

PRODUCT GUIDE | 2014



dōTERRA®



THE dōTERRA STORY

In the spring of 2008, a group of health-care and business professionals who shared profound personal experiences of the life-enhancing benefits of essential oils came together with a common vision of bringing a new standard of therapeutic-grade essential oils to the world. They wanted something different that would appeal to all people, from those who knew nothing of essential oils to those who were considered experts in the field.

They asked themselves some defining questions: “What if we could provide the world with a new and powerful wellness alternative?” “What if we could provide this new level of wellness through a mainstream approach to essential oils?” “What if we could source, test, and manufacture a higher quality of essential oil—more pure and more potent than any other oil available on the market today?” “What if we, in the most professional manner, could partner with major hospitals, doctors, scientists, and opinion leaders to provide the most compelling authentication of essential oils on the planet?”

They concluded that, with the hard work and commitment of others who had a similar passion and vision, they could and would create a new paradigm for essential oils. With that conviction, they organized a company and named it dōTERRA, a Latin derivative meaning “Gift of the Earth.” The first dōTERRA offering of 25 single oils and 10 oil blends was introduced for sale on April 25, 2008, to the acclaim of essential oil experts and product enthusiasts who immediately recognized the superior quality of dōTERRA therapeutic-grade essential oils.

dōTERRA has continued to add wellness products and to expand their essential oils offering as the company has enjoyed tremendous growth since its beginning.



**ARBORVITAE
ESSENTIAL OIL**
SEE PAGE 8



OUR MISSION

WE AT dōTERRA ARE COMMITTED TO SHARING THE LIFE-ENHANCING BENEFITS OF THERAPEUTIC-GRADE ESSENTIAL OILS WITH THE WORLD. WE WILL DO THIS BY:

- Discovering and developing the world’s highest-quality therapeutic-grade essential oil products through a leveraged network of highly-educated and experienced botanists, chemists, health scientists, and health-care professionals.
- Producing our essential oil products to the highest standard of quality, purity, and safety used in the industry—CPTG Certified Pure Therapeutic Grade®.
- Distributing our products through Wellness Advocates who, working from home, introduce, educate, and sell dōTERRA wellness products locally through person-to-person contact and globally through personalized web shopping sites.
- Providing educational opportunities for all people interested in learning how therapeutic-grade essential oils can be used as a self-care wellness alternative.
- Bringing together health-care professionals of traditional and alternative medicine to encourage further study and application of therapeutic-grade essential oils in modern health-care practices.





BREATHE DROPS
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TO ORDER:

doterra.com 1-800-411-8151

dōTERRA proprietary essential wellness products are sold exclusively by Wellness Advocates through person-to-person sharing, personalized websites, and in wellness centers and spas throughout the United States and abroad. To order, talk to the Wellness Advocate who provided you with this product guide or call (02) 8015 5080 to find an advocate in your area. Wellness Advocate distributorships are available.



What are **ESSENTIAL OILS?**

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. Essential oils can lift the mood, calm the senses, and elicit powerful emotional responses. Yet the use of essential oils goes well beyond their fragrant appeal.

Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits. Modern trends toward more holistic approaches to self care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many have powerful cleansing properties. Their unique chemical structure allows them to pass directly through the skin for immediate systemic response to topical application. Certain oils may be used as dietary aids to promote vitality and well-being.

Extraction Methods

Therapeutic-grade essential oils are most often extracted via a low-heat steam distillation process in which steam is circulated under pressure through plant material, liberating the essential oils into the steam. As the steam mixture cools, the water and oils are separated and the oil is collected in its pure form. To ensure the highest quality oil extract of correct chemical composition, temperature and pressure must be monitored very closely. Too little heat and pressure will not release the valuable oil; too much can fracture an extract's delicate chemical composition and alter its potency.

Equally important to the carefully controlled extraction process, the meticulous selection of correct plant species and plant parts harvested at the perfect moment when their essential oil compounds are most concentrated, is also required for a quality therapeutic-grade essential oil extract. This complex process is as much an art form as it is a science and requires experienced growers and distillers working together to ensure a superior product.





