

# THE 2018

## - Dream Convention Kit -

### INFORMATIONAL EBOOK



# Usage Methods

01

## AROMATIC USAGE

To use essential oils aromatically, rub a couple drops in your palms and inhale deeply. You can also add oils to your favorite diffuser. Using a diffuser disperses tiny molecules of water vapor and essential oils over a large space in your home. This is a great way to purify your air, help support healthy respiratory function, promote relaxation or restful sleep, and help to boost your mood and energy levels. Click the pic to the right for more info about aromatic usage. Check out this link for info on how to clean your diffuser.  
[doterra.com/US/en/blog/healthy-living-cleaning-and-caring-for-your-diffuser](https://doterra.com/US/en/blog/healthy-living-cleaning-and-caring-for-your-diffuser)



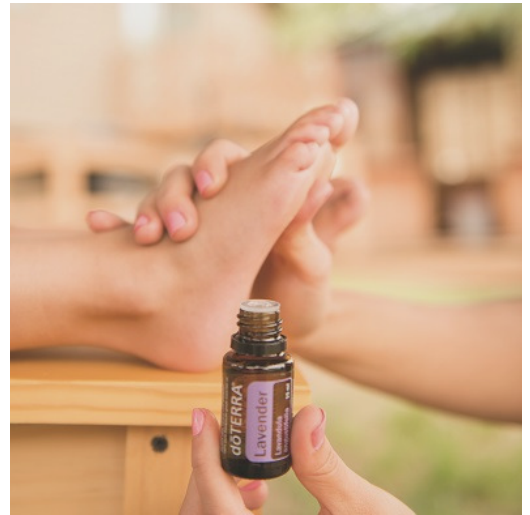
02

## TOPICAL USAGE

Topical usage is when essential oils are applied to the skin.

Keep in mind it's always best to dilute essential oils when using topically, some will require more dilution than others.

More about those guidelines on the next page. Topical application can be one of 2 ways; Targeted - when you can point to an ailment like a headache, stomach ache, or rash, apply directly to the affected areas; Systematic - for a whole body issue like sleep or mood, apply to the bottom of the feet and spine. Additionally many citrus oils are photosensitive; meaning they can increase your skins reaction to sunlight. Do not apply citrus to the skin right before periods of prolonged direct sunlight or before tanning. Apply to covered areas, or wait until after sun exposure. Click the image to the right to learn more about dilution.



03

## INTERNAL USAGE

Internal usage is a great way to detoxify your system, support immune function, or support a healthy digestive system. Bottles labeled with "supplement facts" are safe for internal use. Many oils taste great when added to your water, drinks, or food. You can also make your own oil capsules to take some of the less tasty oils internally for their health benefits. Always drink oils from a glass, stainless steel, or ceramic drinking container... never plastic. Click the pic to the right for more info about internal usage. Check out the links below to learn how we can safely ingest dōTERRA oils, and how they benefit our health.  
[doterra.com/US/en/blog/science-safety-physiology-safe-to-ingest-essential-oils](https://doterra.com/US/en/blog/science-safety-physiology-safe-to-ingest-essential-oils)

[doterra.com/US/en/blog/healthy-living-reasons-to-use-oils-internally](https://doterra.com/US/en/blog/healthy-living-reasons-to-use-oils-internally)



# Safety with Dilution

## APPLICATION METHODS

- A** Can be used aromatically
- T** Can be used topically
- I** Can be used internally

## SKIN SENSITIVITY

- N** Can be used topically with no dilution (NEAT)
- S** Dilute for young or sensitive skin (SENSITIVE)
- D** Dilute before using topically (DILUTE)

## dōTERRA APPLICATION & DILUTION GUIDE

When you look up any dōTERRA essential oil on the dōTERRA website, you will notice the product information page labeled with the symbols from the left hand image. Take note of these labeling guidelines as they are on most of the dōTERRA branded literature about our essential oils. They will help you quickly identify how to use your oil, and the best way to dilute if using topically. We will talk more about the BOGO week oils and these same labeling guidelines will be used.

## ROLLER BOTTLE DILUTION GUIDE

Later in this guide we will talk about making your own roller bottle blends from home. Making your own rollers is a great way to pair oils that work better together to support your body. These blends work synergistically to support a healthy physical and emotional state. The guide to the right is my favorite for allowing you to choose the right amount of drops for your blend. Keep in mind there are ranges per age. For a more severe issue, like supporting the immune system when you are feeling under the weather, use a higher concentration of essential oil. For more minor issues like an itchy bug bite, you can go lighter on the dilution chart (within your age range.) Click the dilution chart to the right for more info about diluting.

