



# IKISE™

CLASS HANDOUT



Love Your  
Skin from the  
Outside In

# Welcome to the new era of skincare, where high-performance results meet holistic wellness.

dōTERRA IKISE™ is a skincare collection inspired by Japan's timeless beauty rituals, formulated with cutting-edge, natural ingredients and a unique combination of Humic Shale Minerals and CPTG® essential oils for optimal absorption. This is skincare designed to nourish your skin's natural vitality. Not to fight age, but to support you in ageing better.

dōTERRA IKISE™ is crafted for individuals who value both science and nature, who want low-tox powerful skincare that performs.

With dōTERRA IKISE™, you no longer have to choose between purity and results.

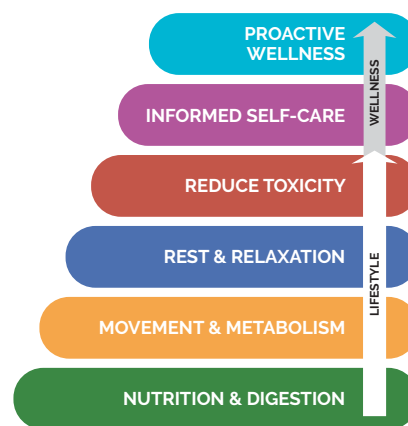
## What Makes dōTERRA IKISE™ Different?

- Rooted in Japanese skincare layering principles.
- Powered by CPTG® essential oils and proven actives.
- Targets hydration, firmness, brightness and texture.
- Free from toxins, synthetic fragrances and fillers.



# IKISE™ & the Wellness Lifestyle Pyramid

Skincare isn't just about beauty; it's a core part of living well. Here's how IKISE™ aligns with doTERRA's Wellness Lifestyle:



PYRAMID LEVEL	SKIN CONNECTION WITH IKISE™
<b>Nutrition &amp; Digestion</b>	What you eat shows up on your skin. IKISE™ supports this by being free from synthetic fillers and harsh toxins—so your detox pathways stay clear, not overloaded.
<b>Movement &amp; Metabolism</b>	Healthy circulation and regular movement support better oxygen and nutrient delivery to skin. Layering lightweight hydration with ingredients like hyaluronic acid and niacinamide supports visible skin vitality.
<b>Rest &amp; Manage Stress</b>	Stress shows up on the skin. IKISE™ includes calming ingredients like Frankincense and Arnica, creating a skin ritual that doubles as a self-care practice.
<b>Reduce Toxic Exposure &amp; Support Detoxification</b>	Every IKISE™ formula is low-tox, consciously formulated, and designed to reduce the toxic load on your skin and body.
<b>Informed Self-Care</b>	Knowing your skin type, building a personalised ritual, and learning about ingredients = empowered skincare choices. This is where education meets beauty.
<b>Proactive Medical Care</b>	When paired with holistic skin health habits, regular dermatologist check-ins or skin scans become part of your proactive wellness strategy, not just reactive treatments.

# Create Your dōTERRA IKISE™ Skin Ritual

## CLEANSE

### Step 1: Face Wash

A gentle cleanser that lifts impurities and rebalances the skin. Infused with Lime, Litsea & Petitgrain, and coconut-derived ingredients to leave skin soft and fresh.



## HYDRATE & PREP

### Step 2: Smooth & Rich Lotion

Hydration meets skin preparation. This lightweight lotion layers beautifully to soften and allow deeper absorption of the next steps, featuring Niacinamide, Hyaluronic Acid and Gluconolactone.



## TREAT

### Step 3: Smooth & Rich Dual Serum

Two serums in one. Shake to blend exfoliating (PHA) and brightening (Frankincense + Vitamin C) powers to leave skin radiant and visibly smoother.



## SEAL & PROTECT

### Step 4: Day & Night Face Cream

Rich but never heavy, this cream seals in moisture. With Buntan and Copaiba essential oils and rich botanical waxes, it leaves skin feeling deeply nourished and silky smooth.



## OPTIONAL ADD-ONS

### Booster Oil

Use after washing for added glow. With Geranium essential oil to nourish and prime skin.

