



welcome

TO OUR ESSENTIAL OIL TRIBE



GETTING STARTED

TIPS & ADVICE TO
MAKE THE MOST OF
YOUR JOURNEY

NATURAL WELLNESS

BE SUPPORTED ON
YOUR JOURNEY TO
NATURAL WELLNESS

READY TO BLOOM

CREATE A LIFE THAT
LIGHTS YOU UP WITH
NATURAL SOLUTIONS



TABLE OF

contents

Pg 3	Welcome
Pg 4	Contact doTERRA
Pg 5	Back Office
Pg 6	Loyalty Rewards Program
Pg 7	Product of the Month & PV
Pg 8	AU vs US Orders
Pg 9	Compensation Plans
Pg 10	Become a Builder
Pg 11	Top 10 Oils & Benefits
Pg 13	3 Methods of Use
Pg 14	Creating Roller Bottles
Pg 15	Recipes - Roller Bottles
Pg 16	Recipes - Diffuser Blends
Pg 17	Recipes - Cleaning
Pg 18	Resources
Pg 19	Explore Your Oils
Pg 20	More Than Essential Oils
Pg 21	Safety Guidelines
Pg 22	What Now?





welcome to the tribe

Congratulations, you've taken the first step on your Wellness Journey! As a Member of the doTERRA Family, you are able to order our products at Wholesale Prices, which is a 25% discount off the retail price. You may have elected to join doTERRA to build a business, or to simply buy product - whatever you choose to do, we want your journey to be a positive one.

Many people choose to create an Account simply to use these beautiful products, so be assured that you do not need to on-sell product or enrol anyone to maintain use of wholesale prices. If you have family and friends interested in the oils (whether for business or personal use) or you would like to discuss doTERRA as a business option for yourself, feel free to contact either your Enroller or Team Leader at any time to discuss. For now, explore your Essential Oils & the benefits they can bring to your Home & Wellbeing, the possibilities are endless. This journey is an incredible one and we are thrilled to officially welcome you!



contact doterra

doTERRA Member Services

Phone: 02 8015 5080
Opening Hours:
9am-6pm EST Tuesday to Friday
9am-2pm EST Saturday

Email: australia@doterra.com

Head Office

doTERRA Australia
271 Wellington Road
Mulgrave, VIC 3170
(03) 8540 3100

Monday-Friday 9:00am - 5:00pm (AEDT)

Product Enquiries - For questions regarding product ingredients, essential oil singles, blends or other doTERRA products: productsupport@doterra.com

You can also speak to a doTERRA Service Rep via the Online Chat in your Back Office!

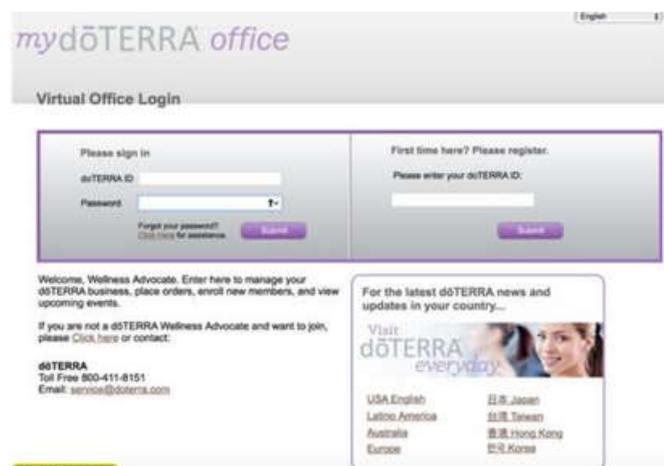


back office

Once signed up, you have access to your own virtual office with your Member ID and Password, which you can access through: www.mydoterra.com

Here is where you are able to place and track orders. Ordering through your office is easy! Under the "Shop" Tab, you can manage your Loyalty Rewards Order, or you can place a standard order. By ordering through your office, you are ensuring that you will always receive your 25% discount. If you need help ordering, please don't hesitate to give your Enroller or Team Leader a call. If you decide to share the oils, your Back Office is also where you will be managing your doTERRA Business, with access to Team Information & more.