### *Roller Dilution Chart*

		%	5ml	10ml		
12-Adult	6-11 Years	1-5 Years	0-12 Months	0.5%	1/2 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%	37.5 drops	75 drops			
	50%	75 drops	150 drops			



# Safety with Sun & Kids



## PHOTOSENSITIVE OILS

There are some oils that need to be used sparingly or in alternate locations when being exposed to the sun for extended periods of time. These oils are called "photosensitive oils". Typically photosensitive oils are citrus oils, although blends that contain citrus oils can also be photosensitive. You can find a complete list of these oils and precautions by clicking the image to the left. These oils are safe to apply to areas of skin that will not be exposed to direct sunlight.

## USING PEPPERMINT & EUCALYPTUS IN CHILDREN

There is much debate about the safety of certain essential oils being used on young children. Its best for each parent to do their own research and make an informed decision for themselves. Find more research about the two most controversial oils - peppermint and eucalyptus by clicking the picture to your right. If you are having a hard time making a decision partner with the person who introduced you to dōTERRA so they can provide you some more guidance.





# The 2018 Convention Kit

THE FOLLOWING PAGES WILL WALK YOU THROUGH EACH OF THE NEW PRODUCTS OFFERED IN THE 2018 DREAM CONVENTION KIT. THIS INFORMATION WILL HELP YOU UNDERSTAND WHAT TO DO WITH THESE OILS AND PRODUCTS AND HOW THEY ARE MOST COMMONLY USED.

REMEMBER THERE ARE HUNDREDS OF USES FOR EACH OIL!  
THESE ARE JUST SOME OF THE MOST COMMON.

IF YOU NEED HELP, REMEMBER YOU CAN ALWAYS REACH OUT TO WHOEVER GOT YOU STARTED WITH YOUR dōTERRA MEMBERSHIP AND THEY WILL BE HAPPY TO HELP YOU OUT.





# Balance Deodorant

- After bathing or showering, apply the Natural Deodorant to your dry underarm area. **Revel in the aromatherapy benefits, while soothing the underarm skin.**
- Daily application of Natural Deodorant helps to **combat odor and keep you dry.** Baking soda and essential oils are used to combat odor, while arrowroot absorbs moisture and **keeps you feeling fresh.**
- This Balance infused Natural Deodorant **promotes confidence and tranquility** in your morning routine. Balance is known for its ability to **bring harmony to the mind and body and balance to the emotions.** Ho Wood, Blue Tansy, and Blue Chamomile ease anxious feelings, while Frankincense provides a powerfully grounding, balancing effect on emotions.
- Thanks to its woody, herbal aroma and natural ingredients, the Natural Deodorant is **suitable for all genders and ages.** Anyone who is interested in a **safe, aluminum-free deodorant** needs to give this product a try.

READ MORE HERE







# Beautiful Hydrating Body Mist

- Spray your body with Hydrating Body Mist to **lock in moisture** and enjoy instant **aromatherapy benefits**. Airless 360 degree application makes it easy to apply anywhere from any angle
- **Freshen up** before a date, an event, or a meeting with a quick, fragrant spritz of Hydrating Body Mist. The unique Beautiful essential oil blend **instills peaceful, relaxed feelings** in the wearer.
- Apply to **keep your skin soft and supple** throughout the day, especially to exposed skin while wearing shorts or a skirt in summer
- Beautiful essential oil blend **provides emotional support** when you are feeling overwhelmed. Use when you feel stressed for an aromatherapy pick-me-up that will **uplift your mind and calm your emotions**.
- Use in conjunction with doTERRA SPA Line item or any of your own DIY spa products.

READ MORE HERE



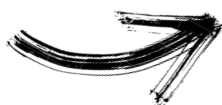




# Copaiba Softgels

- Our bodies need antioxidants to properly support our cellular health. Take a Copaiba Softgel on a regular basis for **powerful antioxidant support**.
- The nervous system is made up of the brain, spinal cord, and nerves that send and receive messages throughout the body. These messages help us process sensory information, control movements, and generate thoughts and feelings. Take Copaiba Softgels when you need to **soothe and calm the nervous system**.
- Each softgel contains 120 mg of Copaiba oil, which is just the right amount for your body. Something else to be excited about? The softgel casing is now **carrageenan free**.
- Copaiba supports the **health of the lungs and respiratory system, the digestive system, the immune system, and the cardiovascular system**. Take a softgel to address concerns with any or all of these systems.

