

I have my oils... Now what?



HOST A CLASS and earn FREE gifts! Like a diffuser, books, oils, rollers, whatever you want to earn! All of the new members you refer to dōTERRA go toward referral bonuses for you! So, refer your friends, family & coworkers! Or, even better, help them get their own account and get all your doTERRA products for free! Ask me how!

How do you want to use your doTERRA account?

USER - Order products for your personal use.

SHARER - Host a class and share with friends to earn free products.

BUILDER - Build an oils business and teach others about dōTERRA.

** If you keep 100 PV in your cart at all times and order a single 100PV or more order each month you are eligible to receive compensation from dōTERRA!

Wishlist

OPEN the box! Your Intro book has stickers & the 30 day cleanse in the back.

- **ORDER** 10mL Rollers, Fractionated Coconut Oil (FCO) 16 oz w/pump from amazon.com

- **STICKERS** - When you need more, reorder in your doterra.com LRP Cart.

- **RESOURCES** - The Essential Life book (amazon.com), Modern Essentials app or book

- **RECIPES** - Standard recipe for rollers is 20 drops of each oil in 10mL roller topped off with FCO. Find recipes on Pinterest, Google and in the THRIVING OIL LIFE FACEBOOK GROUPS. Utilize our Favorite Recipe pages.

- **DILUTION**

...Adults: 20 drops of each oil + FCO

...Children, Toddlers & Babies: Go by age. Example: 3 year old = 3 drops of each oil + FCO.

- **CUSTOMER SERVICE** - 800-411-8151, Live Chat at doterra.com

...Keep all items upright (coconut oil, rollers and dōTERRA bottles) – everything can leak possibly. If you ever have any concerns about an order, just call them! They're amazing!

- **THRIVING OIL LIFE** - Request to join our Facebook groups & visit www.laurelschumaker.com... Thriving Oil Life (Members Only), Thriving Oil Life FAQ ?'s, and Thriving Oil Life Public Education – where we post specials of the month, questions about ordering, classes, hold drawings for free stuff, etc...

- **WHY LRP?** – Use your LRP (Loyalty Rewards Program) Cart – monthly ordering to get the best pricing and free products.

... Why? To have 100% of your shipping reimbursed as points.

... You may cancel by phone at anytime and just order as needed but the best way to order is the LRP. It's best to keep it and order something small if necessary.

... Just order at least 1PV or more each month to stay in the rewards program.

...Use free credits for FREE oils & work towards earning 30% in rewards back on your orders.

- **REORDER** - www.doterra.com...ID # _____ Password _____

Recipes & Tips



FOUNDATION OF HEALTH

- Lifelong Vitality Vitamin Pack (LLV) - Take 1-2 of each, a.m. and p.m. after food.
- Terrazyme Digestive Enzymes - Take 1-3 with a glass of water before each meal.
- PB Assist+ Probiotic - Take 1-3 capsules a day with meals.
- Frankincense - 2 drops under/on the tongue daily. Chase with water.
- OnGuard & Balance - 1 drop each on bottom of feet every morning.
- DDR Prime - Roll bottoms of feet & targeted areas daily, a.m. & p.m. (20 drops + FCO).
- Zendocrine Detoxification - Roll over liver & bottoms of feet a.m. only (20 drops + FCO).
- OnGuard Beadlets - Support your immune system daily with 1-2 beadlets orally.
- doTERRA 30-Day Cleanse - Quarterly

HAPPY HEAD

PastTense roller - OR - 10 drops Frankincense 10 drops Peppermint 10 drops Lavender + FCO in 10mL roller
Roll on temples and back of neck.

