A close-up photograph of a person's hands. One hand is holding a small, dark glass bottle of essential oil labeled 'HOTERRA Balance Grounding Blend 10 mL'. The other hand is held palm up, with a single drop of oil falling from the tip of the index finger. The background is softly blurred, showing the person's legs and feet on a light-colored floor.

HOW TO THRIVE IN LIFE WITH THE WONDERFUL GIFTS OF NATURE

"JOURNEY FROM SURVIVAL TO FLOURISH, EMBRACE
BALANCE AND THRIVE!"

Loussanna Koenen

*Oils for Excellence
Oilxlls.com*

HI!

Welcome to the world of essential oils, supplements, and more. A wealth of new information awaits you, so please take a moment to sit down and leisurely peruse through it.

In this e-book, I will guide you through how essential oils work on both a physical and emotional level, and, more importantly, how they can help you make the most of your day.

To do this effectively, it's essential to grasp a few basic principles.

What you will find in this e-book is a breakdown of the impact of scent on us and some of my favorite oils.

Additionally, I will share more about the Lifelong Vitality Pack, a supplement line that has greatly enriched my life, especially when combined with MetaPWR. (If this primarily piques your interest, feel free to skip ahead to page 16.) While we can use oils to alleviate complaints or enhance mental clarity, if our bodies lack essential building blocks, flourishing becomes more challenging.



To avoid overwhelming you but still provide an opportunity for further exploration tailored to your preferences, you will discover tips and tricks by theme in the back section starting from page 24. These themes include optimal sleep, increased energy, brain power, optimal support for athletes, and much more. So, if you think, "YES, this is fascinating," I encourage you to explore the themes that matter most to you and your loved ones.

Remember that the oils I speak of in this document are truly 100% pure oils (with the CPTG certification, which you can learn more about at sourcetoyou.com). Because they are so pure, you can use them in incredibly powerful ways. However, be cautious as cheaper oils are not pure, and the tips in this e-book are intended for pure oils only.

Speaking of which, I'll explain more about inexpensive oils shortly.

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The gift of nature

How nature works how essential oils work

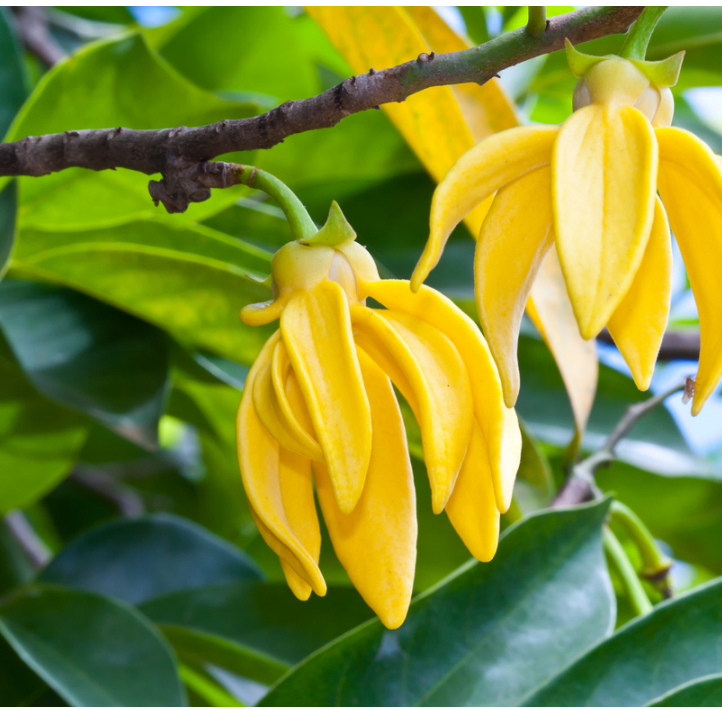
Nature gives abundantly, and if we learn how to work with her, she can help us get even more out of our lives.

If we look closely at nature, you can see exactly what it does. She always restores balance first. Areas where fishing is no longer allowed will be flourishing again from almost extinction within a few years.

And if we look more closely at plants, you see that if a plant is damaged, the essential oils of that plant protect the plant against bacteria so that it finds its balance again. And once a plant is back in balance, it starts to flourish. They make flowers and fruits in abundance.

This is exactly what essential oils can do for us. First, they help us to regain the balance in our bodies when we have lost it (an imbalance often manifests in illness and health complaints).

And then you see that essential oil can help us to be more powerful and to flourish as human beings. And by feeling good we are also more attractive. Also, they help you to be and stay stronger in the flow of life.



