

WELCOME



dōTERRA[®]
pursue what's **pure**

the compendium

Hello and welcome, it's great to see that you've made it.

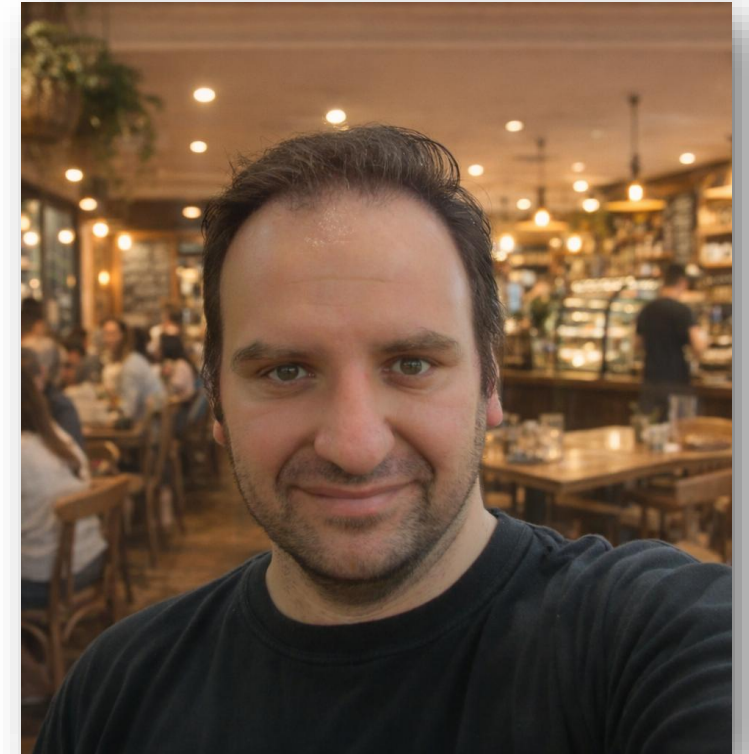
Welcome to this special Compendium for the Conscious Creators doTERRA Virtual Class video. My name is Neill Andrew and the reason I created the video was to showcase some of the incredible products that are offered by an amazing company that I am fortunate enough to partner with called doTERRA.

Now if you're reading this, then chances are that you've probably been referred here by someone on my Team.

Many people will actually use the chekthis.com site as part of the launch of their new Business. So, you may be a friend or family member of someone who has made a conscious decision to start a new endeavour, and YOU are someone that they care enough about, that they want to show you exactly what it is that they're actually doing.

Now, of course, that's not always the case. We're always wanting to be sharing these amazing products with people, so you may have just met someone who has been doing this, for a while and directed you here, and it's great that you're here.

Now I want to be upfront and set the scene here and say, first of all, as you're watch this video, there is no pressure to buy anything, I just want to make that very clear. And secondly, I want you to understand exactly what the person who referred you here is actually doing.



First of all, I wanted to dispel any old fashioned misconceptions that you may have about what doing a Home Business actually looks like and let you know exactly what this person is going to be doing.

We all know I'm sure that a lot of things have changed in our world since COVID hit in 2020. It forced a lot of people to re-examine their situation and nowadays a lot of people are actively looking at ways of bringing in additional income to provide some security for the future.

So I just wanted to start off by setting your mind at ease. This person is being totally looked after here. They are working with doTERRA, a recognised market leader, but they're also part of my team!

We're going to look after them, we're going to support them. We have all the systems, training and resources in place to help them build a successful Business.

WE ARE COMMITTED TO THEIR SUCCESS !

And I know you probably care about them too, and you'll want to support them. So even if you don't buy anything, at least if you understand what it is that they're actually doing, you be able to be there for them to offer them moral support along the way.



Now as we showcase these products, I want to stress, there's no obligation to buy anything, but obviously if you do see something that resonates with you, then go ahead and treat yourself.

We know you're going to love anything you get from doTERRA, and obviously your friend, or whoever it was that directed you here, will really appreciate your support.

*Not all products listed in this compendium or in the virtual class video are available in all markets.



doTERRA has been around since 2008, and in that time there have been a lot of different ways for Wellness Advocates such as myself to be able to share doTERRA with others. But probably one of the most common ways would have been through what we would refer to as a doTERRA “Class”, or as other people may refer to it, a Party Plan Home Meeting. Now this is where you have a bunch of people in someone’s home, similar to an AVON or Tupperware type setting.

Now that was a great way of sharing DoTerra products with people, and it was certainly working well, but it did have its downsides. But sometimes if something is working well, there is a tendency to not worry about looking at how to improve it.

Then came COVID and all the associated lockdowns. That forced people to change how they had been doing things, which in hindsight turned out to be a blessing in disguise!



The shift that we've seen, from a traditional Party Plan model, which hasn't really changed much since the 70's, to now an online model has been a total win-win, both for customers and also people that are promoting doTERRA products, like for example, the person who directed you here.

So let me tell you the main benefits for you as a customer. The biggest problem that we saw with the traditional Party Plan set up was sensory overload!

Now it's great to get a group of people together. Usually, they're all people who know each other one way or another so there's a social element to it, and everyone's having a good time and you get to try some products too!



The problem is that you get to try one of the oils, it smells amazing, then you get to try the next one, and that smells amazing too, and then the next one, and the next one and so on. By the time you get through like 10 or so, they all kind of merge and you can't distinguish between them.

Now by way of example, do you know the top selling essential oils from doTERRA Classes?

ANSWER: *Things like Peppermint, Lemon, Wild Orange and Lavender.*



Why is that?

Well, that's because people can relate to those smells. If I say the word to you, Peppermint, you immediately know what that is like, you can imagine that smell in your mind.

