



ESSENTIAL OILS *for a healthy* LIFESTYLE





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ABOUT ME & MY HEART MISSION



My name is Yvonne.

I've known and loved essential oils since I was a child, and through dōTERRA, I've learned that these little bottles can do so much more than just smell good.



I've always had a strong connection to nature and have always been interested in natural products, herbs, and the like. When dōTERRA oils came into my life, I quickly realized how well I could integrate them into my daily life to enhance my well-being and support certain issues.

After just a short time, I noticed the powerful impact the oils had on my emotions and began to explore them more intensively. As a certified Essential Emotions Coach, certified Cacao Practitioner, certified AromaTouch Practitioner, and certified course leader for forest bathing, stillness, and nature therapy, I now combine these powerful tools as needed—with great success.

My heart's mission is to accompany people in connecting with their true selves and their hearts so that they can find their own inner power – completely free from conditioning and old belief patterns. Essential oils are a wonderful tool to support this process. And dōTERRA has several projects that are very close to my heart. More on that later.

In this brochure, you'll learn how dōTERRA essential oils can support you and your loved ones in everyday life, and you'll gain insights into the history of dōTERRA. I look forward to accompanying you on your journey.

Yvonne



MODERN TREND?



The use of essential oils and the knowledge of their healing properties dates back to ancient Chinese and Egyptian civilizations and is considered one of the oldest forms of medicine and cosmetics. A distillation process was also known in ancient Egypt.

Even then, essential oils and herbal essences were understood as the soul of plants. By extracting essential oils from aromatic plants, the Egyptians were able to create healing ointments. Cleopatra was also known for her knowledge of the effects of essential oils and is said to have used rose essential oil to enchant Marcus Antonius with her beauty.

The Greek physician Hippocrates often recommended massages with essential oils.

Essential oils are truly more than just a modern trend and are currently experiencing a comeback—and rightly so.





WHAT ARE ESSENTIAL OILS?



- Essential oils are **natural**, **volatile**, and **aromatic** compounds.
- They are found in **flowers**, **seeds**, **bark**, **roots**, and **other parts of plants**.
- They act on **physical**, **emotional** and **mental** levels.
- Essential oils have been **used** for **health** and **cosmetic purposes for centuries**.
- They **support** us with their **beneficial** and **healing properties**.

The power of essential oils

Approximately **10,000 rose petals** are needed to produce **5 ml** of pure **rose oil** and **15 ml** of **orange oil** contains the **peel** of **over 154 oranges**.





THE PROPERTIES OF ESSENTIAL OILS FROM DōTERRA



CLEAN AND SAFE

The first quality is "pure and safe." Nothing has been added to or taken away from the oils. This ensures the highest possible potency.

dōTERRA oils are also suitable for children and the elderly due to their superior quality and purity. dōTERRA also has its oils tested by independent testing laboratories according to the CTPG™ standard (detailed information on this can be found below). You can be confident that you are only inhaling pure oil or applying it to your skin.

dōTERRA has developed its own testing procedure to guarantee the purity of its oils. Each bottle has a code on the bottom that can be entered on the website www.sourcetoyou.com. There, you can then request the laboratory analysis, the exact composition, and the purity of the bottle contents.



THE PROPERTIES OF ESSENTIAL OILS FROM DŌTERRA



HIGHLY EFFECTIVE

Essential oils are fat-soluble and can therefore also work within the cell because they can penetrate it. This is why essential oils can support our entire organism and reach places where water-based products cannot.

One drop of peppermint oil is as potent as 28 cups of peppermint tea.

The essences are 50-70 times more potent than the plant itself.

If oil accidentally gets into your eyes, pour some neutral oil (fractionated coconut oil, cooking oil) onto a clean cloth and gently wipe the eye.



THE PROPERTIES OF ESSENTIAL OILS FROM DōTERRA



VERSATILE

"A healer in every home": I want to encourage you to support yourself. If something aches and pains, or your emotions need support, you can read relevant literature to find out what you can use for support. Ideally, the oils should be placed where they are most needed. So, lavender in the bedroom, On Guard in the kitchen, bathroom, or bedroom, tea tree in the bathroom, and so on. This way, you can incorporate healthy routines into your daily routine and grab a bottle of oil whenever you need it. The more preventative measures we take, the less we have to take in an acute situation. Because when we are physically and mentally well-prepared, we are less susceptible to external disturbances.