CPTG Certified Pure Therapeutic Grade®

dōTERRA® CPTG Certified Pure Therapeutic Grade essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants such as pesticides or other chemical residues.

As important as it is to keep contaminants out of our oils, assuring the presence of the oils' active compounds at the right levels is necessary to guarantee safety and effectiveness. Many oils claim to be therapeutic grade, and some may be pure, but few are subjected to rigorous testing standards for chemical composition. dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils are cross tested using Mass Spectrometry and Gas Chromatography to ensure both the extract purity and composition potency of each batch.

dōTERRA works closely with a global network of leading essential oil chemists and growers to select botanicals of the correct species, grown in the ideal environments, and carefully harvested at the right time. The aromatic compounds of the plants are skillfully extracted by experienced distillers and subjected to chemical analysis to ensure purity and composition. dōTERRA CPTG Certified Pure Therapeutic Grade essential oils represent the safest and most beneficial oils available in the world today.

CPTG Certified Pure Therapeutic Grade®



EQUALLY STRINGENT STANDARDS OF SAFETY and efficacy are applied to all dōTERRA Essential Wellness products. Guided by our Scientific Advisory Board, dōTERRA uses only top development and manufacturing partners who maintain GMP certification and enjoy industry reputation for superior innovation and quality. Each dōTERRA product is guaranteed to exceed customer satisfaction and performance expectations.





Uses

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used singly or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: diffused aromatically, applied topically to the skin, or taken internally as dietary supplements. Using essential oils can be both profoundly simple and life changing at the same time. Working with someone who has used essential oils before will help first-time users have a more beneficial and enjoyable experience.

Essential oils are naturally safe and have few, if any, undesirable side effects when used as directed. They are, however, powerfully concentrated and should be used with care. Be sure to use only pure, therapeutic-grade essential oils and follow all label warnings and instructions. Essential oils should never be used in the eyes or inside the ear canal. If redness or irritation occurs when using essential oils topically, simply apply a vegetable oil such as fractionated coconut oil to the affected area—water will not dilute essential oils. Consult your physician before using essential oils if you are pregnant or under a doctor’s care.

Look for the following symbols by the essential oil product descriptions in this product guide to help you with your oil selection. (Use instructions and appropriate cautions included on individual essential oil labels.)

The dōTERRA® network of botanical growers and distillers spans the globe from Italy to Madagascar, India to Corsica. Only the purest and most potent essential oils meet our strict standards of CPTG Certified Pure Therapeutic Grade®. Accept nothing less from your wellness professional or for your family.

APPLICATION METHODS

- A** Can be used aromatically
- T** Can be used topically
- I** Can be used internally

SKIN SENSITIVITY

- N** Can be used topically with no dilution (NEAT)
- S** Dilute for young or sensitive skin (SENSITIVE)
- D** Dilute before using topically (DILUTE)

Where do I BEGIN?

Using essential oils is intuitively simple and highly satisfying. However, the many oils available with their numberless combinations and wellness applications can be a bit overwhelming to beginners. As a simple first step on your journey with essential oils, we recommend a trio of Lavender, Lemon, and Peppermint. Three of our most popular oils, they will provide you and your family a compelling experience with the life-enhancing properties of therapeutic-grade essential oils.



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:

- Lavender essential oil (5 mL bottle)
- Lemon essential oil (5 mL bottle)
- Peppermint essential oil (5 mL bottle)
- List of suggested uses for each oil

32180001 | Three 5 mL bottles



LAVENDER *Lavandula angustifolia*

- Apply to the bottom of feet or on a pillow before sleeping
- Use to calm reactions to a bee sting or bug bite
- Use with bath salts for a relaxing spa bathing experience
- Apply to wrists or inhale when traveling to ease motion upset
- Lightly apply to soothe irritated skin
- Apply to back, hands, or feet of a restless or agitated child
- Use to calm and soothe minor skin irritations
- Calm sensitive skin and soothe pores after hair removal
- Apply to dry, chapped lips before applying lip balm
- Use with Peppermint for a healthy scalp massage
- Add to lotion for a stress-relieving hand massage