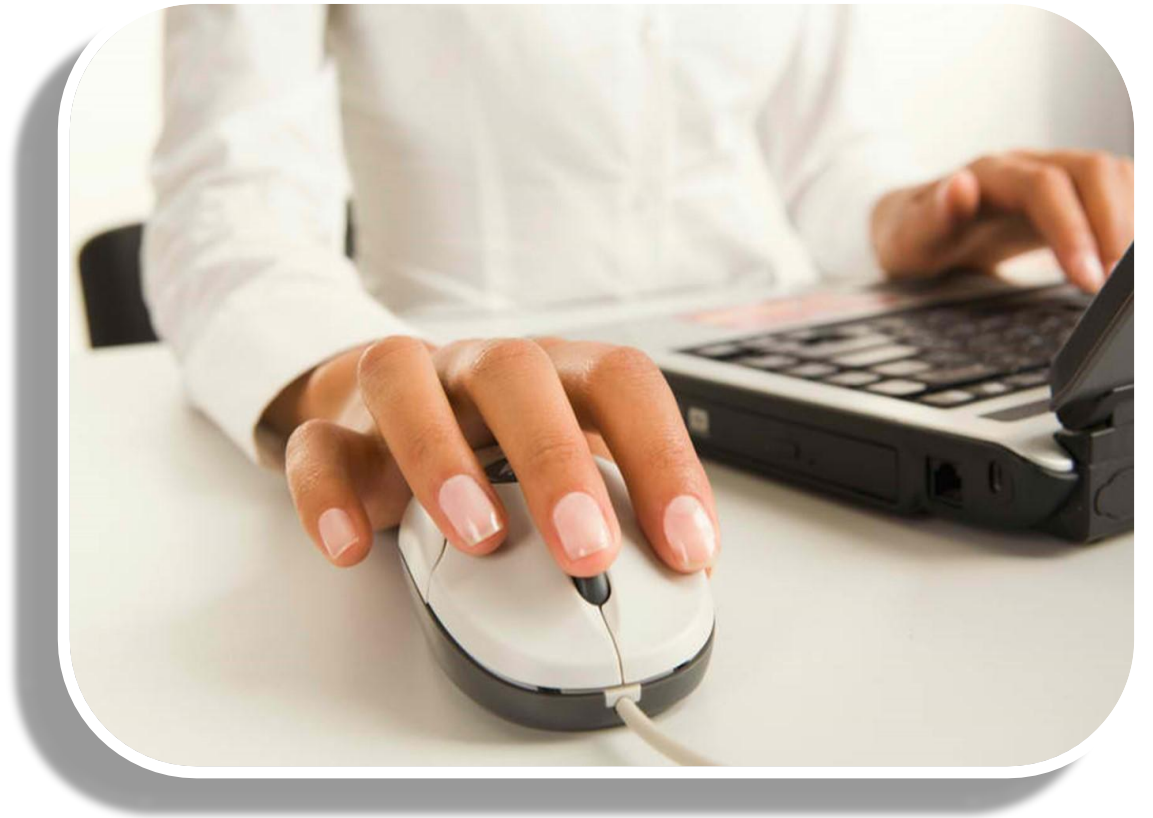
So people get to try all of these amazing oils, they try each one, it smells amazing, but then the next one smells amazing, and the next one, and next one and so on. Now, when it comes to choosing which oils to buy, their mind is racing. They think, well I liked this one, but then I liked that one too.... didn't I? And then they see Peppermint, and they think, YES Peppermint, I know what that's like, let's get that.

Does that make sense?

But with an online model, people can watch a video online, or download something like this, anytime they want. Also, what typically tends to happen with a doTERRA Class is that you have someone at the end who says Oh my cousin in Amsterdam would love this! Well, previously, you were limited in where you could do classes by location. Now, you can do a class anywhere in the world, your own hometown, Sydney, Melbourne, Tokyo, New York or Amsterdam! Now it's like, hey, great send them the link.

But you know what, at the end of the day, the number 1 reason why customers are loving the new online model is that they end up making better decisions about what products to buy. Remember we talked about the Sensory Overload! You smell a bunch of oils, they all smell amazing, you can't distinguish between them, so in the end you just jump at one that seems familiar....

*But online, you can stop the video, rewind, re-watch, more importantly you can jump on the website and actually read all about the different products, do your own research, and you know what happens, you end up making better decisions and choosing products that are going to be more beneficial for **YOU** personally.*



So Who Are doTERRA?

*doTERRA was founded in 2008, with a mission to share the highest quality essential oils with the world. The word is a Latin derivative meaning **"Gift of the Earth"**. The first offering of doTERRA essential oils included 25 single oils and 10 blends and was introduced back in 2008. Today, doTERRA has evolved into a company that really has something for everyone including a comprehensive line of nutritional and wellness products, spa and personal care products, environmentally friendly toxin-free household cleaning products as well as now developing a reputation for having the world's best skin care products!*

doTERRA has developed a Global Botanical Network of artisans and distillers, which not only ensures the industry leading quality of our products, but also empowers the communities that partner with us to improve their own economic futures through its Co-Impact Sourcing® model and the doTERRA Healing Hands Foundation™.

These exclusive partnerships ensure that doTERRA essential oils are the highest quality that you will find anywhere. No one else has what we have. doTERRA oils are quite simply the most tested and most trusted. So, if someone says, they have an oil that's just like doTERRA, they DON'T! Our essential oils are Certified 100% Pure Therapeutic Grade and are used in clinical trials by the prestigious Johns Hopkins University due to their potency, quality and consistency.

Based in a state-of-the-art facility in Pleasant Grove, Utah, doTERRA continues to work toward achieving its vision of positively impacting the lives of people all over the world through a network of over 2 million Wellness Advocates globally.



Now essential oils are what doTERRA is known for. They're what we're recognised as being the world leader in! We're proud of that, it's a hard-earned, well-deserved recognition. But it's only part of what doTERRA offers.

Today doTERRA does so much more. They have products that all kinds of people use, EVERY DAY! doTerra offers something for everyone, with things that people use everyday from the moment they wake up.

So let's run through...

Synergy

The one word I think about with doTERRA is synergy.

That is the whole is more than the sum of the parts, and we'll talk about the parts, but I just wanted to say that every single aspect that we talk about here can have an effect on other aspects.

We talk about skin care, and we talk about health, but actually the way you look after your health from the inside, can affect your skin on the outside, and what you put on your skin can affect your health on the inside. As you start to incorporate doTERRA products into your everyday life, you'll notice that the more products you use, the greater the benefit will be with all of your products.

And you'll notice that essential oils are interwoven into everything that we do



Essential Oils



So What Are Essential Oils?

Essential oils are what doTERRA is known for, so let's kick things off here. So, if you've never used essential oils before, you may be wondering what is an essential oil? Well, essential oils are basically plant extracts. These naturally occurring, Volatile Aromatic Compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants.

So what exactly is a Volatile Aromatic Compound?

Well, in short, these compounds are small organic molecules that tend to change quickly from their solid or liquid state to a gas at room temperature. They are called volatile because they change state quickly. When you first open a bottle of essential oil, you instantly notice that the aroma is potent and you can smell it typically even from some distance. The physical and chemical properties of the volatile aromatic compounds that compose essential oils allow them to quickly move through the air and directly interact with the olfactory sensors in the nose.

Such unique properties make essential oils ideal for use in aromatherapy – using these compounds from plants to help maintain a healthy mind and body – as well as other applications. The type of volatile aromatic compounds present in an essential oil determines both the oil's aroma and the benefits it offers.

Over 3,000 varieties of volatile aromatic compounds have been identified to date. The nature of an essential oil varies from plant to plant, within botanical families, and from species to species.