Along with your Virtual Office which is your private website, you also have a public website where you can share doTERRA. You can send your friends and family, and anyone else interested to your public site where they can order their oils directly. You can find the address to your public site in your online office. The 25% retail commission from these sales will be automatically credited to your doTERRA account. Your website has been set up and you have the opportunity to personalise your site name to whatever you'd like, given it is available, by going into your office, selecting "My Online Store" then select "My Settings."





loyalty rewards program

Our Loyalty Rewards Program is the best way to earn Free Products and gradually build up your collection! Simply put, the LRP is the frequent flyer program of doTERRA. It is a no-hassle way of building your natural products & maximising your membership. It is a monthly auto-ship order where you will automatically receive the products you love on a regular basis, and because doTERRA want to reward you for loving our products, you will receive Free Reward Points to spend like real cash, as well as the chance to qualify for the Free Product of the Month Club (POM). Every time your order goes through on the Loyalty Rewards Program, a % of the PV that you spend will be awarded back to you in Reward Points, including your Shipping Costs. doTERRA will reward you even further, the longer you are part of the Loyalty Rewards Program. For the first few months, depending on the kit you buy, you will receive 10% of the PV on the order back in doTERRA points. This increases every 3 months by 5% until 13 months when you will be getting back a massive 30% in reward points!

The LRP is not a requirement of the doTERRA Membership, it is not a contract you are locked into. It is an optional perk that you have access to, you can withdraw at any time. If you're wanting to participate, you always have the option to edit your cart and dates at any point and as many times as you need up to 24 hours before the processing date.

product of the month

Product of the Month (POM) Club: By placing a Loyalty Rewards Order of 125pv (Points Value) before the 15th of each month, you will automatically receive the Product of the Month.

This product is released on the 2nd of every month, and will be listed on the virtual back office in the Shop Tab. You can only obtain the Free Product of the Month once per month, but can do so through either the AU or US Market.

pv & ov

PV stands for Product Value, each product has it's own PV, which can vary from the actual dollar price. OV stands for Overall Volume, which is the total of your PV, and the PV of those within your Tree. Check out this chart to find out how you can make the Loyalty Rewards Program suit your needs, and what PV is required on certain constituents.

PRODUCT VALUE (PV) MUST EXCEED ▶	10	50	100	125	150
Maintain (LRP) Rewards Points	✓	✓	✓	✓	✓
Earn Rewards Points & Increase %		✓	✓	✓	✓
Earn Fast Starts and Commissions*			✓	✓	✓
Free Product of the Month Club (for orders placed before the 15th)				✓	✓
Simplify Your Power of 3 Bonus					✓

*These rewards options are available for those who choose to benefit by enrolling and/or sponsoring other wholesale members. To receive commissions, the 100 PV must all be in 1 order.





aus vs. us orders

Ordering Local (previously known as OTG - On The Ground): These products are available to Australian Customers and ship from the Australian Warehouse.

Ordering through the US Warehouse (previously known as NFR - Not For Resale): We have access to the wider doTERRA range when purchasing from the US warehouse, therefore International orders are completed through the US and shipped directly from there.

In your Back Office, select the Shop Tab to Order, from there you have the option to Select Australia Products or US Products.

Some products available in the US and Australia are very similar but differ in packaging. For example, in Australia we know one blend as Lavender Peace but in the US it is referred to as Serenity. The US Market also has an Extensive Health Range, this range is awaiting TGA Approval within Australia.

