

TAKE THE 30/30 SPRING CLEAN-CLEANSE CHALLENGE

STARTS THU, MARCH 8 2018 6 PM MT

March 8, 2018 **Get Ready for Spring Cleanse:** Introduction to our 30-Day Challenge, tips to empower you to succeed

March 15, 2018 **Empowered Success:** Check in, review the wellness pyramid, importance of support system

March 22, 2018 **Spring Cleaning**--Reduce toxin load by using essential oils to cleanse inside our homes and other indoor spaces

March 29, 2018 **Mid-term Empowered for Success:** Check in, essential oils to help motivate, manage moods, boost energy ...

April 5, 2018 **Sprint to the Finish:** Check in, and essential oil spotlight featuring the doTERRA Product of the Month

April 12, 2018 **Wrap and Challenge Results:** final check in, strategies for lifestyle change, share your successes and challenges

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1. Before we get started, set aside some me-time to think about your personal wellness goals. Think about this Spring Clean-Cleanse Challenge as a way to refresh your home and to cleanse and reboot your Body and Mind. remove toxins from **reset** your body and mind.
2. Select or contemplate your internal cleanse challenge; two choices:

Dr. Hill's 30-Day
Essential Oil
**Wellness
Protocol**

Health and wellness
makeover

or

doTERRA 30-Day
**Body Cleanse &
Restore Plan**

Activate-Reset-Renew
with essential oils

A daily approach and guide to a healthier lifestyle. Developed by Dr. David K. Hill, DC, doTERRA chief medical officer, it is designed to **improve anyone's health and wellness.**

Intended for Everyone, Everyday!

Ask about our Wellness Protocol enrollment kit.

3. Join us for week-1, introduction to the challenge, March 8

A **gentle, no fasting, cleanse, detox, and restoration** protocol in three, 10-day phases.

Intended for use annually, quarterly, or as needed. Get ready to: Activate -- Set -- Renew!

Ask about our Body Cleanse & Restore enrollment kit.

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SHOPPING - CHECKLIST

doTERRA 30-Day Body Cleanse & Restore Plan

Activate-Reset-Renew

- Lemon** essential oil naturally cleanses the body and aids in digestion
- Lifelong Vitality** trio of supplement blending nutrients and powerful metabolic factors for optimal health, energy, and longevity
- TerraZyme** digestive enzymes
- GX Assist** essential oils an caprylic acid; help cleanse and support digestive system
- PB Assist +** 6 billion CFUs of 6 different strains of probiotics
- Zendocrine Complex**, a botanical blend to support liver, kidneys, colon, lungs, and skin
- Zendocrine**, a botanical blend to support the body's natural ability to rid itself of unwanted substances
- DDR Prime**, an essential oil blend to support cellular health, function and renewal

or

SHOPPING - CHECKLIST

Dr. Hill's 30-Day Essential Oil Wellness Protocol

Health and wellness
makeover

ESSENTIAL OILS

- Balance** grounding blend
- Frankincense**
- Lemon**
- Copaiba**
- Citrus Bliss** invigorating blend
- Onguard** beadlets; 1/4 drop of our protective blend

SUPPLEMENTS & WELLNESS PRODUCTS

- Serenity** restful blend
- Serenity Restful Complex**
- Lifelong Vitality** trio of supplements
- PB Assist +**
- TerraZyme**
- Other**
- Diffuser - doTERRA offers the **Petal, Aromalite, Lotus**, or our new **Lumo**