Even with pure essential oils the composition of the oil can vary depending on the time of day, season, geographic location, method and duration of distillation, year grown, and the weather, making every step of the production process a critical determinant of the overall quality of the essential oil product.

doTERRA sources their essential oils globally, specifically harvesting plants that are grown in the ideal locations for that particular plant, and are harvested at optimal times, using only the best and most sustainable methods, thus ensuring the quality in every bottle.



source
to you®

www.sourcetoyou.com

Find your Quality ID

Your Quality ID is located on the bottom of dōTERRA single essential oil bottles purchased after May 2016. Each Quality ID includes six or seven numbers and one letter.





Essential oils are incredibly versatile and can be used in a number of applications. Some oils can be added to cooking to add healthy flavour to food. Remember they are quite potent, so go steady. They can also be used topically by applying it to the skin. But when most people talk about using essential oils, the one thing that comes to mind is using it in some kind of a diffuser. That is the most common way for people to use essential oils.

So, How Do You Use doTERRA Essential Oils?

Now, if you are going to be applying oils topically, one thing we recommend doing is using a carrier oil. In DoTerra we often use Fractionated Coconut Oil. So if we talk about using a carrier oil, or you hear someone talk about using a carrier oil, that's what they're referring to.



DoTerra Fractionated Coconut Oil is a carrier oil that readily absorbs into the skin, making it an ideal oil for topical delivery. Its' feather-light emollient effect provides a soothing barrier without clogging pores and is ideal for dry skin. It leaves skin feeling silky smooth and nongreasy. Fractionated Coconut Oil is completely soluble with all essential oils and is colourless, odourless, and will not stain.

But probably the most common way for people to use essential oils is with a diffuser. Now you can obviously buy a diffuser from DoTerra, you may even buy a Pack that contains one, but at the end of the day, DoTerra essential oils are so potent that they will work in any kind of diffuser. You could even use it in a little soy candle diffuser and you'd still get the benefit from it.



A Few Helpful Hints

It's better not to use the oils directly on the skin because up to 70% of it can evaporate. If you use it with carrier oil, such as doTerra's Fractionated Coconut Oil, the oil will actually trap it in, meaning that you get the full benefit of 100% of the oil that you're using.

*doTERRA oils are highly potent.
1 drop of Peppermint Oil = 27 cups of peppermint tea.*

Try putting a drop on your thumb and then place that on the top of your mouth or under your tongue.

A couple of drops on the soles of your feet. Your feet have bigger pores and so the oils can be absorbed more quickly into your system.

The area of application isn't overly important however. The oils will find their way to where they need to go.

SAFETY

If you get oils in your eyes or other sensitive areas, don't try and use water to wash it off, that will just spread it. It's better to use Fractionated Coconut Oil which will absorb the oil and make it easier to remove.



Now, the first oil that I want to start out with, which is probably the most popular oil in doTERRA is Frankincense.



Frankincense is renowned as one of the most prized and precious essential oils and has a long and rich history dating back to biblical times. The word incense actually comes from frankincense.

This centuries-old knowledge contributes to the modern uses of Frankincense today. Its soothing and beautifying properties are used to revitalise the appearance of the skin and help reduce the appearance of imperfections when applied topically.



When inhaled or diffused, Frankincense essential oil may support feelings of peace, relaxation, satisfaction and overall spiritual and emotional wellness. That's one reason why it has been used in meditation for centuries.



It has also been found to have great antiseptic and anti-inflammatory properties.



Frankincense

Key benefits include...

- ✓ *Revitalise the appearance of the skin.*
- ✓ *Helps with acne, age spots.*
- ✓ *Even out skin tone.*
- ✓ *May support feelings of peace, relaxation, satisfaction and overall spiritual and emotional wellness.*
- ✓ *Has great antiseptic and anti-inflammatory properties.*
- ✓ *Helps to support immune health and cellular health*
- ✓ *And helps maintain a healthy liver*



Everyday Living



Now, like I said, the most popular way that people use essential oils is aromatically through a diffuser

So, let's just quickly run through some of our more popular oils that are really good oils to use around the home...

Everyday Living

Peppermint

This is a really great uplifting aroma, perfect to use first thing in the morning to give you lift to start your day. It's also really good for helping concentration. A lot of students use this while they're studying. You can also use this as an instant pick me up any time of the day...

Just put a drop on the tip of your thumb and then put your thumb on the roof of your mouth, that also works as a breath freshener, or just put a drop or 2 on the palm of your hand and then rub your hands together, put your hands over your face and inhale.



Everyday Living

Lemon Eucalyptus

Lemon Eucalyptus is another favourite for around the home because it has a very fresh, clean, invigorating and uplifting aroma that makes the entire house feel great! This is another one which is really great for mornings, to really set you up for the day.

Lavender

This one is really great to use at the end of the day. It's very soothing and is known for helping relax the mind, and calm nervous tension. As it has a very calming effect it's great to use just before bedtime and can help you get a good night's sleep, or use it any time of the day to create a calming mood.

Lavender may also help relieve mild pain, and headaches and ease digestive discomfort.



Everyday Living

Juniper Berry

Juniper berries were found in the tomb of Tutankhamun and Juniper Berry essential oil has a rich history of traditional uses.

Its woody, spicy, yet fresh aroma has a calming, grounding effect and has been shown to be beneficial in supporting cognitive function and overall mental health.



Everyday Living

Wintergreen

Wintergreen has a refreshing, uplifting aroma to help enliven the senses. It's great to use any time of the day and it will make your home smell AMAZING!

It's one of those things that most people have never heard of, but once you try it, you'll absolutely love it. It's something we usually recommend to people that have never tried essential oils before because it's something that everyone seems to like.

If you're having visitors over, diffuse a few drops of Wintergreen in a diffuser, people are going to come in and say, Oh, something smells nice in here, what is that?



Everyday Living

Siberian Fir

Siberian Fir has a refreshing, woody scent that is known for its calming and relaxing aromas and has been found to be beneficial with congestion and reduce respiratory inflammation. It has also been found to help ease coughs, congestions, nasal allergies and encourage clear breathing.

Great to use during those cold winter months, but also diffuse around your home to promote a relaxing and grounding atmosphere. We find this is really great for afternoon, but really, it's great to use any time.



Kitchen



Essential oils are also great to keep around the kitchen to add healthy flavour to food.

Now it's important to note here that doTerra essential oils are incredibly powerful, so when adding to food, you really only need a drop or two. A common hack many people use is to stick a toothpick into the bottle and then run that through your food to add flavour.

Lemongrass and Black Pepper

Lemongrass, in particular, is very popular in many Asian dishes.

Add Black Pepper to meats, soups, and salads to enhance food flavour.

Lemongrass and Black Pepper, when used together have been found to have incredible antiviral properties that can help prevent certain viruses, and can also work as a natural pain killer.

Basil

A staple in many kitchens with many people keeping fresh basil in their kitchen or pantry. doTerra Basil adds the same taste and aroma to foods but keeps for much longer so you've always got it on hand. Add doTerra Basil to add a fresh, herbal flavour to meats, pastas, and entrée dishes.