For those looking to build and share, a US Order is a fantastic way to obtain Samples of Products. US Samples include: Shampoo & Conditioner, Natural Whitening Toothpaste and Deep Blue Rub, with all Samples coming in packs of 10!

compensation plan

You can unlock the earning potential with doTERRA, without a full time workload. Simply by sharing the gift of Essential Oils and Natural Wellness Products, you have the ability to create an income and earn your Essential Oils and products for free. What you will need is: a passion for wellness & natural solutions, a positive attitude, an open mind for a beautiful journey and a minimum order of 100pv each month via a Loyalty Rewards Order. You can create your journey, your way. There are no sales targets or requirements to hold classes, you have the freedom to pave your own way, the possibilities are endless.

Power of 3 Bonus: Earn \$50, \$250 and \$1500 Monthly Bonuses by creating the Power of 3 Structure in your Tree.

Fast Start Bonus: Each time you sign up a New Member, you will earn 20% of their PV spend for their first 60 days.

Unilevel Commission: (Pictured Below) Every month Unilevel is paid, giving you a % from those in your tree, determined by your Rank & Monthly PV.

Retail Commissions: You have the ability to earn 25% commissions from sales through your website.

Unilevel Organizational Bonus (paid monthly on compressed organizational volume)													
Paid as Title	Wellness Advocate	Manager	Director	Executive	Elite	Premier	Silver	Gold	Platinum	Diamond	Blue Diamond	Presidential Diamond	
Monthly PV	50	100	100	100	100	100	100	100	100	100	100	100	
Monthly OV	*	500	1,000	2,000	3,000	5,000	*	*	*	*	*	*	
Qualified Legs*	*	*	*	*	*	2	3	3	3	4	5	6	
Leg Requirements	*	*	*	*	*	Executive	Elite	Premier	Silver	Silver	Gold	Platinum	
Level 1	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	2%	
Level 2		3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%	
Level 3			5%	5%	5%	5%	5%	5%	5%	5%	5%	5%	
Level 4				5%	5%	5%	5%	5%	5%	5%	5%	5%	
Level 5					6%	6%	6%	6%	6%	6%	6%	6%	
Level 6						6%	6%	6%	6%	6%	6%	6%	
Level 7							7%	7%	7%	7%	7%	7%	
Dynamic Compression		↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	↑	
3% Infinity Performance Pools (paid monthly on total company volume)							Leadership Performance Pool			Diamond Performance Pool			
							# of shares	1	5	10	1	2	3
Performance Pool Shares: Earn additional shares for each new personally enrolled Elite (Leadership Performance Pool) or Premier (Diamond Performance Pool)*								1+	1+	1+	1+	1+	1+
							2%			1%			
3% Diamond Pools (paid monthly on total company volume)										Diamond Pool	Blue Diamond Pool	Presidential Diamond Pool	
Blue Diamond & Diamond Rank Shares: Earn additional shares for each new personally enrolled Premier*										# of shares	3	3	3
Presidential Diamond Rank Shares: Earn additional shares for each new personally enrolled Silver*											1+	1+	1+
*Legs must be personally enrolled. *Must be first-time qualifiers, unlimited shares. See company policies for details.										1%	1%	1%	



become a builder

Building your team is an exciting venture! You get the opportunity to share your passion for Essential Oils and Natural Wellness, with family and friends. You can open up their world to the wonders of Natural Wellness, while creating a residual income! Building your tree allows you to receive a number of different payments, listed previously in the Compensation Plan.



Your Tree refers to the members you enrol, who are then placed below you, creating a tree-like structure. There are many elements that will help you create a successful one. Simply reach out to family and friends, or you could do an online class, in person class or workshop. Word of mouth is such an incredible tool in itself! Speak your passion and be heard! You can create a Facebook page or use other forms of social media to take the internet by storm and create wider exposure.

The beauty of this business is that there are no compulsory rules. You can make this amazing company and system work for you, there are no minimum sales targets to meet, there is no requirement to do parties or workshops, you can structure your business to fit in with your life.

