



We are excited to have you join us for our 8 week **Continuing Education Series!** You will love this series if you are new to our oil community or want to expand your knowledge of how to support your health + solve everyday things that come up using your oils!

This package includes:

- ✓ Space to keep notes each week
- ✓ Spaces to fill in the code word for each week
- ✓ Your Invitation for our Games + Giveaways Night
- ✓ eBook of the recipes we share throughout the series
- ✓ Info on how to earn money sharing doTERRA if you're interested

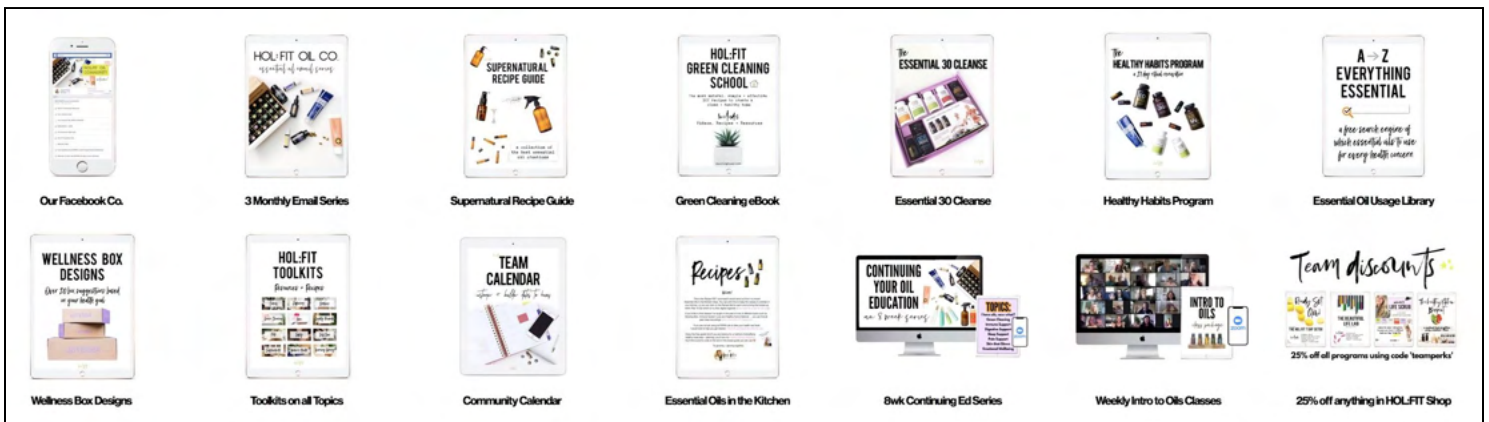


Continuing Education Topics:

- | | |
|------------------------------------|-------------------------------|
| 1. Pure Essential Oil Power | 5. Sleep Support |
| 2. Green Cleaning | 6. Pain Support |
| 3. Immune System Support | 7. Skin that Glows |
| 4. Digestive System Support | 8. Emotional Wellbeing |



This 8 week series is one of the ways we love on you as part of our community! Visit our [Resource Hub](#) to see our full library of gifts:



