

EUROPE 5TH EDITION

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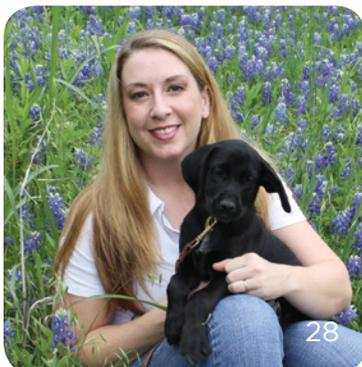
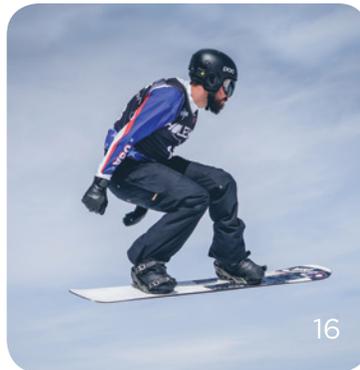
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Don't let your **GUARD DOWN**

Fight bad breath



ask

Dr. Hill



DR. DAVID K. HILL, DC
Executive Vice President, Chief
Medical Officer/Chairman, Scientific
Advisory Committee

Q:

**How is
Pink Pepper different
from Black Pepper?**



A: While visually Pink and Black Pepper look very similar, pink peppercorns are in fact more closely related to cashews. Similarly, as we look into their chemical compositions, the essential oils steam distilled from their fruit actually have more differences than similarities. In particular, Pink Pepper has a much higher concentration of limonene, contains significant amounts of myrcene, and has the highest concentration of alpha-phellandrene that we have ever seen in an essential oil.

**What are some
benefits of Green
Mandarin that I might
not experience using
other citrus oils?**



What really sets Green Mandarin apart from its other citrus oil counterparts is its rich concentration of gamma-terpinene. While it provides an uplifting aroma like other citrus oils and is great to use in a DIY surface cleaner, it has several daily uses that are unique. Add it to a glass of water or your favourite citrus drink, so the gamma-terpinene compounds can support cellular natural functions when taken internally. Its cleansing power also isn't limited to surfaces; it is surprisingly gentle and effective for topical use. Green Mandarin oil is not photosensitive so this is a great oil to use topically during outdoor activities.

**Why is Yarrow
blended with
Pomegranate
Seed oil?**



Yarrow is a very unique essential oil—not only because of its deep blue colour, but also because its diverse chemical makeup may provide some fascinating properties. When examining the existing research, it became clear that the symbiosis between its composition and spectrum of benefits and that of Pomegranate Seed oil could create something quite powerful. Pomegranate Seed oil is a great alternative as a carrier because experimental research suggests it may have skin health supporting properties and is rich in punicalic acid and several other bioactive compounds. Experimental research suggests that punicalic acid may provide protective benefits for certain body tissues. The blending of Yarrow and Pomegranate Seed oils is a perfect way to take advantage of our increased understanding of synergy.

**What makes
Magnolia unique
among floral
essential oils?**



Magnolia shares some compositional similarities, and many of the calming and soothing properties, of other floral essential oils such as Lavender and Ylang Ylang. However Magnolia is a bit of an anomaly when it comes to essential oils rich in monoterpene alcohol linalool because it doesn't contain linalyl acetate in easily measurable quantities. This gives Magnolia a very distinct mint-like aroma, and also provides a different spectrum of benefits than what you may expect. Without the presence of linalyl acetate, linalool becomes a dominant compound and its properties really shine through. For instance, experimental research suggests that Magnolia essential oil, due to its uniquely high concentration of linalool, may be particularly effective as an insect repellent.

PINK PEPPER

Sourcing Origin: Kenya & Peru

Distillation Method: Steam Distillation

Plant Part: Fruit

Aromatic Description: Spicy, fruity, slightly woody

Pink Pepper (*Schinus molle*), while similar in appearance to black pepper, is closely related to cashews. The “molle,” or pink peppercorn tree, was considered a sacred tree to ancient Incans. Indigenous populations used all parts of the tree, including the pink peppercorn fruit, as herbal solutions to health needs.

HOW TO USE:

Aromatically

- ◆ Inhale deeply to promote feelings of alertness

Internally

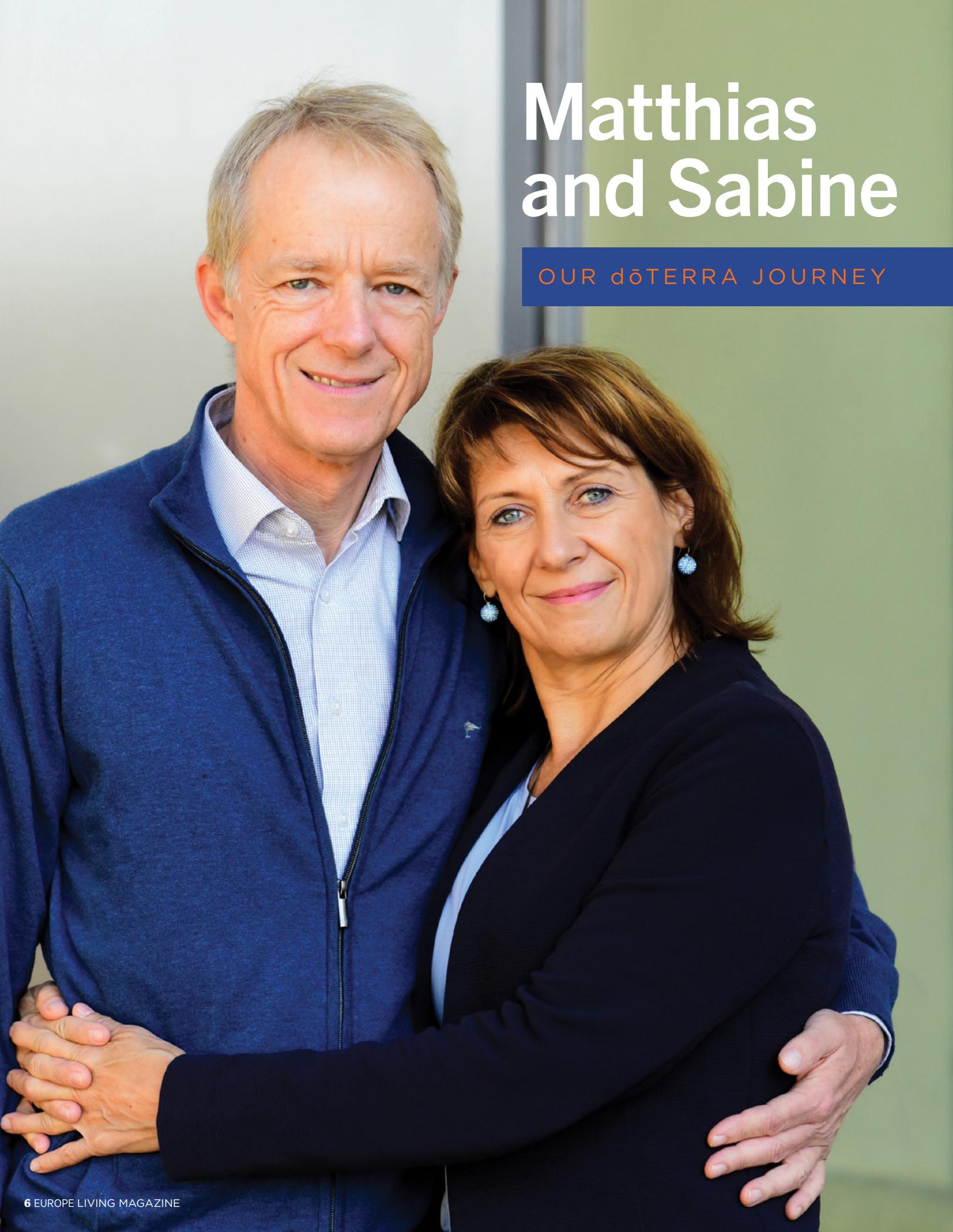
- ◆ Pink Pepper can be substituted for Black Pepper as a food flavour
- ◆ Combine a few drops with your favourite salad dressing for a spicy change

Topically

- ◆ Add a few drops of Fractionated Coconut Oil for a zesty uplifting scent

FUN FACT: This oil was originally introduced in our Harmony Collection as a limited time offer and is now a permanent product.





Matthias and Sabine

OUR dōTERRA JOURNEY

The date is clear in their minds. 18th April 2016 was the day Matthias and Sabine began their journey with dōTERRA. Five months earlier, they had tried a dōTERRA product for the first time, the On Guard™ toothpaste. After all, everyone knows what to do with toothpaste!

As successful Presidential Diamonds, they live together in a lovely ranch in Northern Germany and have two grown up children; Luise (24) and Jonathan (21).

This is their story.

When an old friend of ours, Adheesh, sent to us a Family Wellness Enrolment Kit, the world of essential oils was still quite a mystery. As we didn't know exactly what to do with the products we received, we decided to try the toothpaste first and we loved it. It took us slightly longer to use the oils, but after several calls with Adheesh, we started experimenting and essential oils became part of our daily routine.

Sabine:

When Matthias decided he wanted to join as a Wellness Advocate I was surprised! Not because I didn't want him to, but because I'm usually the impulsive one.

Matthias:

The level of trust I had in my friend and seeing how fulfilled he was with dōTERRA and how serious the company was reassured me and led me to take a big step.

We really can't live without...



Essential Oil Tips

1. I always have On Guard Beadlets with me. It doesn't matter if it's winter, summer or spring, they're an essential.
2. If you have a "difficult" mother-in-law, diffuse Citrus Bliss™!
3. Deep Blue™ is a must to soothe muscles or before and after exercising.
4. To sleep, I have a diffuser with Serenity and Thyme at my bedside and Sabine has at least 10 oils, including dōTERRA Peace™ and Vetiver as key staples.
5. We also love InTune™ to keep our minds focused.

Sabine:

For me, it's really about being my own boss. After having worked for multinational companies for many years as Head of Marketing, I have always felt that I had to work harder as a woman in order to be heard or taken seriously. That's why I think dōTERRA and their culture are the most empowering in the world. It doesn't matter if you are a man or a woman, old or young, beautiful inside or out. The only thing that counts is the work and dedication you put into it. We know now that our work helps to make this world a little better everyday.

dōTERRA hasn't only given us the flexibility we craved in our lives, it has also improved our overall well-being. We are now more aware of our bodies and we have changed our entire lifestyle approach. We are focused on solutions and in providing our bodies and minds the tools they need in order to keep working perfectly.

We really believe that essential oils will revolutionise the way we, as a society, think about natural solutions.

Green Mandarin

A Story of Innovation

The mandarin tree (*Citrus reticulata*) is native to southeastern Asia and the Philippines. By 1850, the plant had been established in southern Italy after being introduced there and was thriving in its new environment. As many settlers from Italy began moving to southern Brazil they found that the soil and growing conditions were very favourable for growing several varieties of citrus trees, just like their native Italy. Thousands of European immigrants had found a beautiful place to call home in Southern Brazil. Such is the story for one family that has played a critical role in growing and expanding Green Mandarin production in Brazil.

Keeping Traditions Alive

Enzo, a Sicilian native, moved to Brazil in the 1970s while in his early twenties. One of the key things that Enzo brought to Brazil was a love for and expertise in growing citrus trees and processing them for essential oils. He learned this craft while working with his father and grandfather in the family citrus business in Sicily. Enzo represents the fourth generation to carry on the family traditions and expertise in citrus essential oil production. Even today some of Enzo's fondest memories harken back to the days when, as a very young boy, he would spend time with his grandfather in the citrus groves and factory.

Enzo is a key pioneer in citrus essential oil production in Brazil. A mandarin tree needs to be thinned heavily while the fruit is still young and unripe. Approximately 60-70 percent of the unripe fruit is removed in this thinning process. Historically, this green, unripe fruit had been left on the ground, later to decompose and become organic matter.



Upcycled Farming

Enzo knew, thanks to his grandfather, that this unripe fruit could be better utilised and could provide added benefit to each farmer. He also knew that he could produce a beautiful essential oil. His influence was critical as he went from one small farmer to another showing them that there was value in the unripe mandarin fruits. Due to his efforts over many years, most farmers growing mandarin in southern Brazil now work in partnership with Enzo to harvest these unripe green mandarin fruits.

Now, because of Enzo's efforts, the income that these small-scale farmers derive from Enzo's purchase of their unripe green mandarin allows the farmers to cover the basic costs of farming for that season. This leaves all of the income derived from their normal fresh fruit sales to be "all profit"—an amazing change from the pre-Green Mandarin days, when a portion of the fresh fruit income had to cover overhead farming costs.

Small Scale, Large Reward

dōTERRA is so excited to partner with Enzo and 16,000 small-scale farmers to bring Green Mandarin essential oil to the market. It is an inspiring story of innovation, teamwork, and expertise coming together. Enzo collects the unripe mandarin fruit and uses the cold press process typically seen in citrus fruits to extract this beautiful essential oil. However, Enzo's passion for essential oils does not end with Green Mandarin. He also helps with the production of several citrus essential oils, including Wild Orange, Tangerine, and Lime essential oils. He loves essential oils and loves being a part of the dōTERRA family.

Green Mandarin is sure to quickly become one of your favourite oils. Even as a unique citrus oil, it has many of the same benefits of the other citrus oils, however it has one very distinct difference. It is not a photosensitive oil because it is harvested before the fruit has reached full maturity. This property makes Green Mandarin a special citrus oil that is great for use indoors and outdoors.



aromatouch[®] TECHNIQUE

dōTERRA clinical trials have shown that the AromaTouch Technique is a great way to develop human connection and positively influences several markers of well-being. The AromaTouch Technique was developed for you and others to experience the joy of meaningful and lasting human connection.