If you are considering sharing doTERRA Essential Oils, a fantastic place to start is to purchase an Empower Kit through your Back Office for \$30 AUD. This Kit contains Essential Information and Handouts to support you, along with x10 Wild Orange 5mL Bottles.



top 10 essential oils

Lemon is incredibly versatile! Due to its cleansing & purifying properties, it is a great addition to your cleaning routine to reduce toxic buildup. It also has uplifting and energising properties, with its zesty, unmistakable aroma. This pure essential oil is also fantastic for enhancing flavours, a must-have oil!

Lavender, one of the most popular essential oils, is widely renowned for its calming & relaxing qualities. This oil is perfect to add into bedtime routines, either in the bath, applied topically or in a diffuser. It eases feelings of tension, while promoting peaceful feelings. It also creates a beautiful room spray to freshen up your home and supports skin irritations.

Peppermint has an extensive list of qualities and is such a popular aroma & flavour! It is perfect to support moods and provide a natural energy boost! Peppermint can also be diffused for a crisp, clear scent, be used as a natural mouth rinse and repel insects naturally. Peppermint is universal and it's clear to see why it's so popular!

DigestZen is an amazing blend, comprised of Anise Seed, Peppermint Plant, Ginger Rhizome/Root, Caraway Seed, Coriander Seed, Tarragon Plant and Fennel Seed essential oils. Either diffused or applied topically, this blend is perfect to promote a feeling of satisfaction after eating, support calm before travelling, and support you in those moments of over indulgence with an abdomen massage.

Oregano is such an under-rated Essential Oil, but one of the most powerful! It is a potent cleansing and purifying agent, with the added benefit of taking your Spaghetti dish to the next level! It is perfect to use when creating cleaning sprays and can also support hair, skin & nails.

Tea Tree is renowned for its cleansing and rejuvenating effect on the skin, supporting irritations. It also has the ability to purify & freshen the air. Aside from supporting our skin, Tea Tree also makes a fantastic addition to household cleaning routines, naturally disinfecting while creating sparkle.

Often called the "king of oils" Frankincense promotes feelings of peace and overall wellness when used aromatically. It helps reduce the appearance of skin imperfections when applied topically and has incredible soothing properties.

As one of doTERRA's most popular oils, On Guard is a powerful proprietary blend comprised of Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf and Rosemary Leaf/Flower essential oils. It is the perfect ingredient to create cleaning products and when diffused releases a warm, invigorating scent.

Ice Blue is doTERRA's Athletic Blend, and has been developed into a range of products including the Rub Lotion! This Soothing Blend is amazing to support an invigorating workout! It also makes an amazing massage when diluted with Fractionated Coconut Oil for our bodies.

A popular essential oil blend, doTERRA's Easy Air is a refreshing blend which can be used to create feelings of clear, easy breathing. Comprised of Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf and Ravensara Leaf essential oils, it also promotes feelings of calm, perfect for night time diffusion.



3 methods of use



Diffuse - This method involves putting Essential Oils with water in a cold mist diffuser, this way the oils are dispersed into the air and can be inhaled & absorbed. Some Essential Oils can also purify & cleanse the air to protect. Many choose this option when creating beautiful aromas in the home or for a simplified way for the entire family to benefit from the Essential Oil properties.



Topical and Neat - This method refers to using oils directly on the skin, with Neat being a straight oil application and Diluted being that the Essential Oils are combined with Fractionated Coconut Oil or a Carrier Oil such as Jojoba or Almond. This method is perfect for using oils to support skin irritations or to gain benefits by applying them to our biggest organ, the skin. It supports quick and safe absorption.



Flavouring - This method refers to using Essential Oils within Foods and Drinks to enhance flavours. Not all oils are suitable for this, be sure to check the label to confirm.

Essential Oils can also be used in a variety of different ways. Adding Oregano or Basil to your Spaghetti, adding Peppermint to your Chocolate Cakes or Bliss Balls, creating Cleaning Products using OnGuard and Lemon, or adding Lavender and Cedarwood into your beauty & skin care routine. The options are endless for Essential Oil uses!



creating roller bottles

DIY Roller Bottles are extremely popular within the Essential Oil Community. By using Essential Oils to create Blends, and adding Fractionated Coconut Oil, you have a Roller Bottle ready to go!