password = oils

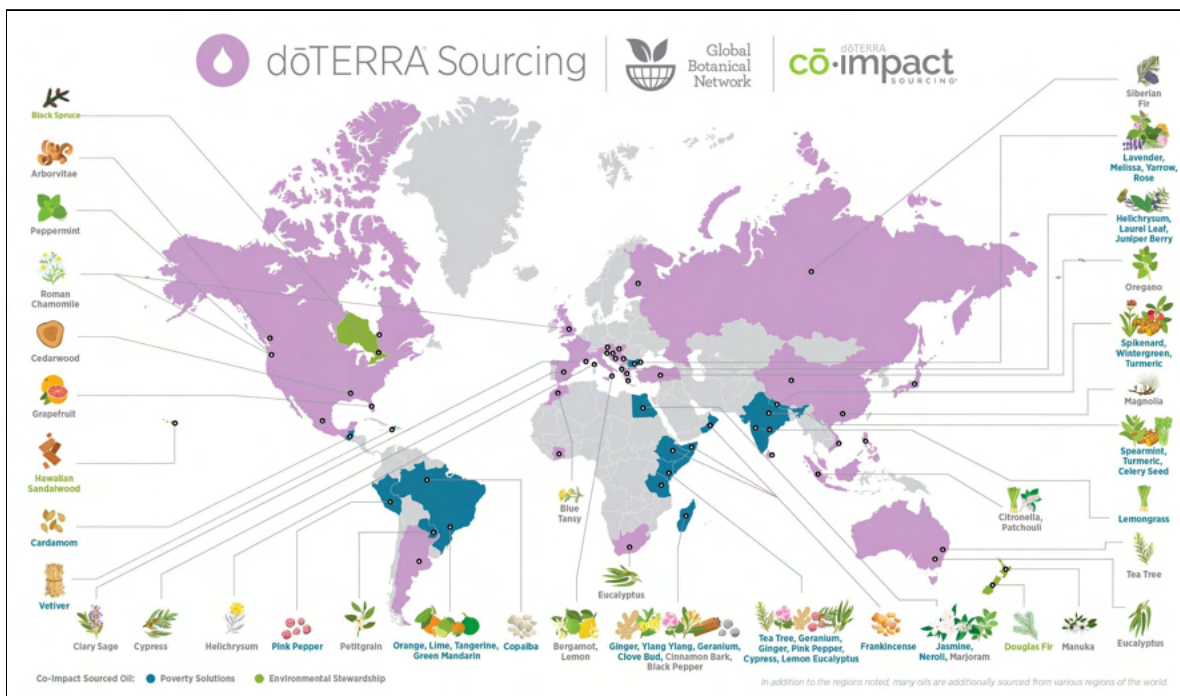


Why do our oils work?

Did you use another brand of essential oil before trying doTERRA? It's quite likely that what you were using was adulterated to smell like the plant without actually having the pure plant constituents in it. It has been found that **over 80%** of essential oils sold today are not the real plant oil!

There are 2 reasons why doTERRA oils work so well:

1 The Sourcing



Sourcing the plants where they grow abundantly around the world, means those plants will have the most potent constituents to offer as an essential oil. **This is a great video** to understand how impactful doTERRA's sourcing model is.



2

The Quality Testing:

You can go to [Source To You](#) and scan the code on the bottom of your doTERRA bottle to see the most recent quality testing report + sourcing info:

Most Tested. Most Trusted.

Each batch of doTERRA essential oils goes through a battery of rigorous tests to ensure you and your family receive only the most pure, potent, and effective oils on earth. Enter your unique Quality ID to view GC/MS test results from an independent, verified third party lab. We are committed to providing you the highest quality oil, every time.

Proprietary blends are not supported by GC/MS. Please enter single oils to receive your GC/MS test results.

Enter your Quality ID

[Submit](#) [How to find your Quality ID](#)

When you are working with pure constituents, you can expect to receive the results you are looking for. Every pure essential oil has dominant constituents which are basically *the superpower of the plant*.

Click below to see the constituent wheel of each oil:





**WEEK 1:
PURE ESSENTIAL
OIL POWER**

Notes:



Notes:



Safety Tips:



Use your reference guide to find solutions for concerns as they arise.



Different oils work for different people. When you're not getting desired results, try different oils or different application methods.



Massage to increase benefits and promote rapid absorption.



Try different application methods; apply oils under tongue, or to bottoms of feet, spine, or navel.



Use oils topically with Fractionated Coconut Oil to achieve greater sustained absorption.



Avoid contact with eyes, inside of nose and ears.



Dilute with Fractionated Coconut Oil for sensitive skin and sustained absorption. Refer to the dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has pre-diluted oils.



Avoid sun exposure for at least twelve hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.



Read labels and follow recommendations.



Keep your oils at their best by avoiding exposure to extreme temperatures or direct sunlight.



Use glass containers with your oils, as they can break down some plastics over time.

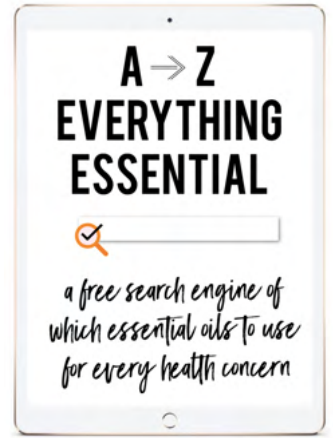


dōTERRA® oils are very potent. Use smaller amounts more frequently for best results.