BUT WHAT ARE ESSENTIAL OILS EXACTLY?

If you are new to essential oils, let me take you here in what they exactly are. So that you better understand why this is so powerful



Many plants contain substances that we cannot see with the naked eye. These substances are often highly concentrated and therefore very powerful. They are also called essential oils. Essential oils give the plant its scent, protects it against bacteria, viruses, insects and all kinds of other external influences. They protect the plant from anything that could pose a threat to its health. As we distil the plant, the essential oils of the plant are released. For centuries these essential oils have been used to support people's health and well-being. They have different benefits and each person experiences their power in his or her own way.



How do essential oils work in our body? An essential oil is 50 to 70 times stronger than an herb. To give you an idea: 1 drop of essential oil consists of 40 million trillion molecules. All these 40 million trillion molecules communicate with the cells in your body. And can even reach all the cells in your body several times.

HOW SMELL WORKS IN OUR BRAIN

It's special how smell can influence us so quickly... and then you might think: okay, how does this work in our brain?

Smell is a group of molecules (substances that act as a messenger for our brain).

As soon as you inhale a scent, it enters your nose and comes into contact with your olfactory receptors (the receivers of the message).

They send this message to the part of our brain that processes smell, or the olfactory bulb.

The olfactory bulb is in contact with other parts of our brain, including our reptilian brain (survival) and our limbic brain (emotions and memories).

You can therefore positively control these by working with pure scents. For example: essential oils.

Each oil has its own unique combination of molecules (natural ingredients) which all have their own message for the body. In this way they can influence our state of mind.

For example:

Floral oils

Contain the substance linalool: this scent has a calming effect on us.

Citrus oils

Contain in a large amount the substance limonene that has an energizing and cheerful effect on us.

Mint oils

Contains a large amount of the substance menthol which has a stimulating effect and gives us energy.

Wood oils are often very grounding.

I like to work with a diffuser in the house to influence the state of mind.

Keeping this in mind you can consciously choose what kind of atmosphere you want to create in your home.

For example, I choose scents that stimulate my brain extra in my diffuser when I start working for additional focus and concentration. (Look under the "brain power" section to see which ones these are.)

WHY PURITY IS SO IMPORTANT?

This is why I work with doTERRA.

This is perhaps one of the most important topics and one of the reasons why I enjoy working with doTERRA so much!

When you start working with essential oils, there are many types and brands available. However, when we zoom out, we see that the essential oil industry is often like the Wild West, as I often say. Why? There's the local farmer who often grows his plants as cheaply as possible (which reduces quality) and makes oil from them. Then comes an intermediary who buys this as cheaply as possible. It may go through another intermediary before reaching the company, which often cannot test for purity and relies on the intermediary's word, selling the oils as pure and genuine.

However, many of these oils are far from pure. When you can make 5 liters from 1 liter, it's a quick profit. This often happens with intermediaries.

**To give you an example:
10 times more bergamot oil is sold
than can be produced worldwide.**

doTERRA works directly with the local farmer with whom they enter into long-term partnerships.



In the area where these plants grow best, and where we get the highest quality oil, this partnership allows the farmer to earn between 3 and sometimes 10 times more than before.

When these oils arrive at doTERRA, they undergo 8 primary tests, consisting of 60 smaller tests, ensuring that we have only the purest oils in our hands.

Many of these oils come from third-world countries, and what doTERRA does is reduce poverty through its trade practices while actively looking at ways to support these regions. They provide water supplies, education, hospitals, whatever these areas need.

If you want to learn more about testing, visit sourcetoyou.com

See how doTERRA works with local farmers and Healing Hands: This is my favorite video. <https://www.youtube.com/watch?v=AOQr8WA0x18&t=3s>



HOW TO USE ESSENTIAL OILS

If you are new to essential oils, it can be a bit overwhelming. There are so many different plants from which oils are derived within dōTERRA, and numerous ways to use them. That's why I've provided a clear explanation of the basics for you. Here's what you should know about essential oils before using them daily. There are three primary ways to use oils, and you'll learn more about them in the following pages.



Topically:

When dealing with specific issues, apply essential oil directly to the affected area. For general purposes, you can apply oil to the soles of your feet, wrists, or neck, as these areas quickly absorb the oil. When using oils on children, always dilute them to ensure a gentle experience for their skin and body. Some oils like Thyme, Oregano, Clove, Cinnamon, and Cassia should always be diluted, even for adults.