DIGESTIVE HEALTH

Digestzen softgels - OR - 1-2 peppermint beadlettes AND; 20 drops Digestzen, 20 drops Wild Orange + FCO in 10mL roller. *Roll stomach &/or bottoms of feet. And/or add 2-3 drops to a glass of water & drink.*

SEASONAL ZEN

TriEase softgels AND/OR...20 drops Lavender, 20 drops Lemon, 20 drops Peppermint + FCO in 10mL roller. *Roll bottom of small toes, bottom of feet, back of neck, & around your sinuses. Can do 1 drop each in a shot glass of warm water, gargle & drink*

DAILY CLEANSING

Put citrus oils in water glass (or stainless steel) all day long. 1-2 drops/8oz. Put oil in first, then add water. Try: Lemon, Lime, Grapefruit, Wild Orange, or Slim & Sassy.

ENERGY & FOCUS

20 drops Wild Orange 20 drops Peppermint + FCO in 10mL roller. *Roll on back of neck & inhale for a mental lift.*

RESPIRATORY / COUGH

Breathe Stick

OR

...20 drops Breathe, 10 drops Eucalyptus, 10 drops Frankincense + FCO in 10mL roller.
Roll onto chest, back, and/or bottom of feet.

HEAD / NECK TENSION

: 1-2 drops of Frankincense on finger & rub on roof of mouth; Roll PastTense on back of neck & base of skull; 1-2 drops Deep Blue on temples, forehead, neck & shoulder region. : 1-2 drops Digestzen if nauseous Repeat every 15 minutes - 2 hours, as long as necessary. Nap if situation allows.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent disease. Check with your physician if you have health concerns

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HEALTHY KIDS

a2z Chewable vitamin, IQ Mega liquid, supplement PB Assist Jr. probiotic
Roll bottoms of feet with OnGuard Touch OR The Bomb! roller at bedtime. (For kids, reduce oil drops in Bomb blend to 2-3 per oil)

SLIM & SASSY

...S&S Softgels: Take 1 softgel 3-5x's a day as needed.
...S&S Oil Blend: Drink 1 drop in 8oz. of water throughout the day.
...Roller: 20 drops S&S oil blend + FCO.
...Veggie Caps: 2-4 drops S&S oil blend throughout the day as needed.
...If heartburn occurs, take/ drink with grape juice.

SKIN / OWIES

CorrectX Ointment
OR
...20 drops Lavender, 20 drops Melaleuca+FCO in 10mL roller.
Put in 10mL roller with FCO or 2oz. glass spray bottle with water. Shake spray bottle before use.

THE BOMB! ROLLER (for Veggie Cap, do 2 drops each)

10 drops OnGuard, 10 drops Melaleuca, 10 drops Lemon, 5 drops Oregano, 5 drops Frankincense+FCO in 10mL roller. *Roll bottoms of feet every pm OR 2 hours if under the weather.*

SLEEP & CALMING

1. Diffuse 3 drops Serenity& 3 drops Breathe
2. Roll on Calming Blend - 20 drops Balance + 20 drops Serenity + FCO in 10mL roller. Roll wrists & bottoms of feet.
3. Ingest 1 Serenity Softgel 30 minutes before bed

MUSCLE & JOINT PAIN

20 drops Deep Blue, 20 drops Frankincense, 20 drops Lavender, 20 drops Peppermint+FCO in 10mL roller
Roll on affected area as needed.

CHOLESTEROL SUPPORT

LLV daily. AND... 10 drops each of: Lemongrass, Basil, Frankincense, Helichrysum, Lavender & Rosemary, +FCO in 10mL roller. Roll arch of feet, a.m. & p.m. AND... In a veggie cap 2x's/ daily: 2 drops each Cassia, Lemongrass, & Marjoram.

SINUS / STUFFY NOSE

20 drops Breathe, 15 drops Lime+FCO in 10mL roller. *Roll over sinus area and bottoms of feet.*

HAPPY EARS

20 drops Basil, 20 drops Lavender, 20 drops Melaleuca+FCO in 10mL roller. *Roll around the ear. Roll on cotton ball & place cotton ball in ear. Or 1 drop Melaleuca on cotton ball & place in ear.*

PERFUME

20 drops Whisper OR Balance OR Passion OR essential oil of choice
Put in 10mL roller with FCO or 2oz. glass spray bottle with water. *Shake spray bottle before use. Roll/ spray pulse points and enjoy!*