Resources for you:



Premade massage oil blends

Premade frequently used oil blends

Premade diffuser blends to keep near diffusers

Premade skin oil blends

Use as a travel container for liquids

Gift an oil blend to a friend

Make a pillow or linen mist

Add a spray top to create hand cleanser or convenient blends

Premade diffuser blends to keep near diffusers

Make a pillow or linen mist

Make a skin balm

Small item & craft storage

Travel sized scrubs & lotions

Small lunch box treats

Store homemade salves

Make hand cleansing mist

Make a natural deodorant

BALM IDEAS

- Owies:** Lavender & Tea Tree
- Post Sun:** Peppermint & Lavender
- Chest Rub:** Breathe & Lime
- Stretched Skin:** Neroli & Grapefruit

Gift or store bath salts

Share supplements with your friends

Drill small holes in top & use for dry shampoo or carpet refresher

Travel snacks for the littles

Gift or store DIY scrubs

Travel with pet food

Store cereal, rice or pastas

Store DIY cleaner refills

Add a spray top for homemade cleaners

Add a spray top for homemade cleaners

Mix hair dye

Keep water near diffusers

Add a pump top & fill with FCO for workshops

Small item & craft storage

Paint & use as a vase or in place of mason jars for crafts

DIY Musical toys for kiddos

On the go doggie water bowl



MONTHLY HEALTH PLAN

month: _____



health objectives

morning

afternoon

evening

 on next order



Setting up your loyalty rewards:

- 1** Once you are logged in on doterra.com click the **"Create New Loyalty Order"** button.
- 2** Choose a processing date before the 15th to help you qualify for the **FREE** Product of the Month and then click **"Save Date and Shop"**.
- 3** **Go shopping!** Add all the items you'd like on your next order into your bag.
- 4** When you're done shopping, click the bag icon at the top of the screen and select **"Review Loyalty Order"** to review the details including products, shipping, and credit card information.
- 5** If all the details for your order look right, click **"Save and Process on (date)"**.

Click the image below to watch these 2 min videos:

Placing an LRP Order

Editing and Deleting an LRP Template

Redeeming LRP Points

Using the LRP Widget

Edit Ship and Billing Address

Edit E-mail Address

Update Your Credit Card

Using the Live Chat Feature



DIY SUPPLIES:

Shop



Sample Wellness Box:

Shopping List:



[Click here](#) to view the 20 x wellness box suggestions we created for you based on your current goal





NEW MONTHLY OFFERING!



On the 3rd Monday
of every month at
2pm + 8pm EST



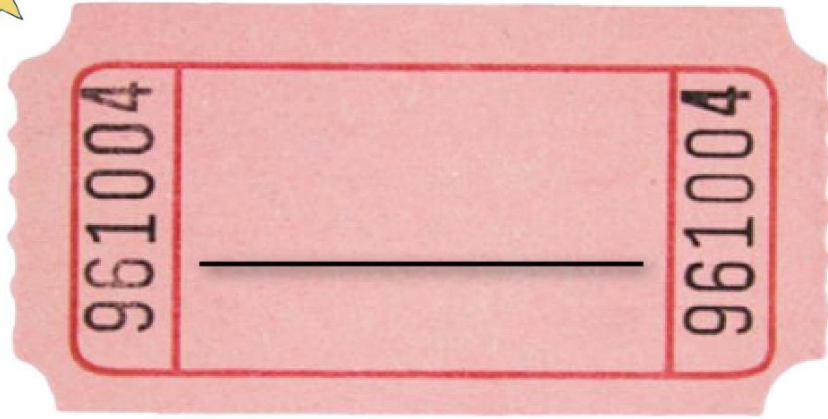
hol-fit.com/newcustomer

Every month, we offer you this Onboarding Class on the 3rd Monday of the month. You'll learn our best tips for integrating this essential oil lifestyle, how to maximize your doTERRA account and how to start a personalized 90 day wellness plan! [Register for the next one here.](#)





this week's code word:



Notes:





Notes:



Recipes from class:

Print all Supernatural Recipes





Watch this lapsed video illustrating the powerful protection of Abode oil which is infused into the Abode cleaning line







Research

Sample Wellness Box:

Shopping List:

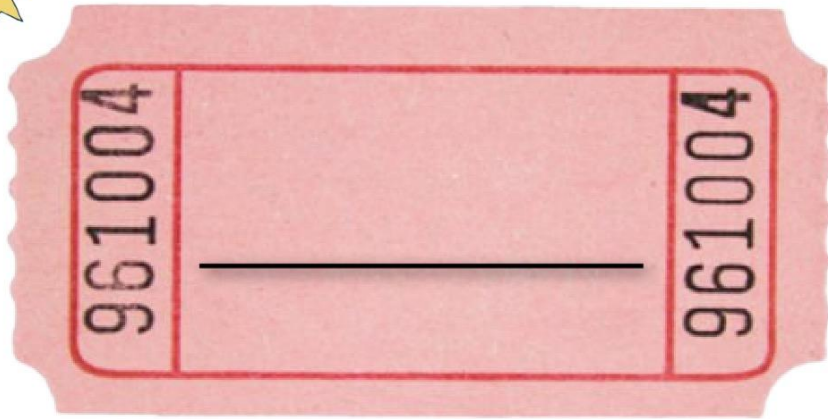


[Click here](#) to view our team wellness box suggestions





this week's code word:



Notes:





**WEEK 3:
IMMUNE SYSTEM
SUPPORT**

Notes:



Wellness Kits:

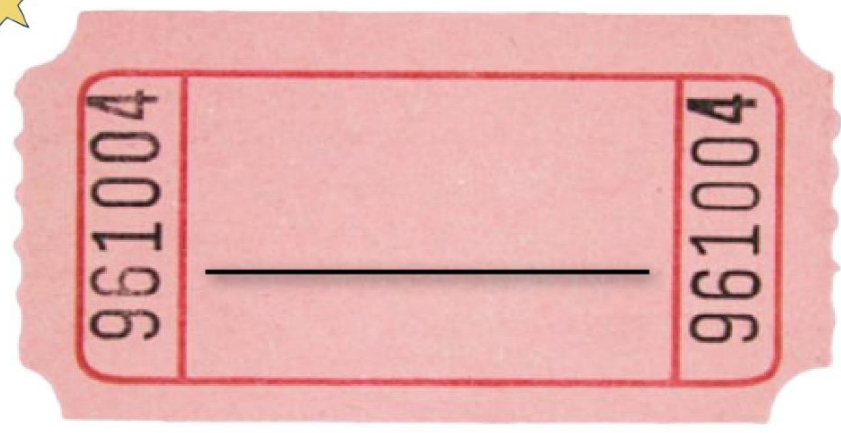
Shopping List:



See the Immunity Kit
See the Respiratory Kit



this week's code word:





**WEEK 4:
DIGESTIVE
SYSTEM
SUPPORT**

Notes:



Recipes from class:

Print all Supernatural Recipes



Wellness Kit

Shopping List:



See the Digestive Kit



this week's code word:





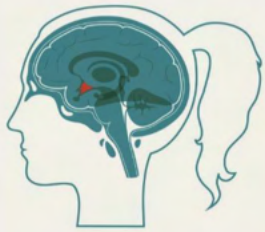
**WEEK 5:
SLEEP
SUPPORT**

Notes:



ON A SCALE OF 1-10 (0 = not at all, 10 = this is a big problem),

- How often are you aware of being stressed in your daily life? ____
- How concerned are you about the quantity and quality of your sleep? ____
- How frequently do your emotions feel difficult to manage appropriately? ____



HYPOTHALAMUS:

A tiny control tower in your brain

- When stressed, orders the brain, "send out the stress hormones"
- Designed to protect you
- Frequent or prolonged stress brings devastating effects on physical and mental well-being

SYMPTOMS OF CHRONIC STRESS:

- Irritability
- Anxiety/depression
- Headaches
- Insomnia
- Poor immune function
- Increased blood pressure

70% OF PROBLEMS SLEEPING are related to psycho-physiological issues (15% environmental, 15% medical)
Increased cortisol levels means melatonin levels will not be able to rise as they should to promote restful sleep.

nightly regimen:



SERENITY SOFTGELS

- Calms the nervous system
- Promotes healthy relaxation & sleep



COPAIBA SOFTGELS

- Soothes anxious feelings
- Promotes homeostasis & rest

alternative nightly regimen:



ADAPTIV SOFTGELS

- Encourages relaxation
- Calms and promotes positive feelings



YARROW|POM CAPSULES

- Promotes cellular health
- Support for the brain & skin

hibernation roller:

Combine 20 drops each of these 4 oils in a roller and top with fractionated coconut oil. Apply to feet, big toe, heart, palms of hands and pillow. Inhale deeply with slow, deep breaths.