Internally:

Many oils can be used internally, indicated by a round "I" on the bottle or mentioned in dōTERRA brochures. When you see this symbol on a bottle, you know the oil is safe for internal use. You can take them directly or use them in capsules to support your digestive system, immune system, and overall cellular health.



Aromatic:

Using essential oils aromatically is a fantastic way to support clear breathing and influence our emotional state. You can use a diffuser by adding a few drops of oil to water to spread a pleasant aroma throughout your home. You can also place a drop in your hands, cup them over your nose, and inhale deeply to harness the aromatic power of oils.

GUIDELINES DILUTION FOR KIDS

For babies aged 0-3 months, dilute one drop of essential oil with 20 drops of Fractionated Coconut Oil (1 EO: 20 FCO).

For babies aged 3-6 months, dilute one drop of essential oil with 15 drops of Fractionated Coconut Oil (1 EO: 15 FCO).

For babies and toddlers aged 6 months to 2 years, dilute one drop of essential oil with 10 drops of Fractionated Coconut Oil (1 EO: 10 FCO).

For children aged 2-4 years, dilute 1-3 drops of essential oil with 5 drops of Fractionated Coconut Oil (1 EO: 5 FCO up to 3 EO: 5 FCO).

For children aged 6 and older, dilute 1 drop of essential oil with 1 to 3 drops of carrier oil. Always observe how the skin reacts, and if there is sensitivity, dilute further. Remember, always dilute oils.



THE FIRTS 10 OILS RECOMMEND IF YOU ARE NEW WITH ESSENTIAL OILS

In my experience, the 10 oils I'm about to share with you are an excellent starting point. They provide you with tools for almost any situation. You can acquire them in a starter kit, either the Family Essentials Kit (which contains these oils in 5ml bottles) or the Home Essentials Kit (which includes all oils, except Deep Blue, in 15ml bottles, along with a diffuser).

If you're looking for oils for specific purposes, explore the various themes further in this e-book.



Physical and emotional effects of the oils found in the Family/Home Essential Kit:

PEPPERMINT

Use: topical, aromatic and internal

Physical:

- Cools the body during fever
- Supports digestion, even in sensitive stomachs
- Relieves muscle pain
- Provides energy and focus
- Freshens breath

Emotional:

Feeling heavy, overwhelmed, and numb? Peppermint brings clarity to the mind. Peppermint promotes breathing and opens you up to insight, understanding, and clarity.

User tips:

- Start your morning by applying 1 drop of Peppermint to your temples and neck. This provides energy and focus.
- For body cooling, apply 1 drop to the feet every half hour during fever.
- Take 1-2 drops with a sip of water to aid digestion after a heavy meal.

Always remember to wash your hands after use.

Retail value: 34 - Discount: 25,50

LAVENDER

Use: topical, aromatic and internal

Physical:

- Natural antihistamine (especially soothing for allergic reactions)
- Supports optimal sleep and deep relaxation
- Helps heal wounds or troubled skin
- Soothing for insect bites

Emotional:

Lavender helps calm our minds, turn inward, and find silence. It supports us in finding clarity in our relationships, our attitude, and love. It gives the strength to communicate authentically and honestly.

User tips:

- Massage your children's feet in the evening (my favorite mommy-child moment).
- Add 2 drops to your bathwater for an extra relaxing experience.
- Apply diluted to a troubled area on the skin.

Retail value: 39,67 - Discount: 29,75



Physical and emotional effects of the oils found in the Family/Home Essential Kit:

ON GUARD

Use: topical, aromatic and internal

Physical:

- Strengthens the immune system
- Has a warm and energizing aroma
- Powerful blend during seasonal transitions to autumn and winter

Emotional:

The oil of protection, as it supports our healthy immune system physically, it supports us emotionally as a shield. It empowers you to say "no" and stand up for your integrity.

User tips:

- Apply diluted along the spine of children during extra seasonal threats.
- During a flight, add 2 drops to a bottle of water (note: not a plastic bottle) to support yourself in climate changes and travel conditions.
- Use in a diffuser to purify the air.

Always remember to wash your hands after use.

Retail value: 56 - Discount: 42

LEMON

Use: topical, aromatic and internal

Physical:

- Detoxifying and balancing for our pH levels
- Supports digestion
- Adds a delightful flavor to your water
- Improves mood
- Reduces unpleasant odors

Emotional:

Lemon energizes the mind and connects us with our inner sun. It helps when we want to enter a creative flow and encourages us to shine our talents fully.

