

SAVE  
\$25.00



### HEALTHY START

- 5mL: Lavender, Lemon, Peppermint, Oregano, Melaleuca, Frankincense, dōTERRA Breathe\*, DigestZen\*, dōTERRA On Guard\*, Deep Blue
- Brevi Diffuser
- Wholesale Membership

\$160.00 USD (100PV)



SAVE  
\$75.00

### HEALTHY HABITS

- 5mL: dōTERRA Balance\*, Frankincense, Lavender, Lemon, doTERRA OnGuard,
- Deep Blue Rub
- doTERRA Lifelong Vitality Pack
- Digestzen Terrazyme - digestive enzyme
- Digestzen PB Assist - probiotic
- Wholesale Membership

\$195.00 USD (125PV)



SAVE  
\$90.00

### HEALTHY HOME

- 15mL: Lavender, Breathe, Peppermint Frankincense, Melaleuca, OnGuard, Lemon, Oregano, Digestzen; 5mL Deep Blue
- Brevi Diffuser • OnGuard Hand Sanitizing Mist
- OnGuard Toothpaste & Cleaner Concentrate
- OnGuard Foaming Hand Wash & Dispenser
- Protecting Shampoo & Smoothing Conditioner
- Wholesale Membership

\$350.00 USD (250PV)

**\*\*get a personalized wellness consult with the purchase of a kit\*\***

NOTE: Larger kits available at a greater discount!

### 6. HOW DO I PURCHASE?

- Get your own wholesale account FREE with any Reduced Price Starter Kit, OR choose \$35 option & pick your products. Option to renew annually for \$25 USD. Receive a FREE 15mL bottle of Peppermint oil with renewal!
- Option to buy through the Loyalty Rewards Program (monthly ordering, 1PV minimum) to also receive 10-30% additional back in product credits to be redeemed for FREE products, plus other perks!

### 7. TO GET THE BEST PRICE...

Go to my website:

[www.mydoterra.com/selfhealth](http://www.mydoterra.com/selfhealth)

- Click "Become a Member"
- Choose your Reduced Price Kit OR choose individual products
- Select "Wholesale Customer", check "Terms" box, & then checkout.
- Request to join my Facebook group:

[www.facebook.com/groups/EmpoweredSelfHealth](http://www.facebook.com/groups/EmpoweredSelfHealth)

**YOUR ORDER:** Will arrive in the next week directly to you.

**CONTACT US:** When your order arrives and we can guide you.

**FREE PRODUCTS:** Ask me how to opt in to Loyalty Rewards monthly ordering &/or host a class with friends & family to get free stuff.

### 8. SHARE YOUR LOVE OF dōTERRA®

It will be natural for friends and family to ask questions about dōTERRA® once they have seen and experienced the positive effects from you. There are easy, simple ways for you to earn FREE products or make income through sharing dōTERRA® with friends & family. Ask me how!

doTERRA ID# 2384223

**email: [twinlinda@me.com](mailto:twinlinda@me.com)**

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LIVING  
**dōTERRA®**  
*naturally*

## Mindful Self Health

Linda Pountney MS

860 471-6164



Class Schedule: [mindful.synduit.com](http://mindful.synduit.com)

A Mindful Approach to Self Care

*Live it. Share it. Grow it.*

Rate yourself in each area (1-10)



## 1. WHAT ARE ESSENTIAL OILS?

Naturally found in the seeds, bark, stems, roots, flowers, and other parts of plants, doTERRA CPTG Certified Pure Therapeutic Grade oils are 100% pure and used as a holistic approach to self care for a wide range of emotional and physical wellness applications with support by the scientific community. We provide natural solutions for a healthy lifestyle!

## 2. WHY dōTERRA?

dōTERRA® IS DIFFERENT.

- CPTG® = no fillers or artificial ingredients that would dilute their active qualities.
- Free of contaminants and other toxic chemical residues.
- While many oils claim to be therapeutic grade, few are subjected to rigorous testing standards for chemical composition, purity and potency like ours. We work closely with leading chemists and growers to select botanicals of the correct species, grown in ideal environments and carefully harvested at the right time.
- They are the safest and most beneficial oils available in the world today.



Ask me which books and apps I love to use for dōTERRA



### FRANKINCENSE

- Supports healthy cellular function
- Promotes feelings of relaxation
- Improves skin imperfections



### LEMON

- Cleanses surfaces
- Promotes a positive mood



### LAVENDER

- Soothes occasional skin irritations
- Promotes peaceful sleep
- Eases feelings of tension & anxiousness



### MELALEUCA

- Cleansing & rejuvenating effect for skin
- Promotes healthy immune function
- Protects against environmental & seasonal threats



### OREGANO

- Potent cleansing, purifying, antioxidant
- Supports a healthy immune system, healthy digestion, & respiratory function



### PEPPERMINT

- Promotes healthy respiratory function
- Promotes clear breathing
- Promotes digestive health



### dōTERRA BREATHE®

- Helps maintain respiratory function
- Promotes restful sleep



### DEEP BLUE®

- Soothes occasional aches
- Soothing pre- & post-exercise/workout



### DIGESTZEN®

- Supports healthy digestion
- Soothes occasional stomach upset
- Reduces bloating, gas, & occasional indigestion



### dōTERRA ON GUARD®

- Supports healthy immune system
- Supports healthy respiratory function

\*These statements have not been evaluated by the Food and Drug Administration. Not intended to diagnose, treat, cure, or prevent any disease.

## 3. dōTERRA® IS MAKING A DIFFERENCE.

Not only have we changed the essential oil industry for the better scientifically, we are also making a difference ethically with our Co-Impact Sourcing and Healing Hands Foundation.



Visit [sourcetoyou.com](http://sourcetoyou.com)

## 4. HOW DO I USE THEM?

### A AROMATIC



Essential oils can be very stimulating, calming or soothing when diffused or inhaled. They can also purify the air.

### I INTERNAL



Some essential oils can be used as dietary supplements for targeted wellness.

### T TOPICAL



They can be safely applied for topical benefit when diluted with a carrier oil.

## 5. BEGIN WITH A FOUNDATION FOR OPTIMAL HEALTH

### CHOOSE YOUR SUPPLEMENTS:

Lifelong Vitality Pack® essential oil supplements are formulated with potent levels of essential nutrients & powerful metabolic factors for optimal health, energy & longevity. They naturally support a lifetime of looking, feeling, and living younger, longer... Ask me about our 30 day GUARANTEE!



CUSTOMIZE WITH THESE FOR ONLY \$20 USD EACH:



Mito2Max® : Energy & Stamina  
 Deep Blue® : Aches & Discomfort  
 TerraZyme® : Digestion & Metabolism  
 PB Assist® : Probiotic