

1 Match your products to your health priorities.

Check the products you have on the *Quick Product Guide* on the opposite page. Then, match the products you have to your top health priorities.

My Top Health Priorities	Products I Have	Products I Need
1.		
2.		
3.		

2 Get an essential oils resource book or app.

If you know where to find information, you'll always have the answers you need. Refer to these resources to better understand how to address your health priorities and answer future questions.

Resource Book(s)	Resource App
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3 Place your solutions into your schedule.

Now that you know what you need, place the products of your choice in your daily wellness plan below.

	MORNING	AFTERNOON	EVENING
MY DAILY WELLNESS PLAN	1.		
	2.		
	3.		
	Recommended Daily Health Basics <input type="checkbox"/> Balance™ T <input type="checkbox"/> Daily Nutrient™ or LLV Pack M <input type="checkbox"/> TerraZyme® M <input type="checkbox"/> On Guard® <input type="checkbox"/> Lemon or other Citrus Oil	<input type="checkbox"/> TerraZyme® M	<input type="checkbox"/> Balance T <input type="checkbox"/> Daily Nutrient or LLV Pack M <input type="checkbox"/> TerraZyme M <input type="checkbox"/> Serenity™ or other Calming Oil T

4 Get the natural solutions you need.

Create a 90 day wellness plan by adding the product you need (above) to your LRP orders (recommended to run between the 5th-15th).

M = with Meal
T = Topical

MONTH 1 LRP	MONTH 2 LRP	MONTH 3 LRP
Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>	Date: <input type="text"/> / <input type="text"/> / <input type="text"/>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
TOTAL PV _____	TOTAL PV _____	TOTAL PV _____

I reach my wellness goals!

Quick PRODUCT GUIDE

SINGLE OILS

- **Arborvitae** Protects against environmental and seasonal threats, powerful cleansing agent
- **Basil** Mental alertness & focus*, ease monthly feminine discomfort*
- **Bergamot** Calming & soothing, self-acceptance
- **Birch** Soothing & warming sensation, reduce blemish appearance
- **Black Pepper** Antioxidant source*, healthy circulation*
- **Cardamom** Gastrointestinal health*, respiratory health*
- **Cassia** Cardiovascular health*, healthy immune support*
- **Cedarwood** Relax the mind & body, improve skin appearance
- **Cilantro** Cleansing & detoxifying*, assist with digestion*
- **Cinnamon** Healthy immune system*, support healthy metabolic function*
- **Clary Sage** Soothing menstrual massage, restful sleep, healthy hair & scalp
- **Clove** Clean teeth & gums, fresh breath, antioxidant*, cardiovascular health*
- **Coriander** Promote digestion*, maintain clear complexion, relaxation
- **Cypress** Promote vitality & energy
- **Dill** Support digestion & overall GI health*, purifying to the body's systems*
- **Douglas Fir** Promotes feelings of clear airways & easy breathing, renewing, uplifting
- **Eucalyptus** Invigorate & promote vitality, clear the mind
- **Fennel** Healthy digestion*, healthy metabolism*, liver function*, circulation*, healthy lungs*
- **Frankincense** Focus your intention, healthy cellular function*, relaxation & mood balance
- **Geranium** Beautify skin, naturally repels insects, calming, grounding effect
- **Ginger** Healthy digestion*, reduce bloating, gas, occasional indigestion*, occasional nausea*, equilibrium
- **Grapefruit** Motivation, healthy metabolism*, uplifting fragrance
- **Hawaiian Sandalwood** Promote relaxation, reduce stress, meditation
- **Helichrysum** Glowing, youthful complexion, vitality & energy, healthy metabolism*
- **Juniper Berry** Healthy kidney & urinary tract function*, cleansing & detoxifying agent*, reduce blemish appearance
- **Lavender** Calming & relaxing, reduce appearance of skin imperfections, restful sleep, soothe skin irritations
- **Lemon** Cleanses & purifies air, positive mood, healthy digestion*, assist seasonal respiratory discomfort
- **Lemongrass** Refreshing, tone & purify skin, naturally repels insects
- **Lime** Healthy immune function*, positive mood, emotional balance, antioxidant support*
- **Marjoram** Nervous system, healthy immune function*, stress, healthy cardiovascular system*, calming nervous system*
- **Melaleuca** Cleansing & rejuvenating on skin, healthy immune system*, shoe refresher
- **Melissa** Calms tension & nerves, emotional health, promotes relaxation
- **Myrrh** Mouth & throat cleanser, emotional balance, smooth skin
- **Oregano** Healthy immune system*, antioxidant source*, healthy digestion* & respiratory function*
- **Patchouli** Reduce blemish appearance, grounding & balancing emotions
- **Peppermint** Energy, digestion, fresh breath, relieves feelings of tension
- **R. Chamomile** Calming*, healthy immune function*, soothe anger & irritability
- **Rosemary** Healthy respiratory function*, healthy digestion*, reduce nervous tension & occasional fatigue
- **Sandalwood** Enhance mood, lessen tension
- **Spearmint** Supports healthy digestion*, oral health*, energizing, promotes sense of clarity & focus*, supports healthy respiratory activity*

- **Thyme** Alertness, purify skin, healthy immune system*
- **Vetiver** Emotional calming & grounding, relaxation, healthy immune support*
- **White Fir** Energy & empowerment, stability, soothing and comforting
- **Wild Orange** Energizing & revitalizing, cleanser & purifying, healthy immune system*
- **Wintergreen** Soothing & warming sensation, reduce blemish appearance
- **Ylang Ylang** Healthy, shiny hair, positive outlook, antioxidant support*, calming & uplifting

