

Welcome Guide

I have my oils...now what?!



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 doTERRA go toward referral bonuses for you!

So, refer your friends, family and co-workers! 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/CUSTOMER: Order products for your personal use.

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

BUILDER: Build an oil business and teach others about doTERRA.

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

WISHLIST

OPEN your box and review the contents. The doTERRA Essentials book is amazing and is a great way to learn about the company and our products.

ORDER 10 mL Rollers, Fractionated Coconut Oil (FCO) from doTERRA.

STICKERS: Your sticker sheet is in your doTERRA Essentials book. Place your cap stickers to each of your essential oil bottles. You will thank me later!! When you need more, reorder in your LRP cart.

RESOURCES: The Essential Life book or app, Modern Essentials book, eoeBooks app

SCHEDULE your Wellness Consult with the person that enrolled you.

RECIPES: Standard recipe for rollers is 20 drops of each oil in 10 mL roller and filled with FCO. Find recipes on Pinterest, Google and in the Facebook pages. Maximum 50% essential oils in roller.

DILUTION: Adults: 20 drops of each oil + FCO or 25% - 50% essential oils. Children, Toddlers & Babies: go by age. Example: 3-year old = 3 drops of each oil and fill with FCO.

CUSTOMER SERVICE: 800.411.8151 or Live Chat on doTERRA.com.

EMAIL: ProductSupport@doterra.com

FACEBOOK SUPPORT request to join our Facebook groups where we post specials of the month, questions about ordering, classes, hold drawings for free stuff, etc

WHY MONTHLY REWARDS ORDERING? Use your Loyalty Rewards Program cart (LRP monthly ordering) for the BEST pricing and FREE products.

[] Why? To have your shipping reimbursed as points

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

[] Order at least 1 PV or more each month to stay in the rewards program

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

REORDER: www.doterra.com

[] ID# _____ Password: _____

doTERRA WEBSITE: Under the "Our Advocates" section is a wealth of information about the company, products, and business.

safety tips



- **Do not** put oils in eyes, ears, or up nose!
- **Always** drink out of glass or stainless steel when using oils.
- **Apply a small amount of oil to your skin** to test for a skin reaction before using. Should you have irritation, redness, itching, or burning, apply a carrier oil (coconut oil, olive oil, or a natural vegetable-based oil) to the area to dilute the essential oil and stop the sensation. Do not use water!!
- **If you get oil in your eye** apply 1-2 drops of carrier oil to the eye to ease the burning. Do not use water!
- **Be sure to read labels prior to ingestion.** Some oils should not be taken internally. Those that can, will have a Supplement Facts label on them.
- **Citrus oils can cause photosensitivity.** Do not apply to the exposed skin prior to being in the sun.
- **Please reference oil/drug interactions in the books.** Caution for Epilepsy.
- It is important to remember that **therapeutic/tested grade essential oils are highly concentrated** plant extracts and should be used with reasonable care. The typical application is 1 drop or less for most applications. Please consult a physician when using with medications or if you have any health concerns.
- **To improve absorption**, slow evaporation, prevent skin sensitivity, and allow for the distribution of oils over a greater area it is recommended to use a carrier oil with all oils. My favorite adult dilution is 20 drops of each essential oil in a 10 mL roller with the rest fractionated coconut oil. Check dilution charts for more details and recipes in your books.
- These statements have not been evaluated by the Federal Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. We are not healthcare professionals. Consult your physician if you have any concerns.

► [Click here for more Safety Tips](#)

usage guide



Aromatically

- Place a drop in palms & inhale
- Add to a load of laundry or dryer balls
- Use as a household cleaner
- Add to diffuser to boost mood, cleanse air and provide respiratory support.



Internally

- Add desired oils to empty gel cap
- Place under the tongue or gargle
- Add to glass of water (glass or stainless steel)



Topically

- Apply 1-2 drops localized area or bottoms of feet, wrists, or back of the neck
- Use Fractionated Coconut Oil (FCO) to help oils absorb into the skin and to prevent skin sensitivities
- Add 2 drop to a bath with Epsom Salt
- AVOID UV rays up to 12 hours after applying citrus oils. They can be photosensitive and may cause skin to burn. Apply to bottoms of feet or area that is covered from the sun.



