

SAVE
\$75



HEALTHY HABITS KIT

Start your routine with this kit for healthy skin from the inside out AND the outside in: 5mL dōTERRA Balance*, Frankincense, Lavender, Lemon, dōTERRA On Guard*, Deep Blue® Rub, PB Assist+®, DigestZen® TerraZyme, Lifelong Vitality Pack® essential oil supplements, Essential Oils Guide and wholesale account included

\$195.00 USD (125 PV)

ADD ONS:

ESSENTIAL SKIN CARE KIT

Facial Cleanser, Invigorating Scrub, Pore Reducing Toner, Tightening Serum, Brightening Gel, Anti-Aging Eye Cream, Anti-Aging Moisturizer and Hydrating Cream.

\$206.50 USD (200 PV)



VERAGE® SKIN CARE COLLECTION

Verage Cleanser, Verage Immortelle Hydrating serum, Verage Moisturizer and Verage Toner.

\$92.00 USD (70 PV)



HD CLEAR™ KIT

HD Clear Foaming Face Wash, HD Clear Facial Lotion and HD Clear 10ml roller.

\$51.00 USD (45 PV)

YARROW|POM COLLECTION

Yarrow|Pom Active Botanical Nutritive Duo, Yarrow|Pom Cellular Beauty Complex Capsules and Yarrow|Pom Body Renewal Serum

\$175.00 USD (150 PV)



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!

TO GET THE BEST PRICE...

Go to my website:

www.mydoterra.com/sarahpipher

- 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/EssentialWellnessThyme

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.

YOUR "OILS NOW WHAT" APPT IS:

Date: _____ Time: _____

SHARE YOUR LOVE OF dōTERRA®

It will be natural for you to want to share your health successes with friends and family! There are easy, simple ways for you to earn FREE products or make income through sharing dōTERRA® with friends & family. Ask me how!

dōTERRA® is the registered trademark of dōTERRA Holdings, LLC. US 060420



SKIN CARE *with* dōTERRA® *naturally*



Sarah Pipher
(908) 803-0000

Sarah@sarahpipher.com
flow.page/essentialoils



Naturally achieve healthy, glowing skin.

dōTERRA SKIN CARE CHECKLIST

Skin is one of the first things others notice about you and it is most likely the first thing you notice about yourself. You are probably aware of the effect problematic skin can have on your emotional and mental well-being. Clear, beautiful skin is more likely to grant you greater confidence, positive self-esteem and overall happiness. Follow these seven steps to achieve healthy, glowing skin.

1. Get Good-Quality Sleep: Focus on the quality of your sleep vs. the number of hours! Use Frankincense, Balance, Lavender, dōTERRA Serenity®, Bergamot, Rose, Neroli and Roman Chamomile to help provide a restful night's sleep.

2. Exfoliate: Use the Reveal Facial System twice a week to help maintain a smooth texture on the skin surface and create a youthful glow. Make sure to follow up with a good moisturizer, such as dōTERRA's Hydrating Cream, Verage® Moisturizer, Anti-Aging Moisturizer or HD Clear® Facial Lotion.



3. Relieve Stress: Stress can cause an increase in facial blemishes and wrinkles, dehydration and hormonal imbalance. Reduce stress by meditating, breathing deeply, exercising, getting a massage or just taking time to relax. Use Balance, Frankincense, Lavender, Adaptiv, Clary Sage or Citrus Bliss® essential oils to help combat stress.

4. Drink More Water: Drink at least eight glasses of water daily to rid your skin of toxins, as well as help regain its radiance and moisture. Try adding Lemon, Lavender, Frankincense or Copaiba essential oils to your water for added flavor and health benefits.

5. Use High Performing Skin Products: dōTERRA offers a diverse line of gentle, natural skin care products to help you get beautiful, smooth skin. With three unique skin care lines, we have the perfect regimen for all skin types.

6. Take Vitamins: What you put into your body will reflect on your skin. The dōTERRA Lifelong Vitality Pack® offers over 55mg of omega-3s, a blend of 210mg of plant-sourced fatty acids, vitamins A, C, E, an energy complex of B and potent levels of natural botanical extracts that support healthy cell function. Because gut health plays a huge role in the health of your skin, remember to pair it with PB Assist+ Probiotics and DigestZen Terrazyme Digestive Enzymes.

7. Eat Healthy: Diet affects not only your internal health, but also the health of your skin. Diets that are high in sugar can make the skin look older. Diets consisting mostly of fruits and vegetables can give you the nutrients you need to protect and nourish your skin.

YOUR SKIN CARE ESSENTIAL OILS



BLUE TANSY

- Helps reduce the appearance of blemishes
- Provides a soothing sensation to the skin



COPAIBA

- Helps soothe anxious feelings
- Promotes clear, smooth skin



FRANKINCENSE

- Promotes feelings of peace & relaxation
- Rejuvenates skin & improves imperfections



GERANIUM

- Promotes healthy, glowing skin & hair
- Helps calm nerves & lessen feelings of stress



HD CLEAR

- Promotes a clear complexion & reduces breakouts
- Helps keep skin clean, clear & hydrated



HELICHRYSUM TOUCH

- Reduces the appearance of blemishes and wrinkles
- Promotes a glowing, youthful complexion



IMMORTELE

- Promotes smoother, more youthful-looking skin
- Reduces the appearance of fine lines & wrinkles



LAVENDER

- Improves the appearance of skin imperfections
- Reduces anxious feelings & promotes sleep



NEROLI TOUCH

- Soothes skin & reduces the appearance of blemishes
- Reduces feelings of anxiousness



ROSE TOUCH

- Helps balance moisture levels in skin
- Reduces the appearance of skin imperfections & promotes a healthy-looking & even skin tone



YARROW|POM

- Activates skin-protecting proteins
- Promotes collagen production

HOW DO I USE THEM?

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

- A AROMATIC** - Essential oils can be very stimulating, calming or soothing when diffused or inhaled. They also cleanse & purify the air.
- I INTERNAL** - Some essential oils can be used as dietary supplements for targeted wellness.
- T TOPICAL** - Essential oils can be safely applied for topical benefit when diluted with a carrier oil.

SAFETY TIPS:

- Do not put oils in eyes, ears or up nose!
- Citrus oils & blends containing citrus oils can be photosensitive, so avoid topical use 24 hours before sun exposure.
- Always drink out of stainless steel or glass when using oils.
- Dilute your essential oils with a carrier oil like fractionated coconut oil to ensure a positive experience. Extra dilution for babies, children, elderly & individuals with sensitive skin is recommended. Standard adult recipe for 10mL roller is 1/8 - 1/2 essential oils + carrier oil.

HOW DO I ESTABLISH A FOUNDATION FOR OPTIMAL OVERALL HEALTH?

CHOOSE YOUR SUPPLEMENTS WISELY!



Lifelong Vitality Pack® essential oil supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, stress management, energy & longevity. They naturally support the body in ways that also help to support healthy, glowing skin.

Ask me about our 30-day money-back **GUARANTEE!**

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