Find someone to share the AromaTouch Technique with, and make it extra enjoyable by taking our quiz to figure out which oil personality you are.

WHICH OIL ARE YOU?

STEP 1: Log in to Facebook

STEP 2: Search for the “AromaTouch Technique Quiz” Page (with 50,000+ Likes)

STEP 3: On the left sidebar, click “Quiz”

STEP 4: Select the button “Let’s Get Started”

STEP 5: You may have a window pop-up saying you need to authorise the app. Follow the instructions to continue and the quiz will automatically open

STEP 6: After you receive your result, share it with your friends!

OIL PERSONALITIES

dōTERRA BALANCE™:

You are the calming presence that helps create a stable environment. You are not a fan of conflict. You are in touch with nature and would prefer to be outside as much as possible. You enjoy time alone to gather your thoughts.

SIMILAR TO:
LAVENDER OIL
FRIENDS



COMPLIMENTARY TO:
DEEP BLUE™ BLEND
FRIENDS



LAVENDER:

You are the one who is laid back and has an easygoing outlook on life. You are the peacemaker and enjoy when there is resolution to conflict. You like a long walk where you can enjoy nature or be in places that are serene. You make people comfortable and are able to be the comforter in times of trouble or stress.

SIMILAR TO:
dōTERRA BALANCE™
BLEND FRIENDS



COMPLIMENTARY TO:
WILD ORANGE OIL
FRIENDS



MELALEUCA:

You are always the one with something witty to say! You enjoy playing games with others where you are able to crack a joke every now and then. You are the person who likes to help others and you have a good time doing it. You are the breath of fresh air for those around you who may be struggling.

SIMILAR TO:
**WILD ORANGE OIL
FRIENDS**



COMPLIMENTARY TO:
**PEPPERMINT OIL
FRIENDS**



dōTERRA ON GUARD™:

You are the "go to" person who always finds new ways to help people. If there is a problem to solve, you are the one to solve it! You can make anything happen because, in your mind, nothing is impossible. You are upbeat and not afraid of a little competition.

SIMILAR TO:
**PEPPERMINT OIL
FRIENDS**



COMPLIMENTARY TO:
**AROMATOUCH™
BLEND FRIENDS**



AROMATOUCH™:

You are a perfect mix of calm and active, which makes you an excellent person to look up to. You are consistent and versatile, which makes you so valuable. Boating is a great example of an activity you would like because it's the best of both worlds: relaxing and adventurous.

SIMILAR TO:
**DEEP BLUE™ BLEND
FRIENDS**



COMPLIMENTARY TO:
**dōTERRA ON GUARD™
BLEND FRIENDS**



DEEP BLUE™:

You are the "most likely to succeed" oil blend. You are focused and driven, which makes you extremely good at anything you do. You are strong, athletic, and have exceptional endurance. You are goal oriented and very accomplished.

SIMILAR TO:
**AROMATOUCH™
BLEND FRIENDS**



COMPLIMENTARY TO:
**dōTERRA BALANCE™
BLEND FRIENDS**



WILD ORANGE:

You are full of energy. You are so happy and upbeat that it seems like nothing can get you down. People are attracted to your strong, positive attitude. You love to do anything where there are a lot of people because "the more the merrier" is your motto! You love soaking up the sun any time you can.

SIMILAR TO:
**MELALEUCA OIL
FRIENDS**



COMPLIMENTARY TO:
**LAVENDER OIL
FRIENDS**



PEPPERMINT:

You are the strong and independent one. You know who you are and don't need validation to see your value. You are rejuvenating to be around because of your strength. Your independence doesn't mean that you don't like being around people but that you are comfortable taking care of things yourself.

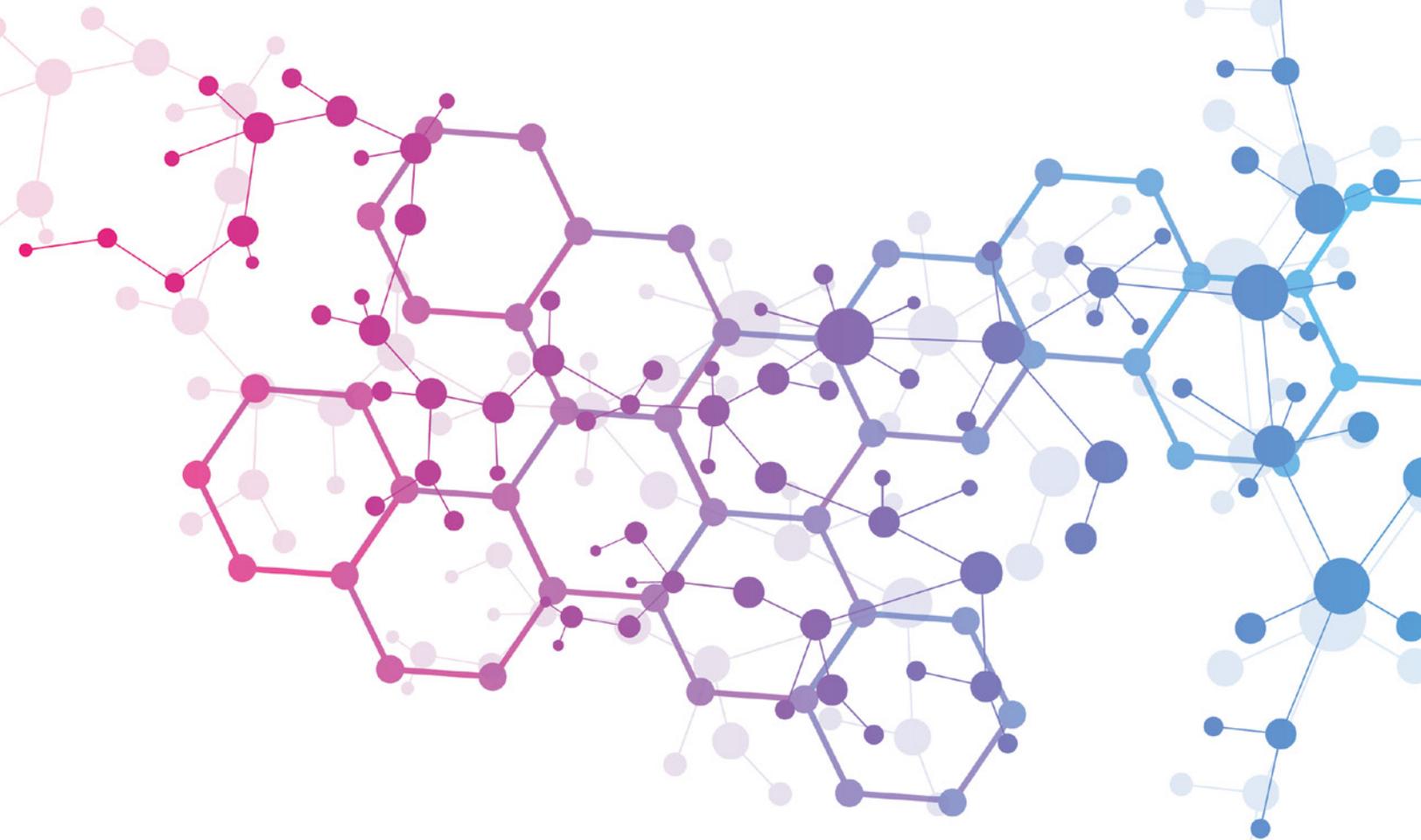
SIMILAR TO:
**dōTERRA ON GUARD
BLEND FRIENDS**



COMPLIMENTARY TO:
**MELALEUCA OIL
FRIENDS**



Molecular DOCKING



With the rapid growth of the essential oil industry globally and contemporary scientific research helping us to discover new ways in which these gifts of the Earth can benefit our lives on a daily basis, many are beginning to wonder, “What exactly makes essential oils do what they do?” Fortunately, a network of dōTERRA scientists and their research partners are beginning to unearth the answers to that question as they discover just how essential oils have such a remarkable spectrum of benefits and the ability to positively impact our lives. This partnership is producing ground-breaking research by mapping out the impact of essential oils on biological pathways in the pursuit of quality, novel application methods, and further demonstrate how CPTG™ essential oils are confident competitors in the all-natural essential oils market.

Furthering Research

In order to fully understand how essential oils and their components affect and have a lasting impact on the cells, we need to look much closer than physical manifestations, such as improved skin appearance or clear breathing. We need to take a journey into the cell and examine how essential oils work on a microscopic level. However, even at a microscopic level, there are still more questions being answered daily.

We begin with one simple idea: we know essential oils work. dōTERRA scientists are now going behind the microscope to further our understanding of how and why essential oils do what they do. dōTERRA is currently implementing molecular docking, proteomics (large-scale study of proteins), and other fascinating methods of discovery to investigate the action of essential oils at the molecular level. Much of this research is completely new, not only to essential oil science, but to the world of science as a whole, and being conducted in-house by dōTERRA scientists who are highly skilled in front-line research methods.

An *In Silico* Approach to Essential Oil Research

Molecular docking is an *in silico* tool of discovery, used to characterise interactions between two molecules. When the term “*in silico*” is used to describe a scientific process, it simply means that it is accomplished via computer simulation. Molecular docking and computer-aided discovery are hugely beneficial to the scientific community by offering a time and cost effective way to assess how molecules will interact with one another. This tool gives insight before evaluating how molecules might behave when assessing them in cultured cells or in a living organism.

New Methods of Research

Molecular docking in essential oil research involves the use of special programmes and parameters that

are designed to characterise the interactions between essential oil constituents and protein targets inside the cell. With these programmes, dōTERRA researchers are able to gain a clearer understanding of what essential oils do by observing how they possibly interact with their protein targets.

Bringing You New Benefits

Technology is advancing, which is resulting in greater use of synthetics and adulterants; data collected from proteomic testing by our research partners allows us to not only further understand how essential oils do what they do, but to also detect substances foreign to the highest quality, all-natural essential oils at a greater level. The knowledge gained from *in silico* research regarding how essential oils interact with our cells, such as molecular docking, allows dōTERRA to gain insight on whether or not current usage models are effective, how to improve blending for specific purposes, and to discover possible further benefits of those unique aromatic compounds.

Conclusion

With the work being conducted daily by our own scientific experts and research collaborations, dōTERRA continues to set the precedent for innovation and science in the essential oil industry. dōTERRA scientists and their collaborative research partners are currently working on several projects and preparing to share the results with the scientific community and you by adding to their industry-leading and rapidly growing list of peer-reviewed scientific publications. Although there's still a lot of investigation ahead, dōTERRA is beginning to piece together the complex scientific puzzle of the profound essential oil experience. The knowledge gained from these studies not only will advance our overall understanding of essential oils, but may help us further prove CPTG oils' unmatched efficacy, purity, and quality, and assist in future product formulation.



Leaving a Footprint all around the World

From the beginning, dōTERRA has had a mission to give back to those in need. With the creation of Healing Hands Foundation in the United States, this mission has come to fruition. The success of this initiative and the life-changing projects that have taken place can all be tied back to you. Through the generous donations of time and money, you have made an impressive impact seen and heard throughout the world. The following is just a glimpse of the incredible projects that have been made possible by your support.

dōTERRA International continues to provide all overhead and administrative costs so that 100 percent of all donations go directly to those receiving aid.

Cō-Impact Sourcing™



Guatemala

Sika'abe Multi-Functional Workshop and Equipment:

Sika'abe expanded its classroom space and class offerings. On the newly purchased land, they constructed a multifunctional workshop and purchased some equipment so students can learn small engine repair, carpentry, and other courses.



Haiti

Disaster Relief and Repair Project:

After the devastating Category 4 Hurricane Matthew destroyed much of Haiti at the end of 2016, the Healing Hands Foundation, a United States foundation, got to work repairing and rebuilding. Several water wells in Les Cayes were repaired, 588 roofs were repaired, and several community buildings have been rebuilt, including an elementary school for 152 students.



Kenya

Water Access Project:

Beginning in 2016, dōTERRA Healing Hands has been working on a water access project to bring clean water to the Mwamose Primary School. In 2017, the drilling of a well and installation of piping, a water tower, tanks, and a solar panel provided the surrounding community with fresh water. The project is ongoing.



Lesvos

Providing Relief for Refugees:

In early December 2016, dōTERRA Europe organised a humanitarian trip to Lesvos with the dōTERRA Healing Hands Foundation, a United States foundation, to work with the non-governmental organisation (NGO) Because We Carry. dōTERRA Europe is working to create a permanent opportunity for European Wellness Advocates to serve in Lesvos on an ongoing basis.

Global Anti-Sex-Trafficking Efforts The dōTERRA Healing Hands Foundation in the United States became corporate partners with 3 Strands Global and Rapha House in 2018. These new partnerships help to expand the work to combat sex-trafficking.

At the dōTERRA™ You Convention in September 2017, dōTERRA Healing Hands and Days for Girls International secured the GUINNESS WORLD RECORDS™ title for the Most Personal Hygiene Kits Assembled in One Hour.

Microcredit Funding

Mentors International

dōTERRA Healing Hands is proud to be partners with the micro-lending organisation Mentors International. Providing credit to those who would otherwise not have financing opportunities or whose only lending options are with unethical and even dangerous lenders, the microcredit fund helps lift the poor from poverty while elevating communities through economic development.

Maria Pillaca Noa: Maria was first introduced to Mentors Peru by a former teacher. Her first loan was €147/£128, and was to help her and her husband grow their furniture/upholstery business. Maria is currently saving to buy a new sewing machine that will allow her to more efficiently sew different kinds of fabric.