Rosemary

A great seasoning for chicken or pork, makes an amazing lamb roast and my personal favourite is Rosemary baked potato's!

Oregano

An antioxidant rich oil, which can reduce free radical damage in the body and support immune health, respiratory health and overall wellness. Used in cooking, it is great for Italian dishes such as pizza or pasta, or can be added to salad. Add a drop or two to a glass of water to help with coughs or cold. (it is quite powerful though so go steady)

Thyme

Another staple to keep in the kitchen. Use one to two drops in slow cook or main meals to add a fresh herbal flavour.

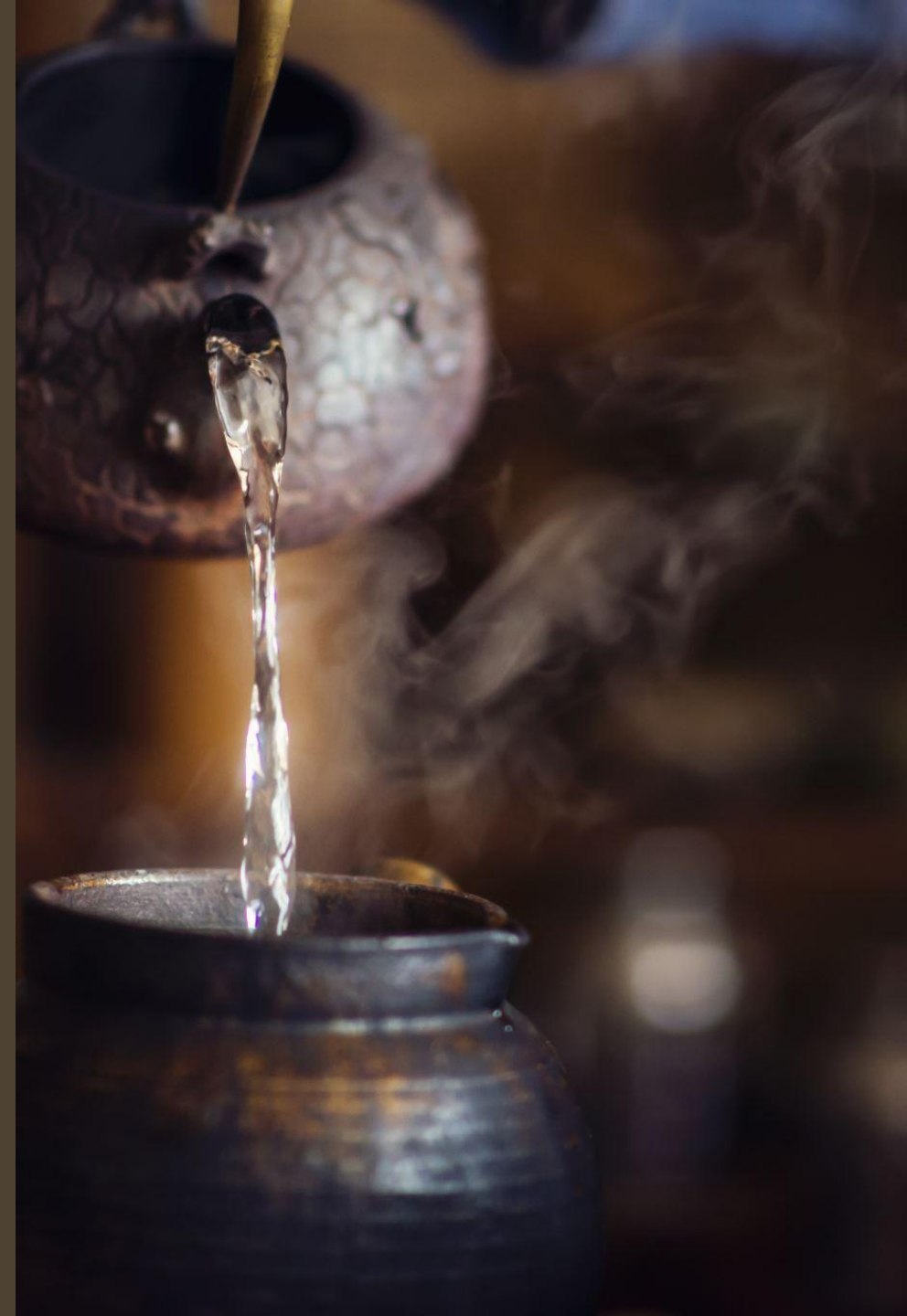


Add Essential Oils To Your Favourite Drinks.

Lemongrass, Lemon, Roman Chamomile, Wild Orange and Peppermint are all great to add to hot herbal tea, especially during winter months. doTERRA's DigestZen is also great!

Bergamot Mint, Lemon and Lime are all great for a refreshing iced tea.

Add a drop of Lavender into hot chocolate for the most delicious hot chocolate you've ever had!