User tips:

- Add a drop to your water.
- If there's a negative atmosphere at home, diffuse Lemon for an uplifting mood.
- Use it to wash your vegetables and fruits.

Note: This oil is phototoxic, so avoid sunlight for 24 hours after applying it to the skin.

It is highly cleansing, so use it in glass, not plastic.

Retail value: 19 - Discount: 14,25



Physical and emotional effects of the oils found in the Family/Home Essential Kit:

TEA TREE

Use: topical, aromatic and internal

Physical:

- Anti-inflammatory
- Soothing for cold sores, earaches, pimples, mosquito bites
- Antifungal
- Disinfectant - anti-lice
- Supports the immune system

Emotional:

This is an oil that energetically helps us break free from self-betrayal. It helps us see the parasites of our energy. It creates a clear space to see what's happening and invites you to act upon it.

User tips:

- Apply to skin imperfections.
- Make a mixture with water and a few drops of oil, then spray it in your children's hair before they go to school.

Always remember to wash your hands after use.

Retail value: 31 - Discount: 23,25

ZENGEST

Use: topical, aromatic and internal

Physical:

- Supports healthy digestion
- Soothes stomach discomfort
- Reduces bloating
- Eases motion sickness

Emotional:

When we've taken on too much, we can feel overwhelmed or overstimulated. ZenGest is the oil to use when processing all feelings, stimuli, experiences, and information and enhances our ability to do so.

User tips:

- Add a drop to your water and drink after a heavy meal.
- Apply to the stomach for bloating.
- Apply behind the ears while traveling.

Always remember to wash your hands after use.

Retail value: 48,33 - Discount: 36,25



Physical and emotional effects of the oils found in the Family/Home Essential Kit:

FRANKINCENSE

Use: topical, aromatic and internal

Physical:

- Supports healthy cell function
- Enhances focus
- Strengthens the immune system
- Restorative for the skin (anti-aging)
- Soothes tension headaches
- Calming

Emotional:

This is an oil that can assist you in connecting the heavenly and earthly, guiding you beautifully through the present moment. It helps you see through your layers to see yourself as you truly are and supports you in returning to your highest state of being.

OREGANO

Use: topical, aromatic and internal

Physical

- Anti-parasitic
- Strengthens the immune system
- Anti-fungal
- Effective against warts
- Rich in antioxidants

Emotional:

Sometimes beliefs can turn into stubbornness, and we close ourselves off from others' perspectives. Oregano invites us to ask, "What if I'm wrong?" It helps us open up to others again and creates a safe space to look at someone else's perspective without judgment.

User tips:

- Apply to the temples and back of the neck with peppermint and lavender for headaches.
- Use it for meditation.
- Apply to damaged skin or add to your daily cream for its anti-aging benefits.

Retail value: 107,33 - Discount: 80,50



User tips:

- Add a drop to your pasta for flavor.
- Use in a capsule to support your gut flora (maximum 10 days, 1 drop 3 times a day), followed by a probiotic (note: doTERRA has an excellent probiotic called PB - more on gut health in this e-book).
- Dab it on your warts.

Note: Always dilute when using on the skin.

Retail value: 40 - Discount: 30

Physical and emotional effects of the oils found in the Family/Home Essential Kit:

AIR

Use: topical and aromatic

Physical:

- Supports optimal breathing during colds
- Enhances breathing during exercise
- Creates a spa-like atmosphere

Emotional:

When we feel like we can't breathe and are emotionally suffocated by feelings of pain and grief (perhaps you even feel this physically as chest tightness), Air invites us to breathe emotionally again. With every exhale, it's about letting go, and with every inhale, we invite love and healing.

User tips:

- Apply to the chest before exercising.
- Use in a diffuser when you have a cold.
- Drop a few drops on a washcloth and place it on the shower floor for a wellness experience.

Note: Always dilute when using on the skin.

Retail value: 38 - Discount: 28,50



DEEP BLUE

Gebruik: topisch & aromatisch

Physical:

- Accelerates recovery after exercise
- Cools and supports tired and overworked muscles
- Reduces inflammation

Emotional:

This oil can give us the courage to face emotionally heavier feelings. Accepting and tolerating emotional pain helps us let pain be a teacher and embrace the lessons we learn from it. (Note: when working with deep emotional issues, it's also good to seek professional help).

User tips:

- Add to a carrier oil and use in a muscle massage.
- Apply to weak spots on your body before exercising.
- Apply after exercising for faster recovery.

