

WELCOME TO YOUR NEW LIFE WITH dōTERRA

SIMPLE. NATURAL. SOOTHING.

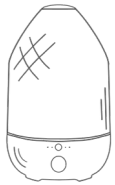
dōTERRA®
Wellness Advocate



THE 3 WAYS TO USE dōTERRA ESSENTIAL OILS

There are 3 ways to use essential oils:

1. AROMATIC



Essential oils are quickly absorbed by the olfactory receptors. These receptors are directly connected via the olfactory nerve to the limbic system, the part of the brain that supports a wide range of functions, such as smell, emotions, behavior and memory. This is why the aromatic use of essential oils is so effective.

How should I use this aromatic oil?

- 💧 directly from the bottle
- 💧 rub between your hands
- 💧 to spread

2. EXTERNAL (TOPICAL)



The topical application of essential oils is very effective and is often underestimated. They are able to easily pass through the skin's receptors and reach the connective tissue, muscles, blood and lymphatic systems, and our organ systems. After just a short time, they can be detected microscopically in the blood.

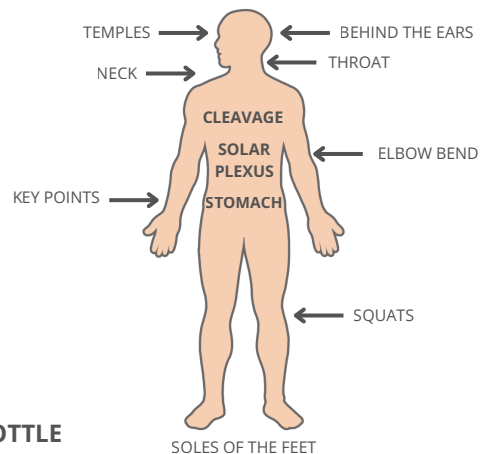
As a general rule, we recommend diluting essential oils with a high-quality carrier oil to prevent skin irritation. This is especially important for young and sensitive skin.

WHERE DO I APPLY THEM?

You can apply essential oils almost anywhere.

We recommend the neck, throat, temples, soles of the feet, back, and pulse points, as well as the abdomen or solar plexus—depending on the issue—or just trust your intuition.

Sensitive areas you should avoid include the eyes, ear canals, and mucous membranes.



RECOMMENDED MIXING RATIO IN THE 10 ML ROLLER

AGE	Number of drops
0 – 12 months	about 1–3 drops
1 – 5 years	about 3–10 drops
6 – 11 years	about 5–20 drops
12 + years	10–50 drops

STRAIGHT FROM THE BOTTLE

AGE	Number of drops
0 – 12 months	1 drop in 1 tbsp. of carrier oil
1 – 5 years	About 1–2 drops in 1 tsp. of carrier oil
6 – 11 years	About 2–3 drops in 1 tsp. of carrier oil
12 + years	1–2 drops in 1 drop of carrier oil

3. INTERNAL (ORAL)



Because their quality has been tested, dōTERRA oils are suitable for internal use (with a few exceptions). If you're not sure, feel free to ask your consultant.

How do you use it internally?

- 💧 in water
- 💧 in a capsule ("Veggie Cap") placed
- 💧 directly on or under the tongue

Since every person is unique, the dosage is not always the same. It depends on height, weight and overall health.

Important: For children, oral administration is recommended only for those 6 years of age and older (for safety and legal reasons).

MAXIMUM DAILY DOSAGE RECOMMENDATIONS

For internal use (to take orally)			
Adults		Children (ages 6 and up)	
per use	Max. dose in 24 hours	per use	within 24 hours at most
about 2–4 drops	about 12–24 drops	about 1–2 drops	about 3–12 drops
Oral (e.g., mouth sores, gum inflammation, etc.)			
Adults		Children (ages 6 and up)	
per use	Max. dose in 24 hours	per use	Max. dose in 24 hours
about 1–3 drops	About 4–18 drops	Not recommended *	Not recommended *

* This applies especially to "hot" oils such as oregano, cassia, On Guard, etc. You can also use milder oils orally for children if they are diluted.



THREE WAYS TO FIND THE RIGHT OILS:

1

Your advisor is always there for you

Contact the person with whom you placed your first order—he or she is your advisor and therefore, your personal point of contact.

2

Use Customer Groups for Communication

Talk to your advisor about this—he or she will be happy to add you.

3

Look up

Here are some book recommendations:

„Modern Essentials Handbook“ and „Essential Emotions“

Apps:

App für Apple: <https://apps.apple.com/de/app/eo-guide/id1372432331>

App für Android: <https://play.google.com/store/apps/details?id=ch.synceed.eoguide>

You can find books and essential oil accessories here, for example:

www.eosupplies.com

www.foroils.com

SAFE USE OF ESSENTIAL OILS

- When adding oils to water, use only glass, ceramic, or metal containers
- Citrus oils and sunlight—be careful—they are photosensitive
- (can cause a skin reaction similar to sunburn)
- Do not apply “hot oils” such as oregano, thyme, clove, cinnamon and cassia undiluted to the skin
- Always dilute appropriately for older, frail individuals and children
- If a skin reaction occurs, remove the oil with a neutral, fatty oil rather than water
- If you are taking medication, are pregnant, or are breastfeeding, please consult your therapist

STORAGE OF ESSENTIAL OILS

It's best to store the oils in a dark place, in a cool spot or at room temperature at most; you should avoid direct sunlight at all costs.