FRANKINCENSE

- Prized for soothing & settling the mind
- Eases hyperactivity



VETIVER

- Natural tranquilizer
- Stops mind chatter



BERGAMOT

- Calms agitation & stress
- Natural sedative



ROMAN CHAMOMILE

- Calming & relaxing
- Soothes & clears the mind



Wellness Kit

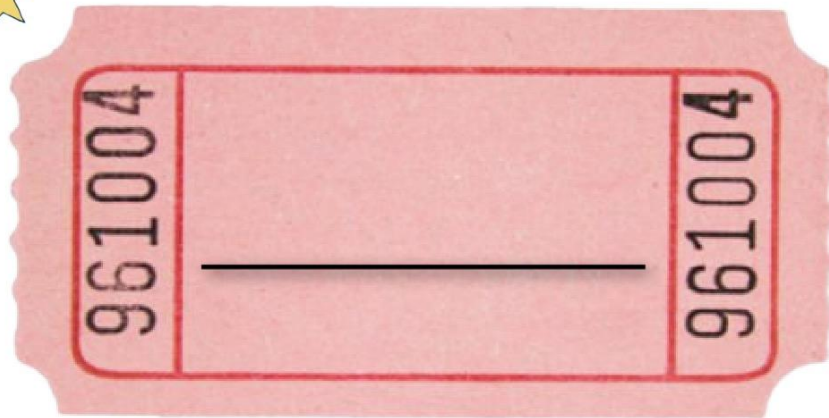
Shopping List:



See the Sleep Kit



this week's code word:





**WEEK 6:
PAIN
SUPPORT**

Notes:



Recipes from class:

Print all Supernatural Recipes



this week's code word:



Wellness Kit

Shopping List:



See the Relief Kit

JOINT PAIN: LLV +



Turmeric Capsules / Deep Blue Rub
Deep Blue Polyphenol Capsules

MUSCLE PAIN: LLV +



Turmeric Capsules / Copaiba Capsules
Marjoram / Deep Blue Rub

EMOTIONAL PAIN: LLV +



Adapativ™ Collection / Elevation
Volo Diffuser / Frankincense

DIGESTIVE PAIN: LLV +



Terrazyme / PB Assist / Digestzen
Tamer / Peppermint Softgels

HEAD TENSION/MIGRAINES: LLV +



Copaiba Capsules / Frankincense / Digestzen
Past Tense / Eucalyptus

LLV is recommended as a nutritional base. Add on additional support based on your specific needs as shown above.





**WEEK 7:
SKIN
SUPPORT**

Notes:



BEAUTY *from the inside out*

Healing, protecting, and revitalizing your skin begins from the inside out. Our skin is reflecting 80% of what is going on inside our bodies, and 20% of what is going on outside of our bodies.

FOUNDATIONAL SKIN NUTRIENTS

Lutein	Riboflavin	Biotin
Zeaxanthin	Niacin	Vitamin C
CoQ10	Panthenic Acid	Vitamin E
ALA	Cobalamin	Vitamin K
Vitamin A	Pyridoxine	Copper
Carotenoids	Folate	Zinc
Thiamine	Vitamin D	Linoleic Acid



All of these nutrients can be found in Life Long Vitality!



ADDITIONAL *internal support*



YARROW|POM

- Grapeseed and Vitamin C are essential for collagen production
- Melon enhances glowing skin



TERRAZYME™

- Supports proper elimination channels
- Calms angry, red skin (i.e., eczema)



PB ASSIST+®

- Pre + Probiotics
- Balances bacteria for optimal health
- Soothes gut inflammation



WATER

- Drink at least 1/2 your body weight in ounces, per day
- Add Lemon or Grapefruit to improve detoxification benefits