Wellness Advocate Partner Projects

74



37



37



2017 COMPLETED PROJECTS

- | | |
|--|--|
| 1. A Child's Hope Foundation | 20. Kuwasha International Development Society (Pacific Academy Outreach Society) |
| 2. Acacia Shade | 21. Lesvos Greece Project |
| 3. Blanca's House | 22. Midway Elementary Special Needs Programme (The Education Foundation) |
| 4. Christian Life Church | 23. Open Arms International |
| 5. Divinely Essential, LLC (Center for Great Expectations) | 24. Operation Underground Railroad Fundraiser |
| 6. Elevatus Foundation | 25. Peacework |
| 7. EMAS Canada (Gambade Medical Clinic) | 26. Red Island Restoration (WorldVenture) |
| 8. FOOT Foundation, Inc. | 27. Santa Rosa Fire Devastation |
| 9. Gateway to College Academy (Sonoma County Fire Devastation) | 28. Sarnelli House |
| 10. Ghana Make a Difference | 29. School the World |
| 11. Guatemala Children's Foundation | 30. Selah Freedom |
| 12. Healing Agents International | 31. Sheltering Wings |
| 13. Helping SAVE | 32. St. Augustine Humane Society |
| 14. Ho'ōla Nā Pua | 33. The Mission Inc. |
| 15. Hope Church Missions Group | 34. Vusama Village Tour |
| 16. Joy's G.I.F.T. | 35. Wheelchair Foundation |
| 17. Julianna Saylor Fundraiser | 36. Youth Service International |
| 18. Junglekeepers | 37. 109 World |
| 19. Kids3 | |

PROJECTS APPROVED IN 2017 WITH COMPLETION DATES IN 2018

- | | |
|---|--|
| 1. HandReach | 21. Programa Velasco |
| 2. Giveoils Foundation | 22. International Extremity Project |
| 3. Blessing the Children Ministry Orphanage | 23. Lighthouse Sanctuary |
| 4. No More Chains | 24. Essential Peace Vegas |
| 5. Ghana Make a Difference | 25. KICKcancER Movement |
| 6. Santa Rosa Fire Devastation | 26. Farmer FoodShare |
| 7. Partners in Home Care | 27. Woodland Star Elementary School (Napa and Sonoma Fire Devastation) |
| 8. Joel 2 Missions | 28. Gateway to College Academy (Napa and Sonoma Fire Devastation) |
| 9. Youth Employability Programme | 29. Operation Walk—Freedom to Move |
| 10. One Love | 30. AmBIAR |
| 11. Natural Doctors International | 31. Ananda Learning Center |
| 12. Worlds Collide Africa (One Ndoto) | 32. Bridges to Hope |
| 13. Hope Alliance | 33. Recycled and Redeemed |
| 14. Mission Mbale | 34. Eldoret Kenya—Women's Empowerment Project |
| 15. Kara Tepe Camp Project | 35. Providing Change |
| 16. Ninos Con Valor | 36. Time for Teens |
| 17. El Refugio Fundación, A.C. | 37. Allied Media Projects |
| 18. Tumaini Children's Charity | |
| 19. Cultiva International | |
| 20. Pistis Academy and Children's Home | |



KEITH GABEL

HOW DID YOU FIRST GET INVOLVED WITH SNOWBOARDING COMPETITIVELY?

Let me start by saying, snowboarding is my church. I started riding when I was 15. I originally started with skiing when I was 12, but I really wanted to snowboard. My dad was an old school skier. He always said that if I wanted to ski he would pay for it all, but if I wanted to snowboard, I had to pay for that myself. I got my first job and bought a used K2 bomber with clicker boots and bindings. Since that day, snowboarding has not only been something I love to do, but a way of life. I get to set goals that seem unattainable and then chase them down and reach them. I get to be one with nature, playing an important role in a cohesive dance that could turn into a volatile battle, one that could literally be life or death at a moment's notice. It's one of the truest places on Earth. I mean where are you going to get closer to God than 4200 metres up?

DO YOU HAVE A ROUTINE TO GET READY FOR A COMPETITION? WHAT IS IT?

Yes. Every day, regardless of what I am doing, I put some dōTERRA Motivate™ or Peppermint oil in my diffuser and then do a meditation session for 10 to 15 minutes. From there, I spend a minimum of 30 minutes doing yoga just to start my day off right. Then if it's winter, I go to the mountain and spend about 4–6 hours on the snow. From there

I spend about an hour of down time reflecting on the day, then I go to the gym for another two to three hours of strength and conditioning. I usually spend the next 45 minutes doing a cool down exercise. I finish it all off with some Deep Blue Rub™ for a full recovery cycle.

WHAT DO YOU LOVE MOST ABOUT SNOWBOARDING?

I would say some of my most favourite things about the sport is there is really nothing more freeing than becoming one with nature, working with it instead of against it. I love the feeling you get when you hit a 20-metre jump and go flying through the air like a bird, or when you get a fresh dump of snow and you lay down a heel side turn throwing up a white room of fresh snow, blinding you from every direction and forcing you to just ride through it searching for any shred of light. I love that I am solely responsible for my decisions and the outcome of the day.

WHAT WAS IT LIKE COMPETING AT THE PARALYMPICS?

Man, how do you even describe that feeling? Imagine all the hype in your life coming down to one single, solitary moment. All the work you have put in, sacrifices you have made, and drama you have had to deal with all narrowing in on one day. Not just one day, but just a few runs. The first time I competed at the Games, I treated it like any other trip. I tried to see and experience as much as I could. The US team competed late in the line up, so I was in Russia for two weeks before our

competition. I had to remind myself that I was there to do a job. The second time I had a crew of seven people, including my wife, Heather, and some very close friends who came out to support me. It was such a cool feeling to look up in the stands after my runs and see a huge cheering section dedicated to me and the rest of Team USA. To stand on the podium and represent my family, my country, and myself is something that no amount of words can truly and accurately describe.

WHERE DO YOU DRAW YOUR INSPIRATION?

Now there is a tough one. I think I draw my inspiration from a few different places. First and foremost, I have an amazing support structure that is made up of Heather (who is probably my biggest supporter), my parents, a few close family members, and some really amazing friends—not to mention my staff from the United States Olympic committee. I would have to say a lot of my inspiration and drive comes from the fear of failure. As a child, I saw what rock bottom looks like and I never want to be there again. Every day I try to be the best version of myself that I can be and keep my eye on the prize always.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO WANTS TO SNOWBOARD COMPETITIVELY?

A mentor once told me, "If you want to go big, stop thinking small." In



other words, with the right mindset you can accomplish anything. Never give up because you never know how close you are to reaching your goals.

WHAT DO YOU WANT TO BE KNOWN FOR OR WHAT IS YOUR BIGGEST ACCOMPLISHMENT?

Just being a good person. The way I see it, we are all on borrowed time, so why not enjoy it? Why not offer a helping hand to someone in need? Why not try something new, or why not look for the good? I hope to enjoy the life I have with the people I love and hopefully spread that message of love to the rest of the world. I would love to start a non-profit one day to help people who have gone through some sort of life-altering illness or injury that has resulted in a disability or need for adaptation. I would help them through that process with a mentoring programme and hopefully be able to someday help with the financial obligations of getting the proper medical treatment and equipment like prosthetics, orthotics, or wheelchairs.



WHAT ARE YOUR FAVOURITE dōTERRA PRODUCTS AND HOW DO YOU NORMALLY USE THEM?

For an all-purpose cleaner I use Melaleuca (Tea Tree), Eucalyptus, Lemon, and Lavender. I use dōTERRA On Guard™ year round to support the immune system's natural functions, which is extremely important during the winter and for anyone who goes outside. I use ZenGest™ to help promote digestive health, which is nice for when I travel to foreign countries and am not used to the food. I use Deep Blue™ somewhat religiously in my every day routine. At home, we use our diffuser every night. Heather will add something like a mixture of Lavender and Lemon with a hint of Deep Blue after a stressful day.

Age: 34

Hometown: Ogden, Utah

Current Home: Aspen, Colorado

Family: Parents: J. Keith Gabel and Theresa Martin

Wife: Heather

Siblings: 2 brothers and 3 sisters

Personal Motto: The power of positivity will always persevere. Carpe Diem.

DAILY HEALTH HABITS

Dr. David K. Hill, D.C., Founding Executive, Chief Medical Officer and Chairman, Scientific Advisory Committee

When I decided it was time to begin taking my own health more seriously, I didn't have to look very far for a road map. Health isn't about an extreme diet or exercise programme, but a lifestyle focused on healthy sustainable habits—the six principles that make up the dōTERRA Wellness Lifestyle Pyramid.



1

Eat Right

Cleaning up my diet, which included drastic changes to both what and how much I was eating, wasn't that complex, but there were some factors that you don't always consider. Even those who have the cleanest of diets often fall short when it comes to meeting their body's nutritional needs, which makes supplementing your diet with dōTERRA Lifelong Vitality Pack™ (LLV) critical for anybody seeking optimal health. Starting every day with LLV together with my breakfast, and including it with dinner, is the foundation of my daily health habits.

One of the lesser known side effects of a diet composed of mostly highly processed foods is its effect on the inner workings of your gut. We're beginning to discover that the health of your gut microbiome doesn't only influence digestion, but also may have significant impacts on metabolism, weight management, and several other health factors. Supporting a healthy intestinal microflora balance by supplementing my new diet with PB Assist™+ Probiotic Defense Formula became a part of my day-to-day regimen. And as bad as my previous eating habits were, your body will adapt to anything. With a digestive system accustomed to highly processed food, the whole food diet I was embarking on would be an uncomfortable change. ZenGest TerraZyme™ provided those active whole-food enzymes and the tummy tamer blend to support my digestion. Health and longevity begin with how you fuel your body; the nutritional building blocks provided by a diet composed of whole foods and supplemented by LLV, PB Assist+, and ZenGest TerraZyme is the foundation of any health-promoting plan.



2

Exercise

Burning a few extra calories by increasing physical activity had to be a component of my new lifestyle and that meant the occasional discomfort that can accompany increased exercise. As regular date nights at the movies became hikes and neighborhood bike rides, Deep Blue™ Soothing Blend and Deep Blue™ Rub became my daily companions. With my increased activity levels, I found that it was most convenient to keep a bottle of both the oil and the rub in a desk drawer close to my front door.



Rest and Manage Stress

You never really appreciate how important rest and stress management are until a lack of them is already having a powerfully negative impact on your overall health. Setting up a consistent bedtime routine and actionable steps to address stress are paramount for overall health and well-being. This is where Lavender and dōTERRA Balance™ come in. I start each day by putting dōTERRA Balance on the bottoms of my feet to promote calmness, and I end the day by diffusing Lavender as I prepare for sleep. The powerful combination of those two oils helps me maximise the times of the day that are meant for recovery.



4

Reduce Synthetic Exposure

Reducing synthetic exposure is becoming even more important to me as we begin seeing longitudinal data that supports the logical notion that our environment and the caustic substances we expose ourselves to can have real long-term health effects. One of the more interesting recent studies I read found that exposure to cleaning products has a direct negative impact on long-term respiratory health (Svanes). This recent evidence has only strengthened my views about using natural products, minimising exposure to toxins, and supporting the body's natural pathways of detoxification. This means using citrus essential oils in a variety of contexts. Along with using dōTERRA On Guard™ products around the house, I consume 1-3 drops of Grapefruit, Tangerine, or Lemon in water throughout the day to provide the support I need to minimise synthetic exposure.



3

Informed Self-Care / Proactive Medical Care

Self-care is probably the most subjective and individual of all the steps of the dōTERRA Wellness Lifestyle Pyramid. How I feel day-to-day, how my body responds to supportive measures, and the type of health issues I feel comfortable addressing myself is highly distinct to me. I have found that the use of two specific products has a wide spectrum of benefits to promote well-being on a daily basis. In my experience, and validated by a growing body of scientific research, Frankincense is the go-to oil for support of healthy cellular function. For years, my daily morning routine has included 1-2 drops of Frankincense and 2-3 drops of dōTERRA On Guard Protective Blend. If I need more that particular day, I may add a drop or two of Frankincense to a glass of water at lunch or have a few dōTERRA On Guard beadlets.



5

6

While we have so much influence over our well-being through our lifestyle habits, some things are out of our control. You have to be proactive instead of reactive with medical care, and this is exactly what dōTERRA's healthcare initiative is all about. No matter how healthy my daily habits are, there are those times when I need the attention and expertise of my trusted family physician.

Stick to the road map outlined by the dōTERRA Wellness Lifestyle Pyramid and create your own healthy habits for lifelong health and vitality.

TURMERIC

Aromatic Description: Warm, spicy, earthy, woody

Distillation Method: Steam

Plant Part: Rhizome

Sourcing Origin: India and Nepal

Chinese and Indian herbalists have used what you may recognise as the main spice in curry, Turmeric, for over 4,000 years. In ancient cultures it was used in cooking as well as for religious and health purposes. Modern science has shown that Turmeric has a high concentration of ar-Turmerone and Turmerone, which help with the absorption of curcumin. Promoting feelings of positivity, Turmeric is beneficial internally. Use Turmeric daily to promote the immune system's natural functions. In addition to the many health benefits of Turmeric, this essential oil acts as a great addition to your favourite savoury meals.

HOW TO USE:

- ◆ Add to a dōTERRA Veggie Cap to support immune system's natural function.
- ◆ Add to water to help support cellular function.
- ◆ After strenuous activity, incorporate Turmeric into your recovery routine for a soothing experience.
- ◆ Apply to skin in your favourite moisturiser to reduce the appearance of blemishes.



FUN FACT: Although turmeric is widely known for its edible roots, all parts of the turmeric plant, including the flowers and leaves, are edible!



dōTERRA

kids

COLLECTION



Regardless of essential oils' efficacy and ease of use, when it comes to your children, safety is the number one priority. With six proprietary, pre-diluted blends, the new dōTERRA Kids Collection is the perfect way to introduce your children to the wide-ranging benefits of essential oils.