NEAT can be applied without a carrier oil (FCO)



SENSITIVE SKIN dilute for the young, elderly or those with sensitive skin



DILUTE always dilute with a carrier oil (FCO)



dilution guide

10 mL Rollerball

Age	Drops of Essential Oil
0-12 months	1-6 drops
1-5 years	6-15 drops
6-11 years	15-30 drops
12+ years	15-40 drops
Elderly	6-15 drops

Single Use from Bottle

Babies Under 1-year-old:

1-2 drops essential oil to 1 tablespoon of carrier oil

Child

1-2 drops essential oil to 1 teaspoon of carrier oil

12+ years old:

1-2 drops essential oil to 3 drops carrier oil

Many people 12 years & older find that filling a 10 mL rollerball 1/3 full with essential oils & the remainder with a carrier oil works well.

It's always advisable to use several small doses throughout the day rather than a single large dose. Start with the lowest possible dose (1-2 drops) and skin patch for sensitivity. Because every individual is unique, the dose will vary for each individual based on size, age, and overall health status.



foundation of health

- **Lifelong Vitality Vitamin Pack (LLV)** - Take 1-2 of each, a.m. and p.m. with food.
- **Terrazyme Digestive Enzymes** - Take 1 with a glass of water before each meal.
- **PB Assist+ Probiotic** - Take 1-3 capsules/day with meals.
- **Frankincense** - 2 drops under/on the tongue daily. Chase with water.
- **OnGuard & Balance** - 1 drop each on the bottom of feet every morning.
- **DDR Prime** - Roll bottoms of feet a.m. & p.m. (20 drops + FCO) or take two softgels daily.
- **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.

OnGuard Product Line:

- Cleaner Concentrate
- Foaming Handwash
- Laundry Detergent
- Protective Oil Blend, Roller
- Beadlets
- Softgels
- Throat Drops
- Toothpaste & Mouthwash
- Sanitizing Mist

Skin, Hair & Body

- Verage Skincare Collection
- Essential Skincare Set (mature skin)
- Salon Essentials Haircare System
- doTERRA Spa

Weight Management

- Slim & Sassy EO
- S&S Metabolic Gum
- S&S Softgels
- S&S Trim Shake
- TerraGreens

Healthy Mind

Emotional Aromatherapy Oils and Roller Kits, Adaptiv Collection

Motivate, Cheer, Passion, Forgive, Console, Peace, Balance, Elevation, Serenity & Citrus Bliss

Daily Cleansing

Put citrus oils in a 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.

Head and Neck Tension

1-2 drops of Frankincense on your finger and rub on to the roof of your mouth.

Roll PastTense on the back of your neck, forehead (rub it in) and base of the skull.

1-2 drops of Deep Blue on the temples, forehead, neck and shoulder region.

1-2 drops of DigestZen if nauseous.

Repeat every 15 minutes to 2 hours as long as necessary. Try to nap and darken your room.

top 10 essential oil recipes

Sinus Support Steam Cup

1 drop Lemon
1 drop Peppermint
1 drop Oregano
1 drop Melaleuca

Boil water and place in a cup, drop each oil into the hot water and inhale the aromatic steam. When the water cools, place in diffuser for continued benefits.

Yoga Mat Cleaning Spray

¼ cup & 2 tbsp Distilled Water
2 tbsp Witch Hazel or White Vinegar
5 drops Lavender
3 drop Melaleuca
4 ounce spray bottle

Combine all ingredients into glass spray bottle. Shake until combined. Spray on mat and wipe with dry towel.

Sleep & Radiant Skin Blend

6 drops Lavender
6 drops Frankincense

Fill remainder of 10 mL rollerball with FCO

Skin: Apply to clean face at bedtime.

Sleep: Apply to bottoms of feet, over your heart, along spine. Great in the diffuser!

Energy & Focus

20 drops Wild Orange
20 drops Peppermint

Fill remainder of 10 mL rollerball with FCO

Use anytime during the day when you need a mental lift. Great for studying, housework, mid-afternoon slump. Apply to back of the neck, directly behind your ears or in the palm of your hands and inhale.

Head & Muscle Tension

7 drops Lavender
8 drops Peppermint

Fill remainder of 10 mL rollerball with FCO

Apply to the neck and temples as needed.