Note: Always dilute when using on the skin.

Never apply just after a shower, as it can cause a burning sensation.

Retail value: 75,33 - Discount: 43

THERE'S MORE...

Because we can use oils to support and improve our health and well-being. But the foundation of health begins with ensuring that your body receives the right building blocks, which is the basis for energy and the proper functioning of all systems in our body, such as hormones, energy production, the excretory system, and more.

Our body needs two types of building blocks for this: Macronutrients and Micronutrients. Both provide our body with important nutrients for good health and well-being. A deficiency often leads to imbalance and complaints.

Macronutrients: These can be found in the MetaPWR Advantage. Collagen is a structural protein that plays a crucial role in maintaining the structure, firmness, and elasticity of our skin, bones, joints, tendons, and other connective tissues in our body.

Micronutrients: These can be found in the LifeLong Vitality Pack and consist mainly of vitamins and minerals. Vitamins are organic compounds that our body needs in small quantities for various processes such as growth, immunity, and the proper functioning of organs. Minerals are inorganic substances that help regulate various bodily functions, such as maintaining fluid balance, supporting healthy bones, and enzyme function.

I will explain both products below. If your initial interest lies more with essential oils, feel free to continue to the next page.



Energy metaPWR

MetaPWR is designed to support our metabolic health, a key factor in the aging of our body.

METAPWR OIL

The MetaPWR blend comes in an oil version, softgels, and beadlets, and they all contain the same oil. A perfect combination of essential oils, including Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon. This unique combination gives MetaPWR a powerful aroma that helps overcome our cravings for sweets, suppresses cravings, inhibits the maturation of fat cells, and supports overall metabolic health.

Retail value: 45,22 - Discount: 34,00



METAPWR ASSIST

Each capsule contains mulberry leaf extract, berberine, cinnamon powder and the MetaPWR blend. oil. When you use the MetaPWR Assist with a meal, the mulberry extract helps to soften the insulin response, resulting in fewer swings in the sugar level. In addition, peppermint supports digestion and serves as additional support for liver and gallbladder function.

Retail value: 41,67 - Discount: 31,25



METAPWR ADVANTAGE

The natural production of NAD⁺/NADH (Nicotinamide Adenine Dinucleotide) and collagen in our bodies decreases over time, affecting various bodily functions as we age. This includes the production of energy in our bodies.

This is where MetaPWR Advantage becomes interesting. It contains, **in addition to the MetaPWR oil**, 9 types of marine collagen peptides and NMN (Nicotinamide Mononucleotide), which can contribute to the production of NADH and NAD⁺. These ingredients contribute to energy production in our cells, the recovery of our bodies, and combat aging from within.

Retail value: 133,00 - Discount: 99,75.



For more in-depth information on metaPWR [click here](#)

Energy Lifelong Vitality

LIFELONG VITALITY

Unfortunately, today we don't get all the nutrients our bodies actually need from our meals. That's why the LifeLong Vitality Pack is designed to support the health, energy, and longevity of your body. So you can experience more energy, mental clarity, and support for your body systems, such as hormonal balance, digestive system, immune system, and much more.

Microplex VMz

It contains organic vitamins and minerals for our bodies, all presented in a patented glycoprotein matrix to help the body actually absorb the nutrients.

Benefits:

- Provides 22 essential vitamins and minerals to support normal cell growth, function, and maintenance.
- Fights free radicals with antioxidant vitamins A, C, and E.
- Supports bone health with calcium, magnesium, zinc, and vitamin D.
- For growth, energy production, cellular immune functions.

xEO Mega

Contains a blend of essential oils and a patented blend of omega fatty acids from the sea and plants.

One serving of xEO Mega provides approximately 900 milligrams of marine lipids (300 milligrams EPA, 300 milligrams DHA, and 65 milligrams of other omega-3 fatty acids), plus 250 milligrams of plant-based fatty acids. It also contains 20 micrograms of vitamin D, 40 milligrams of vitamin E, and one milligram of astaxanthin, a powerful antioxidant carotenoid harvested from microalgae.

Benefits:

- Supports healthy brain, eye, cell, heart, and nervous system function.
- A healthy balance between omega-3 and omega-6 fatty acids. This provides anti-inflammatory properties for the body.



Energy Lifelong Vitality

LIFELONG VITALITY

Alpha CRS+

It's a supplement to xEO Mega and Microplex VMz. This combines powerful levels of natural plant extracts that support healthy cell function with a focus on key metabolic factors for cellular energy.