### Cleansing Balm

Perfect as Step 0 in the evening. Removes makeup and pollution gently while brightening and balancing sebum.

### Eye Cream

Apply last. Targets fine lines and puffiness with Rose essential oil, Copper Gluconate, and botanical extracts.

# What's your skin type?

#	Question	A	B	C
1	After cleansing, my skin feels...	Tight or dry	Comfortable	Oily, especially in the T-zone
2	After a few hours outside, my skin looks...	Flaky or rough	Fresh and balanced	Shiny, mainly forehead, nose, chin
3	How often do you experience breakouts?	Rarely	Almost never	Often, especially in specific zones
4	Skin texture most of the time?	Dry or rough in places	Smooth and even	Uneven, some oily, some dry
5	In cold or hot weather, my skin...	Gets dry or irritated	Stays fairly balanced	Becomes oilier in the T-zone
6	Moisturiser habits?	Can't skip it, daily or more	Use it occasionally	Rarely need it, skin feels oily
7	By midday, my skin feels...	Thirsty	Still fresh	Greasy in spots, especially nose/forehead
8	My biggest skincare challenge is...	Dry patches and tightness	Keeping things simple and consistent	Oiliness in some spots, dryness in others
9	Where do you notice fine lines first?	All over	Mostly around the eyes	Cheeks and smile lines
10	My skin goal is to...	Stay hydrated and smooth	Keep things steady	Balance oil and dryness without irritation

## Your Results:

### Mostly A's > Dry Skin

Your skin tends to feel tight, flaky, or dehydrated. Focus on layering moisture-rich, soothing products to rebuild your skin barrier.

### Mostly B's > Normal Skin

Lucky you! Your skin is balanced and generally low-maintenance. Keep supporting it with consistent hydration and gentle care.

### Mostly C's >

### Combination or Oily Skin

You've got more oil in your T-zone and drier areas elsewhere. Balance is key—lightweight hydration where needed, and oil control where it counts.



# Skin Rituals by Skin Type

## NORMAL SKIN

☀ Face Wash ▶ Booster Oil ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream

🌙 Cleansing Balm ▶ Face Wash ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream + Intensive Eye Cream

**Weekly:** Use Booster Oil for a glow boost in the PM before Smooth & Rich Lotion.

## DRY SKIN

☀ Face Wash ▶ Booster Oil ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream

🌙 Cleansing Balm ▶ Face Wash ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream + Intensive Eye Cream

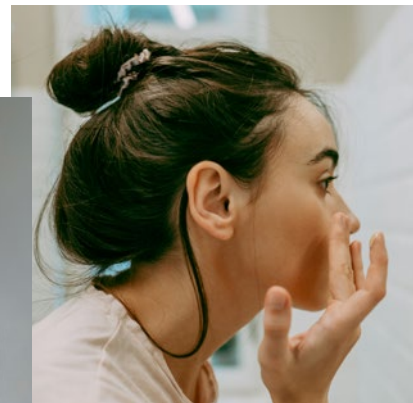
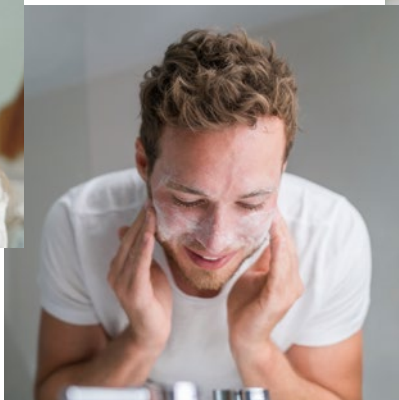
**Tip:** Layer Smooth & Rich Lotion twice for intense hydration.

## COMBINATION SKIN

☀ Face Wash ▶ Smooth & Rich Lotion ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream

🌙 Cleansing Balm ▶ Face Wash ▶ Smooth & Rich Dual Serum ▶ Day & Night Face Cream

**Tip:** Booster Oil on dry zones only before Smooth & Rich Lotion.





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