Morning



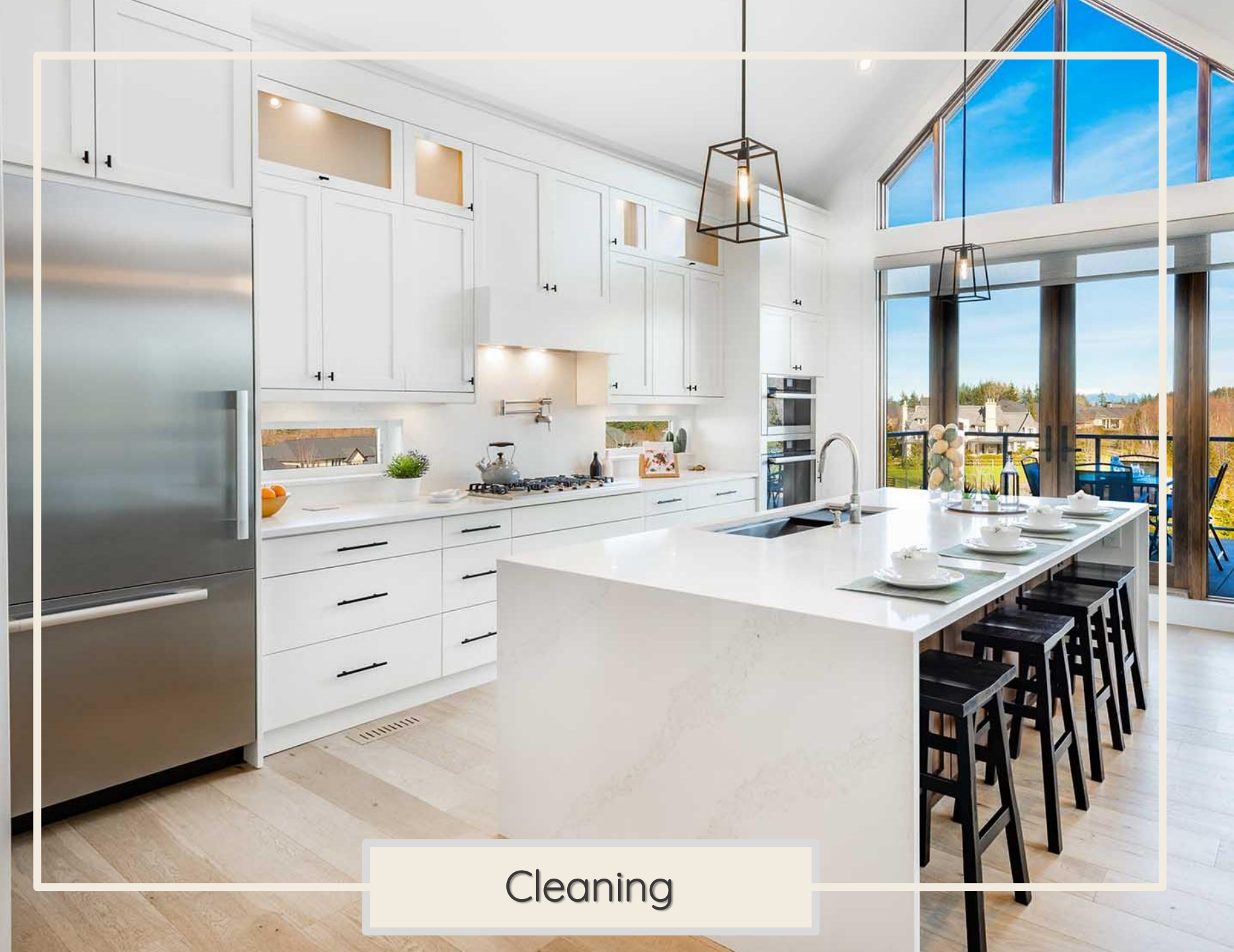
A great morning ritual to give you a real energy kick start to the day is a glass of water with a couple of drops of Lemon and Peppermint. This works better than an energy drink that you can buy. Try this of a morning and YOU WILL NOTICE as you go through the day that you're not getting fatigued. Add a couple of drops of Grapefruit to help boot metabolism. If you have sinus or cold or anything, add a drop of Oregano to help clear the airways. Oregano is quite powerful, so literally only use 1 drop in a glass of water.

Now doTERRA has an awesome range of cleaning products, and we'll cover those a little later, but I just wanted to quickly give you a few hacks that you can use around the house.

doTERRA Lemon can be added to a spray bottle of water to clean tables, counter tops, and other surfaces. Lemon also makes a great furniture polish; simply add a few drops to olive oil, or doTERRA's Fractionated Coconut Oil, to clean, protect, and shine wood finishes. Use a cloth soaked in warm water and Lemon essential oil to preserve and protect your leather furniture and other leather surfaces or garments.

Wild Orange makes for a great natural air freshener. Simply add 6-10 drops to a spray bottle of water to freshen up your home!

Because of its natural preserving properties, Arborvitae prevents wood from rotting, which makes it popular in woodcraft and for preserving natural wood surfaces. It also has natural anti-viral and anti-fungal properties so it's awesome to use as an antiseptic or disinfectant on surfaces.



Cleaning



Bathroom

A couple of oils which are great to have around the bathroom...

Add a few drops of Peppermint or Tea Tree to your shower gel for a really fresh and invigorating shower.

Lavender is perfect for a soothing and relaxing bath. Not only is will Lavender give you a relaxing bath, but the natural steam from a bath will also diffuse the aroma into the air which heightens the benefit.

Myrrh is a very versatile oil to have in the bathroom. It can be beneficial for oral hygiene. Simply add one to two drops to toothpaste for added cleansing benefits. Add one to two drops to water and gargle for a quick mouth rinse. Peppermint is also a great mouth rinse used the same way.

The soothing benefits of Myrrh are perfect after shaving to help calm the skin and diminish irritations after a shave. The woody and herbaceous scent will linger on your skin and soothe razor bumps every time you shave, whether you're a man or woman.



Sleep

The deep, woody and exotic aromas of Vetiver have been used since the 12th century for therapeutic benefit and has traditionally been used in aromatherapy to treat and alleviate muscle strain and ease mild aches and pains. But probably the most popular use of Vetiver is for helping you get a good night's sleep. You can also buy Vetiver in a roll on which is already blended with fractionated coconut oil so you can simply roll it onto the sole of your feet.

Lavender is also great because of its calming effect. Diffuse lavender in the bedroom or add a couple of drops to your pillow before you go to bed to really help relax you and send you off to sleep.

But the real hero when it comes to sleep is Serenity. It combines Vetiver, Lavender and Valerian, in a convenient stick. It also has a really relaxing and calming fragrance too!



Personal Fragrance

Essential oils are really great for use as a natural perfume or cologne. Neroli and Rose roll ons are perfect ready to use perfumes, whilst for the guys, a drop or two of Sandalwood or Arborvitae on your finger, then rub on your neck or wrists for an easy and awesome cologne. The best thing about essential oils is that you can blend them with other oils to create your very own distinctly personal fragrance.





Deep Blue is DoTERRA's version of a muscle rub only better! Its' rich topical cream provides a comforting sensation of cooling and warmth to problem areas while leaving your skin feeling soft and non greasy. It is first the choice of many professional massage therapists and sports practitioners. As a rule of thumb, a blob the size of a pea to cover an area the size of your hand.

Now, for all those sports or active people, I should just mention a couple of oils which work well with outdoors activity.

A couple of drops of Peppermint in a glass of water before exercise has been shown to enhance aerobic output by upto 51%. It is also a natural energy boost and promotes clear air ways and respiratory health.

Arborvitae. Because of its anti-viral and anti-fungal properties, it's awesome to use as an antiseptic when applied to wrists and ankles while hiking or enjoying other outdoor activities.

And of course we have the doTERRA Sun range of products to protect your skin whilst you're outdoors!

Kits

Now just to finish off with oils, if you've never used essential oils before, another great place to start is with our Kits. There are many for you to choose from so just check them out online.



**Yoga
Collection Kit**



**Family
Essentials Kit**

Everyday Essentials

So, Question...

What do most people do when they wake up in the morning.

They're going to...

*Take a shower
Wash their Hair
Brush their Teeth*

Put on clean clothes...

Then have breakfast, probably on clean plates, right?

Well...

Let's just run through all the ways you're going to be interacting with DoTerra Products, right from the time you get up in the morning!



Soap, Shower Gel & Personal Care Products

DoTERRA have all the products that you're going to be using in the bathroom, like your soaps and shower gels, that don't contain any nasties, so they're all completely safe for the whole family to use.