LEMON *Citrus limon*

- Add a drop to a water bottle or to water served at a restaurant
- Diffuse aromatically or apply topically for mood elevation
- Add to drop of honey to soothe an irritated throat.
- Dilute with coconut oil for a daily fingernail conditioning massage
- Add a drop of Lemon and Peppermint to your toothbrush after use
- Diffuse in a room to neutralize odors
- Remove gum, label adhesives, and greasy substances from fabric
- Use to clean kitchen counters and stainless steel appliances
- Add to olive oil for a non-toxic furniture polish

PEPPERMINT *Mentha piperita*

- Rub on stomach or feet, or take one drop internally to calm indigestion or upset stomach
- Use with Lemon in water for a healthy, refreshing mouth rinse
- Diffuse aromatically or apply topically to promote healthy respiratory function
- Apply with Lavender to sore, tired muscles and joints
- Breathe in during a meal to help you feel full
- Add to a cold water compress or foot bath to cool off when overheated
- Inhale as a non-stimulant, invigorating pick-me-up on long drives
- Add to shampoo and conditioner for a stimulating hair and scalp massage
- Use with Lavender and Lemon when seasonal threats are high
- Spritz on child's shirt before study time for alertness



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 source botanical, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil therapies.

ARBORVITAE ESSENTIAL OIL NEW!

Thuja plicata



Known as the “tree of life,” Arborvitae is majestic in size and abundant in therapeutic benefits.

- Supports a healthy immune system
- Protects against environmental and seasonal threats
- Promotes healthy cell function
- Powerful cleansing and purifying agent

49360001 | 5 mL bottle

BASIL ESSENTIAL OIL

Ocimum basilicum



Valued for its restorative effects, Basil is also commonly used for its calming properties.

- Soothes sore muscles and joints
- Assists with clear breathing
- Acts as a cooling agent for the skin

30010001 | 15 mL bottle

BERGAMOT ESSENTIAL OIL

Citrus bergamia



Cold pressed from the rind of the bergamot fruit, Bergamot is unique among citrus oils.

- Calming and soothing aroma
- Promotes healthy, clear skin
- Frequently used in massage therapy for its calming benefits

30790001 | 15 mL bottle



BLACK PEPPER ESSENTIAL OIL

Piper nigrum



Stimulating and flavorful, Black Pepper enhances any dish—and your health.

- Rich source of antioxidants
- Supports healthy circulation
- Aids digestion
- Enhances food flavor

41040001 | 5 mL bottle

CARDAMOM ESSENTIAL OIL NEW!

Elettaria cardamomum



A close relative of Ginger, Cardamom has a long history as a cooking spice and for being beneficial to the digestive and respiratory system.

- Calms stomach upset
- Promotes clear breathing and respiratory health
- Flavorful spice for cooking and baking