MIND



Childhood is about learning as much as it is about physical development. In the early formative years, children are developing the lifestyle habits that will greatly determine their health and well-being throughout the rest of their lives. Whether it be maintaining focus while studying for school or having a difficult time winding down to sleep each night, children today face daily challenges. The **Thinker Focus Blend** and **Calmer Restful Blend** were developed specifically for daily use to address these issues.

CALMER™

RESTFUL BLEND

Sleep is the most undervalued component of overall health. It has a direct association to every principle in the dōTERRA Wellness Lifestyle Pyramid. Healthy sleep behaviours are especially important to form and develop in childhood. Helping to promote better sleep is one of the most common reasons to use essential oils, and there is strong evidence regarding their efficacy in providing a calming and relaxing environment. With its combination of **Cananga, Lavender, Buddha Wood, and Roman Chamomile** essential oils, the dōTERRA **Calmer Restful Blend** unites some of the most well-known and researched soothing essential oils in a base of Fractionated Coconut Oil. Apply to the bottoms of the feet of your restless child at bedtime or to the back of the wrists before going to sleep.

THINKER™

FOCUS BLEND

Limonene is an energising and uplifting (not so) secret weapon of the chemistry world. The monoterpene, primarily known for its inclusion in citrus oils, has a long list of benefits, only one of which is being able to provide an emotional boost whenever you need it. The association between our olfactory system and how we feel is fascinating, and dōTERRA **Thinker Focus Blend** takes advantage of the known benefits of limonene (the blend's primary constituent) and our increasing understanding of this complex interaction to promote an environment conducive to learning. The combination of **Vetiver, Clementine, Peppermint, and Rosemary** in a base of Fractionated Coconut Oil provides the uplifting and energising aroma your child needs to help them to focus. Pack the **Thinker Focus Blend** in your child's backpack to be applied to the temples, back of the neck, or wrists throughout the day to enhance and sustain a sense of focus.



BODY



The best thing about essential oils is that they allow us to take ownership of our day-to-day well-being. Children face their own spectrum of daily issues. To evoke feelings of wellness and vitality or to address those issues that just come up, dōTERRA has developed a pair of proprietary blends that are easy-to-use.

RESCUER™

SOOTHING BLEND

A refreshing blend of **Lavender**, **Spearmint**, **Copaiba**, and **Zanthoxylum** essential oil in a base of Fractionated Coconut Oil, **Rescuer Soothing Blend** is the ideal oil for when you need to promote a comforting and tension-free environment for your children. Store a bottle in your children's bathroom to be applied to their joints or temples for a comforting and soothing sensation after a busy day of running around the neighbourhood.

HEART



You never know when your child may need a shot of reassurance or emotional support. **Steady Grounding Blend** and **Brave Courage Blend** are the perfect aromatic complements to support calm and balanced feelings and to promote overall emotional wellness.

BRAVE™

COURAGE BLEND

Whether it's the championship game or their first music recital, sometimes children just need a little something extra to give them the confidence boost to take that first step. A proprietary combination of essential oils from **Wild Orange Peel**, **Amyris Wood**, **Cinnamon Bark**, and **Osmanthus Flower** extract in a base of Fractionated Coconut Oil, a few drops of the **Brave Courage Blend** applied to various pulse points may be just the thing to promote those feelings of courage and confidence.

STRONGER™

PROTECTIVE BLEND

There is nothing like the combination of essential oils and a loving parent's hand when a child is in need of a comforting touch. **Stronger Protective Blend** combines four essential oils renowned for their ability to evoke feelings of wellness and promote healthy-looking skin (**Cedarwood**, **Litsea**, **Frankincense**, and **Rose**) in a base of Fractionated Coconut Oil. Leave a bottle of **Stronger Protective Blend** on your child's dresser to be applied on the back of the neck for an added boost or for protection when they are not feeling their best.

STEADY™

GROUNDING BLEND

Every parent can sense when their child is anxious or in need of support. **dōTERRA Steady Grounding Blend**, was formulated specifically to help promote a steady and supportive environment when your kid is being... a kid. A proprietary combination of **Amyris Wood**, **Balsam Fir**, **Coriander**, and **Magnolia** in a base of skin rejuvenating and hydrating Fractionated Coconut Oil, it is the perfect essential oil blend to promote focus and to steady emotions. Apply to the bottom of your child's feet before they head off to school to promote calmness throughout the day or to the neck to comfort their emotions.

*Intended for use with parental supervision.
Keep out of reach of children under three.*



Sweet & Savoury

BUTTER RECIPES

ROSEMARY LEMON

115 g butter
1 Tbsp fresh rosemary
1 drop *Lemon oil*

DIRECTIONS

1. Cream butter at room temperature.
2. Chop fresh rosemary.
3. Add rosemary and Lemon oil to the butter and whip.

SPICY LIME

115 g butter
¼ of a jalapeño pepper
¼ tsp ground coriander
Pinch of salt
1 drop *Lime oil*

DIRECTIONS

1. Cream butter at room temperature.
2. Chop jalapeño pepper into small pieces.
3. Combine coriander, salt, and Lime oil with butter and whip.

CHEESY WALNUT

115 g butter
2 Tbsp blue cheese
2 Tbsp fresh walnuts
1 drop *Black Pepper oil*

DIRECTIONS

1. Cream butter at room temperature.
2. Chop walnuts into small pieces.
3. Add walnuts, blue cheese and Black Pepper oil to butter and whip.

ROASTED PEPPER

115 g butter
2 Tbsp roasted red peppers
1 drop *Lemon oil*
1 toothpick *Basil oil*



MAPLE PECAN

115 g butter
1 Tbsp maple syrup
1 Tbsp chopped pecans
1 drop *Cinnamon Bark oil*

DIRECTIONS

1. Cream butter at room temperature.
2. Combine all other ingredients and whip with butter.

HONEY BUTTER

115 g butter
3 Tbsp honey
½ tsp vanilla
1 drop *Cinnamon Bark oil*

DIRECTIONS

1. Cream butter at room temperature.
2. Combine all other ingredients and whip with butter.

PUMPKIN SPICE

115 g butter
3 Tbsp pumpkin puree
1 tsp ground cinnamon
Dash of nutmeg
1 toothpick *Clove oil*

DIRECTIONS

1. Cream butter at room temperature.
2. Whip cinnamon, nutmeg and Clove oil into butter.

DIRECTIONS

1. Cream butter at room temperature.
2. Chop roasted red peppers.
3. Add peppers, Basil and Lemon oil to butter and whip.

ORANGE CREAM

115 g butter
1 Tbsp double cream
½ tsp vanilla
1 tsp honey
2 drops *Wild Orange oil*

DIRECTIONS

1. Cream butter at room temperature.
2. Combine all other ingredients and whip with butter.





How to Become a *Diffuser & Blend Master*

One of the easiest and most effective ways to enjoy essential oils is through diffusion. Placing a few drops of oil in an essential oil diffuser can immediately alter the atmosphere of your home, office, hotel room, or any indoor area, as the potent aroma of essential oils travel through the air.

The beauty of using an essential oil diffuser is that it gives you the ability to combine and blend several oils—thus creating a new aroma that offers the benefits of more than one essential oil, while producing a custom, unique scent.





STEP 1 - CHOOSE YOUR BLEND TYPE

Decide what effect you want from your diffuser blend. Do you want to promote feelings of relaxation? Do you want something invigorating or motivating? Are you trying to create a specific environment? Once you determine the goal of your diffuser blend, it will be much easier to choose your oils. Whether you need to create an environment of focus and motivation while you study for a test, or want to fill your room with a calming aroma before bedtime, choosing the right oils for your diffuser blend can help you create a specific atmosphere.

STEP 2 - SELECT AN OIL GROUP

Next, select a group of oils that fit the description you want to achieve. If you want a relaxing diffuser blend, choose oils that are known for their calming properties. If you want something that creates an uplifting environment, choose essential oils with a bright and refreshing scent.

STEP 3 - PAIRING

Once you've selected a group of oils that you think will help you achieve the desired effect, you can begin pairing them together. Take the lids off of 2-4 essential oil bottles and hold them directly under your nose. This will give you a good idea of what the oils smell like together. Switch out different oils to see which combination you like best. While oils of the

same kind (citrus, floral, mint, etc.) typically pair well together, you don't have to stay within a specific oil category when creating your diffuser blend—it can be fun to mix things up!

STEP 4 - BLENDING

When you've decided on a few oils that you want to blend together, it is time to place them in the diffuser. You may choose to do several drops of a certain oil and only one drop of another. The amount of each oil you choose to add will change the aroma (and even the effect) of the diffuser blend.

STEP 5 - ENJOY!

Once you've placed the oils in your diffuser, it is time to enjoy your creation. After experiencing what your diffuser blend smells like and the environment it creates, you can make adjustments to your diffuser blend by removing certain oils, adding in other oils, or adjusting the amount of drops the next time you make it.



BLENDING OILS FROM DIFFERENT CATEGORIES

- Mint oils blend well with woody, herbaceous, earthy, and citrus oils
- Floral oils blend well with woody, spicy, and citrus oils
- Herbaceous oils blend well with woody and mint oils
- Spicy oils blend well with woody, floral, and citrus oils
- Citrus oils blend well with woody, spicy, floral, and mint oils

Whether you need to create an environment of focus and motivation while you study for a test, or want to fill your room with a calming aroma before bedtime, choosing the right oils for your diffuser blend can help you create a specific atmosphere.

THE TRUTH ABOUT ESSENTIAL OILS AND PETS

By Dr. Janet Roark
Veterinarian, Hill Country
Mobile Veterinary Service

Real Talk. There is some pretty scary (and controversial) stuff about essential oils and pets on the internet these days. In the age of viral posts and everyone getting their five minutes of fame, a Google internet search isn't actually the best source for your information. In fact, whether your dog gets stressed out during thunderstorms or your cat could benefit from some digestive support, we understand that pet owners want to help their pets thrive and live the best possible life.

Before using any product with or around your pet, it is important to note that not all essential oils are created equal. Many essential oils on the market may boast

"100 percent pure" on the label, but they could contain substances that are actually quite toxic to animals and should be avoided. This is also true with many candles, wax melts, air fresheners, cleaning solutions and fabric refreshers. To ensure the highest quality products, be sure your essential oils are third party tested and CPTG Certified Pure Tested Grade™.

Let's de-mystify some of the myths and learn the truth about essential oils and pets.

MYTH: Diffusing around pets is toxic.

TRUTH: An essential oil is a highly concentrated, aromatic compound distilled from a plant. Because of this, essential oils are quite potent. Pets have millions more olfactory receptors than humans do, which does make them sensitive to strong smells. The truth is, diffusing around pets is an excellent way to benefit them on a regular basis. It is best to use a water-based diffuser (such as the Lumo™ Diffuser) on an intermittent setting. Allow the pet the option to exit the room by leaving the door open and only use one to three drops of oil at a time in the diffuser. Diffusing Lavender has been shown to provide calming effects for pets in animal shelters.

MYTH: Never pet your dog or cat after using oils.

TRUTH: Petting is actually an excellent way to apply oils topically to pets. Along the spine or on the ear tips are the most common applications. Here is the issue behind this myth: after using oils like Peppermint, Deep Blue™, or others, the oil smell can linger on your hands. I'm sure I'm not the only one that has rubbed my eyes after applying Peppermint—ouch! The same holds true for your pets. Any residue from your hands can have the same effect on them that it would on you.

Essential oils are volatile, which means they dissipate into the air rapidly, and they absorb into the skin quickly. This means they won't stick around for very long. If you are worried though, washing your hands after using oils and prior to petting your pets is an option.

MYTH: Using oils around pets can cause liver or kidney damage.

TRUTH: When using CPTG Certified Pure Tested Grade™ essential oils, we have seen certain oils that can be used to actually support the body. Many of these accusations come from the fact that liver and kidney failure are common in pets, regardless of essential oil use. Many times people want a reason for why these things happen, and often oils get implicated falsely.

MYTH: If my pet gets too much oil, they will die.

TRUTH: This is extremely rare, and most adverse reactions are due to a significant amount of essential oil (two bottles undiluted, for example) being used or consumed. However, anyone who has rushed their dog to the vet after they ate an entire chocolate cake when no one was looking knows that accidents can happen. In the event of an adverse reaction, dilute with a carrier oil—skin irritation is the most common—and most reactions resolve themselves within 24–48 hours after oil exposure. Discontinue use of an oil if your pet shows signs of distress, drooling, squinting, rubbing their face, vocalisation, shaking, vomiting, or diarrhoea. Seek veterinary attention if significant. Keep the lids on your bottles and store them in a safe place such as a closed box to prevent your pets from “borrowing” one of your oils.

MYTH: [Insert oil name here] oil is harmful to cats.

TRUTH: I have heard it all. Citrus oils are toxic to cats. Pine oils are toxic to cats. Even Lavender oil is toxic to cats. You name it. The truth is, there is just no sound science or basis for these claims. Ultimately, you will hear many things from many people about cats and oils. Here's my take: cats lack a liver enzyme that is important for metabolising certain things, so it really isn't a bad idea to use a bit more caution with these little ones. If you use the cautions already recommended, these oils are perfectly safe to use in your DIY cleaning or diffused in your home with cats. Use a little extra caution with Melaleuca, Birch, Wintergreen, Spearmint, and Peppermint, as well as hot oils such as Oregano or Thyme.

Essential oils have many benefits for your pets. They can help with calming emotions, soothing muscles, easing digestion, and overall wellness of your four-legged family members.

As with any new thing you introduce to your pet, begin slowly. Start with a small amount of a diffused or diluted essential oil and observe your pet's behaviour. Keep your diffusers in a safe place where your pet cannot knock it over.

Probiotics / Prebiotics

WHAT YOU NEED TO KNOW



If you are not adding copious amounts of raw garlic to every entrée or topping your scrambled eggs with kimchi, then you are behind the times. The latest market research suggests that probiotics are potentially the fastest growing segment in the dietary supplementation industry over the next decade, and it is easy to see why. Research into the gut microbiome, that complex system of bacteria and microbes that resides within our stomach, is beginning to make it even clearer how important our diets are to our health. And even more so, research is showing how important dietary supplementation, specifically of probiotics and prebiotics, may be for lifelong health and vitality.

