



I am so excited you're here, because I know you are passionate about finding a more natural approach to your health, fitness, and self-care. We both want to the calm confidence that comes with making informed decisions for themselves and their family. To be truly empowered - we need not only information, but the key tools to rock a healthy life. And to be part of a community or people who are living the same healthy lifestyle!

What I'm about to share with you is the opportunity to have just that. This guide will give you a preview of how you can live an empowered, natural, and thriving life – and how doTERRA is a key key tool we use to thrive!

Grab a cup of coffee, tea, or refill your water bottle and take some time to review the information I've put together for you to learn more about essential oils!

## Who is doTERRA?

doTERRA is a wellness company with the purest essential oils in the world as their core product [{here's why}](#). They have an amazing vision to help every home feel empowered to use natural approaches in their health + self care. I believe that doTERRA is in the early stages of forming a revolution. Where people around the globe would feel more empowered to take care of their family's health in a natural way. Where health & nutrition coaches (*like me!*) can help their clients go to that next level of wellness. Where athletes of all levels can choose natural solution to improve their performance.

I wanted to be a part of doTERRA, because I believe in a natural approach to my health & I love their mission! You will be amazed at what the oils will do for you - there's over [100 things you can do](#) with the lemon, lavender + peppermint alone!

[CLICK HERE](#) to start your essential oil journey!

[heather@fitaspire.com](mailto:heather@fitaspire.com)

## What exactly are these oils?

My friend & mentor, Ange, has recorded 2 webinars to help you learn a little more.

- The first is a 60 min [Intro to Oils Class](#).
- The 2nd is a webinar called "[I've got Oils now what?](#)"

The 3rd resource is a guide on [How to use the Top 10 Essential Oils](#).



[LINK](#)



[LINK](#)



[LINK](#)

## Why doTERRA?

*Over 4 million people choose doTERRA. Here's a little about WHY they are the best choice on the market today.*

**The Co-Impact sourcing model:** doTERRA sources globally, because plants are best in their native environment. They go to where the soil, climate, and conditions are ideal to produce the best possible plants (which make the best oils!). Not only that, but they work **WITH the farmers** there to create a better economy.

*This doesn't matter to everyone - but it did matter to me when I was comparing.*

Their commitment to purity through **the CPTG stamp:** There is no governing body that enforces corporations like Walmart, Best Buy or NOW brand to be honest about what they're putting in their bottles. It's important that you research a company and understand what they stand for...and then if you try the oil and it aligns with what that company is saying - you have a great company. I trust the 7-stage, independent testing that every drop of oil goes through at doTERRA. [Check out this website for more info.](#)

But what about all the claims that other companies make? I encourage you to try these oils for yourself, because the quality will speak to why DT is the largest essential oil company in the world

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(over 4 million users). You'll want to get a feel for the culture - it's an important decision to make, because once you start using oils in your home, you won't want to go back to store-bought synthetic products!

Two big reasons I love these oils:

What are pure essential oils?



What makes doTERRA oils so special?



Two reasons that over 4 million people around the world choose doTERRA:

doTERRA's Relationship with Global Farmers



doTERRA's commitment to purity



## Our Community ♥

When you enroll with me or someone on my team - you are not only supported by one person, but you are supported on a larger level through our global team!

We have an incredible system of support + value waiting for you. We are here to help you every step of the way, so you can learn how to integrate these amazing products into your life (not figure it out on your own):

I'm excited to welcome you with:

- A welcome gift package with fun freebies!

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- ❑ Getting started with oils “email class” to help you learn how to use these tools in your life.
- ❑ The DIY Essential Oils eBook {packed with EO recipes}
- ❑ Access to a monthly eBook from our Supernatural Life Library
- ❑ 2 x Holistic Cleanse Programs, with a guided group every quarter to support you. (over \$65 value)
- ❑ A 1:1 welcome call (to answer all your questions & help you get the most out of your oils)

## Current Promo...

Enroll with any 200pv starter kit and the Immortelle anti-aging blend! I recommend the Home Essentials or Family Wellness kit as the MOST POPULAR kits for getting started – they cover a wide range of needs and will help you start making the shift to a natural approach to your health.

dōTERRA wellness advocate

# Immortelle

## Anti-Aging Blend

**Ingredients:** Frankincense Resin, Hawaiian Sandalwood, Lavender Flower, Myrrh Resin, **Helichrysum Flower, Rose Flower essential oils**  
**Aromatic Description:** Woody, spicy, rich, fresh

**KEY BENEFITS**

- Helps reduce the appearance of fine lines and wrinkles
- Apply topically to reduce the appearance of blemishes
- Apply under your arms after a sweaty workout or a day in the sun

**T** Topical    **N** Neat-Can be used topically with no dilution

**Essential Oil Tip:**  
 Use with the Verage Skin Care Collection to help sustain smoother, more radiant, and youthful-looking skin.