Benefits:

- Contains potent levels of metabolic factors that provide cellular energy to cell mitochondria (coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-L-carnitine).
- Contains a standardized extract of Ginkgo biloba that supports mental clarity and function.

For more in-depth information on the LifeLong Vitality Pack [click here](#)

Retail value: 130 - Discount: 97.50

HOW TO USE THESE PRODUCTS

MetaPWR oil, softgel or beadlet:

Take the MetaPWR oil as part of your daily routine with water before your meal, such as 1 drop in a large glass of water or 3 drops in a large pitcher. Or opt for the softgels or beadlets if you prefer not to taste this oil but still want to experience the benefits.

MetaPWR Assist: Take 1 capsule daily with your main meal of the day or the meal with the highest carbohydrate content.

MetaPWR Advantage: Ideally, take one sachet every day, preferably before breakfast. Mix it with a cup of water and drink it immediately.

Lifelong vitality: Take 2 of each capsule in the morning and afternoon with your meal.

ACQUIRING YOUR ESSENTIALS WITH A 25% DISCOUNT

How do you get the oils, supplements or MetaPWR
into your home?

You can acquire your oils, supplements, or MetaPWR in two ways.

Choose either a starter kit (see packages below) or create your own package of products. With a starter kit, you won't have any enrollment fees (25 euros) and you'll receive extra discounts. When you create your own package, these enrollment fees apply, unless your initial order exceeds 150PV, in which case the enrollment fees are waived. With this discount account, you can order at a 25% discount throughout the year (packages below are indicated with a 25% discount).

Ready to order? [Click here](#)



FAMILY ESSENTIALS € 158

TOP 10 OILS - 5ML +
ESSENTIALS BOOKLET

Frankincense, Lavender, Lemon,
Peppermint, Tea tree, Oregano,
Deep Blue™, Air™, ZenGest™,
OnGuard™

46,- extra discount

HOME ESSENTIALS € 315

TOP 10 OILS - 15ML + PETAL
DIFFUSER + ESSENTIALS BOOKLET

Frankincense, Lavender, Lemon,
Peppermint, Tea tree, Oregano,
Deep Blue™(5ml), Air™,
ZenGest™, OnGuard™

91,- extra discount



ACQUIRING YOUR ESSENTIALS WITH A 25% DISCOUNT

How do you get the oils, supplements or MetaPWR
into your home?

Follow the instructions below to place your order manually:

- Click on this link mydoterra.com/
- Click on "Enroll Today."
- Click on "Join & Save."
- Select your Language & Country of Residence (Europe --> then country).
- Choose "Wholesale Customer."
- Fill in your personal information. If you don't plan to share the oils with friends and family, you don't need to provide tax information.
- In the "Enroller ID" field, enter our number: 500087 (click "verify" to see Willem-Paul Koenen).
- Choose your package. If you're not enrolling with a package, make sure to select the 28 euro Welcome Packet and Enrollment Fee (product number in the Netherlands is 32010005). If you purchase a package, these enrollment fees will be waived. If your order exceeds 150PV, the enrollment fees will also be waived.
- Click on "Process Order."
- Once your payment is complete, you'll receive an email from dōTERRA. I will be notified automatically and will contact you.
- If you need assistance with your order, please send an email to loussanna@gmail.com with your phone number, and I will get in touch with you. Alternatively, you can call 0622294592 and ask for Willem-Paul to determine the best way to proceed.

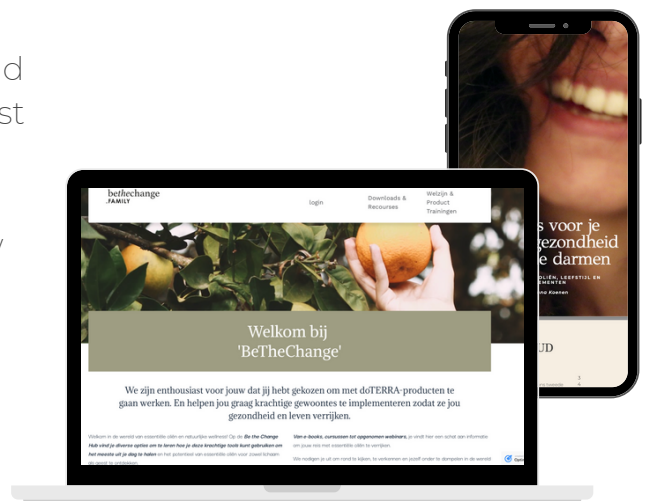


ACQUIRING YOUR ESSENTIALS

How do you get the oils, supplements or MetaPWR into your home?