YOUR GUT BACTERIA AND YOUR HEALTH

The gut microbiome is progressively becoming of more interest to nutrition science researchers as we discover how those bacteria, archaea, viruses, and eukaryotic microbes that reside in our digestive systems influence health. Some of the hottest contemporary nutritional science research suggests that gut microbiota may influence how well we age, our emotional behaviours, cognitive function, and everyone's favourite topic: weight management. It's a fascinatingly complex and diverse environment, that gut of ours. According to *Nature*, the International Journal of Science, healthy adults typically house over 1,000 species of bacteria in their gut, and recent research suggests that we all fall into one of three enterotypes (our genetically inherent digestive population characteristics), which do not appear to have any connection to gender, age, nationality, or body mass index. Type 1 is characterised by high levels of *Bacteroides*, type 2 has a higher concentration of *Prevotella*, and type 3 shows significant numbers of gram-positive *Ruminococcus*. Although there are a number of lifestyle-related factors in the composition

of your digestive ecosystem (especially dietary behaviours), it is largely genetic and, according to the latest research, may be highly influential in how your body responds to different dietary input and what dietary behaviours may be best for you to reach optimum health. Individualised probiotic and prebiotic regimens may be the future of dietary supplementation.

PROBIOTIC VS. PREBIOTIC

Although often used interchangeably and working synergistically in the gut, probiotics and prebiotics are vastly different things. Probiotics are the healthy bacteria that have everyone rushing to stock up on Greek yogurt and experiment with new fermented foods. Dense and active probiotic populations have been linked to digestive, endocrine, and immune system health, and improved overall well-being. Prebiotics are non-digestible carbohydrates—basically a classification of fibre—that are the nutritional sustenance for the lactobacilli and bifidobacteria in your digestive tract. Garlic, asparagus, onions, artichokes and other whole, roughage-dense foods are full of those oligosaccharides that your gut bacteria

feeds off of to induce its health-benefitting magic. Recent research suggests that prebiotic intake is closely associated with healthy inflammatory response, dietary bioavailability (allowing our bodies to get the most nutrition out of the food we eat), and the support of healthy metabolism. Of course, if you don't have the intestinal volume to handle a bowl of vegetables the size of a large pizza for lunch, and if a side of random fermented foods with dinner doesn't sound too appetising, supplementing your diet 10 days a month with **PB Assist™+ Probiotic Defense Formula** is exactly what you need. For daily support, **PB Assist™ Jr** provides 5 billion live cells of a unique blend of six different probiotic strains and prebiotic fructooligosaccharides in a strawberry melon flavour that your kids will love, but it can also help you foster a healthy balance of intestinal microflora.

There is more to a diet focused on whole, unprocessed foods than nutrient density. Those foods help provide the probiotics and prebiotics necessary to regulate the population of our gut microbiome, which has health implications that nutritional science is just beginning to understand. To support overall health and well-being, try a monthly gut health regimen that includes **PB Assist+ Probiotic Defense Formula** and don't forget to complement your daily lunch with a serving of **PB Assist Jr**.

Lemon • Citrus limon

The bright yellow rind of the lemon fruit creates a zesty essential oil that is a familiar dōTERRA favourite. Most people recognise the emotionally uplifting qualities of Lemon essential oil and use it in diffusers around the world. Lemon is also incredibly versatile: it can be used internally, is excellent at removing sticky residue, and is a useful ingredient in both homemade cleaning products and in culinary recipes.

COMMON USES OF LEMON OIL

- Add one to two drops in your soap mixture for a good scrub for hands
- Include in cleaning solution for an invigorating scent
- Add to water as an alternative to sodas and sugary drinks

LEMON ESSENTIAL OIL SOURCING

There is no question that the Mediterranean island of Sicily produces the highest-quality lemons. This is thanks to the expertise of family-owned orchards where lemons have been grown for generations. In an area where economic downturn had caused many Sicilian orchards to close, growers who wished to stay open found a tremendous business opportunity in providing dōTERRA with Lemon essential oil.

Facts

- Lemons are from a small evergreen tree in the flowering plant family Rutaceae, which is native to Asia.
- A genomic study of the lemon indicates that lemons may be hybrids between bitter or sour oranges and citron.



Lemon Buttercream

Cream about 113 grammes of butter in an electric mixer for 1-2 minutes until fluffy. Slowly add 675 ml icing sugar, 118 ml at a time, until mixture is smooth. Add 2 tablespoons lemon juice and 2 drops Lemon oil and mix until combined. Add 1 tablespoon double cream and mix at medium-high speed until light and fluffy, about 2-3 minutes. Pairs perfectly with cupcakes or cookies.



Lemon Cookies

Preheat oven to 180° C. In a large bowl, cream 225 ml cold butter and 450 ml sugar for 4 minutes until light and fluffy. Add 2 eggs, 1 teaspoon vanilla, 1½ tablespoons fresh lemon juice, and 1-2 drops Lemon oil. Stir to combine. Stir in 675 ml flour, 1¼ teaspoons baking powder, ¼ teaspoon baking soda, and ½ teaspoon salt. Mix until just combined. Drop dough onto parchment paper covered baking sheet. Bake for 9-11 minutes. Allow to cool. Sprinkle with sugar or frost with Lemon Buttercream.



Fruit and Veggie Cleanser

Mix together 10 drops Lemon oil, 150 ml distilled water, and 60 ml apple cider vinegar in a 225 ml spray bottle. To use, shake the liquid well and spray on produce in a salad strainer. Let sit for 2-3 minutes and then rinse and let dry.

TIP: Use empty dōTERRA spray bottles to store your homemade fruit and veggie spray.



Liquid Dishwasher Soap

In a large bowl, combine 14 g Castile soap, 750 ml purified water, 115 g white vinegar, 30 g citric acid powder, 225 ml kosher salt, and 30 drops Lemon oil. Stir until well blended. Pour into a glass soap dispenser. To use, add about 2 tablespoons per load of dishes. Store mixture in the refrigerator to prevent fermentation.

Rest and De-stress



Do you find yourself falling into bed wondering where your day went? Do you rush to get out the door in the morning? By making small changes to your evening routine, you can change your entire day for the better. Setting aside a little time each night for yourself is one the best things you can do for you.

MAKE OVER YOUR EVENING ROUTINE

BE ACTIVE



One of the easiest ways to relax and de-stress is to move around. Go for a walk around the block with your headphones and favourite song. Moving your body is a great way to get your blood pumping and rejuvenate your body. Take a couple minutes to do some yoga with deep breathing to relax your body and calm your mind. Keep in mind that right before bed is not usually the best time to have a high-intensity workout; this is more about simply keeping your body in motion.

HAVE A MINI DECLUTTER SESSION



No one likes to wake up to a messy house. Before you start getting ready for bed, set a timer for 15–20 minutes. Use this short amount of time to clean up as much of your house as you can. Focus on areas of your home you will use in the morning, like your bathroom and kitchen. Your morning self will thank you for getting ready in a house that is not a disaster and it will be easier to get out the door if you are not digging through clutter.

PREPARE FOR TOMORROW



How many times have you been late in the morning because you could not decide what to wear? Or how often have you eaten a fast food meal because you didn't make your own lunch? Take care of these small details before you go to bed to make your morning a little smoother. Lay out your clothes for the next day, including your shoes. This will help reduce the amount of decisions your morning-tired brain has to make. Preparing your lunch for the next day is best done as you are cleaning up your dinner. Take five extra minutes and pack your lunch while all your food is out. You will be amazed in the morning by how much time these two small steps will save you.

TAKE A RELAXING BATH



A bath is the perfect way to relax and recharge after a day at the office, running various errands, or chasing kids. It's also the perfect place to pamper yourself. Start with hot water and add in your favourite bath bomb or bath salts with Lavender or dōTERRA Serenity™ to help you unwind at the end of the day. (If you don't have a bath bomb or salts, put a few drops of oil in your shampoo or liquid soap and put it in the water as you fill the tub to mix it around.) Utilise this time in the tub to take care of your hair and skin. Apply a deep conditioner to your hair or a facemask to your skin and let them soak in during your whole bath. Take full advantage of this alone time to re-centre yourself.

START YOUR DIFFUSER



Using your oils to relax and re-centre is one of the best ways to de-stress. Three of the best oils for finding peace at the end of the day are dōTERRA Balance™, dōTERRA Console™, and dōTERRA Serenity™.

- ❖ **dōTERRA Balance** was created to help centre emotions. It is formulated with emotionally beneficial essential oils that work together to create a sense of calmness and well-being.
- ❖ **dōTERRA Console** is the perfect oil for the end of a hard day. Created to promote feelings of comfort and hope, diffuse this oil when you are feeling overwhelmed.
- ❖ **dōTERRA Serenity** is a restful blend created to encourage calm emotions and lessen feelings of tension. It is the perfect oil use at bed time.

AVOID SCREEN TIME



Low lighting is key to a good night's rest. Bright light from our screens triggers our brains to wake up and keep working. Instead of staring at your phone, right before bed is the time to put on your cosy pajamas and relax in a way that suits you. Take this time to read a good book, either an old favourite or new adventure. If reading isn't your thing, try an adult colouring book. One of the best low-light activities before bed is journal writing. Make a list in your journal of 15 things you are grateful for. Nothing builds more happiness and peace than recognising the things in your life you are most thankful to have. Take some time to reflect on your day and set goals for tomorrow in your journal as well. This time spent in the real world away from your phone will help your brain know it is time for rest.

DIY Diffuser & Oil Stand



What you need:

- Natural Wood Slice
- Drill & 1-1/8" and 7/8" Drill Bits
- Pencil
- Oil Bottles

Directions:

1. Place oil bottles on desired areas of the wood slice and mark with pencil.
2. Place wood on a hard surface and drill where marks were made, leaving enough room for a diffuser to be placed.
3. Test holes with oil bottles, and make adjustments if necessary.
4. Store desired oils in stand next to diffuser and have your diffuser blends ready to use!



Fresh Diffuser Blend Ideas

Apple Orchard

- 3 🍷 Douglas Fir
- 3 🍷 Citrus Bliss
- 2 🍷 Cinnamon Bark
- 1 🍷 Clove

Breath of Fresh Air

- 2 🍷 Lavender
- 2 🍷 Peppermint
- 2 🍷 Lemon

Rise and Shine

- 1 🍷 Spearmint
- 2 🍷 Tangerine
- 3 🍷 Lime

Into the Woods

- 3 🍷 Cypress
- 3 🍷 White Fir
- 3 🍷 Sandalwood
- 1 🍷 Cardamom

ESSENTIAL OIL SINGLES

The dōTERRA™ collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is natural and passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalised essential oil applications.