1. Decide your Oils & Blends - what are you using this blend for?
2. Consider your Dilution - who will be using this Roller Bottle?
3. Create your Bottle Blend, using Fractionated Coconut Oil to fill.

For little ones, apply on the soles of their feet to begin with. For Daily Support, apply to the soles of feet and down the spine. For Emotional Support, apply to wrists, chest, neck & behind ears. Apply directly to affected area when required. Applying 1-2 times per day is adequate for regular use. For chronic needs, apply every 30 mins or as you feel is needed.

It is important to store Roller Bottle Blends out of direct sunlight. You can re-use your bottles by cleaning with Epsom Salts. You have the ability to bring these blends wherever you go for constant support when you need it.

	5ml BOTTLE	10ml BOTTLE
0.5%	less than a drop	1 drop
1%	1.5 drops	3 drops
2%	3 drops	6 drops
3%	4.5 drops	9 drops
4%	6 drops	12 drops
5%	7.5 drops	15 drops
10%	15 drops	30 drops
25%	1:3 ratio (drops of EO to carrier oil)	1:3 ratio (drops of EO to carrier oil)
50%	1:1 ratio (drops of EO to carrier oil)	1:1 ratio (drops of EO to carrier oil)

roller bottle blends

Stressed Out

Combine 5 Drops of Balance, 3 Drops each of Elevation & Wild Orange, and 5 Drops of Lavender Peace. Top with Fractionated Coconut Oil in a 5mL Roller. Apply to the back of the neck, chest and wrists as required.

Focus Potion

Combine 7 Drops of Wild Orange, 5 Drops of Peppermint and 5 Drops of Basil. Top with Fractionated Coconut Oil in a 5mL Roller. Apply to the back of the neck and wrists to inhale, apply as often as needed.

Sleepyhead

Combine 7 Drops of Lavender, 5 Drops of Vetiver, 3 Drops each of Ylang Ylang, Frankincense, Roman Chamomile and Wild Orange. Top with Fractionated Coconut Oil in a 5mL Roller. Apply to the big toes, soles of feet and chest.

Protective

Combine 3 Drops each of Lemon, Oregano, On Guard, Tea Tree and Frankincense. Top with Fractionated Coconut Oil in a 5mL Roller. Apply to soles of the feet, spine and chest, three times daily as needed.

Sweet Relief

Combine 5 Drops each of Lemongrass, Cypress, Copaiba and Ice Blue. Top with Fractionated Coconut Oil in a 5mL Roller. Apply & massage in to the required area as needed.

Sunny Purefume

Combine 7 Drops of Citrus Bliss, 5 Drops of Lime and 3 Drops of Bergamot. Top up with Fractionated Coconut Oil in a 5mL Roller. Apply as a natural purefume to your wrists and nape of neck when needed.

*These Recipes are designed for Adult Dilution Rates. Adjust Recipes as needed for Child Dilution & Bottle Size.