Epsom Salt Bath Soak

½ cup Epsom Salt
½ cup Baking Soda
10 drops of your favorite essential oil
Mason Jar

Combine. Store in sealed jar, sprinkle a few tablespoons into your bath to relax and reduce inflammation.

Snoring

Diffuse Breathe

Apply 1 drop Breathe and 1 drop Thyme on the bottom of each BIG toe at bedtime.

Sleep & Calming

1. Diffuse 3 drops Serenity & 3 drop Breathe
2. Roll on Calming Blend: 20 drops Balance + 20 drops Serenity, fill w/FCO in 10 mL roller
3. Ingest 1 Serenity Softgel 30 minutes before bed

Happy Head

- 10 drops Frankincense
10 drops Peppermint
10 drops Lavender
Fill with FCO in 10 mL Roller
- Roll on back of neck, forehead and temples.

Seasonal Zen

- Triease softgels and/or...
20 drop Lavender
20 drops Lemon
20 drop Peppermint
Fill with FCO in 10 mL Roller
- Roll on bottoms of small toes, feet, neck and sinus area.
- Or, Add one of drop of each in glass of warm water, gargle and drink.



favorite essential oil recipes

Respiratory Cough

Breathe Stick, or.....

- 20 drops Copaiba
20 drops Breathe
10 drops Eucalyptus
10 drops Frankincense
Fill 10 mL roller with FCO

Roll on to chest, back and/or bottoms of feet.

Muscle & Joint Discomfort 1

- 20 drops Lavender
20 drops Deep Blue
20 drops Frankincense
20 drops Copaiba
20 drops Peppermint
10 drops Black Pepper
Fill 10 mL roller with FCO

Roll on to affected area.

Happy Ears

- 20 drops Basil
20 drops Lavender
20 drops Melaleuca
Fill 10 mL roller with FCO

Roll around ear. Roll on cotton ball and place in ear. Or, add one drop Melaleuca on cotton ball and place in ear.

Muscle & Joint Discomfort 2

- 10 drops AromaTouch
10 drops Lemongrass
10 drops Marjoram
10 drops Cypress
10 drops Wintergreen
10 drops Copaiba
10 drops White Fir
Fill 10 mL roller with FCO

Roll on to affected area

Digestive Health

DigestZen Softgels, Peppermint Beadlets OR.....

- 20 drops DigestZen
20 drops Wild Orange
Fill 10 mL roller with FCO

Roll on to stomach, intestinal area, bottoms of feet.

Immune Bomb!

OnGuard Softgels after every meal

-
10 drops OnGuard
10 drops Melaleuca
10 drops Lemon
5 drops Oregano
5 drops Frankincense
Fill 10 mL roller with FCO

Roll on bottoms of feet every 2 hours.

Pain Protocol

Internally: LLV & Deep Blue Polyphenol Complex twice a day. Copaiba Softgel twice a day.

Topically: Deep Blue Rub and Pain Roller recipe of your choice. Apply to affected areas as needed.

Nerve Support

- 20 drops Petitgrain
15 drops Frankincense
10 drops Deep Blue
10 drops Marjoram
Fill 10 mL roller with FCO

Roll on legs and feet. Layer 2-3 drops of AromaTouch neat overtop as needed.

Sinus Support

- 20 drops Copaiba
20 drops Breathe
15 drops Lime
Fill 10 mL roller with FCO

Roll over sinus area and bottoms of feet.

favorite essential oil recipes

Mental Clarity

8 drops Rosemary
12 drops Lemon
4 drops Cypress
Fill 10 mL roller with FCO

Apply to wrists, back of hands, neck, temples and/or chest and inhale deeply.

After Sun Blend

20 drops Lavender
20 drops Peppermint
5 drops Frankincense
Fill 10 mL roller with FCO

Or, in 2 ounce glass bottle and fill with water. Shake spray bottle before each use.

Clear Face

HD Clear Kit AND

10 drops Oregano
10 drops Peppermint
10 drops Melaleuca
10 drops Lavender
10 drops On Guard
Fill 10 mL roller with FCO

Roll on to areas of concern.