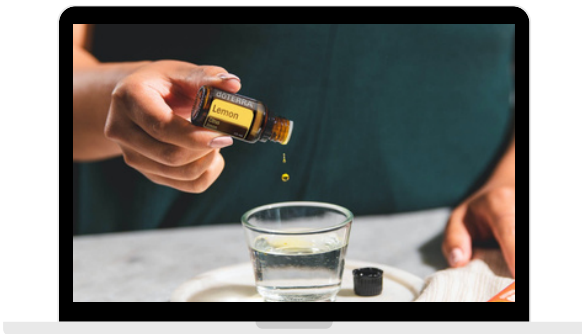
BETHECHANGE. FAMILY

Knowledge is Influence! You will soon have some wonderful products in your home, and we want to help you use them to their fullest potential! That's why we have the Be The Change hub for you. This place is full of inspiration, knowledge, and recipes on how to best apply your products. Learn how to get more out of your workouts, experience energy throughout the day, manage stress and rest, optimize your gut health, and much more!



PERSONAL CONSULTATION

Once you have created an account and made your first order, if you're unsure how to make the most of your oils or products, you can schedule a wellness consultation. This is a 30-minute Zoom call where we will work together to help you achieve your health goals. You will receive an invitation via email to schedule one..



ACQUIRING YOUR ESSENTIALS

How do you get the oils, supplements or MetaPWR
into your home?

LRP

Loyalty reward points

After purchasing individual oils and/or a kit, you can participate in our free point reward system called the Loyalty Rewards Program (LRP). How does this work, and what's in it for you? You earn points on every order you place. The longer you have your account, the more points you accumulate. You can redeem these points for a free oil on your next order! Each oil also has a value expressed in PV, which is an international indicator. For example, Wild Orange is 11.5 PV. So, when you've accrued 12 points, you can already get a free Wild Orange. You are not obligated, and you can turn it on or off at any time. You also don't have to order monthly. Accumulated points will stay on your account for about a year if you don't place any orders.



Month 1 to 3



Month 4 to 6



Month 7 to 9



Month 10 to 12



Months 13+

ENTREPRENEURSHIP WITH DOTERRA

Did you know that once you've ordered your first oils, you have the option to start a business with doTERRA? We started with a Family Physician Kit for 150 euros and, after seeing how powerful the oils were, decided to **partner with doTERRA's business model**. By sharing the products that had brought health and well-being to our family, we quickly began earning commissions.

Over time, more entrepreneurs joined who also wanted to bring awareness and health. Some of them we have been partnering with for years. With doTERRA, you have the option to earn extra income or even replace your current income. No, it's not a get-rich-quick scheme. It requires **real work** because it's a business. And it's not necessarily 'easy' (learning new skills is often not easy), but the steps are simple.

What you do when you become an entrepreneur with doTERRA:

* **Consistently share** the message of health and well-being and the power of the products.

* Share doTERRA with as many households as possible in a creative and connecting way so that as many people as possible learn how to take control of their health.

* This is for people with a **CEO mindset**, and it's certainly not a free ride. So if you prefer to live a life with excuses, this may not be for you. But if you're someone who wants to take **financial control of your life** and is committed to your own success, this could be the perfect fit.

* **You genuinely care about people** and have a love for health and well-being.

Want to learn more? Check out the video through the [link](#) below that tells you more about what it means to start a business with doTERRA





CUSTOMIZED DEEP DIVE

We have covered the basics of essential oils, MetaPWR, and Lifelong Vitality, and together they form a solid foundation. The 10 basic oils are a great starting point for using essential oils. MetaPWR and Lifelong Vitality together serve as the foundation for the right building blocks and a healthy metabolic well-being. However, perhaps you have a very specific question or an area in your life that needs improvement. Or maybe there's a theme that's going well, but you'd like to see it improve even further.

That's where the deep dive comes in. This way, I want to give you an idea of which products you can add to the basics that are specifically focused on these themes.

OPTIMAL SLEEP

Serenity caps, Serenity oil and Vetiver

Serenity Restful Complex Softgels

- Take 10-20 minutes before bedtime
- It's a combination of essential lavender oil, L-Theanine, along with lemon balm, passionflower, to enhance relaxation and promote sleep.

Vetiver

- Promotes a sense of grounding and centering. This oil helps those who tend to be very active in their minds to calm down and be present.
- Apply it to the soles of your feet before bedtime or use it in a diffuser with lavender.