CHOOSE *a skin care line*



VERAGE®
All Natural
Ingredients
Ideal for
aging skin



HD CLEAR®
FACIAL KIT
Supports clear,
smooth skin
Ideal for acne
prone skin



**COMPLETE
ESSENTIAL
SKIN CARE**
Ideal for
any age



**The ultimate
system for
glowing skin**



**A great starter
skin system for
adolescents**



**Super nourishing with clean
ingredients. Great for dry skin +
through winter season**

Add 2 drops to
hydrating lotion
& apply to
clean face &
neck, daily



Apply to
hands or other
trouble areas
daily, to tighten,
tone & brighten



Take 1
AM & PM with
whole foods &
alkaline water
for best
absorption



ESSENTIAL OILS 201 *putting your oils to work in new ways*



Recipes from class:



Recipes from class:

[Print all Supernatural Recipes](#)



Sample Wellness Box:

Shopping List:

**GLOWING SKIN BOX:
GREAT FOR ALL SKIN TYPES**





this week's code word:



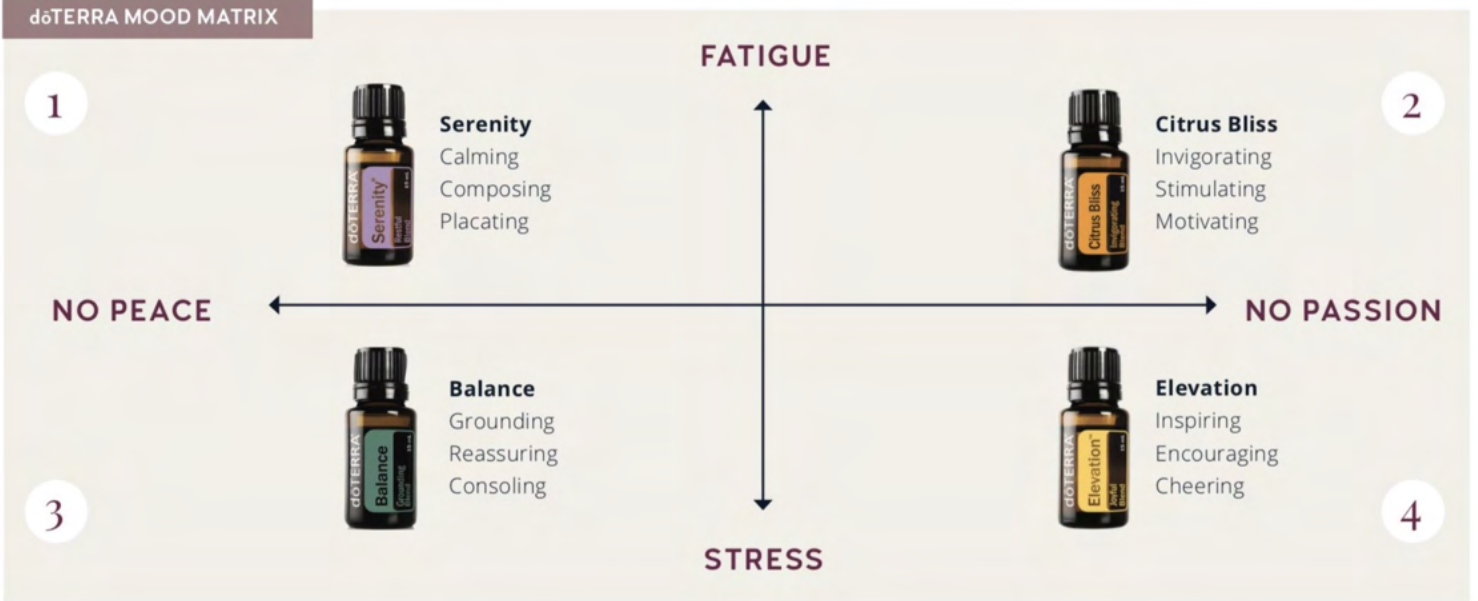


**WEEK 8:
EMOTIONAL
WELLBEING**

Notes:



dōTERRA MOOD MATRIX



ADAPTIV COLLECTION



diffuser blend recipes:

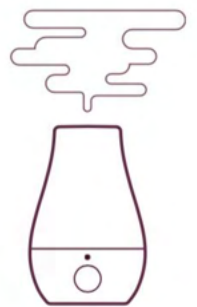
- Adaptiv
- Wild Orange

- Balance
- Wild Orange

- Citrus Bliss
- Sandalwood
- Grapefruit
- Elevation

- Forgive
- Balance
- Breathe

- Peace
- Balance
- Vetiver





Plant x Emotion Wheel

When you smell an essential oil, the aroma travels through the nose (the olfactory bulb) and goes straight to the brain (the limbic system). The essential oils can help the brain decide to make a change to the emotions you are having. Let's experiment!