Cholesterol Support

LLV Daily, AND 10 drops of each: Lemongrass, Basil, Frankincense, Helichrysum, Lavender & Rosemary. Fill 10 mL roller with FCO. Roll on arch of feet am and pm.

And, In veggie cap, twice a day 2 drops of YarrowPom, Cassia, Lemongrass & Marjoram.

Healthy Kids

a2z Chewable vitamins
IQ Mega liquid supplement
PB Assist Jr - Probiotic

On Guard Touch: roll on bottoms of feet

Kids Collection: Thinker, Calmer, Stronger, Rescuer, Steady, Brave,

Hormones & Women's Health

LLV & Women's Health Kit (ClaryCalm, Bone Nutrient, Phytoestrogen Complex) daily.

SuperWoman Blend:

12 drops Clary Sage
10 drops Lavender
5 drops Geranium
5 drops Cedarwood
4 drops Ylang Ylang
Fill 10 mL roller with FCO

Thyroid Support

LLV daily, AND 20 drops each: Myrrh and Lemongrass, Fill 10 mL roller with FCO

Roll over thyroid & wrists three times a day.

And, layer 1 drop of Frankincense over top.

Blood Pressure

Daily LLV, 1-2 drops YarrowPom under tongue, 1-2 drops Lemon in glass of water.

12 drops Helichrysum
12 drops Ylang Ylang
8 drops Cassia
8 drops Frankincense
8 drops Marjoram
Fill 10 mL roller with FCO

Roll on bottoms of feet and carotid arteries twice a day.

Pancreas/Blood Sugar

LLV daily, AND 1-2 drops of Balance on bottoms of feet in am. 1-2 drops of Lavender on feet at bedtime.
1 drop Cinnamon in coffee/tea.
Blend: 2 drops each: Clove, Cinnamon, 4 drops Rosemary, 3 drop Thyme Fill 10 mL roller with FCO, 2xday

Skin Owies

Correct X Ointment OR

20 drops Lavender
20 drops Melaleuca
Fill 10 mL roller with FCO

Place above in Roller or in 2 ounce Spray Bottle and fill with distilled water. Shake before use.

Focus & Concentration

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

Perfume

20 drops Whisper, OR Balance OR Passion
Fill 10 mL roller with FCO

Roll on to pulse points.

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



cleaning naturally with essential oils

Tub & Sink Scrub

1 cup baking soda
1 cup borax
20 drops Melaleuca
20 drops Eucalyptus

Mix and store in a mason jar.
Sprinkle into tub, shower or sink.
Pour ½ cup vinegar to coat solution. Allow to foam, and scrub.

After Shower Spray

4 ounce spray bottle
15 drops Eucalyptus
15 drops Melaleuca
Fill with Distilled Water

Shake and spray down shower after each use.

All Purpose Cleaner

8-ounce glass spray bottle
1 teaspoon On Guard Concentrate Cleaner
4 drops On Guard
Fill with Distilled Water

Shake before using.
Spray surface and wipe clean.

Fruit & Veggie Soak

Fill your sink with water
Add 1 cup Apple Cider Vinegar
10 drops of Lemon

Soak for a few minutes, rinse with cold water. Let dry.

Air Freshener

4 ounce glass spray bottle
15 drops Purify
10 drops Wild Orange
Fill with Distilled Water

Shake and spray!

Non-Toxic Laundry

Washer: Use doTERRA's all natural laundry soap and if the clothes are really dirty add a tbsp of borax and that does the trick.

Dryer: Use wool dryer balls and add a drop of purify with another essential to it and my laundry comes out clean and smelling amazing.

For sheets and towels add a drop of lavender for its calming benefits.

For clothes add a drop of Wild Orange for it's uplifting benefits.

For more DIY recipes download my Be Well ebooks:

- ▶ [Be Well Simple DIY Recipes for Your Home](#)
- ▶ [Be Well Simple DIY Recipes for Personal Care](#)
- ▶ [Be Well 10 Simple Steps to Be the Best You](#)



top 10 essential oil diffuser recipes

Diffuse any of the following oils from your kit and enjoy the benefits. The number of oil drops will depend on preference, the capacity of your diffuser and the size of the room. There is no wrong amount, but usually, the sweet spot is 5-8 drops. Experiment and have fun!