ARBORVITAE
PURE ESSENTIAL OIL
Thuja plicata | 5 ml



BASIL
PURE ESSENTIAL OIL
Ocimum basilicum | 15 ml



BERGAMOT
PURE ESSENTIAL OIL
Citrus bergamia | 15 ml



BLACK PEPPER
PURE ESSENTIAL OIL
Piper nigrum | 5 ml



BLUE TANSY
PURE ESSENTIAL OIL
Tanacetum annuum | 5 ml



CARDAMOM
PURE ESSENTIAL OIL
Elettaria cardamomum
5 ml



CASSIA
PURE ESSENTIAL OIL
Cinnamomum cassia | 15 ml



CEDARWOOD
PURE ESSENTIAL OIL
Juniperus virginiana | 15 ml



CILANTRO
PURE ESSENTIAL OIL
Coriandrum sativum | 15 ml



CINNAMON BARK
PURE ESSENTIAL OIL
Cinnamomum zeylanicum
5 ml



CLARY SAGE
PURE ESSENTIAL OIL
Salvia sclarea | 15 ml



CLOVE
PURE ESSENTIAL OIL
Eugenia caryophyllata
15 ml



COPAIBA
PURE ESSENTIAL OIL
Copaifera spp. | 15 ml



CORIANDER
PURE ESSENTIAL OIL
Coriandrum sativum | 15 ml



CYPRESS
PURE ESSENTIAL OIL
Cupressus sempervirens
15 ml



DOUGLAS FIR
PURE ESSENTIAL OIL
Pseudotsuga menziesii
5 ml



EUCALYPTUS
PURE ESSENTIAL OIL
Eucalyptus radiata | 15 ml



FENNEL, SWEET
PURE ESSENTIAL OIL
Foeniculum vulgare | 15 ml



FRANKINCENSE
PURE ESSENTIAL OIL
Boswellia carterii, frereana,
and sacra | 15 ml



GERANIUM
PURE ESSENTIAL OIL
Pelargonium graveolens
15 ml



GINGER
PURE ESSENTIAL OIL
Zingiber officinale | 15 ml



GRAPEFRUIT
PURE ESSENTIAL OIL
Citrus X paradisi | 15 ml



GREEN MANDARIN
NEW
PURE ESSENTIAL OIL
Citrus nobilis | 15 ml



HELICHRYSUM
PURE ESSENTIAL OIL
Helichrysum italicum | 5 ml



JUNIPER BERRY
PURE ESSENTIAL OIL
Juniperus communis | 5 ml



LAVENDER
PURE ESSENTIAL OIL
Lavandula angustifolia
15 ml



LEMON
PURE ESSENTIAL OIL
Citrus limon | 15 ml



LEMONGRASS
PURE ESSENTIAL OIL
Cymbopogon flexuosus
15 ml



LIME
PURE ESSENTIAL OIL
Citrus aurantifolia | 15 ml



MARJORAM
PURE ESSENTIAL OIL
Origanum majorana | 15 ml



MELALEUCA
PURE ESSENTIAL OIL
Melaleuca alternifolia | 15 ml



MELISSA
PURE ESSENTIAL OIL
Melissa officinalis | 5 ml



MYRRH
PURE ESSENTIAL OIL
Commiphora myrrha | 15 ml



OREGANO
PURE ESSENTIAL OIL
Origanum vulgare | 15 ml



PATCHOULI
PURE ESSENTIAL OIL
Pogostemon cablin | 15 ml



PEPPERMINT
PURE ESSENTIAL OIL
Mentha piperita | 15 ml



PETITGRAIN
PURE ESSENTIAL OIL
Citrus aurantium | 15 ml



PINK PEPPER NEW
PURE ESSENTIAL OIL
Schinus molle | 5 ml



ROMAN CHAMOMILE
PURE ESSENTIAL OIL
Anthemis nobilis | 5 ml



ROSEMARY
PURE ESSENTIAL OIL
Rosmarinus officinalis
15 ml



SANDALWOOD
PURE ESSENTIAL OIL
Santalum album | 5 ml



SANDALWOOD, HAWAIIAN
PURE ESSENTIAL OIL
Santalum paniculatum
5 ml



SIBERIAN FIR
PURE ESSENTIAL OIL
Abies sibirica | 15 ml



SPEARMINT
PURE ESSENTIAL OIL
Mentha spicata | 15 ml



SPIKENARD
PURE ESSENTIAL OIL
Nardostachys jatamansi
5 ml



TANGERINE
PURE ESSENTIAL OIL
Citrus reticulata | 15 ml



THYME
PURE ESSENTIAL OIL
Thymus vulgaris | 15 ml



TURMERIC NEW
PURE ESSENTIAL OIL
Curcuma longa | 15 ml



VETIVER
PURE ESSENTIAL OIL
Vetiveria zizanioides | 15 ml



WILD ORANGE
PURE ESSENTIAL OIL
Citrus sinensis | 15 ml



WINTERGREEN
PURE ESSENTIAL OIL
Gaultheria fragrantissima
15 ml



YARROW | POM
PURE ESSENTIAL OIL
Active Botanical Nutritive
Duo | 30 ml



YLANG YLANG
PURE ESSENTIAL OIL
Cananga odorata | 15 ml

PROPRIETARY ESSENTIAL OIL BLENDS

dōTERRA's essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only CPTG Certified Pure Tested Grade™ essential oils.



dōTERRA AIR™
CLEAR BLEND
5 ml



AROMATOUGH™
MASSAGE BLEND
15 ml



dōTERRA BALANCE™
GROUNDING BLEND
15 ml



CITRUS BLISS™
INVIGORATING BLEND
15 ml



CLARYCALM™
SOLACE BLEND
10 ml roll-on



DEEP BLUE™
SOOTHING BLEND
5 ml



DEEP BLUE™
SOOTHING BLEND
10 ml roll-on



ELEVATION
JOYFUL BLEND
15 ml



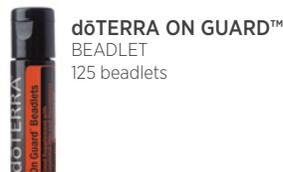
HD CLEAR™
TOPICAL BLEND
10 ml roll-on



INTUNE™
FOCUS BLEND
10 ml roll-on



dōTERRA ON GUARD™
ESSENTIAL OIL BLEND
15 ml



dōTERRA ON GUARD™
BEADLET
125 beadlets



PASTTENSE™
RELAXATION BLEND
10 ml roll-on



PURIFY
REFRESHING BLEND
15 ml



SALUBELLE
BEAUTY BLEND
10 ml roll-on



dōTERRA SERENITY™
RESTFUL BLEND
15 ml



SMART & SASSY™
ACTIVE BLEND
15 ml



TERRASHIELD™
OUTDOOR BLEND
15 ml



TERRASHIELD™
SPRAY
30 ml



WHISPER™
BLEND FOR WOMEN
15 ml



ZENDOCRINE™
RESTART BLEND
15 ml



ZENGEST™
SUPPORTIVE BLEND
15 ml

TOUCH BLENDS



dōTERRA AIR™ TOUCH
10 ml roll-on



dōTERRA CHEER™ TOUCH
10 ml roll-on



dōTERRA CONSOLE™ TOUCH
10 ml roll-on



DEEP BLUE™ TOUCH
10 ml roll-on



dōTERRA FORGIVE™ TOUCH
10 ml roll-on



FRANKINCENSE
10 ml roll-on



JASMINE
10 ml roll-on



LAVENDER
10 ml roll-on



MAGNOLIA
10 ml roll-on



MELALEUCA
10 ml roll-on



dōTERRA MOTIVATE TOUCH™
10 ml roll-on



NEROLI
10 ml roll-on



dōTERRA ON GUARD™ TOUCH
10 ml roll-on



OREGANO
10 ml roll-on



dōTERRA PASSION™ TOUCH
10 ml roll-on



dōTERRA PEACE™ TOUCH
10 ml roll-on



PEPPERMINT
10 ml roll-on



ROSE
10 ml roll-on



ZENGEST™ TOUCH
10 ml roll-on



dōTERRA TOUCH™ KIT

Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, this kit makes application simple with 10 ml roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they're ready to use so that you can immediately start to benefit from essential oils.

- dōTERRA Air™
- Deep Blue™
- ZenGest™
- Frankincense
- Lavender
- Melaleuca
- dōTERRA On Guard™
- Oregano
- Peppermint

dōTERRA ESSENTIAL AROMATICS™ TOUCH

The dōTERRA Essential Aromatics Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10 ml roll-ons for convenient and gentle topical application. These proprietary blends provide targeted emotional health benefits for the entire family. By following the dōTERRA Essential Aromatics Usage Model, dōTERRA Essential Aromatics Touch blends can be applied to specific points on the body to help balance and brighten your changing moods.

21850001 | six 10 ml roll-on bottles

ESSENTIAL OIL KITS



dōTERRA ESSENTIAL AROMATICS™ KIT

The dōTERRA Essential Aromatics System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each blend contains pure essential oils that can be used aromatically or topically to help you find comfort and encouragement, or inspire you to dream with passion again.

- dōTERRA Motivate
- dōTERRA Cheer
- dōTERRA Passion
- dōTERRA Forgive
- dōTERRA Console
- dōTERRA Peace



dōTERRA MOTIVATE™
ENCOURAGING BLEND
5 ml



dōTERRA PASSION™
INSPIRING BLEND
5 ml



dōTERRA FORGIVE™
RENEWING BLEND
5 ml



dōTERRA CHEER™
UPLIFTING BLEND
5 ml



dōTERRA CONSOLE™
COMFORTING BLEND
5 ml



dōTERRA PEACE™
REASSURING BLEND
5 ml



dōTERRA YOGA COLLECTION

An exclusive trio of CPTG™ essential oil blends designed by dōTERRA for the yogi in you. dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise are the perfect blends to enhance your life and yoga practice. These blends provide aromas to steady, centre, and enlighten your spirit through every breath while strengthening and stretching your body.



INTRODUCTION TO ESSENTIAL OILS KIT TOP SELLER

Perfect for beginners, the Introduction to Essential Oils Kit is everything you need to get started experiencing immediately the life-changing benefits of dōTERRA™ essential oils.

The kit includes:

- Three 5 ml bottles of essential oils
Lavender Lemon Peppermint
- List of suggested uses for each oil



AROMATOUCH™ TECHNIQUE KIT

This kit contains 5 ml bottles of the eight CPTG™ oils used in the AromaTouch Technique, as well as the AromaTouch Technique presentation box. Includes dōTERRA™ Fractionated Coconut Oil (115 ml).

- dōTERRA Balance™
- Lavender
- Melaleuca
- dōTERRA On Guard™
- AromaTouch
- Deep Blue™
- Wild Orange
- Peppermint



FAMILY ESSENTIALS KIT TOP SELLER

This collection of 10 nurturing essential oils and blends provides what you need to care for your family's everyday needs with simple and safe methods featuring essential oils. The Family Essentials Kit includes:

- Ten 5 ml bottles of essential oils and blends
Lavender Frankincense
Lemon Deep Blue™
Peppermint dōTERRA Air™
Melaleuca ZenGest™
Oregano dōTERRA On Guard™
- List of suggested uses for each oil

ESSENTIAL USAGE

INTERNAL USE



VEGGIE CAPS

160 HPMC capsules

Customise your essential oil supplement regime with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients

TOPICAL USE



FRACTIONATED COCONUT OIL

115 ml

Ideal for combining with essential oils for topical use.

- Feather-light emollient
- Completely soluble with all essential oils; odourless, colourless, and non-staining



dōTERRA™ SPA HAND & BODY LOTION

200 ml

Indulge your skin in dōTERRA Spa Hand & Body Lotion—a light, non-greasy formula that contains Jojoba and Macadamia Seed Oils, Murumuru and Cupuassu Seed Butters, and nourishing plant extracts.

- Easily blend with your favourite essential oil for a customised aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin



The net purchase price of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion is donated to a dōTERRA Healing Hands initiative.



dōTERRA™ SPA ROSE HAND LOTION

100 ml

dōTERRA SPA Rose Hand Lotion is a light, alluring lotion with CPTG™ Rose essential oil that promotes smooth, beautiful skin. Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin.

- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth



dōTERRA HOPE™ TOUCH

10 ml roll-on

dōTERRA Hope Touch is a distinct essential oil blend combining the fresh scent of Bergamot with Ylang Ylang and Frankincense, then sweetened slightly with the warming aroma of Vanilla Bean Absolute.

- Apply to wrists, neck, and pulse points for a personalised fragrance
- Keep in purse and apply throughout the day to uplift mood

AROMATIC USE



PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. This convenient diffuser is stable, light, and easy to use.

- 1-, 2-, and 4-hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 33 m²



dōTERRA LUMO DIFFUSER NEW

Transform any room into a serene or uplifting environment by diffusing CPTG™ essential oils with a custom-designed, nature-inspired, ultrasonic diffuser.

- Seven lighting colour options
- Customisable output—2 or 5 hours continuous, 10 hours intermittent (4 minutes on/4 minutes off)
- Coverage of up to 50 m²



LOTUS DIFFUSER

Modern and elegant, the Lotus Diffuser quickly releases the benefits of dōTERRA™ essential oils into the air.

- 1-, 2-, and 3-hour diffuser settings
- Covers up to 30 m²
- Provides a decorative piece to any home or office

DEEP BLUE™ PRODUCTS

The soothing combination of CPTG Certified Pure Tested Grade™ essential oils of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus create the dōTERRA™ Deep Blue proprietary blend. Available in a cream, roll-on, and supplement, Deep Blue provides soothing effects and targeted benefits.



DEEP BLUE™ RUB SOOTHING LOTION

120 ml

Infused with Deep Blue Soothing Blend, Deep Blue Rub is a favourite of athletes.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Cools and warms problem areas
- Blended in a base of moisturising emollients that leave your skin feeling soft, not greasy

DEEP BLUE™ RUB SAMPLES

ten 2 ml samples

Receive the targeted benefits of dōTERRA Deep Blue Rub in a convenient 10-pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.

- Formulated with Deep Blue Soothing Blend
- Easy to share and convenient to take on-the-go

DEEP BLUE POLYPHENOL COMPLEX™

60 vegetable capsules

Now Deep Blue has a nutritional supplement that contains powerful polyphenols.

- Features patent-pending, formula boswellia extract
- Includes proprietary, standardised extracts of Ginger, Curcumin, Resveratrol, and other polyphenols to soothe and comfort

DEEP BLUE™ TOUCH BLEND

10 ml roll-on

Experience the benefits of our proprietary Deep Blue essential oil blend in a gentle formula that's perfect for children and adults.

DEEP BLUE™ top seller SOOTHING BLEND

5 ml | 10 ml roll-on

A synergistic blend of CPTG™ essential oils, Deep Blue provides a warm, tingly sensation when applied to the skin.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Ylang Ylang, Helichrysum, and Osmanthus essential oils
- Apply as part of a soothing massage

dōTERRA SALON ESSENTIALS™ PRODUCTS

The soothing and cleansing properties that make essential oils useful for so many of our daily tasks also make them useful for maintaining clean, healthy-looking hair. By using hair products that have been infused with potent essential oils, you can easily promote soft, shiny locks, without exposing yourself to the harsh ingredients typically found in regular haircare products.

BENEFITS OF THE ESSENTIAL HAIR CARE INGREDIENTS

- Helps protect colour-treated hair
- Proven softening effects
- Better conditioning and detangling
- Maintains moisture capacity in both hair and scalp
- Strong and smooth-looking hair
- Less hair breakage
- Proprietary blend of essential oils for healthy-looking hair and scalp



dōTERRA SALON ESSENTIALS™ ROOT TO TIP SERUM

30 ml

The Root to Tip Serum provides a healthy environment for your scalp and maximises the strength and shine of your hair.

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus essential oils
- Provides hydration to your scalp and hair

dōTERRA SALON ESSENTIALS™ PROTECTING SHAMPOO

250 ml

Enjoy the professional formulation of CPTG™ essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials Shampoo.

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturises hair, leaving it salon soft and touchable

dōTERRA SALON ESSENTIALS™ SMOOTHING CONDITIONER

250 ml

Give hair a smooth, finished look and protect it with the professional formula of dōTERRA Salon Essentials Conditioner.

- Features conditioning emollients, botanical extracts, and natural proteins
- Includes a proprietary blend of CPTG essential oils for the hair and scalp
- Smoothes hair and provides an anti-static effect with nanotechnology



SHAMPOO/CONDITIONER SAMPLES

ten companion sets



SHAMPOO 2-PACK

two 250 ml bottles

CONDITIONER 2-PACK

two 250 ml bottles

SHAMPOO AND CONDITIONER

one 250 ml bottle of each

dōTERRA™ SPA



REFRESHING BODY WASH

250 ml

dōTERRA SPA Refreshing Body Wash is a natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience.