Find an emotion you are feeling or have felt on the circle below...



Emotions Journal

Date:

How I feel:

Why I feel this way:

Oil I smelled:

Helped? YES NO

Date:

How I feel:

Why I feel this way:

Oil I smelled:

Helped? YES NO

Date:

How I feel:

Why I feel this way:

Oil I smelled:

Helped? YES NO

Date:

How I feel:

Why I feel this way:

Oil I smelled:

Helped? YES NO



The 7 day Melissa Challenge

Melissa is the friend that will help you let go, move past emotions & push forward.

EMOTION	BENEFITS
Weighed down	Encourages you to keep going
Stuck	Sparks purpose and vision
Lack confidence	Ignites your true self
Hopeless	Letting go of low vibrations
Held back	Opens you up to potential

For the next 7 days, join us, by using Melissa in one of the three ways listed below



1 DROP UNDER THE TONGUE



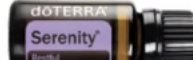
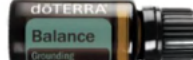
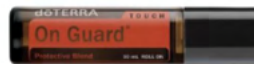
1 DROP RUBBED INTO THE FOREHEAD



1 DROP INHALED FROM THE PALMS

ENJOY THE EXPERIENCE & THE RELEASE

kids



adults



Wellness Kit

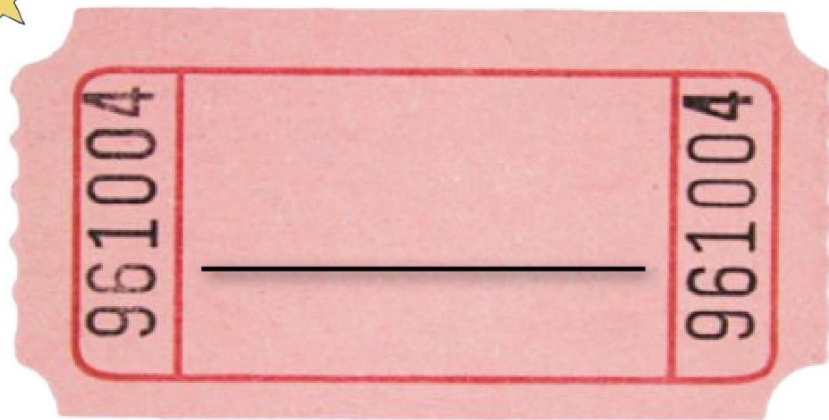
Shopping List:



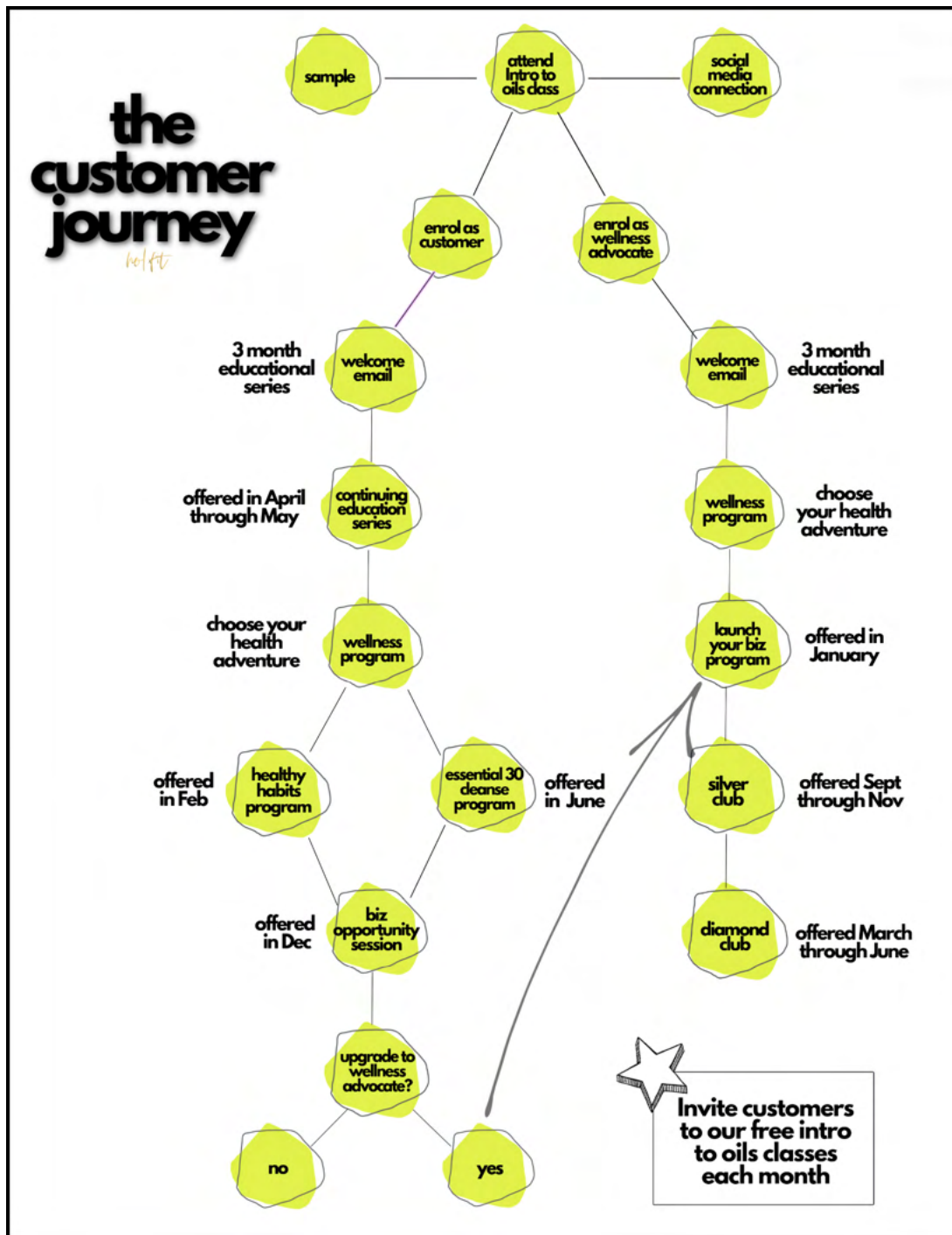
See the Mind + Mood Kit



this week's code word:



Our customer experience:



view our community calendar



The Business Opportunity

As a customer on our team, you can upgrade your account for free to Wellness Advocate. And then we make it super simple for you to share the oils + earn commissions:

The diagram is enclosed in a black rectangular border and is divided into three main sections from left to right:

- share oils:** On the left, there is an illustration of six small, brown glass bottles with black caps. Above them is the handwritten text "share oils".
- enroll your customer:** In the center, there is an illustration of a tablet and a smartphone. The tablet screen displays "INTRO TO OILS class package" with a small image of bottles. The smartphone screen displays the Zoom logo. Above this illustration is the handwritten text "enroll your customer".
- plug them into our community support, programs + ebooks:** On the right, there is an illustration of various essential oil products, including bottles and a box labeled "HOL-FIT OIL COMMUNITY welcome!". Above this illustration is the handwritten text "plug them into our community support, programs + ebooks".

Below the "enroll your customer" section, the handwritten text "invite to our classes" is written.

All you do is invite to our **monthly oil classes**, enroll your customer and then plug them into our community. You don't have to be an expert or build a team and your only business cost is your personal 100pv order each month!

You can watch our most recent **Biz Opportunity** recording and sign up to join us for our next **Launch Your Biz** Program:



Join us for Games + Giveaways!

Have your 8 x code words ready and [go here](#) to fill in our form!
You will receive an invite from us to join us for a night of fun
virtual games + giveaways!

↓ ↓ ↓
Fill in this form:

Today's Date: *

MM DD YYYY

Name *

First Name Last Name

Email *

Address *
for shipping your prizes if you win!

Address 1

Address 2

City State/Province

Zip/Postal Code

Country

Are you a current doTERRA customer on our team? *
 NO
 YES

What is your doTERRA ID #? *
*This is a HOL-FIT team exclusive. Your ID # will be cross referenced with our team back office before you receive the welcome package

What are the 8 x code words we gave you in the series? *



Bonus gift for you:

Enjoy this **ebook of recipes** that we share throughout the 8 week series!