TO CLEAN: Fill half-way with water. Add 10 drops pure white vinegar and run for 5 minutes, allow the vinegar to disperse throughout. Drain. Dip cotton swap in white vinegar and wipe down reservoir and ultrasonic mist chip. Air dry before using. Clean as needed.

Single Oil Diffuser Recipes

- **Lavender:** relaxing, calming for a restful night sleep
- **Lemon:** clean scent, purifies, mood booster
- **Peppermint:** energy, improve concentration, opens airways
- **Melaleuca:** purifies and freshens the air
- **Breathe:** opens airways, calming for a restful night sleep
- **On Guard:** cleanses the air and boost the immune system
- **Frankincense:** calming, mood boosting and evokes feelings of confidence

Diffuser Blend Recipes - Equal drops of each

- Lavender & Breathe
- Lime & Lemon
- Wild Orange & Peppermint
- Peppermint & On Guard
- Peppermint & Breathe
- Cedarwood & Lavender
- Melaleuca & Lemon
- Lemon, Lavender & Peppermint
- White Fir & Grapefruit
- Lemon & Breathe
- Wild Orange & On Guard
- On Guard & Breathe
- Balance & Elevation
- Frankincense & Lavender
- Cassia & Lemongrass
- Vetiver & Lemon
- Lemongrass & Lavender
- Bergamot & Wild Orange

Diffuser Capacity Drops Added

100 mL: 6 drops

500 mL: 20 drops



doTERRA Petal Diffuser

- Substantial mist output helps purify and humidify the air
- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Simple, 3-piece diffuser is easy and convenient to use
- Stable and light for the many spaces in your life
- Ultra-fine mist reaches up to 330 square feet



doTERRA Lumo Diffuser

- Customizable output: 2 or 5 hrs continuous preset
- 10 hrs intermittent preset (5 min. on / 5 min. off)
- Ultrasonic technology
- Seven lighting color options
- Maple wood base
- Coverage of up to 540 sq. feet



doTERRA Volo Marble & Volo Onyx Diffusers

- One, three and six-hour settings with highest mist output
- Up to 14 hours on lowest mist output
- Reaches up to 300 square feet
- Auto-dimming timer light
- Optional light settings: light-free, warm, or bright ambient light



what's in a name?

doTERRA's Brand Name vs. Blend

Anti-Aging Blend = Immortelle
Calming Blend = Adaptiv
Centering Blend = Align
Cellular Complex = DDR Prime
Cleansing Blend = Purify
Comforting Blend = Console
Courage Blend = Brave
Detoxification Blend = Zendocrine
Digestive Blend = DigestZen
Digestive Blend = Tamer (Kids)
Encouraging Blend = Motivate
Enlightening Blend = Arise
Essential Oil Blend = Hope
Focus Blend = InTune
Focus Blend = Thinker (Kids)
Grounding Blend = Balance
Grounding Blend = Steady (Kids)
Inspiring Blend = Passion
Invigorating Blend = Citrus Bliss
Joyful Blend = Elevation
Massage Blend = AromaTouch
Metabolic Blend = Slim & Sassy
Monthly Blend for Women = ClaryCalm
Passion = Inspiring Blend
Reassuring Blend = Peace
Restful Blend = Serenity
Restful Blend = Calmer (Kids)
Protective Blend = OnGuard
Protective Blend = Stronger (Kids)
Renewing Blend = Forgive
Repellent Blend = TerraShield
Respiratory Blend = Breathe
Restful Blend = Serenity
Soothing Blend = Deep Blue
Soothing Blend = Rescuer (Kids)
Steadying Blend = Anchor
Topical Blend = HD Clear
Tension Blend = Past Tense
Uplifting Blend = Cheer
Women's Blend = Whisper