Serenity blend

- A calming blend of essential oils that promote tranquility and relaxation
- Apply to the skin before bedtime to reduce worries and prepare for a good night's sleep.



REST AND STRESS MANAGEMENT

Copaiba, Balance and Adaptive

Copaiba

- Copaiba is known for its calming effect on the nervous system. It's available as oil, roller, and capsules. Take 1 capsule in the morning, afternoon, and evening, or apply the oil along the spine.

Balance blend

- A grounding blend of essential oils that helps calm an overactive mind.
- Apply a drop to your hands, rub them together, and place them over your nose. Inhale and exhale calmly a few times.

Adaptive blend

- Feeling tension or stress? This blend is specially designed to calm these feelings.
- It's available as pure oil or diluted in a roller
- Keep the roller in your bag and apply it to your wrists or neck when you experience tension.



ENERGY AND BRAIN POWER

Peppermint, InTune, Spanish Sage and Rosemary

Intune

- This blend is created for enhanced concentration and focus.
- Apply it to your neck before studying or working.

Spanish Sage

- Stimulates cognitive functions
- Supports memory recall

Peppermint

- Clears the mind
- Stimulates focus

Rosemary

- Promotes concentration and invigoration.

Use Spanish Sage, Peppermint, and Rosemary in a diffuser. Mix them, for example, with citrus oils or frankincense.



HORMONES IN BALANCE

ClaryCalm

- This blend is specially designed to help balance hormones
- Apply it to the lower abdomen every morning.



TOOLS FOR YOU KIDS

Do you need these tools for your children when using oils?:

- Keychain
- Fractionated Coconut oil
- Rollers
- Diffuser



SPORT AND WORKOUT

Deep Blue stick, AromaTouch en Mito2max

Deep Blue™ stick

- Easy-to-use stick that penetrates deep into the skin and provides a cooling sensation.
- Combines well with Copaiba for added benefits.

AromaTouch

- Stimulates muscle circulation, contributing to quicker recovery after exercise.

Mito2max

- Energy and Endurance Complex
- Take 1-2 capsules for a long workout or on days when you have physically demanding tasks.

Other oils that are beneficial:

- Peppermint - Focus
- Deep Blue oil - Muscle recovery
- Air - Optimal breathing



CLEANSE YOUR BODY

Zendocrine, GX Assist and PB Assist + Lemon

Zendocrine

- Aids in cleansing the body of toxins and free radicals that can slow down the body's systems.
- Available as an oil or in softgel form.

GX Assist en PB Assist

- GX Assist is a blend of several oils that help cleanse the intestines of unwanted bacteria and parasites.
- PB Assist is a rich probiotic that helps restore and nourish the intestinal flora with healthy bacteria.
- Use them together as a regimen when you want to give your gut flora some extra love.

Other oils

- To further support this cleansing process, you can use citrus oils as a gentle detox and make sure you live a healthy lifestyle by avoiding sugars, alcohol, and coffee.



HAPPY GUT

Terrazyme, GX Assist and PB assist and ZenGest

Terrazyme

- TerraZyme is a patented blend of active enzymes that help us digest our food better and absorb nutrients.
- Take 1-2 capsules with each meal.
- Take them on an empty stomach before bed if you want to cleanse your intestines.

ZenGest

- Promotes healthy digestion.
- Available as an oil and in softgel form.
- Experiment to find the best time to use it for your digestion, such as before or after a meal.

GX Assist & PB Assist

- GX Assist is a blend of several oils that help cleanse the intestines.
- PB Assist is a probiotic that replenishes the intestinal flora with rich and healthy bacteria.
- You can use these as a regimen. First, take GX Assist for 10 days, followed by PB Assist for a minimum of 5 days.



EPILOGUE

I hope you've learned new things about these wonderful oils, supplements, and collagen, and, most importantly, that you've gained an understanding of how they can help you lead your most powerful life!

If I can assist you in any way, I'd be happy to connect with you via Instagram, a workshop, or a wellness consultation.

If you'd like to join an online or offline workshop, please email me at loussanna@gmail.com.

I hope I've inspired you to live as naturally and powerfully as possible, and to take full responsibility for your health. And that you're enthusiastic about taking this new step toward your well-being!

With love,
Loussanna



"LIVE LIFE TO THE FULLEST,
AND MAKE A BEAUTIFUL
DIFFERENCE ALONG THE
WAY"

Oils for Excellence
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