We spoke about synergy before. Now if you're using our Skin Care range which is amazing, but if you're aggravating your skin first by using harsh toxic soaps and shower gels, then you're already fighting an uphill battle. So, it's good to know that when you use doTERRA, you're using safe, natural products that are not going to upset your skin or cause problems.



doTERRA

Baby Collection

Like all doTERRA products, they're safe, nontoxic and made without harmful ingredients.

doTERRA Baby range uses tear free formulas clinically tested for use on sensitive skin.



Hair Care

doTERRA hair care range are free from Sulfates, Silicones, Phthalates, and Parabens, the formula is doTERRA Pure. Your hair feels silky without any buildup and gives your hair a flawless finish, leaving you with a boost of confidence and the perfect hair day.

Infused with refreshing CPTG® Peppermint, Eucalyptus, Tea Tree, and Spearmint essential oils, will leave your hair, and your bathroom, smelling amazing!



Dental Care



Doing the Dishes



Laundry & General Cleaning





Something for everyone before they even leave the house each morning.

Skin Care



doTERRA Spa

So, the first thing to mention with Skin Care is the doTERRA Spa range.

This has all the soaps and shower gels that we've mentioned, they're all part of this range.

But, as the name suggests, we also have things that you're going to use to pamper yourself.



HD Clear

Next, we have the HD Clear range.

HD Clear provides a natural solution for problem skin of all ages, and is especially popular for teens.

It's an advanced, three-step system that works synergistically, with each product building on the next to thoroughly cleanse and purify the skin. It combines the power of Certified Pure Tested Grade essential oils with pure plant extracts, to deliver optimal hydration for balanced moisture levels.



Veráge Skin Care

Next is the Veráge Skin Care Line. This is probably our most popular skin care, it's something which works well with most skin types.

Veráge is an exclusive system of natural skin care products that nourish and hydrate skin and reduce the visible signs of aging. The advanced plant technology used in Veráge promotes the appearance of an optimal lipid balance—the same balance found in healthy, youthful-looking skin. Harnessing powerful plant extracts, emollients, and CPTG® essential oils, Verage provides your skin with everything it needs.

Each product in the Veráge system contains plant extracts that have been extensively researched and shown to promote youthful-looking skin. Veráge has been scientifically formulated to provide a natural and efficacious system that brings skin back to life.

The doTERRA Veráge Skin Care Collection delivers results you can see and feel, naturally.

The thing I really love about this range is that it's just so simple to use. The best skin care is one that you use everyday. Because this is something that is simple and you can use everyday, you DO use it everyday!



Essential Skin Care

dōTERRA Essential Skin Care is a family of skin care products designed to meet all your anti-aging, skin care needs. By integrating CPTG® (Certified Pure Tested Grade™) essential oils, added in generous proportions to each product, with cutting-edge technologies, dōTERRA Essential Skin Care products provide scientifically proven ingredients and botanicals resulting in radiant, youthful looking skin.

Our exclusive Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles and aiding with skin barrier renewal for suppler, younger-looking skin. Its rich formula provides a burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to rejuvenate the look of mature skin, as well as to help reduce the visible signs of aging due to both natural and environmental causes. Probiotics reinforce the skin's natural barrier, helping to improve skin's natural health and beauty.

Now, the other really great thing about the Essential Skin Care range is that you can get it in a customisable pack. So, if you buy it in a pack you'll save money, but also, if you buy a pack, you can then add on extra products from the range and you'll get each one at a discount to what it would be if you were to buy it on its' own



IKISE Skin Care

Born from Japanese influence, meaning 'from pure essential oils.'

In Japanese culture, the skin is regarded not merely as a protective barrier, but as a vital organ that reflects overall health and well-being.

It is carefully nourished with great emphasis placed on gentle skincare rituals, and the use of natural yet powerful ingredients.

IKISE is a word born from Japanese influence, meaning 'from pure essential oils.'

dōTERRA IKISE™ is a skincare collection inspired by Japan's timeless beauty rituals, formulated with cutting-edge, natural ingredients and a unique combination of Humic Shale Minerals and CPTG® essential oils for optimal absorption. This is skincare designed to nourish your skin's natural vitality. Not to fight age, but to support you in ageing better.

dōTERRA IKISE™ is crafted for individuals who value both science and nature.



Download the IKISE ebook

doTERRA Sun

Now if we're going to be talking about skin care, it would be remiss of me not to mention doTERRA Sun products.

Obviously, as the name suggests it's got you covered for protection from the sun.

We've got the regular lotion, but we're also got a spray on which is super convenient, there's a daily moisturizer you can use with built in sunscreen, and there's also the after sun to help repair the skin if you have got a little too much exposure!



Healthy Living



The food you buy

Now to be living a healthy life, it's important that you eat healthy, obviously! But as well as eating healthy, you need good supplementation. Now, a lot of people may ask, why do you need to take supplements, don't you get everything you need just from the food that you eat? Well, actually, the food that you eat is supposed to be health, and supposed to give you everything that you need.

Now, ideally, you'd be eating fresh, organic, green, healthy fats and grass-fed meats.





Now the problem with this is that science has confirmed that our soils are now mineral depleted.

So, even if you're trying to eat right, we're just not getting all the nutrition and everything that our bodies need, that we're supposed to from food.

mineral depletion



Originally, we were supposed to be living in a healthy natural environment where we would get everything that we needed from nature.

But that's just not how we live these days! So, if we're not living how nature intended, then the way nature intended for us to get our nutrition also won't work.

So, if you're not getting what you need from the food that you buy alone, then you need a way to top up what your body needs.

We talk about synergy with doTERRA, and essential oils can have incredible benefits to your health, but doTerra also have an incredible range of health and wellness products that can top up what your body needs. We don't have time to go over all of them, so let me just quickly touch on the main ones.

I call these the foundational products, because these are going to be the foundation for good health. There's a lot of other products we have that can support you in various ways, but if you start out with these, your health is going to be in good shape.

But as always, we encourage you to check out the website to see which products are going to be most beneficial for you.



Food for thought...

Now firstly, it goes without saying that not all vitamins are created equal. So, if you see something in the media talking about some study that was done, then you know they're probably talking about some low-quality supplements that you get for \$5 at a supermarket.

But probably the most important thing you need to understand about vitamins that they contain natural ingredients, and you can't patent a natural ingredient. Therefore, vitamins are the natural enemy of the big pharmaceutical companies.

If taking a natural supplement means that you're going to be healthy and not going to need a lifelong prescription, then that's not good for the bottom line of those companies. So, they will do anything to downplay the true impact that vitamins can have on optimal health, and they're willing to spend a lot of money to do it.

That's why in the United States alone, drug companies spend over US\$6 Billion on strait up advertising, but a whopping US\$20 Billion on more subtle strategies to influence policy makers, doctors and also influencing media. It makes you wonder just what sort of influence they're buying with US\$20 Billion!