Supplements

Bone Nutrient Complex = Bone Nutrient Lifetime Complex
Calming Blend = Adaptiv Capsules
Cellular Complex = DDR Prime Softgels
Cellular Vitality Complex = Alpha CRS
Chewable Multivitamin = A2Z Chewables (Kids)
Chewable Tablets = DigestTab
Detoxification Blend Complex = Zendocrine
Digestive Enzyme Complex = Terrazyme
Digestive Blend Softgel = DigestZen Softgels
Energy & Stamina Complex = Mito2Max
Essential Oil Omega Complex = xEO Mega
Food Nutrient Complex = Microplex MVP
GI Cleansing Formula = Gx Assist
Metabolic Blend = Slim & Sassy Softgels
OMEGA 3 = IQ Mega
Phytoestrogen Complex = Phytoestrogen Lifetime Complex
Probiotic Defense Formula = PB Assist
Probiotic Powder = PB Assist Jr.
Protective Softgel = OnGuard+ Softgel
Restful Complex Softgels = Serenity Softgels
Seasonal Blend Softgels = TriEase Softgels



co-impact sourcing



Distillation process of doTERRA Ylang Ylang essential oil in Madagascar.

In addition to supplying the highest quality, essential oils doTERRA is committed to making a positive difference in the lives of farmers, harvesters, and distillers who contribute to doTERRA's oil production.

With over 100 essential oils in its product line, doTERRA sources its oils from over 40 countries —more than half of which could be considered developing countries.

To ensure that small-scale farmers and harvesters in disadvantaged areas are treated ethically, doTERRA has introduced an initiative called Co-Impact Sourcing.

Co-Impact Sourcing is an initiative that seeks to develop long-term, mutually beneficial supplier partnerships while creating sustainable jobs and providing reliable income in

underdeveloped areas. doTERRA is committed to the ethical treatment of its suppliers by providing on-time payments at fair prices. Growers and harvesters are encouraged to form cooperative groups to share collective benefits and bargaining power while improving skills and capacity.

Additionally, the Healing Hands Foundation, doTERRA's charitable organization, provides funding and resources to create community-based, social-impact projects to improve lives in the larger communities where oils are sourced. Past projects include building or sponsoring existing medical clinics, installing drinking water and irrigation systems, building schools, and providing other educational resources such as vocational training programs.

🎥 [Impacting Lives with doTERRA cō-Impact Sourcing Video](#)

🎥 [cō-Impact Sourcing Changes Lives Video](#)

🎥 [Sourcing Petigrain Video](#)

🎥 [Haiti - Vetiver an Amazing Oil and Benefits Video](#)

🎥 [The Delicate Process of Harvesting Jasmine Video](#)

🎥 [Sourcing Ylang Ylang from Madagascar Video](#)

🎥 [Sourcing Spikenard from Nepal Video](#)

🎥 [Sourcing Cardamom from Guatemala Video](#)

🎥 [Sourcing Wintergreen from Nepal Video](#)

🎥 [Sourcing Arbovitae from Canada Video](#)

🎥 [Sourcing Pink Pepper from Kenya Video](#)



resources



doTERRA Customer Service 800.411.8151



doTERRA.com

- To order products, log in with your Member ID and Password
- Place a one-time order or Loyalty Rewards Order
- Learn about the Company, Healing Hands, Humanitarian, Blogs, Education, Events, Tools, Recognition and more!



Third Party Accessories (bags, rollerballs, spray bottles, clothing, etc.)

- [AromaTools.com](#)
- [OilLife.com](#)
- [ShareOils.com](#)
- [SewGrown.com](#)
- [LiveNaturallyTools.com](#)
- [Amazon](#)



Education / Book Suggestions / PodCast

- Oil Camp (online exclusive to our team!)
- doTERRA Essential Oils Solutions PodCast
- doTERRA's Empowered Life Online Series
- [EmergeSalesTraining.com](#) online training
- The Sales Journey Podcast
- Lisa Zimmer
- Tiffany Peterson Minutes to Motivate Podcast
- The Slight Edge, Jeff Olson
- Start with Why, Simon Sinek
- Go Pro, Eric Worre
- How to Win Friends & Influence People, Dale Carnegie
- Seven Habits of Highly Effective People, Steven Covey
- Being a Starfish, Neal Anderson
- Making the First Circle Work, Randy Gage



Apps for Phone (Google Play or iTunes)

- The Daily Drop
- The Essential Life
- Essential Emotions
- EoEbooks
- doTERRA Living
- doTERRA Leadership

*These statements have not been
evaluated by the Food and Drug
Administration. Not intended to diagnose,
treat, cure, or prevent any disease.

team Be Well

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