty, fresh, herbaceous

**Plant Part:** Leaf, stem

The peppermint plant, a hybrid of water mint and spearmint, is a natural powerhouse. Peppermint essential oil has a distinctive and invigorating aroma that creates a positive, energizing atmosphere that's perfect for mental and physical activity.

## How to Use

### Topical

- + Add a few drops to your shampoo or conditioner and rub into your scalp for a stimulating massage.
- + Mix one to two drops with a carrier oil and apply to the desired area for an invigorating sensation.

### Internal

- + Take one to two drops in a Veggie Cap to help alleviate occasional stomach upset and promote healthy respiratory function and clear breathing.\*
- + Mix a drop in a glass of water, take a sip, and swirl it around your mouth for a healthy, refreshing mouth rinse.

### Aromatic

- + Place one drop in the palm of your hand, cup your hands over your nose, and inhale for a midday pick-me-up.
- + Add three to four drops to the diffuser of your choice for an inspiring, refreshing aroma.

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FITNESS

# Ready For Anything

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Imagine feeling empowered in every movement, knowing your wellness is supported by the most trusted and effective natural products. The **dōTERRA Deep Blue®** line makes it simple: **Deep Blue Soothing Blend**, **Deep Blue Stick**, and **Deep Blue Polyphenol Complex®** work together to bring relief and resilience to every step of your day.

With dōTERRA, you can embrace an active and fulfilling life confidently, free from worry about unwanted ingredients. Each product is crafted to fit seamlessly into your lifestyle, helping you recover and thrive.

***With dōTERRA, you're not just finding relief. You're investing in the vitality that lets you live life to its fullest.***



# Tips to Recover Right



**Stretch:** It's a common piece of advice, but beginning and ending each workout with gentle stretching can keep muscles flexible and reduce injury risk. Focus on breathing deeply for relaxation.



**Get Electrolytes:** Keep your muscles and joints hydrated by drinking water with natural electrolytes like coconut water or a pinch of sea salt, especially post-workout.



**Eat Healthy Foods:** Support your body's recovery by eating foods rich in omega-3s (like fish and walnuts) and fruits and veggies (like strawberries and spinach), which naturally support a healthy inflammatory response.



**Sleep:** Quality sleep is essential for muscle repair. Create a relaxing rest routine to maximize deep, restorative sleep.



**Use Natural Topicals:** For tired muscles, try natural balms or essential oils like Peppermint and Eucalyptus to soothe occasional discomfort and support recovery.



Build Your Own dōTERRA

# Business

—

**Success is simple.**

You use oils, share oils, and  
teach others to do the same.



dōTERRA REWARDS

# Live the Benefits

Get rewards with your monthly purchases! When you set up and place subscription orders of at least 50 PV, you'll enjoy hassle-free shipments and amazing rewards.

## Shipping

With 50 PV subscription orders, you can reduce the shipping fee to \$3.99. With 100 PV, your shipping is free!

## Rewards Points

With 50 PV subscription orders, you'll earn rewards points on your purchases. You can redeem these points to get free products! Plus, you're rewarded for shipped orders every month, which level up every three months until you achieve the highest tier (VIP), earning 30% rewards points on your subscription orders.

## Free Product of the Month

You can receive a free product each month if your subscription order is at least 125 PV and ships before the fifteenth of that month. (That means free shipping and a free product!)

## VIP Benefits

Once you reach VIP status, you can unlock even more rewards! You'll earn 30% in rewards points on your subscription orders, receive a VIP gift to congratulate you on your new status, and get exclusive VIP early access to limited-time offers and exclusive promotions.


## Additional Perks

If your first subscription order is at least 100 PV, dōTERRA will add a welcome gift to it. You'll get to sample incredibly popular products.



**ō** | REWARDS





dōTERRA<sup>®</sup>  
pursue what's **pure**<sup>®</sup>



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