We can support ourselves very well with many minor ailments by recognizing our body's symptoms. Conventional medicine absolutely has its place, and it's more about taking responsibility for ourselves again. After surgery, for example, the oils can be used to support recovery and help with wound healing. In many cases, prevention also helps, and this is precisely where the oils can be so wonderfully integrated into our everyday lives.



THE PROPERTIES OF ESSENTIAL OILS FROM DōTERRA

VERSATILE

When we have any complaints and buy something at the pharmacy, we treat the symptom, and once we've treated it, the bottle or the remaining package usually sits in the corner of our home. It's different with oils. For example, if you have the respiratory blend, you can apply it to your chest and back and you'll notice that the oil also has another effect. The oil has a soothing effect and, on another level, is invigorating, or even regenerative after exercise. The blend opens us up and can be heart-opening. Each oil has an emotional effect in addition to its physical effects.

The oils are so versatile that you can replace many things at home: cleaning products, fabric softeners, bath additives, etc. There are almost no limits, and the advantage is that they contain no toxins, just pure nature.

Another great benefit is our community. We have specialists from the fields of nutrition, fitness, yoga, health, therapists, and much more in the groups who can support you with any questions. We have regular user calls that you can participate in for free, a Facebook group, live events, and much more. There's a wealth of information on a wide range of topics.





THE TREE TYPES OF APPLICATION



AROMATIC

- By inhalation (also directly from the bottle or through the hands)
- In a cold water diffuser
- Inhalation
- Also in room sprays etc.



TOPIC

- Through the skin
- Pure or diluted with a carrier oil (e.g., fractionated coconut oil)
- Various options, e.g., roll-ons



INTERNAL

- Directly under the tongue
- In water, a drink, or a smoothie
- In an empty capsule (e.g., Veggie Cap)



CERTIFIED PURE TESTED GRADE™



dōTERRA's CPTG™ quality control

The purity of an essential oil is its most important quality. If an essential oil is adulterated or contaminated, it will meet needs less effectively. Purity is dōTERRA's top priority in essential oil production. From the beginning, dōTERRA has been committed to sharing pure, high-quality essential oils with the world. In the absence of an authoritative standard for essential oil purity, dōTERRA decided to set the standard for purity in the essential oil industry.

Not all essential oil manufacturers implement rigorous testing standards. Many even skip critical steps to save money or time. However, without proper testing measures, it is unfortunately impossible to guarantee that an essential oil is truly "pure." To ensure that every bottle of essential oil is pure and free of contaminants and artificial fillers, dōTERRA has developed the CPTG™ Guaranteed Pure Tested Quality process. The CPTG process involves rigorous testing of each batch of oil and independent auditing to ensure transparency.

You can find out more about the testing procedures [here](#).





CO-IMPACT SOURCING™



dōTERRA's aim is not only to produce the highest quality essential oils, but also to have a positive impact on the lives of the people involved in producing these oils, including farmers, harvesters, and distillers.



dōTERRA's product line includes more than 140 oils from over 45 countries, more than half of which are classified as developing countries. To ensure that smallholder farmers and harvest workers in disadvantaged regions are treated ethically, dōTERRA has launched the Cō-Impact Sourcing™ initiative. Cō-Impact Sourcing™ ensures shared value for all stakeholders along the supply chain. dōTERRA is committed to local communities and consciously implements environmental responsibility and social development initiatives. This approach aims to establish long-term, mutually beneficial supplier relationships. At the same time, it aims to create sustainable jobs and reliable sources of income in underdeveloped regions.

A central concern of dōTERRA is the ethical treatment of its suppliers. This is reflected in timely and fair payment. Those involved in cultivation and harvesting are encouraged to form cooperatives. This allows them to share benefits and gain a better negotiating position while further developing their skills and abilities.