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# Ordering Options

There are two ways to get started with doTERRA essential oils:

1. **Retail Order:** most people choose one of the options below, but if you want to dip your toe into essential oils and aren't ready for the discount, you can place a full-price retail order here: [fitaspire.com/buynow](https://fitaspire.com/buynow)
2. **Wholesale Customer Account:** This is the best value, because you get access to wholesale pricing for the next year (25% discount on everything!). This works like a Costco membership, where you purchase a membership (\$35 US – product #60200277) to get access to wholesale pricing for the entire year! Or you can choose a starter kit (below) and skip that membership fee. ☺

*Renewal is available for \$25 and includes a free bottle of Peppermint oil.*

There is **NEVER** an obligation to order monthly or sell oils... absolutely no strings attached. But if you are one of the 10% of people who DO want to build a doTERRA biz – that is an option for you. {We can chat more about that during our welcome call, if it interests you.}

## Starter Kits

Most people choose a starter kit, as it's the best value when getting started with oils. I've included a few popular kits below, but you can [browse all available US kits here](#). The most popular kit the past few months is the **Home Essential Kit**, as it gives you the top 10 oils and almost \$90 in savings vs buying the products individually.

Need help choosing the starter kit that will be best for your goals? Email me & let's talk through your options: [heather@fitaspire.com](mailto:heather@fitaspire.com)





## FAMILY ESSENTIALS KIT AND BEADLETS

### 5 mL BOTTLES:

- Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, dōTERRA Breathe®, DigestZen®, and dōTERRA On Guard®
- Peppermint Beadlets
- dōTERRA On Guard® Beadlets
- Wellness Advocate Introductory Packet

**60200540 \$150.00 110 PV**



## AROMATOUCH® DIFFUSED

- AromaTouch Kit
- Petal Diffuser
- Wellness Advocate Introductory Packet

**60200547 \$150.00 100 PV**



## CLEANSE & RESTORE

- dōTERRA Lifelong Vitality Pack
- PB Assist®+
- GX Assist®
- Zendocrine® Softgels
- DigestZen TerraZyme®
- Lemon (15 mL)
- Zendocrine® Complex
- DDR Prime® Softgels
- Wellness Advocate Introductory Packet

**60200541 \$245.00 175 PV**



## FAMILY WELLNESS

- dōTERRA Lifelong Vitality Pack®
- PB Assist® Jr
- dōTERRA a2z Chewable®

### 10 mL BOTTLES:

- dōTERRA Cheer® Touch
- dōTERRA Peace® Touch
- dōTERRA Touch Breathe™
- dōTERRA Touch® Deep Blue®
- dōTERRA Touch® DigestZen®
- dōTERRA Touch® Frankincense
- dōTERRA Touch® Lavender
- dōTERRA Touch® Melaleuca
- dōTERRA Touch On Guard™
- dōTERRA Touch® Peppermint
- Wellness Advocate Introductory Packet

**60200542 \$275.00 225 PV**



## HOME ESSENTIALS

- Frankincense
- Lavender
- Lemon
- Melaleuca
- Oregano
- Peppermint
- dōTERRA Breathe®
- DigestZen®
- dōTERRA OnGuard®
- Deep Blue® (5 mL)
- Petal Diffuser
- Wellness Advocate Introductory Packet

**41180001 \$275.00 225 PV**

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# Simple Steps to get started

**Step 1:** [Click here to visit my store.](#)

**Step 2:** Click the 'Join Doterra' box at the bottom right of the screen

**Step 3: Choose the Wholesale Customer option** {unless you're wanting to do the business - then you would choose the **Wellness Advocate option**}. The Enroller + Sponsor ID box should already be filled for you.

**Step 4:** Fill in your personal info

**Step 5:** Fill your shopping cart!

- *Starter Kit Option:* Choose the starter kit you're drawn to + add any additional items at the 25% off price to your cart. {Here are the [Canadian](#) and [US](#) starter kits}
- *Create Your Own:* If you don't want to begin with one of the starter kits - add the Introductory Packet {#60200277} to your cart to purchase the membership. Now you can add any other items by typing them into the field that says "Enter additional item # or product name". You can [view the entire doTERRA Product Catalog here](#) or [{CANADIANS click here}](#)

**Step 6:** Finalize your shipping and payment options. Click "Process Order Now & Continue"

**Your first order is complete - your products will arrive in 5-7 business days!!**

## Receive a customized shipment every month

If you are decide to order more products in the future, you may want to consider the [Loyalty Rewards Program \(LRP\)](#). Most people order through LRP, because you earn points for every purchase (just like airline points when you fly). You can order as much or as little as you want each month (no minimum), you can change your order anytime you want in your online store, and you can easily cancel at any time.

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One of the most popular benefits is the FREE product of the month. If you place an LRP order before the 15th with point value (PV) of at least 125, you will automatically get the product of the month for FREE!

### **What do I order?**

My personal LRP order always includes a few staples:

- Lifelong Vitality Pack (2) for my husband and I. This is our daily supplements: a multivitamin, omega 3, and cellular vitality. These are incredible, high-quality supplements that are created to help you get the optimal vitamins & minerals for your health.
- Probiotics: I add the probiotics to my LLV order, which gives a discounted price of only \$20.
- Skin care (HD Clear): every few months I refill my skin care products.

Usually, I'll also add a new oil I've been wanting to try, restock my cleaning products, or order a self-care product (like the mud mask, body scrub, or hand lotion).

## **QUESTIONS?!**

Just let me know! I look forward to helping you support your goals with essential oils!!



Heather Blackmon  
Owner, Coach | FITaspire.com

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