THYROID SUPPORT

LLV daily. AND
...20 drops each: Myrrh & Lemongrass+FCO in 10mL roller
Roll over thyroid & wrists 3x's daily. AND Layer 1 drop Frankincense otop

BLOOD PRESSURE

Daily: LLV; 1-2 drops Lemon oil in glass of water. In 10mL roller: 12 drops Helichrysum 12 drops Ylang Ylang 8 drops Cassia 8 drops Frankincense 8 drops Marjoram+FCO Roll bottoms of feet & over carotid arteries 2x's daily.

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MENTAL CLARITY

8 drops Rosemary 12 drops Lemon 4 drops Cypress +FCO in 10mL roller Apply to wrists, back of hands, back of neck or temples, and/or chest and inhale deeply.

BLOOD PRESSURE

Daily: LLV; 1-2 drops Lemon oil in glass of water. In 10mL roller: 12 drops Helichrysum 12 drops Ylang Ylang 8 drops Cassia 8 drops Frankincense 8 drops Marjoram +FCO
Roll bottoms of feet & over carotid arteries 2x's daily

NERVE SUPPORT

20 drops Petitgrain, 15 drops Frankincense, 10 drops Deep Blue, 10 drops Marjoram, +FCO in 10mL roller.
Roll on legs and feet. Layer 2-3 drops AromaTouch neat overtop, as needed.

SNORING

Diffuse Breathe. And apply 1 drop Breathe & 1 drop Thyme on bottom of each big toe at bedtime.

PANCREAS / BLOOD SUGAR

LLV daily. AND
... 1-2 drops Balance on bottoms of feet in a.m. 1-2 drops Lavender on bottoms of feet at bedtime. 1 drop Cinnamon in coffee/tea.
...10mL Roller: 2 drops each Clove & Cinnamon, 4 drops Rosemary, 3 drops Thyme, +FCO.
Roll on arch of foot 2x's daily.

SKIN, HAIR, & BODY

Verage Skincare Collection Order the entire set & save \$74.; Essential Skincare Set For mature skin. Order the entire set & save \$34.66 (LRP only).; Salon Essentials Haircare System Order the whole system & save \$18 (LRP only).; Total doTERRA Spa Kit Body wash, body butter, hand & body lotion, body scrub, mud mask, lip balms, & bath bar. Saves \$31.27.

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AFTER SUN BLEND

20 drops Lavender 20 drops Peppermint 5 drops Frankincense Put in 10mL roller with FCO or 2oz. glass spray bottle with water. *Shake spray bottle before use.*

PAIN PROTOCOL

Internally: LLV & Deep Blue Polyphenol Complex 2x's daily.
Topically: Deep Blue Rub & pain roller recipe of your choice. Apply to affected area(s) as needed.

MUSCLE / JOIN PAIN 2

10 drops AromaTouch, 10 drops Lemongrass, 10 drops Marjoram, 10 drops Cypress, 10 drops Wintergreen, 10 drops White Fir +FCO in 10mL roller. *Roll on affected area as needed.*

CLEAR FACE

HD Clear Kit AND...
10 drops Oregano 10 drops Peppermint 10 drops Melaleuca 10 drops Lavender 10 drops OnGuard +FCO in 10mL roller
Roll areas of concern.

HORMONES & WOMEN'S HEALTH

LLV & Women's Health Kit (ClaryCalm, Bone Nutrient, Phytoestrogen Complex) daily.
Kit saves \$16 (LRP only).

HEALTHY LIFE

OnGuard product line... • Cleaner Concentrate • Foaming Handwash • Laundry Detergent • Protective Blend oil • Beadlets • Softgels • Throat Drops • Toothpaste

HEALTHY MIND

Emotional Aromatherapy Oil & Roller Kits...
Motivate, Cheer, Passion, Forgive, Console, Peace

FOCUS & CONCENTRATION

InTune roller on back of neck, bottoms of feet and/or spine, as needed.

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