Now with doTERRA, the same way that doTERRA Oils are the absolute highest quality that you can get, the same goes for our vitamins. A lot of vitamins from supermarkets and health food stores are not registered with the TGA. doTERRA products are.



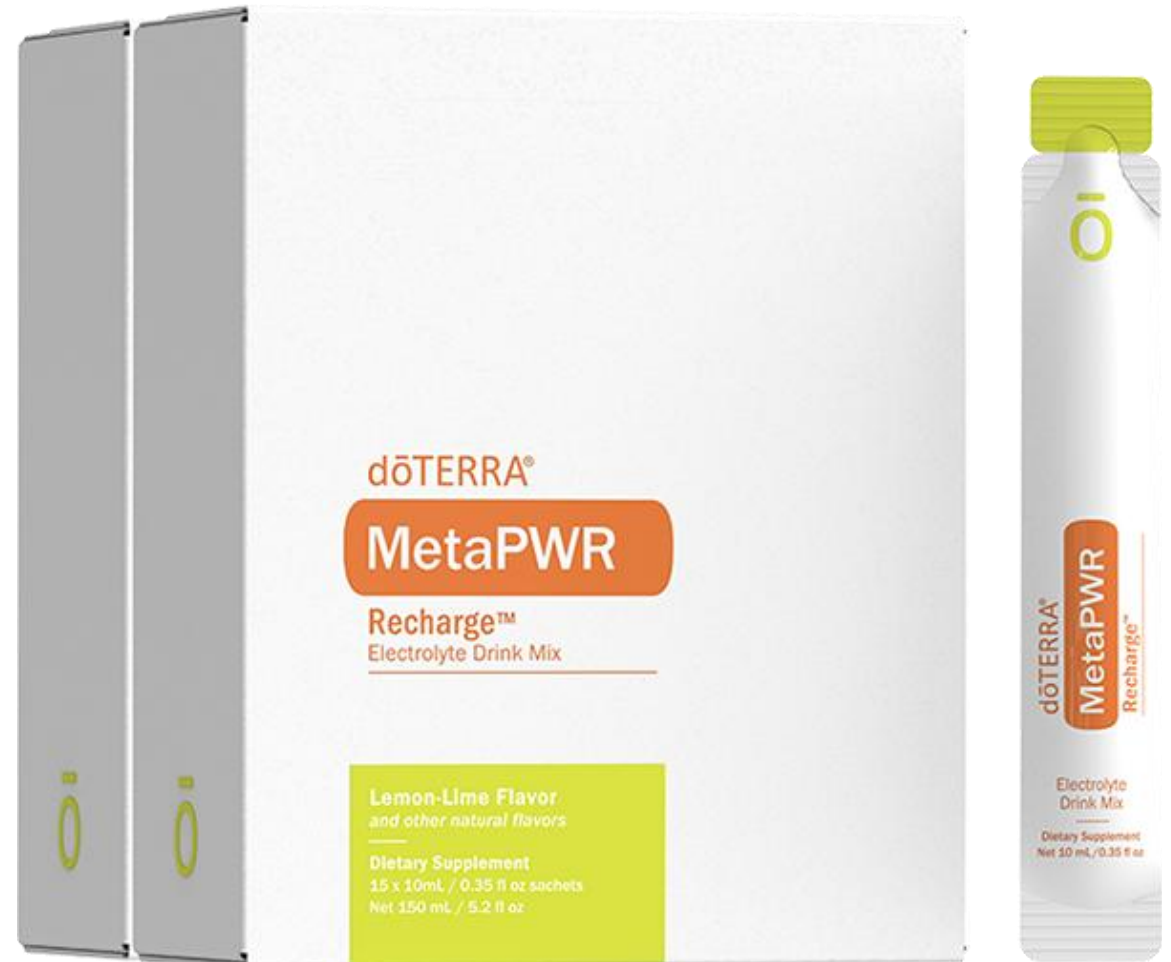
Meta PWR Recharge

First of all, we have the Meta PWR Recharge

This is going to help with hydration, and hydration is an absolute must for good health.

A healthy human body is about two-thirds water, and I think most people if you ask them would admit that they don't get enough water. In fact, some studies suggest that approximately 75% of the globe is dehydrated, and lacking key electrolytes that are essential to keeping cells charged and energized.

MetaPWR Recharge provides nutrient rich hydration through an exclusive, balanced blend of 6 electrolytes, 75 trace minerals with the addition of Ginseng Root Extract to give you a natural energy boost so that you can live your most powerful life!



PB Assist

The second essential component of good health is our PB Assist which is a powerful Probiotic. Probiotics are essential for good gut health.

Your gut comprises over 200 different species of bacteria. The bacteria in your gut help to break down food, turning it into nutrients your body can use. 80% of your immune system is in the gut. In short, if your gut's not healthy, then you're not healthy.

While the benefits of probiotics are well documented, many probiotic supplements cannot pass through the stomach acid unharmed. PB Assist is unique because it is encapsulated in a time-release double-layer capsule, which protects the probiotic cultures as they pass through the stomach so they can provide the digestive and immune support that you need.



LifeLong Vitality Pack

The third essential element in good health is our LifeLong Vitality Pack. This consists of 3 different products, if you buy it as a pack you'll get it at a discount. Let me just run through these quickly.

*So first of all, we have **Alpha CRS+ Cellular Vitality Complex**. This is a powerful anti-oxidant and energy supplement which contains natural botanicals, and nutrients such as Resveratrol, Coenzyme Q10 and Ginkgo Biloba.*

*Then we have **xEO Mega®**. This is our Fish Oil supplement with omega-3 fatty acids. Now if you're already taking vitamins then chances are you'll probably already be taking an omega-3 supplement, so if you are, try this! Omega-3 fatty acids support brain function, cardiovascular & nervous systems as well as immune health*

*Lastly, we have our **Microplex VMz®**. This is our vitamin and mineral supplement, which gives you all the essential vitamins and minerals that you may be missing out on.*



Alpha CRS+

Cellular Vitality Complex

- Resveratrol
- Coenzyme Q10
- Ginkgo Biloba



ANTI-OXIDANT
ENERGY

xEO Mega

Omega-3
Fatty Acids



BRAIN

CARDIOVASCULAR

NERVOUS SYSTEM

IMMUNE HEALTH

Microplex VMz



VITAMIN
MINERAL



So, those are my 3 essential must have products for the foundation of good health.

It's like anything, once you've got a good foundation you can build on that, and there really are so many more health and wellness products that doTERRA has, you really owe it to yourself to get onto the website and check them all out!

"Don't just add years to your life. Add LIFE to your years!"

"Don't just add years to your life. Add LIFE to your years!"

OK, let's wrap this up...