READ MORE HERE





# Green Mandarin

- COMPOSING - RECLAIMING - RESOLVING -

- **Uplifting To The Mood** - Diffuse or take a drop under tongue
- **Soothes Anxious Feelings** - Diffuse or take internally
- **Supports Healthy Digestive Processes** - Apply to area of concern and or take internally
- **Supports Healthy Circulation & Soothes Water Retention** - Take 1-2 drops with Black Pepper under the tongue or in a capsule 2x daily
- **Promotes Healthy Liver & Kidneys** - Take with 1-2 drops of Lemon & Juniper Berry 2x per day
- **Promotes Clear Skin** - Combine with your skin care products and apply to area(s) of concern

READ MORE HERE

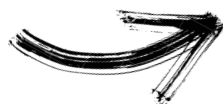




# Kids Collection

- Apply Calmer Restful Blend to wrists before bedtime or naps to **quiet the mind** and **soothe away worries**. This blend can help older children take control of their own sleeping habits.
- When your child is feeling **self-doubt, worry, or anxiety**, apply Brave Courage Blend. Courage **promotes confidence and belief in oneself**. Use before sports events, musical performances, tests, or anytime children need a little **encouragement**.
- If your child is getting **distracted** during homework time, pull out Thinker Focus Blend. Apply to the wrists of children who are easily distracted. This is also a great blend to **use before tests**.
- When your child is in need of a **comforting touch**, apply Strong Protective Blend during times of **distress**. It supports a natural **immune defense** and offers **emotionally strengthening** benefits. When your child isn't feeling the best, apply to the back of the neck for an added boost.
- After your child's soccer game or after a busy day running around the neighborhood, apply Rescuer Soothing Blend to your child's temples, neck, joints, or other targeted areas for all-around **comfort**. In addition to its topical benefits, Rescuer also promotes a **relaxing and tension-free environment**.
- When your child's emotions seem close to the surface, you can **support balanced feelings** with Steady Grounding Blend. Before your child leaves for school, apply Steady on the bottom of the feet to **promote feelings of calmness and tranquility** throughout the day. Apply Steady to wrists or neck as needed during the day to **steady the emotions**.

READ MORE HERE





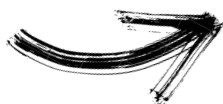


# Magnolia

- OPENING - RESPLENDENT - HEAVENLY -

- **Soothes Anxious Feelings & Uplifts Mood** - Apply to back of neck, forehead, under nose, or over heart, inhale.
- **Supports Female Cycles & Balance** - Apply in clockwise circulatory motion over lower abdomen, and to wrists & ankles
- **Combats feelings of Anger, Rage, Panic or Grief** - Apply to back of neck, forehead, under nose, over heart or bottoms of feet, inhale.
- **Supports Respiratory, Sinus, & Lymphatic Health** - Apply to chest & back and or bottoms of feet, combine with Cardamom or Eucalyptus
- **Promotes Healthy Libido & Sexual Organs** - Apply to wrists, chest, back of neck, or reproductive organ reflex points

READ MORE HERE

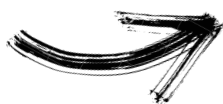




# OnGuard Mouthwash

- This formula is safe and gentle for everyone, plus alcohol free. If you struggle with dry mouth at all, it is important to use an alcohol-free option. This also means that it is safe for kids twelve years old and older.
- Use to fight plaque and maintain clean teeth. Miswak extract helps to reduce excessive plaque buildup, and keep your smile bright in the process.
- Your gums are also affected by plaque, which is why flossing is so important. This mouthwash plays a critical role by rinsing away some of the debris and food particles that could potentially irritate your gums.
- OG Mouthwash has all natural ingredients, including xylitol, help to strengthen teeth.
- Use daily to help your mouth feel fresh and clean for longer. You can feel good about this clean-feeling too, because only natural ingredients are used—no harsh chemicals or artificial flavors needed.