- Bergamot essential oil purifies and soothes skin and provides an uplifting, yet grounding aroma
- Grapefruit has an energising scent that helps uplift mood
- Sodium Methyl Oleoyl Taurate is a mild cleanser derived from essential fatty acids found in vegetable fats and oils

BODY SCRUB

226 g

dōTERRA SPA Exfoliating Body Scrub is a natural, indulgent body scrub that gently exfoliates and polishes skin with sugar cane, leaving a healthy, natural glow.

- Wild Orange and Grapefruit help revitalise the skin
- Ginger essential oil has warming properties for a soothing effect on the skin

DETOXIFYING MUD MASK

113.4 g

The dōTERRA SPA Detoxifying Mud Mask is a natural clay mask that provides purifying benefits while reducing the appearance of pores, fine lines, and wrinkles.

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils – known for their ability to promote healthy-looking, smooth skin
- Shea butter provides moisturisation and balances the skin

HAND AND BODY LOTION

200 ml

Indulge your skin in dōTERRA SPA Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and cupuassu seed butters, and nourishing plant extracts.

- Easily blend with your favourite essential oil for a customised aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

CITRUS BLISS™ HAND LOTION

75 ml

dōTERRA SPA Citrus Bliss Hand Lotion is a light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

- Citrus Bliss essential oil blend's refreshing aroma helps reduce stress and uplifts mood
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Convenient size, perfect for travel or for use while at home or work

REPLENISHING BODY BUTTER

198 g

Pamper your skin with the rich hydration and luxurious feel of dōTERRA SPA Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturisation and ability to promote skin suppleness.

- High in monoterpenes, Wild Orange possesses stimulating and purifying qualities
- Douglas Fir essential oil is purifying to the skin and promotes a positive mood
- Frankincense essential oil is rejuvenating to the skin and has a balancing effect on emotions

LIP BALM

4.5 g

dōTERRA SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils. Along with our new formula, we've added two new flavours to our original blend of Wild Orange and Peppermint. Experience the scents of paradise with Ylang Ylang, Clementine, and Lime essential oils found in our Tropical Lip Balm; or, invigorate the senses with our Herbal Lip Balm containing Lemon Verbena, Marjoram, and Spearmint essential oils.

- Each lip balm contains a select blend of essential oils that provides a unique sensory experience
- Moringa oil is an emollient that helps improve how the lips look and feel
- Avocado oil provides hydration, essential fatty acids, and softening to keep lips looking healthy

ORIGINAL

4.5 g

TROPICAL

4.5 g

HERBAL

4.5 g

LIP BALM VARIETY 3-PACK

4.5 g each

HYDRATING BODY MIST

125 ml

Have your body feel completely re-hydrated with the aromatic benefits of our Beautiful Captivating essential oil blend. The Beautiful Captivating oil combines Osmanthus, Lime, Bergamot, and Frankincense in a harmoniously floral blend. The nourishing properties of coconut, sunflower, avocado, and passion fruit combined in this hydrating mist help improve overall appearance.

- The uplifting and energizing aromatic benefits of CPTG Beautiful Captivating essential oil blend
- The oils of sunflower, avocado, and passion fruit help to soothe, soften, and hydrate skin for an overall healthy glow
- Caprylic/Capric Triglyceride (Coconut derived) conditions and maintains the skin's natural barrier

MOISTURISING BATH BAR

113 g

dōTERRA SPA Moisturising Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience.

- Bergamot essential oil purifies and soothes skin
- Grapefruit has an energising scent that uplifts mood
- Jojoba seed oil deeply moisturises

PERSONAL CARE



NATURAL DEODORANT

50 g

dōTERRA Natural Deodorant is a safe, natural option for preventing odour throughout the day.

- Cypress, Melaleuca, Cedarwood, and Bergamot essential oils provide purifying benefits, helping to reduce underarm odour
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy



CORRECT-X™ ESSENTIAL OINTMENT

15 ml

Correct-X is a topical ointment using CPTG™ essential oils that assist with various skin conditions.

- Safe and easy to use
- Utilises CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

SKIN CARE



FACIAL CLEANSER

118 ml

dōTERRA Facial Cleanser contains CPTG™ essential oils of Melaleuca and Peppermint, known for their ability to purify and tone skin and support a healthy complexion. Natural cleansers of Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin looking clean, fresh, and smooth.



INVIGORATING SCRUB

70 g

Experience fresh, renewed skin with dōTERRA Invigorating Scrub. Grapefruit and Peppermint CPTG™ essential oils make exfoliating a refreshing, aromatic experience while jojoba esters polish your skin. Botanicals of Mandarin Orange extract, Jasmine extract, and Greater Burdock extract tone, smooth, and hydrate skin.



TIGHTENING SERUM

30 ml

Featuring CPTG™ essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Natural extracts and gums combine with powerful ingredients for firmer, younger-looking skin.



BRIGHTENING GEL

30 ml

CPTG™ essential oils of FCF Bergamot, Juniper Berry, and Melissa combine with natural extracts, vitamins, and cutting-edge ingredient technologies to brighten and even skin tone. dōTERRA Brightening Gel is a gentle and effective way to noticeably brighten the skin by reducing the appearance of dark spots and hyperpigmentation without the harsh chemicals used in other brightening products. Can be used as an all-over facial product or to target dark spots.



ANTI-AGING MOISTURISER

50 ml

dōTERRA Anti-Aging Moisturiser combines cutting-edge ingredients with the CPTG™ essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturise and soften skin while providing anti-aging benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturising the skin, helping to keep skin looking young and vibrant and helping reduce future visible signs of normal aging.



PORE REDUCING TONER

118 ml

Formulated to visibly reduce the appearance of pores, dōTERRA Pore Reducing Toner contains CPTG Certified Pure Tested Grade™ essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin while innovative fruit and plant extracts tone and balance the skin, increase hydration, and visibly reduce the appearance of pores to support a healthy-looking complexion.



HYDRATING CREAM

48 g

The intensive moisture your skin has been waiting for. dōTERRA Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles and aiding with skin barrier renewal for suppler, younger-looking skin. Its rich formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to rejuvenate the look of mature skin, as well as to help reduce the visible signs of aging due to both natural and environmental causes. Probiotics nourish skin's natural biome, helping restore skin's natural health and beauty. Perfect for day or night use.



ANTI-AGING EYE CREAM

15 ml

dōTERRA Anti-Aging Eye Cream combines clinically proven ingredients with CPTG™ essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturises, decreases the appearance of dark circles, and improves skin firmness and tone. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protect skin from the future signs of aging. The unique steel rollerball applicator cools and soothes under-eye skin helping reduce the appearance of puffiness and dark circles while gently applying cream to targeted areas.



dōTERRA SALUBELLE BEAUTY BLEND

10 ml roll-on

A proprietary blend of rare essential oils, used throughout history for their beautifying benefits. dōTERRA Salubelle Beauty blend is formulated to protect and nourish skin. This essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose helps sustain smoother, more radiant, and youthful-looking skin.

- Reduces the appearance of fine lines and wrinkles
- Helps reduce the appearance of aging skin



HD CLEAR™ TOPICAL BLEND

10 ml roll-on

Used as a spot treatment or an over-all application, HD Clear Topical Blend promotes a clean and healthy complexion with essential oils renowned for their skin-benefiting properties.

- Features a unique blend of black cumin seed oil as well as CPTG™ essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Promotes clear-looking skin by targeting the site of blemishes

HD CLEAR™ FOAMING FACE WASH

50 ml

Discover the perfect solution for problem skin of all ages with the dōTERRA™ HD Clear Foaming Face Wash.

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG essential oils and plant extracts that will leave your skin extra clean and soft

HD CLEAR™ KIT

three items

This kit contains HD Clear Foaming Face Wash, Topical Blend, and Facial Lotion for a beautifully balanced complexion.

HD CLEAR™ FACIAL LOTION

50 ml

Enjoy a beautiful, smooth complexion with HD Clear Facial Lotion. This lotion contains natural emollients to promote healthy levels of moisture in the skin for a balanced complexion as well as CPTG essential oils combined with botanical extracts known to assist in achieving blemish-free skin.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Natural ingredients help target blemishes for clear and clean skin

SKIN CARE

VERÁGE™ CLEANSER

60 ml

Healthy, smooth skin begins with Veráge Cleanser. This natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

- Infused with CPTG™ essential oils of Wild Orange, Melaleuca, and Basil to gently cleanse and lift away impurities
- Invigorates and cleanses skin while natural emollients nourish and hydrate

VERÁGE™ TONER

50 ml

Veráge Toner combines CPTG™ essential oils with nourishing plant extracts to promote the appearance of tightened, toned, and smooth skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energising boost and a glowing complexion.

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

VERÁGE™ IMMORTELLE HYDRATING SERUM

15 ml

Experience the age-defying effects of Veráge Immortelle Hydrating Serum. This powerful formula combines CPTG essential oils with plant extracts for smoother, more youthful-looking skin.

- Utilises the CPTG essential oils found in the popular dōTERRA Salubelle blend for radiant skin
- Provides optimal lipid balance for smoother, more youthful-looking skin

VERÁGE™ MOISTURISER

30 ml

Veráge Moisturiser combines CPTG essential oils with plant extracts for natural hydration and skin nourishment. This light, non-greasy moisturiser absorbs quickly but hydrates deeply, helping reduce the appearance of fine lines and wrinkles for a smooth, even complexion.

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalise the skin
- Uses natural ingredients to hydrate skin, helping reduce the appearance of fine lines and wrinkles

VERÁGE™ SKIN CARE COLLECTION

A collection that brings together Veráge Cleanser, Toner, Immortelle Hydrating Serum, and Moisturiser for beautiful, healthy-looking skin.

CLINICALLY SUPPORTED BENEFITS OF THE VERÁGE INGREDIENTS

- Smoothes skin texture
- Reduces appearance of wrinkles
- Minimises the appearance of mechanical creasing
- Minimises pore appearance
- Evens tone



dōTERRA SERENITY™ PRODUCTS

In today's fast-paced society, we all experience occasional sleeplessness, and few of us obtain the recommended eight or more hours of sleep each night. When used together, dōTERRA Serenity Softgels and dōTERRA Serenity Restful Blend provide a natural and safe solution for individuals who have occasional difficulty falling and staying asleep. Formulated with essential oils known for their ability to help calm the mind and body, this powerful duo works to promote a restful and satisfying night's sleep.



dōTERRA SERENITY™ SOFTGELS

60 softgels

dōTERRA Serenity is a unique blend of Lavender essential oil, L-Theanine and botanical extracts. L-Theanine, a natural component of tea, is a non-dietary amino acid that promotes relaxation. Combined with the calming properties of Lavender, dōTERRA Serenity is a natural alternative to other food supplements of its kind.

- Promotes relaxation without the harsh side effects of artificial sleep aids
- One softgel 30 minutes before bed may help encourage a more restful night's sleep



dōTERRA SERENITY™ RESTFUL BLEND

15 ml

dōTERRA Serenity calms emotions while creating a sense of peace and well-being.

- Features Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla extract, and Hawaiian Sandalwood Creates a perfect escape with its calming, renewing fragrance
- Promotes feelings of relaxation and a restful sleeping environment



dōTERRA AIR™ PRODUCTS

Deep breathing is cleansing, freeing, and invigorating. It elevates our minds and energises our bodies. It is the essence of life, the reassurance of vitality. The remarkable blend of essential oils found in the dōTERRA Air blend maintains feelings of clear airways and easy breathing, especially when seasonal impediments to breathing are high. Now, with the easy application of the dōTERRA Air Vapour Stick, you can quickly enjoy the benefits of this powerful blend anytime, anywhere.



dōTERRA AIR™ CLEAR BLEND

15 ml

Enhanced with the powerful benefits of Cardamom, dōTERRA Air is a remarkable blend of essential oils that provide a cooling, invigorating vapour.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom essential oils
- Provides cooling, invigorating vapour



dōTERRA AIR™ DROPS

30 drops

The benefits of selected CPTG™ essential oils from the dōTERRA Air blend can be found in this convenient and great tasting lozenge.

- Proprietary blend includes: Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health



dōTERRA AIR™ STICK

12.5 g

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Air Stick. This unique delivery method of the dōTERRA Air essential oil blend can be used anytime, anywhere.

- Provides invigorating vapour
- Provides a cooling, soothing effect

WOMEN'S HEALTH



WOMEN'S HEALTH KIT

Includes Phytoestrogen Lifetime Complex, Bone Nutrient Lifetime Complex, and ClaryCalm™ Essential Oil Blend.



PHYTOESTROGEN ESSENTIAL COMPLEX

60 vegetable capsules

dōTERRA Women Phytoestrogen Essential Complex's blend of natural plant extracts help with the natural hormone fluctuations that occur throughout different phases of a woman's life.

- Includes a standardised soy extract with genistein, a powerful phytoestrogen
- Supports healthy bones, heart, breast tissue, and other body structures

BONE NUTRIENT ESSENTIAL COMPLEX

120 vegetable capsules

dōTERRA Women Bone Nutrient Essential Complex is a blend of vitamins and minerals important for bone health.

- Perfect for men and women of all ages
- Includes bioavailable forms of vitamins C and D, calcium, magnesium, and other trace minerals

CLARYCALM™ ESSENTIAL OIL BLEND

10 ml roll-on

dōTERRA ClaryCalm is a proprietary blend of essential oils that provides a soothing and calming effect. ClaryCalm utilises FCF (furanocoumarin-free) Bergamot essential oil to prevent sun sensitivity.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Apply to skin for a cooling, soothing effect
- Calming aroma

CHILDREN'S HEALTH

dōTERRA A2Z CHEWABLE™

60 tablets

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2z Chewable tablets provide the nutrients your body needs.*

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Watermelon flavour

IQ MEGA™

150 ml

IQ Mega takes the fishy taste out of fish oil and adds the fresh orange flavour of Wild Orange CPTG™ essential oil.