What you've just read is a brief look at just some of the things that doTERRA has to offer. I hope you've seen something here that has piqued your interest.

And of course, you can see the full range of products online.

Now, the question that I would ask is simply, what is going to be meaningful and important for you personally?

Figure out what your health goals are, what's going to give you the biggest benefit, then let's get it on its way to you!

Please check out the entire range of doTERRA products online at:

www.doterra.com



Shop

Join & Save

Welcome

Our pure essential oils are revolutionizing the way families manage their health. We harness nature's most powerful elements and share these gifts through our global community of Wellness Advocates.

The person who directed you to this site would probably have given you a link to their own personal site where you can shop through them, and by shopping through them, they obviously get the credit for having referred you!

*When you go to their site, you'll see that you can click on "**Shop**" and start shopping right away, but there is also the option "**Join & Save**". This gives you the chance to join as a Wholesale Customer which then entitles you to purchase at wholesale prices!*



Neill Andrew

Independent Wellness Advocate

Hey! Welcome to my site. My name is Neill. My friends would describe me as a little crazy but I prefer eccentric! I am a serial entrepreneur, eternal optimist, lover of fresh coffee, amateur photographer and currently ranked in the top 5 most awesome people to have ever lived (ranked by myself).

And if that's not enough, I can now add to that list, extremely proud dōTERRA Wellness Advocate!

I love empowering the beautiful souls that I am blessed to meet, to live life to the fullest and am constantly amazed at the impact our world class products can have on peoples' every-day lives. It is an honor and privilege to hear real life stories of how these products have changed peoples' lives for the better.

But I am also proud of the very real difference that our company is making through our Co-Impact Sourcing initiative which develops long-term, mutually beneficial partnerships in the lives and communities of those we partner with.

Welcome

Our pure essential oils are revolutionizing the way families manage their health. We harness nature's most powerful elements and share these gifts through our global community of Wellness Advocates.

Member Benefits...

- You buy at Wholesale prices.
- Never any minimum or monthly order requirements.
- Option to receive 10-30% of your total purchase back in **FREE** Points.
- Eligible to receive dōTERRA's **FREE** Product of the month! *(when you place a qualifying order).*

(Annual Membership Fee may vary depending on which country you reside in)



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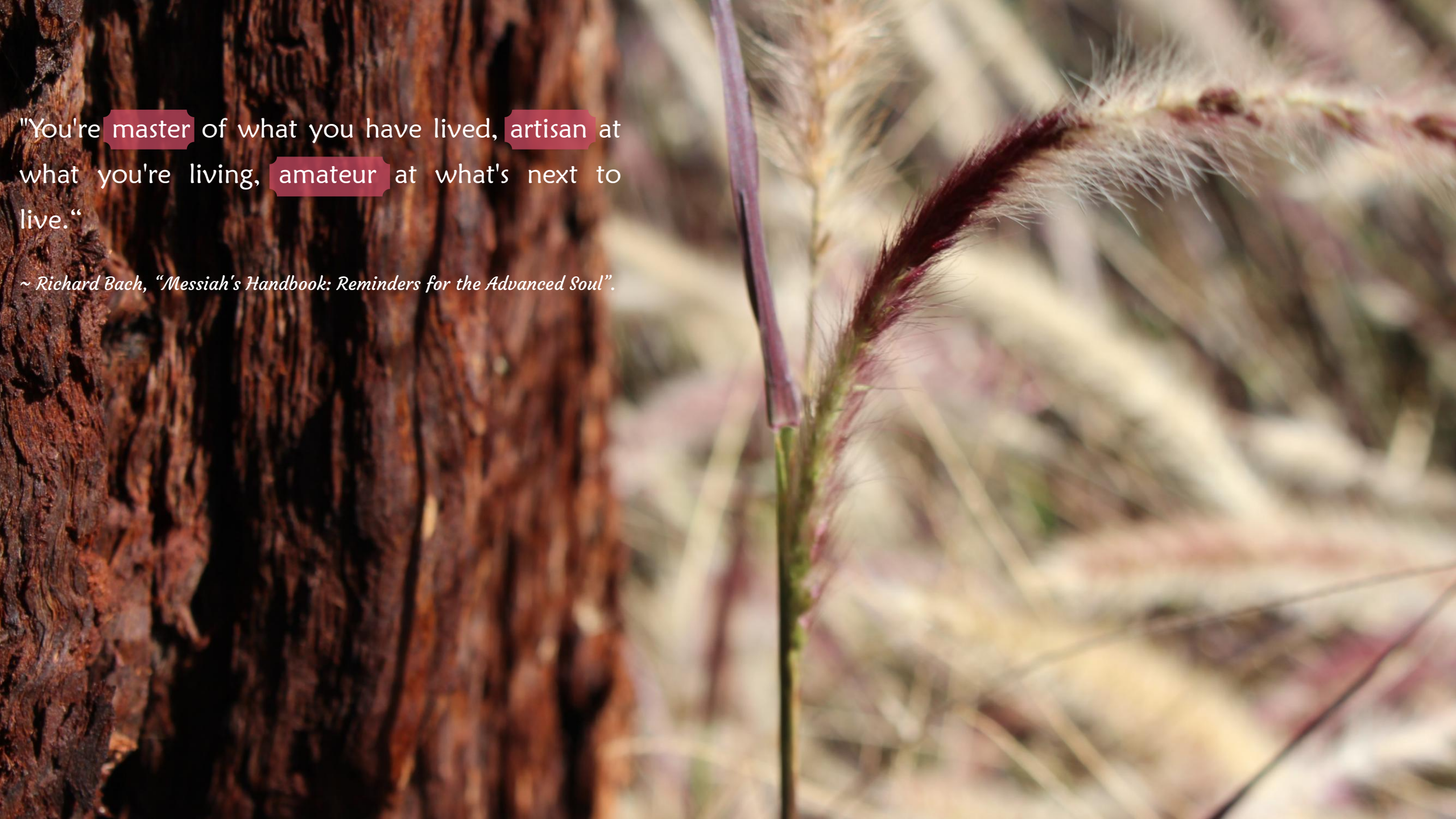
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Now lastly, I just want to say, I am very proud to be a doTERRA Wellness Advocate and help people with these amazing products.

If you have ever wanted, or even just been curious about, having a Home Business of your own, and I know a lot of people have with everything that's going on in the world these days, then you can go to the website below to find out more about how you can make money from home, doing something you love with doTERRA.

www.consciouscreatorsglobal.com



"You're master of what you have lived, artisan at what you're living, amateur at what's next to live."

~ Richard Bach, *"Messiah's Handbook: Reminders for the Advanced Soul"*.

Thankyou

This has been a presentation of Conscious Creators Global.

The information contained herein is not intended to be medical, psychological or health care advice. This information should not be used in place of a visit with, call to, consultation or advice from a licensed health care provider.

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