diffuser blends

Energy Boost

3 Drops of Peppermint
4 Drops of Wild Orange
1 Drop of Lime

Spring Breeze

3 Drops of Grapefruit
2 Drops of Lavender
1 Drop of Ylang Ylang
1 Drop of Peppermint

After The Rain

3 Drops of Vetiver
2 Drops of Lemon
1 Drop of Peppermint

Sleep Sweetly

2 Drops of Lavender Peace
2 Drops of Juniper Berry
1 Drop of Cedarwood
1 Drop of Wild Orange

Chill Zone

3 Drops of Grapefruit
2 Drops of Ginger
3 Drops of Bergamot
2 Drops of Sandalwood

Feels Like Home

3 Drops of Tea Tree
2 Drops of Grapefruit
3 Drops of Lemongrass

Clean Laundry

3 Drops of Siberian Fir
3 Drops of Cypress
2 Drops of Wintergreen

Family Party

3 Drops of Bergamot
3 Drops of Lavender
3 Drops of Clary Sage
3 Drops of Cedarwood

Cedar Dawn

3 Drops of Cedarwood
3 Drops of Elevation
2 Drops of Cinnamon

Invigoration

2 Drops of Frankincense
2 Drops of Wild Orange
1 Drop of Lime
1 Drop of Peppermint

Spring Fling

1 Drop of Lemon
1 Drop of Wild Orange
1 Drop of Lime
2 Drops of Grapefruit

Carefree

5 Drops of Bergamot
3 Drops of Patchouli
2 Drops of Eucalyptus



cleaning recipes

Multi-Purpose Spray

In a 250ml glass, stainless steel OR BPA free plastic bottle, place: 10-15 drops doTERRA Lemon Essential Oil. Pinch of salt or drop of dishwashing liquid (to help the oil disperse), top with water.

Toilet Bowl Cleaner

In a jug combine 1/2 cup of bicarbonate soda, 1 cup of vinegar and 5 drops On Guard. Pour all over the inside of the toilet bowl, leave for 30 minutes, scrub if needed and flush!

Glass Cleaner

In a 250ml glass, stainless steel OR BPA free plastic bottle place: 10 drops Lemon & Fill halfway with water and top with Vinegar. Combine & shake well before use. Spray onto glass & wipe off with a soft dry cloth.

Mattress & Carpet Deodoriser

In a glass jar, add 1 cup of Bicarbonate Soda and 10 drops Lavender (or 10 drops On Guard) and shake well. Sprinkle using a sieve onto carpet, rugs, car mats and fabric seats, mattresses or inside shoes and allow to sit for at least 30 minutes before vacuuming off.

resources

Discover a range of Books, Websites, Apps and Suppliers to give you direction in seeking out Learning Resources to support you as you grow and learn about your Essential Oils. Having these Resources is such a gift, they allow us to go at our own pace and learn how to truly make the most of our Oils and our Journey with Natural Solutions. Check them out...

Books & Magazines:

The Essential Life... The perfect essential oil reference guide for both the novice & expert oil user. Fully updated with the latest research to help you quickly find the perfect oil.

The Modern Essentials... Modern Essentials is amazingly practical for anyone wanting to learn about essential oils, their everyday uses, characteristics, safety guidelines & more!

Emotions and Essential Oils... A user-friendly guide for helping you to take charge of your emotional wellness. The guide describes the emotional properties of common oils and blends.

Websites & Applications:

The Modern Essentials App... Get current, scientific guidance on the use of essential oils at your fingertips. Streamline your access to information with a seamless system to discover oils and blends.

doTERRA Everyday... The Australian doTERRA site that features business tools, event listings, news and other essential information. Not to mention Recipes, DIY and more!

Source to You... Discover doTERRA essential oils, growers, distillers, scientists & more.

Suppliers for Tools & Accessories:

The Inspired Little Pot... Ingredients and simple recipes to make DIY low-tox cleaning & beauty products.

Diffusional Aromatherapy Supplies... A family business with a commitment to provide quality aromatherapy accessories.

Aromatools Australia... Get all your aromatherapy resources and equipment here, Australian based.





explore your oils

When your initial order arrives, that's when the fun begins! Depending on what you've ordered to get you started, you can research these Essential Oils and Products via the doTERRA Website and various Support channels. You can begin to learn the benefits first hand, become accustomed to the aromas and delve into the oily community.

While it can be a little overwhelming to begin with, the Oily Journey is an incredible one. You can learn how Essential Oils and Natural Health products can assist in your daily life and begin to share your journey with others along the way. Plus, get familiar with your new virtual office, meet your team mates via Facebook and gain support & advice from your uplines, and most of all... enjoy!

more than just oils

doTERRA has made it's name from the incredible Certified Pure Tested Grade Essential Oils, but there's more to this company than just Oils!