49350001 | 5 mL bottle

SINGLE ESSENTIAL OILS

Quick Reference Chart

	APPLICATION			SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE	
ARBORVITAE <i>Thuja plicata</i> NEW!	A	T		N			49360001
BASIL <i>Ocimum basilicum</i>	A	T	I	N			30010001
BERGAMOT <i>Citrus bergamia</i>	A	T	I		S		30790001
BLACK PEPPER <i>Piper nigrum</i>	A	T	I		S		41040001
CARDAMOM <i>Elettaria cardamomum</i> NEW!	A	T	I	N			49350001
CASSIA <i>Cinnamomum cassia</i>	A	T	I			D	30020001
CEDARWOOD <i>Juniperus virginiana</i>	A	T			S		49300001
CILANTRO <i>Coriandrum sativum</i>	A	T	I	N			41850001
CINNAMON BARK <i>Cinnamomum zeylanicum</i>	A	T	I			D	30030001
CLARY SAGE <i>Salvia sclarea</i>	A	T	I	N			30420001
CLOVE <i>Eugenia caryophyllata</i>	A	T	I			D	30040001
CORIANDER <i>Coriandrum sativum</i>	A	T	I	N			30780001
CYPRESS <i>Cupressus sempervirens</i>	A	T		N			30050001
EUCALYPTUS <i>Eucalyptus radiata</i>	A	T			S		30060001
FENNEL, SWEET <i>Foeniculum vulgare</i>	A	T	I		S		41290001
FRANKINCENSE <i>Boswellia carterii, frereana, and sacra</i> top seller	A	T	I	N			30070001
GERANIUM <i>Pelargonium graveolens</i>	A	T	I		S		30090001
GINGER <i>Zingiber officinale</i>	A	T	I		S		30080001
GRAPEFRUIT <i>Citrus X paradisi</i>	A	T	I	N			30100001
HELICHRYSUM <i>Helichrysum italicum</i>	A	T	I	N			30410001
JUNIPER BERRY <i>Juniperus communis</i>	A	T	I	N			49290001
LAVENDER <i>Lavandula angustifolia</i> top seller	A	T	I	N			30110001
LEMON <i>Citrus limon</i> top seller	A	T	I	N			30120001
LEMONGRASS <i>Cymbopogon flexuosus</i>	A	T	I		S		30130001
LIME <i>Citrus aurantifolia</i>	A	T	I		S		30870001
MARJORAM <i>Origanum majorana</i>	A	T	I	N			30140001
MELALEUCA <i>Melaleuca alternifolia</i> top seller	A	T	I	N			30150001
MELISSA <i>Melissa officinalis</i>	A	T	I	N			30850001
MYRRH <i>Commiphora myrrha</i>	A	T	I	N			30160001
OREGANO <i>Origanum vulgare</i> top seller	A	T	I			D	30180001
PATCHOULI <i>Pogostemon cablin</i>	A	T	I	N			30890001
PEPPERMINT <i>Mentha piperita</i> top seller	A	T	I		S		30190001
ROMAN CHAMOMILE <i>Anthemis nobilis</i>	A	T	I	N			30800001
ROSEMARY <i>Rosmarinus officinalis</i>	A	T	I	N			30200001
SANDALWOOD <i>Santalum album</i>	A	T	I	N			30210001
SANDALWOOD, HAWAIIAN <i>Santalum paniculatum</i>	A	T	I	N			41860001
THYME <i>Thymus vulgaris</i>	A	T	I			D	30220001
VETIVER <i>Vetiveria zizanioides</i>	A	T	I	N			30430001
WHITE FIR <i>Abies alba</i>	A	T		N			30250001
WILD ORANGE <i>Citrus sinensis</i> top seller	A	T	I	N			30170001
WINTERGREEN <i>Gaultheria procumbens</i>	A	T			S		30230001
YLANG YLANG <i>Cananga odorata</i>	A	T	I	N			30240001

APPLICATION METHODS A Can be used aromatically T Can be used topically I Can be used internally
SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)

CASSIA
ESSENTIAL OIL

Cinnamomum cassia



A close relative to cinnamon, Cassia has a wonderful fragrance and thousands of years of historical use.

- Promotes healthy digestion
- Supports healthy immune function
- Warming, uplifting aroma

30020001 | 15 mL bottle

CEDARWOOD
ESSENTIAL OIL

Juniperus virginiana



Known for promoting healthy skin and clear breathing, Cedarwood has a warm, woody, balsamic fragrance that relaxes the mind and body.

- Promotes clear breathing and supports healthy respiratory function
- Helps skin recover quickly
- Has a soothing, grounding effect on the mind and emotions
- Relaxing and calming aroma is perfect for massage therapy

49300001 | 15 mL bottle

CILANTRO
ESSENTIAL OIL

Coriandrum sativum



From the leaves of the coriander plant, Cilantro essential oil is commonly used for its fresh and tasty flavor.

- Aids digestion
- Rich source of antioxidants
- Gives food a fresh and tasty flavor

41850001 | 15 mL bottle

CINNAMON BARK
ESSENTIAL OIL

Cinnamomum zeylanicum



Well-known for its use as a spice, Cinnamon also has many therapeutic benefits.

- Promotes circulation, helping to alleviate aches and pains
- Builds and maintains a healthy immune system
- Long used to flavor food and for its internal health benefits

30030001 | 5 mL bottle

CLARY SAGE
ESSENTIAL OIL

Salvia sclarea



Clary Sage is known for its mood-lightening properties and ability to ease monthly menstrual cycles.