Keep the oils out of your children's reach!

SHELF LIFE OF ESSENTIAL OILS

Although the oils have an official expiration date, they all remain usable well beyond that date. Citrus oils are the only minor exception here; they evaporate. Essential oils do not “go rancid” unless they are diluted with a carrier oil.

LOYALTY ORDER (LRP)

The LRP—dōTERRA's loyalty program—offers the most affordable and therefore smartest way to order from dōTERRA:

1. Log in to your customer account via the official dōTERRA website. To do this, you'll need your **ID or email address and your password**.
2. Scroll down a little on the home page—there you'll see an overview of the loyalty program.
3. Follow the step-by-step instructions to set up your loyalty program.

Understanding the Loyalty Rewards Program

Set Up Your Loyalty Order



[Click here!](#)



DIFFUSER



How do I clean my diffuser?

You should take good care of your diffuser so it can serve you well for a long time. Use filtered water to prevent limescale buildup. Rinse it briefly with warm water after each use and wipe it dry. Once a week, we recommend a more thorough cleaning with household vinegar. To do this, fill your diffuser halfway with water and 1 teaspoon of household vinegar, let it run for about 10 minutes, turn it off, empty it, and wipe it out gently. You can carefully clean the sensor with a cotton swab. Then rinse all parts with clean water and wipe them dry.

Diffuser Capacity in ml	Number of drops
100 ml	2–4 drops
200 ml	5–10 drops
300 ml	8–16 drops
400 ml	11–20 drops
500 ml	15–25 drops

DIFFUSE MIXTURES

Free Breathing

Energy Boost

Relaxation

Kickstart

Fresh Air

Pollen Season

Immune Support

Relax Mode

Happy

Sterile

Stress & Headaches

3 Air + 3 Peppermint

2 Air + 2 Lavender + 2 Lemon

3 Lavender + 3 Frankincense

3 Peppermint + 3 Lemon

2 On Guard + 2 Tea Tree + 2 Lemon

2 Lavender + 2 Peppermint + 2 Lemon

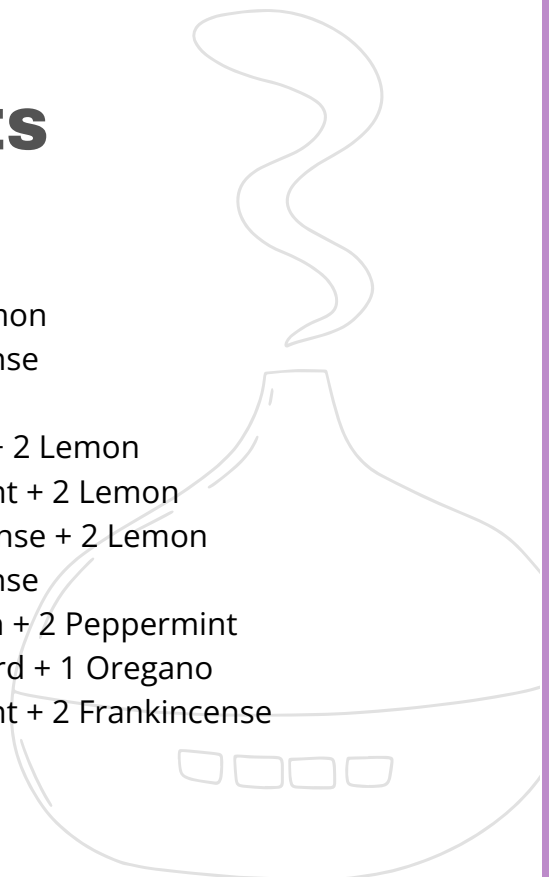
2 On Guard + 2 Frankincense + 2 Lemon

3 Lavender + 2 Frankincense

2 Frankincense + 2 Lemon + 2 Peppermint

3 Peppermint + 2 On Guard + 1 Oregano

2 Lavender + 2 Peppermint + 2 Frankincense



OILS FROM THE HOME OR FAMILY ESSENTIALS KIT

SINGLE OILS



PEPPERMINT

- » cooling effect
- » clears the airways
- » energizing



LEMON

- » has a detoxifying effect
- » lifts the spirits
- » household cleaner



TEA TREE

- » Anti-inflammatory - Ears
- » Skin Conditions (Acne, Eczema)
- » Insect Bites



LAVENDER

- » soothes stress and anxiety
- » for burns and insect bites
- » promotes restful sleep