The On Guard Range is a powerhouse Range, with a Concentrate Cleaner, Foaming Hand Wash, Natural Whitening Toothpaste and more! There are Lozenges, an Easy Air Vapour Stick and two types of Beadlets, all infused with Essential Oils! The Ice Blue Rub Lotion is an amazing step forward for a natural lotion, renowned for it's soothing properties, it is a must have for active living! You also have access to pre-made Essential Oil Roller Bottle Blends!

doTERRA has a beautiful Personal Care and Spa range! From Shampoo, Conditioner and Serum, to Soap, Body Wash, Mud Masks, Scrubs and Lotions. They have amazing and effective Skin Care Sets with everything you need for nourished, radiant skin with natural, essential oil infusions.

The Lifelong Vitality range is all the rage in the oily community right now, with amazing documented successes and results using this incredible system. Featuring Alpha CRS+ for Cellular Health, xEO Mega for Omegas and Micro Plex VMz for Vitamins, Minerals and Food Nutrients. They're the perfect, natural supplements to support your Health & Wellbeing, and the Lifelong Vitality Range is Australia's First TGA Approved Product.



safety guide

For those with sensitive skin or prone to irritation, a skin test can help prevent an unwanted reaction. Place a small amount of carrier oil such as coconut or olive oil, followed by a small amount of essential oil on the inside of the elbow, underside of the forearm, or wrist. After approximately 1 hour, check the area(s) for any type of reaction. Essential oils are powerful even when they are applied with a carrier oil, so do not hesitate to use a carrier oil if needed to increase safety and decrease sensitivity concerns.

Never apply oils directly to the eyes or ear canal. After application, avoid rubbing the eyes, around the eyelids, handling contact lenses, or touching the interior of one's nose.

Dilute with oil, not water. If you happen to experience discomfort when applying it to your skin, please use a carrier oil to rinse or dilute the area. Using water will increase the discomfort.

Use a carrier oil with babies, children, the elderly and those with sensitive skin; their skin is more sensitive and susceptible to irritation, burning or stinging sensations. When applying oils to babies & children, ensure they will not accidentally get the oils in their eyes or mouth (bottoms of the feet and then covered with socks, or along the spine are good locations).

"Warm oils" such as cinnamon, thyme, oregano, cassia and clove, can feel very warm or even hot/burning on the skin, and therefore should be diluted with a carrier oil when used topically, even on adults.

Some essential oils are photosensitive. Photosensitive oils, primarily citrus oils, react to radiant energy or light such as natural sunlight, sunlamps or other sources of UV rays and can cause discomfort.

One common application method is in a bath. When using undiluted oil in bath water, use a dispersing gel (bath/shower gel) to prevent oil from pooling as a concentrated drop in the water.

Essential Oils are flammable, and can lose therapeutic value in heat and high temperatures. It is important to store your oils away from light and avoid contact with open flames.

If you experience asthma, epilepsy, high blood pressure, or other critical health conditions, you should consult a healthcare professional prior to use. This also applies to those who are pregnant and/or breastfeeding.

Essential oils are very safe and easy to use. However, it is important to remember that pure essential oils are highly concentrated plant extracts and should be used with reasonable care.



what now?



**THERE'S
AN OIL
FOR THAT...**

For any questions you may have, please speak directly to your Upline and Team, we are here to support you! Whether you're needing information about what Essential Oils would benefit Sleep or Energy, or Tips on Running Classes and Workshops, even how to navigate the Back Office. You are supported on your Journey, all you need to do is ask!

Disclaimer:

All the information contained in this book is provided for educational and informational purposes only and is not intended to substitute medical care or to prescribe treatment for any particular health condition. No responsibility can be taken for any results or outcomes resulting from the use of this material. Although Essential Oils can have amazing medicinal benefits, they have not yet been approved by the TGA in Australia. Always consult your healthcare practitioner before using Essential Oils internally or externally. These products are not intended to diagnose, treat, cure or prevent any disease.