- Provides over 1,500 mg of Omega-3s per serving
- Formulated to be used with dōTERRA a2z Chewable tablets



DIGESTIVE HEALTH



ZENGEST™ SUPPORTIVE BLEND

15 ml bottle

The well-recognised essential oils in ZenGest are known for their soothing properties.

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Eases feelings of stomach upset

ZENGEST™ SOFTGELS

60 vegetarian softgels

dōTERRA™ ZenGest Softgels are a convenient and easy way to obtain the benefits of the proprietary ZenGest essential oil blend. Each vegetarian softgel contains 120 mg of ZenGest.



ZENDOCRINE™ RESTART BLEND

15 ml bottle

Support your body's natural detoxification systems with Zendocrine Restart Blend. Use Zendocrine as a way to jump-start a lifestyle change or simply add to an existing healthy-living regime.

- Features a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Provides a cleansing aroma to the senses to promote a clear, fresh feeling
- Can be used individually or in combination with Zendocrine Softgels

ZENDOCRINE™ SOFTGELS

60 vegetarian softgels

dōTERRA™ Zendocrine Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrine essential oil blend.



DIGESTTAB™ CHEWABLE TABLETS

100 chewable tablets

DigestTab™ Chewable Tablets are calcium carbonate tablets that are infused with ZenGest Digestive Blend to deliver the benefits of ZenGest essential oil blend as well as the acid-neutralising benefits of calcium carbonate.

- Use with or between meals as needed for relief from occasional stomach upset
- Helps relieve occasional sour stomach
- Provides 200 mg of calcium per tablet



ZENGEST™ PB ASSIST™+ FOOD SUPPLEMENT

30 vegetable capsules

This proprietary formula of prebiotic fibre and six strains of probiotic organisms is safe for the entire family.

- Delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth
- Time-release double capsule delivery protects sensitive probiotic cultures from stomach acid



ZENGEST™ GX ASSIST™ FOOD SUPPLEMENT

60 softgels

Cleanse your GI tract before starting with PB Assist with this combination of CPTG™ essential oils.

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula*

DAILY VITALITY

This powerful collection of daily supplements quickly became one of dōTERRA's most popular line of products. The core products of the dōTERRA Lifelong Vitality Pack—xEO Mega™, Microplex VMz™ and Alpha CRS™+ — are designed to help you on your journey to improved vitality and wellness. With essential nutrients, metabolism benefits and powerful antioxidants, these supplements work together to promote energy, health and lifelong vitality.



ALPHA CRS™ + CELLULAR VITALITY COMPLEX

120 capsules

Alpha CRS™+ Cellular Vitality Complex contains a proprietary blend of polyphenols including baicalin from scutellaria root, resveratrol from Polygonum cuspidatum, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle. This natural blend promotes overall well-being.

- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk, wheat, or animal products
- Formulated to be used daily with xEO Mega™ or vEO Mega™ and Microplex VMz



MADE WITH SLS-FREE VEGETABLE CAPSULES



MICROPLEX VMz™ FOOD NUTRIENT COMPLEX

120 capsules

dōTERRA Microplex VMz is a food nutrient formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A,C, and E, and a B-vitamin complex
- Contains food-derived minerals and organic trace minerals
- Optimises nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA tummy-tamer blend of Peppermint, Ginger, and Caraway Seed



MADE WITH SLS-FREE VEGETABLE CAPSULES



xEO MEGA™ ESSENTIAL OIL OMEGA COMPLEX

120 softgels

xEO Mega is a revolutionary formula that blends CPTG essential oils with natural marine- and plant-sourced omega-3 oils and carotenoids.

- Delivers equal ratio of EPA and DHA from sustainable fish oil concentrates and Echium oil with SDA and GLA fatty acids
- Complete spectrum of carotenoids and vitamin E for antioxidant protection, plus vitamin D*
- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils



MADE WITH VEGETARIAN SOFTGELS



vEO MEGA™ ESSENTIAL OIL OMEGA COMPLEX

120 liquicaps

vEO Mega is a revolutionary, 100 percent vegetarian-friendly formula blending CPTG Certified Pure Tested Grade essential oils with natural plant-sourced essential fatty acids.

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils
- Includes a unique form of the carotenoid astaxanthin



MADE WITH VEGETARIAN LIQUICAPS



dōTERRA LIFELONG VITALITY PACK™ DIETARY SUPPLEMENTS INCLUDING ALPHA CRS™+, MICROPLEX VMZ™, AND xEO MEGA™

dōTERRA LIFELONG VITALITY VEGAN PACK™ DIETARY SUPPLEMENTS INCLUDING ALPHA CRS™+, MICROPLEX VMZ™, AND vEO MEGA™

LOYALTY
REWARDS
PROGRAM

LOYALTY
REWARDS
PROGRAM

PERSONALISED WELLNESS PROGRAMME

LOYALTY
REWARDS
PROGRAM

Customise and Save

With the purchase of one dōTERRA Lifelong Vitality Pack™ or one dōTERRA Daily Nutrient Pack™ via the Loyalty Rewards Programme, choose up to 2 additional targeted supplements at a significant savings.

BUY 1 dōTERRA LIFELONG VITALITY PACK
OR dōTERRA DAILY NUTRIENT PACK



OR



OR



AND CHOOSE UP TO 2 OF ANY COMBINATION OF THE ITEMS
LISTED BELOW AT REDUCED PRICES

Mito2Max™



Deep Blue
Polyphenol
Complex™



SPECIALISED SUPPLEMENTS



DDR PRIME™
15 ml

DDR Prime combines the benefits of Clove, Thyme, and Wild Orange essential oils known for their antioxidant benefits and was created to support the body and cells from oxidative stress.

- Contains Clove, Thyme, and Wild Orange essential oils
- May reduce oxidation in the body and promote overall cellular health*

DDR PRIME SOFTGELS™
60 vegetarian softgels



TRIEASE™ SOFTGELS
60 vegetarian softgels

Used by both veteran and novice essential oil users, TriEase Softgels were developed for a healthier you in mind. Each softgel contains equal parts Lemon, Lavender, and Peppermint essential oils. Now with specially formulated TriEase Softgels, all three beneficial essential oils can be consumed quickly and easily when travelling or attending outdoor events. TriEase Softgels are safe to consume on a daily basis.

- Key ingredients include Lemon Peel, Lavender Flower, and Peppermint Plant
- Convenient, easy-to-consume supplement for daily health



MITO2MAX™ ENERGY & STAMINA COMPLEX
60 vegetarian softgels

Mito2Max is a proprietary formula of standardised plant extracts and metabolic cofactors made to support your busy lifestyle. Use as a long-term alternative to caffeinated drinks and supplements.

- Contains Oligonol lychee fruit extract, quercetin, and other standardised plant extracts to support an active lifestyle
- Promotes a positive mood
- Free of stimulants; not habit forming

SMART & SASSY™



SMART & SASSY™ TOP SELLER
ACTIVE BLEND
15 ml bottle

Smart & Sassy is a proprietary blend of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon. Makes a flavourful addition to any beverage and is a great alternative to artificial sweeteners and sugary drinks. Support your weight-maintenance goals with Smart & Sassy essential oil blend.

- Diuretic-, stimulant-, and calorie-free
- Supports a healthy lifestyle
- Promotes a positive mood



SMART & SASSY™ SOFTGELS
90 vegetarian softgels

Smart & Sassy Softgels contain the proprietary Smart & Sassy essential oil blend in convenient softgels to promote weight management. The flavourful blend of Smart & Sassy contains essential oils to support a healthy lifestyle and promote a positive mood.

dōTERRA KIDS COLLECTION

Whether you are an experienced practitioner or new to essential oils, the dōTERRA Kids Collection is the complete and ready-made “whole body” essential oil toolbox designed to confidently care for the health and wellness of little ones. Formulated specifically for developing minds, bodies, and emotions, these essential oil blends feature unique combinations to provide powerful benefits while being gentle on delicate skin.



dōTERRA KIDS COLLECTION NEW
six 10 ml roll-on

THINKER™ FOCUS BLEND 10 ml roll-on

When it is time to get creative and focus, roll Thinker onto the back of your neck to support your mind and enhance learning.

- Features Vetiver, Clementine, Peppermint, and Rosemary in a base of Fractionated Coconut Oil
- Keep on hand during school, study time, or whenever needed to instill a sense of alertness
- Promotes a sense of clarity and alertness

CALMER™ RESTFUL BLEND 10 ml roll-on

When it is bedtime, roll Calmer onto the bottoms of your feet and onto your wrists. Climb into bed and take a deep breath to let your mind rest.

- Features Lavender, Cananga, Buddha Wood, and Roman Chamomile in a base of Fractionated Coconut Oil
- Provides soothing and relaxing feelings throughout the body

STRONGER™ PROTECTIVE BLEND 10 ml roll-on

Use Stronger on the back of your neck or bottoms of your feet for an added boost or for protection when you are not feeling your best.

- Features Cedarwood, Litsea, Frankincense, and Rose Extract in a base of Fractionated Coconut Oil
- Comforting to occasional skin irritations
- Supports feelings of wellness and vitality

RESCUER™ SOOTHING BLEND 10 ml roll-on

After running, jumping, and playing, rub Rescuer onto your legs, feet, or back to soothe your active body.

- Features Lavender, Spearmint, Copaiba, and Zanthoxylum in a base of Fractionated Coconut Oil
- Massage onto growing or tired legs to help soothe
- Supports feelings of vitality and comfort

STEADY™ GROUNDING BLEND 10 ml roll-on

For daily centring, or for times when you feel nervous or anxious, rub Steady on your neck and wrists to calm and comfort your emotions.

- Features Amyris, Balsam Fir, Coriander, and Magnolia in a base of Fractionated Coconut Oil
- Supports efforts to have a calm and balanced mood
- Promotes a whole-body sense of relaxation

BRAVE™ COURAGE BLEND 10 ml roll-on

Before new or different situations, or just to start your day, roll Brave onto the back of neck, tummy, or bottoms of feet for a boost of courage and confidence

- Features Wild Orange, Amyris, Osmanthus Extract, and Cinnamon in a base of Fractionated Coconut Oil
- Promotes feelings of courage and positivity
- Combine with positive daily affirmations to promote belief in oneself

dōTERRA ON GUARD™ PRODUCTS

On Guard is one of the most popular and versatile dōTERRA™ CPTG Certified Pure Tested Grade™ essential oil blends. The proprietary combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils is an active component in a first line of defense for your home and body. The On Guard blend has been integrated into a variety of dōTERRA products to provide diverse ways to use its powerful benefits.

dōTERRA ON GUARD MOUTHWASH NEW 473 ml

dōTERRA On Guard Mouthwash is alcohol free and formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth.

- Natural, alcohol-free formula
- Refreshing dōTERRA On Guard flavor supports long-lasting fresh breath



dōTERRA ON GUARD™ PURIFYING MIST 27 ml

dōTERRA On Guard Purifying Mist provides a cleansing effect on hands through an extremely fine, quick-drying mist.

- Infused with moisturising apple extract to leave hands feeling soft
- Provides the benefits of dōTERRA On Guard essential oil in a convenient mist
- Perfect size for travel, work, and school



ON GUARD™ CLEANER CONCENTRATE 355 ml

The ideal cleaner, On Guard Cleaner Concentrate is fortified with On Guard Essential Oil Blend..

- Features a biodegradable formula perfect for the entire family
- Combines plant-based derivatives with On Guard Essential Oil Blend



ON GUARD™ FOAMING HAND WASH 473 ml

Keep your hands clean with the power of On Guard Essential Oil Blend.

- Conveniently packaged in a 473 ml bottle that fills 237 ml foaming dispensers
- Formulated with the unique dōTERRA On Guard Essential Oil Blend



**ON GUARD™
LAUNDRY DETERGENT**
947 ml

On Guard Laundry Detergent is a naturally based, highly concentrated, 6X laundry detergent that utilises the power of On Guard Essential Oil Blend and bio-originated enzymes for amazingly clean clothes.

- Contains 10 ml of On Guard essential oil
- Safe for the environment and the whole family
- 64 loads in each bottle



ON GUARD™ DROPS
30 drops

Enjoy the convenience of these great-tasting throat drops

- Helps calm and soothe occasional dry, scratchy throats
- Features dōTERRA On Guard Essential Oil Blend
- Formulated with natural organic cane sugar and brown rice syrup



ON GUARD™ TOOTHPASTE
113 g

Clean teeth with the added benefit of On Guard Essential Oil Blend.

- Fluoride-free formulation
- Unique cinnamon-mint flavour mixed with xylitol for fresh and clean breath and toothbrush



ON GUARD™+ SOFTGELS
60 vegetarian softgels

On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils.



ON GUARD™ BEADLET
125 beadlets

On Guard Beadlets are an easy, flavourful way to support your immune system's naturally occurring defenses. Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary come together in tiny vegetable beadlets that dissolve in the mouth.

- Provides a convenient way to obtain the unique benefits of On Guard Essential Oil Blend
- Freshens breath



ON GUARD™ TOUCH BLEND
10 ml roll-on

Enjoy the unique aroma and powerful benefits of dōTERRA On Guard essential oil blend in a convenient roll-on application.

- Supports immune system's natural functions
- Natural cleansing product
- Energises and uplifts

dōTERRA™

dōTERRA (Europe) Ltd.
1 North Fourth St., MK9 1DG, UK
dōTERRA Europe Marketing GmbH,
Konrad-Zuse-Platz 4, D-81829 München



Hydrating Body Mist with Beautiful Blend

*Replenish
Refresh
Radiate*



dōTERRA SPA
Hydrating Body Mist
125 mL



dōTERRA™

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