READ MORE HERE





# Pink Pepper

- ELIMINATING - CLARIFYING - ENLIVENING -

- **Lymphatic Cleansing & Candida Issues** - Combine w/ Frankincense and take 1-2 drops 2x daily in water or capsule
- **Digestive System Health** - Use with Cardamom and apply to area(s) of concern. Take 1-2 drops multiple time per day
- **Soothing Pain Support & Relief** - Combine w/ Frankincense & Copaiba and apply to area(s) of concern and or take internally
- **Women's Monthly Support** - Apply to areas of discomfort or related reflexology points combine with Marjoram and or Geranium
- **Respiratory Issues** - Apply to chest & back over lung area or take 1-2 drops internally, diffuse with Melaleuca
- **Circulatory Health** - Take internally or apply with diluted Clove to area(s) of concern

READ MORE HERE





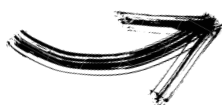


# *Turmeric*

- COMPELLING - CERTAIN - DYNAMIC -

- **Cellular & Immune Health** - Take 1-2 drops multiple times per day as part of a protocol
- **Joint Discomfort** - Apply to area(s) of concern & take 1-2 drops 2x per day
- **Support Healthy Blood Supply** - Take 1-2 drops multiple times per day, inhale from palms, apply to forehead, bottoms of feet, and along spine
- **Digestive Parasites** - Take 1-2 drops multiple times per day as needed
- **Soothe Tension & Anxious Thoughts** - Diffuse, apply to back of neck and along spine, pair with Balance
- **Oral Health** - Add to toothpaste or mouthwash, brush and or gargle

READ MORE HERE





# Yarrow

- PURGING - RELIEVING - MENDING -

- **Bleeding & Wounds** - Apply to affected area and or take internally
- **Skin Revitalizing** - Apply to affected area with carrier oil, use warm steam or compress to take the oil deeper
- **Women's Menstrual Support** - Apply to abdomen, drop in sitz bath, and or take in capsule
- **Soothing Pain Support** - Apply to area(s) of concern and or take in capsule
- **Seasonal & Environmental Threats** - Apply to bottoms of feet, bathwater, down spine, and or take internally
- **Detoxification** - Apply to bottoms of feet, use in steam bath to promote sweating and release of toxins
- **Cellular Health** - Take in a capsule or in water for antioxidant properties

READ MORE HERE 



# FOR EVEN MORE DEALS, CHECK OUT *Loyalty Rewards!*

## HOW TO EARN LOYALTY REWARDS CREDITS



### MONTHS 1-3

Earn **10%** back  
in free product

- ✓ No-hassle, automatic shipment of the doTERRA products you use on a monthly basis

### MONTHS 4-6

Earn **15%** back  
in free product

- ✓ Receive up to 30% of the PV value of your monthly LRP order in points
- ✓ Redeem your LRP points for doTERRA products

### MONTHS 7-9

Earn **20%** back  
in free product

- ✓ Freedom to change your LRP order up to the day before your monthly ship date
- ✓ Convenient way to meet monthly PV and bonus qualification requirements

### MONTHS 10-12

Earn **25%** back  
in free product

- ✓ Powerful loyalty incentive for new customers and consultants that you personally sponsor
- ✓ View and use Loyalty Rewards points online in your mydoterra.com back office

### MONTHS 13+

Earn **30%** back  
in free product  
*(Maximum saving)*

- ✓ LRP orders can be set to ship any day between the 1st and the 28th of the month





## GETTING STARTED ON THE LOYALTY REWARDS PROGRAM:

- 1 Create your Loyalty Reward Order:**  
Set up your Loyalty Rewards Order by logging into your Online Account and creating a Loyalty Rewards Order.
- 2 Earn a FREE Product of the Month simply by:**  
Creating a Loyalty Rewards Order that totals 125 Points Value (PV) or more and setting the date for your Loyalty Rewards Order to be shipped on or before the 15<sup>th</sup> of every month.
- 3 Change your Loyalty Reward Order every month before the shipping date.**  
Don't want to receive the same products as last month? Login to your Online Account and edit your Loyalty Rewards Order for the month. *You can do this every month!*
- 4 Earning points with dōTERRA Loyalty Rewards Order purchases:**  
Every dōTERRA product has a Point Value and a dollar value. Loyalty Rewards Product Credits are calculated based on Personal Volume (PV).
- 5 Earning points with dōTERRA Loyalty Rewards Order purchases:**  
Login to redeem them online or call Member Services at 800-411-8151.



dōTERRA®