You can find out more about Cō-Impact Sourcing™ [here](#). You can read more about exactly what Cō-Impact Sourcing™ has to do with your oils on the [Source to you](#) website. There's also a code on the bottom of every oil bottle. You can check this on the website and get detailed information about the origin and composition of your oil bottle.



HEALING HANDS FOUNDATION™



The dōTERRA Healing Hands Foundation™ is a cause close to my heart.

Founded in 2008, the Foundation reflects dōTERRA's commitment to social responsibility and humanitarian efforts.



Its primary goal is to bring about positive change in communities around the world by providing resources, support, and education to improve the lives of people in need.

With its partnerships, dōTERRA focuses on making a difference in the following areas:

- Anti-human trafficking
- Clean water
- Child support
- Global health
- Women's empowerment
- Disaster relief

Learn more about the Healing Hands Foundation™ and its current projects [here](#).

dōTERRA donates 100% of all proceeds from certain products, including dōTERRA Hope™ Touch and Rose Hand Lotion. These proceeds go to foundation projects and initiatives in the country or dōTERRA market where the products are purchased.



VIDEOS



- That's why we have dōTERRA today - a wonderful insight into the passion of the founders and the beginnings. I watched this video at the very beginning of my oil journey, and it touched me deeply, and still does today: <https://www.youtube.com/watch?v=6zeP6Y3dgBY>
- Description CPTG - The quality standard of dōTERRA and why it is so special (Certified Pure Tested Grade):
<https://www.youtube.com/watch?v=su6248jiBxM&t=1s>
- On the dōTERRA Europe YouTube channel, you can find a wealth of information about the company, the oils, and much more:
<https://www.youtube.com/@doTERRAEurope>



YOUR START WITH THE OILS



ADVANTAGE CUSTOMER ACCOUNT

- Get the oils 25% off the regular retail price.
- Choose a starter kit and save even more.



ADVANTAGE CUSTOMER ACCOUNT WITH LRP

- See Advantage Customer Account
- Get up to 30% free product credit in the Loyalty Program (LRP) and redeem this credit on products of your choice.



ADDITIONALLY YOU GET:

- A personalized 1:1 wellness consultation
- Access to the Prevent Lifestyle and FlowTerra member area and monthly Zoom calls
- Starter goodie bag
- Access to our WhatsApp/Telegram groups, and much more.



YOUR START WITH THE OILS



Popular starter sets



HOME ESSENTIALS KIT

Contains:

- Lemon, Lavender, Peppermint, Frankincense, Tea Tree, Zen Gest™, Air™, Oregano, Deep Blue™, and OnGuard™ oils.
- The Petal 2.0 diffuser and the dōTERRA Essentials book.

HOME ESSENTIALS KIT

INCL. VEGGIE CAPS & FCO

TOGETHER KIT

Contains:

- The oils Lavender, Peppermint, Lemon, Lemongrass, Eucalyptus, Wild Orange, Green Mandarin, OnGuard™, Balance™, Adaptiv™, Citrus Bliss™, and Motivate™.
- The Laluz diffuser, a wooden box for storing the oils, and the "dōTERRA Essentials" book

TOGETHER KIT

INCL. VEGGIE CAPS & FCO

NATURAL SOLUTIONS KIT

Your kit for a holistic, natural start (also available vegan)

Contains:

- Single oils and blends, On Guard™ products, body care supplements, diffuser, wooden box, and much more.

NATURAL SOLUTIONS KIT

INCL. VEGGIE CAPS

NATURAL SOLUTIONS KIT - VEGAN

INCL. VEGGIE CAPS



NEXT STEPS



I'm delighted to be able to accompany you on your oil journey.

If you're ordering from Germany, you can purchase your desired starter kit directly via the links provided. Would you like to order from another country? Due to different VAT rates, I'd be happy to send you a personalized link for your country and your desired shopping cart. Just drop me a line.

In addition to the wonderful oils, you'll get access to many groups and access to internal training calls, etc. You can find more information about this in the brochure "Welcome to the World of Essential Oils," which you'll receive by email immediately after your first order. I'm also available to answer any questions you may have from now on.

*Warm greetings,
Yvonne*

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