

# I HAVE MY OILS *Now What*

Congratulations on your new solutions! Learning the basics of how to use them can make all the difference.

- **Learn how to use what you have:** write down top health priorities you want to target to match with solutions.
- **Reach for resources:** use your reference guide to look up solutions for health goals.

WHY

## A AROMATIC

- Clear and clean the air
  - In your environment
  - In you
- Boost mood

## T TOPICAL

- Where needed, such as:
  - Face, forehead, neck, shoulders
  - Back, chest, abdomen, over liver
  - Arms, legs, hands
  - Bottoms of feet

## I INTERNAL\*

- Gut health
- Mucus membrane support
- Cellular reception advantages
- Immune support
- Internal cleansing

HOW

- Diffuse
- Inhale from palms or bottle
- Wear as perfume or on diffuser jewelry



- Neat (undiluted)
- Diluted
- AromaTouch Technique®
- Spray/wipe on surfaces



- Veggie capsule
- Under or on tongue; roof of mouth
- In water
- With cooking



When it comes to using your oils, there are a few important tools that can make all the difference!

USE



### DIFFUSE

Using a diffuser is an effective way to distribute molecules of essential oils in the air to affect mood, promote a desired atmosphere, purify the air, and dispel unwanted odors.



### DILUTE

One of the best ways to promote the absorption of an essential oil is to fix it to the skin where applied by pairing it with a carrier oil such **Fractionated Coconut Oil**.

Dilution protects fragile or sensitive skin from overexposure, such as with small children, infants, or the elderly.



### DIGEST

Many doTERRA essential oils are approved for internal consumption. Look for a Supplement Facts label on each bottle to know which are recommended.\*

The doTERRA Veggie Capsules are a favorite for making oils easy to swallow.

TOP OILS

*Around You*



*On You*



*In You*



## ESSENTIAL OIL SAFETY



Avoid contact with eyes, ears, or other areas of sensitivity.



Avoid sun or UV ray exposure for at least 12 hours after applying citrus oils topically (or blends containing citrus essential oils).



Dilute with Fractionated Coconut Oil for sensitive or elderly skin, with children or infants, and areas of sensitivity. Reduce dosing for infants, children, elderly, and those in a fragile state of health.



Do not use if safety seal is missing or broken. Store in cool place, away from excessive light or heat, and out of reach of children. Read labels and follow recommendations. Consult credible resources for dosing guidelines.



Essential oils with a strong chemistry should always be diluted before topical application. This includes oils like Cassia, Cinnamon Bark, Clove, Oregano, Thyme, and others.

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## GET CONNECTED

Ask your Wellness Advocate how to join a community of essential oil lovers. Follow dōTERRA on social media and stay up-to-date on the latest promos, giveaways, and education.



## GET ORGANIZED



Keep your favorite oils in a dōTERRA custom-made, logo-engraved box. It holds 25 bottles, is lightweight, compact, and makes it easy to transport them wherever you go.

Add cap stickers to your next LRP order to label your bottles. Have fun organizing your box by color or the alphabet! Order empty roller bottles and **Fractionated Coconut Oil** to make your own blends and dilutions. Pick up a diffuser and Veggie Caps as needed.

### Pro Tips:

- Keep your oils in the kitchen, bathroom, office, bedroom, where you'll see them
- Diffuse daily to uplift mood and purify the air
- Swap out toxic products, candles, and air fresheners for essential oil alternatives
- Fill up a keychain for easy access on-the-go



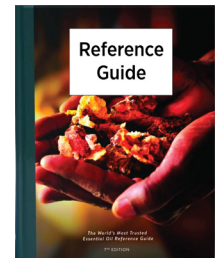
## GET EQUIPPED

### Your New 80/20 Plan

Be sure and get your reference guide and app! With a book and a box (of dōTERRA CPTG oils), you are ever-ready to look up health priorities and solve 80% or more at home!

Download the dōTERRA eBooks about essential oil usage.

[Go to doterra.com](https://www.doterra.com) > [Discover Product Education](#) > [Resources](#) > [eBooks](#)



## WHAT'S NEXT?

If we haven't done so already, schedule your Wellness Consult so you can get help putting together your personal Daily Wellness Plan.

Refer back to pages 20-21 in your *Live* guide to help you continue to build out your 90-day plan.

Use the space provided on the bottom of page 22 to record ideas for future monthly orders.



## GET REWARDS

Reference your *Live* guide, pages 23 and 25, for details on how to maximize your dōTERRA membership and get the most bang for your buck.

The Loyalty Rewards Program allows you to earn both FREE PRODUCT and shipping points and keeps you purchasing BELOW wholesale.



## SHARE WHAT YOU *Love*

You will likely think of others who want to know more about what you are experiencing with your dōTERRA solutions.

Either refer those you care about to your Wellness Advocate or ask them how you can host a class and share to earn rewards.