SIGNATURE OIL BLENDS

- **AromaTouch** Comforting & relaxing
- **Balance** Relaxation, grounding, ease anxious feelings
- **Breathe** Maintain feelings of clear airways & easy breathing, restful sleep, minimizes seasonal threats
- **Citrus Bliss** Reduce stress, uplift mood
- **ClaryCalm** Balance mood, calm, cool
- **Cheer** Promote feelings of bright disposition, cheerful attitude and positivity
- **Console** Promote the release of grief & worry; support feeling comforted & settled
- **DDR Prime** Supports healthy cellular integrity*
- **Deep Blue** Soothing massage
- **DigestZen** Promotes digestion*, healthy gastrointestinal tract*, ease queasiness*
- **Elevation** Confidence & self-worth, lessen stressful feeling, elevate mood, promote vitality
- **Forgive** Promote feelings of liberation from anger & guilt to let go, move forward relieved & renewed
- **Immortelle** Reduces appearance of fine-lines & wrinkles, radiant, youthful skin
- **InTune** Enhance & sustain sense of focus
- **Motivate** Support feeling belief, trust, confidence in self to encourage productivity
- **On Guard** Healthy immune support* & respiratory function*, protect against environmental threats*
- **Passion** Stimulate feelings of excitement, willingness to take risks & make discoveries
- **PastTense** Calms emotions, soothing sensation, cooling
- **Peace** Promote the release of feelings of restless & overwhelmed and encourage composure
- **Purify** Soothe skin irritations, eliminate odor & freshen air
- **Serenity** Calming, restful sleep, relaxation
- **Slim & Sassy** Healthy metabolism*, lifts mood, calms stomach*, manage food cravings*
- **TerraShield** Effective insect repellent
- **Tri-Ease** Seasonal protection*, promotes clear breathing*, healthy respiratory function*
- **Whisper** Promotes calming emotions, accentuate body chemistry, entices senses
- **Zendocrine** Purify & detox*, supports healthy liver function*, delivers antioxidants*

WELLNESS

- **Alpha CRS+** Mental clarity & brain function, healthy cellular immune function*
- **AZZ Chewable** Healthy cell development*, overall health & wellness*
- **Bone Nutrient** Healthy bone support*, mineral complex
- **DDR Prime** Healthy cellular integrity*, protects against oxidative stress*
- **Deep Blue Complex** Soothes aches & discomfort*, supports muscles & joint comfort*
- **Digest Tab** Promotes digestion*, eases queasiness*
- **Fractionated Coconut Oil** Soothing barrier, facial moisturizer
- **GX Assist** Healthy digestive system*, natural cleanse*
- **IQ Mega** Healthy cardiovascular, nervous and immune system function*, support joints*
- **Lifelong Vitality** Triple nutrient combination
- **Microplex MVP** Vitamin & mineral support, support metabolism & cellular energy*

- support healthy digestion* & immune*
- **Mito2Max** Extra energy boost*, healthy cellular energy production*
- **On Guard Softgels** Fortifies healthy immune system*, healthy respiratory function*
- **PB Assist** Healthy digestion* & immune system*
- **Phytoestrogen** Support normal hormone levels*, support menstrual cycle*
- **TerraGreens** Essential nutrients, immune & digestion health*
- **TerraZyme** Healthy digestion*, enhance body's natural digestive processes*, speeds conversion of food to cellular energy*
- **Trim Shake** Low-fat, low-calorie, high-fiber, high-protein, helps control cortisol release
- **V Shake** Vegan formula of Trim Shake
- **Vegan LLV** Vegan formula of LLV
- **xEO Mega** Healthy function of brain, eyes, & nervous*, cardiovascular & immune systems*
- **Zendocrine Complex** Purify & detox*, supports liver, kidney's, colon, lungs, and skin*

SPA

- **Citrus Bliss Bath Bar** Invigorating bath bar
- **Citrus Bliss Hand Lotion** Invigorating lotion
- **Correct-X Essential Ointment** Soothe, hydrate
- **Hand & Body Lotion** Base lotion to add oils to
- **HD Clear** Roll On, Facial Lotion, Foaming Face Wash Promotes a clear, healthy looking complexion
- **Lip Balm with Peppermint & Wild Orange**
- **Natural Deodorant** Alcohol free & aluminum free
- **Reveal Facial System** Essential oil-infused facial
- **Salon Essentials Healthy Hold Glaze, Root to Tip Serum, Protecting Shampoo, Smoothing Conditioner** Essential oil infused hair care
- **Serenity Bath Bar** Calming bath bar
- **Verage** Cleanser, Toner, Moisturizer, Hydrating Serum All natural skincare

LIVING

- **Breathe Drops** Clear airways and breathing*, respiratory health*
- **Breathe** Vapor Stick Maintain feelings of clear airways & easy breathing, restful sleep, minimizes seasonal threats
- **Deep Blue Rub** Soothing lotion
- **On Guard Whitening Toothpaste** All natural toothpaste
- **On Guard Throat Drops** Immune health*
- **On Guard Foaming Hand Wash, Cleaner**
- **On Guard Laundry Detergent**
- **Aroma Ace, Aromalite, Lotus, Petal Diffuser** Diffusers for aromatic use
- **Veggie Caps** Empty vegetarian gel capsules
- **Slim & Sassy Control Bars** (Apple, Lemon, or Apricot) manage weight, promote appetite control*
- **Slim & Sassy Control Instant Mix** Control & reduce appetite*

Key: Product specialty area highlighted in corresponding color.



dōTERRA's Wellness Pyramid

Also available in: **B** Beadlet **S** Softgel **R** Roll on

This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. Please see a qualified health care provider for medical treatment.

*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.