FRANKINCENSE

- » Cell Regeneration Anti-Aging
- » enhances the effects of all
- » other oils



OREGANO

- » "Antibiotic"
- » Immune booster
- » antibacterial, antiviral (warts)

OIL BLENDS



DEEP BLUE (SOOTHING BLEND)

- » Sore muscles & joints
- » Back pain
- » Cramps & tension



AIR (RESPIRATORY BLEND)

- » promotes easy breathing
- » for colds and coughs
- » supports breathing exercises



ON GUARD (PROTECTIVE BLEND)

- » Supports the immune system
- » Oral health
- » Hand and household cleaner



ZENGEST (DIGESTIVE BLEND) supports

- » digestion and helps relieve
- » (travel) nausea, heartburn,
- » constipation and bloating



We do not make diagnoses or promise cures. Our information about dōTERRA oils and products is based on the generally known effects of oils and pure essences. We do not provide advice on whether to take or discontinue medications or other forms of therapy. This is the sole decision of the customer or their treating therapist. Even with pure natural products, skin reactions, intolerances, and other allergic reactions are possible; therefore, always test each oil on a small area of skin before using it as directed by dōTERRA.

WELLNESS MADE SIMPLE KIT

The products in the “Well-Being Made Easy” bundle support you in a holistic way—they fill nutritional gaps, strengthen your immune system, boost your energy and concentration, and promote healthy digestion and gut flora.

What's in it—and what does it stand for?



VMG+ – Your Daily Nutritional Foundation

Over 75 natural nutrients from superfoods—vegan, gluten-free, soy-free, and GMO-free (genetically modified organisms)

- ✓ Provides you with vitamins, minerals, fruits, vegetables and enzymes
- ✓ Liposomal delivery + probiotics for maximum bioavailability & bio-retention (stays in the body longer)
- ✓ Supports energy, cell protection, and overall well-being



EO Mega+ Softgels or Sachets – Support for Your Heart, Blood Vessels and Brain

High-quality omega-3 fatty acids from wild Norwegian fish & wild orange essential oil (softgels) or lemon essential oil (sachets)

- ✓ Supports heart, brain, eyes, and joints
- ✓ Strengthens the immune system
- ✓ Rich in EPA & DHA, essential for many bodily functions—Optimal absorption & high efficacy thanks to the combination with high-quality essential oils



PB Restore / PB Assist+ - Support for Your Gut & Your Microbiome

Three benefits that PB Restore and PB Assist have in common:

- ✓ Strengthen the microbiome—specifically support the development of healthy gut flora, thereby enabling the effective absorption of nutrients and vital substances
- ✓ Boost the immune system—a balanced microbiome strengthens the body's natural defenses
- ✓ Improve digestion—can relieve bloating, feeling of fullness, and irregularity

DOSAGE for adults

*Important: Find **YOUR** routine that makes it easy for you to use the products consistently every day.*

VMG+: 1 sachet per day
Stir into about 250 ml of water and drink (you can use more or less water).
Can be taken at any time of day.

EO Mega: 3 softgels per day with a meal

PB Restore: 1 capsule per day (in the morning or evening, as desired)

VMG+: 1 sachet per day
Stir into about 250 ml of water and drink (you can use more or less water).
Can be taken at any time of day.

EO Mega+: 1 sachet every two days.
Very flexible ways to take it: with VMG+, on salad or cereal, in a smoothie, or straight into your mouth

PB Assist+: 1 sachet every day.
Either on an empty stomach, directly into your mouth, or together with VMG+ or a smoothie/muesli

VMG+: 1 sachet per day
Stir into about 250 ml of water and drink (you can use more or less water).
Can be taken at any time of day.

vEO Mega: 4 capsules per day with a meal (e.g., 2 with breakfast and 2 with dinner)

PB Restore: 1 capsule per day (in the morning or evening, as desired)

DOSAGE for children

Age	VMG+ sachets	EO Mega+ Softgels	PB Assist (Sachets)
4-8 years	1/4 sachet per day	1 softgel per day	1 sachet per day
9-12 years	1/2 packet per day	1-2 softgels per day	1 sachet per day
13-17 years	3/4 sachet per day	2 softgels per day	1 sachet per day

MULTIPLE OPTIONS

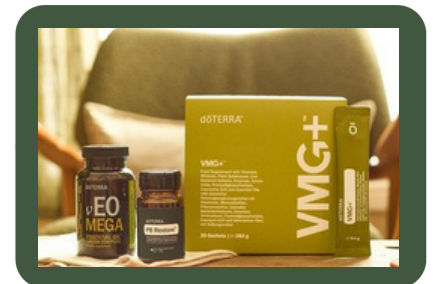
The bundle is available in different versions, such as classic, tablet-free, or vegan



Classic Bundle



Capsule-Free Bundle



Vegan Bundle

*Essential oils are the soul of plants
and contain their healing powers,
which can strengthen and
harmonise both body and mind.*

We hope you enjoy your journey of
discovery with dōTERRA products
and drop by drop, find greater well-
being and joy!



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Wellness Advocate