- Trusted by women to soothe monthly discomfort associated with menstrual cycles
- Helps balance hormones
- Used to lift and lighten mood

30420001 | 15 mL bottle

CLOVE
ESSENTIAL OIL

Eugenia caryophyllata



A favorite among health-care providers and health-conscious individuals, Clove is more than a popular cooking spice.

- Powerful antioxidant properties
- Supports cardiovascular health
- Promotes healthy teeth and gums

30040001 | 15 mL bottle

CORIANDER
ESSENTIAL OIL

Coriandrum sativum



Popular across many cultures for various uses, Coriander essential oil provides a myriad of health benefits.

- Promotes digestion and eases stomach upset
- Aids in a healthy insulin response
- Soothes joint and muscle pain

30780001 | 15 mL bottle

CYPRESS
ESSENTIAL OIL

Cupressus sempervirens



Distilled from the twigs and foliage of the cypress tree, Cypress essential oil is popular for its therapeutic uses and in spas.

- Used to assist with breathing and as a throat gargle
- Soothes tight, tense muscles
- Supports localized blood flow

30050001 | 15 mL bottle



PRODUCT HIGHLIGHT

frankincense

dōTERRA Frankincense essential oil is steam distilled from wild-crafted gum resins of the *Boswellia carterii*, *frereana*, and *sacra* trees. Highly prized in the ancient world for its fragrant and curative properties, it is a favorite among modern wellness practitioners for its many emotional and physical health applications.



“Very few oils offer the versatility and reliability of Frankincense. Its results have been proven through literally thousands of years of research and usage. I have no doubts that when I use my dōTERRA® Frankincense essential oil that it is pure, safe, reliable, and effective with no adverse side effects. I use it with absolute confidence that I am giving my family the best. I can’t ask for more than that.”

Katy C., Kansas, USA

**EUCALYPTUS
ESSENTIAL OIL**

Eucalyptus radiata



Eucalyptus has many beneficial compounds and is a key ingredient in cough and throat medicines and chest ointments.

- Assists with clear breathing
- Supports overall respiratory health
- Soothes tired, sore muscles

30060001 | 15 mL bottle

**FENNEL (SWEET)
ESSENTIAL OIL**

Foeniculum vulgare



Used for centuries as a tonic, Fennel provides many health benefits and has a distinct licorice aroma.

- Relieves indigestion and digestive troubles
- Eases monthly menstrual cycles
- Supports a healthy lymphatic system
- Calms minor skin irritation

41290001 | 15 mL bottle

**FRANKINCENSE
ESSENTIAL OIL**

top seller

Boswellia carterii, frereana, and sacra



Perhaps the most precious of the ancient oils, Frankincense is highly versatile in uses and benefits.

- Helps build and maintain a healthy immune system
- Promotes cellular health
- Reduces the appearance of scars and stretch marks

30070001 | 15 mL bottle

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally

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**GERANIUM
ESSENTIAL OIL**

Pelargonium graveolens



Known for its ability to balance emotions, Geranium is also a common ingredient in skin care products.

- Promotes clear, healthy skin
- Helps calm nerves and lessen anxiety
- Supports liver health

30090001 | 15 mL bottle

**GINGER
ESSENTIAL OIL**

Zingiber officinale



Ginger is most noted for its sweet, citrusy fragrance and positive effect on digestion.

- Helps ease indigestion and nausea
- Supports overall digestive health

30080001 | 15 mL bottle

**GRAPEFRUIT
ESSENTIAL OIL**

Citrus X paradisi



Energizing and invigorating, Grapefruit is renowned for its cleansing and purifying benefits.

- Cleanses and detoxifies
- Beneficial for oily skin issues
- Helps reduce mental and physical fatigue

30100001 | 15 mL bottle

**HELICHRYSUM
ESSENTIAL OIL**

Helichrysum italicum



Distilled from the flower cluster of an evergreen herb, Helichrysum is one of the most precious and sought after essential oils.

- Helps skin recover quickly
- Promotes healthy liver function
- Supports localized blood flow

30410001 | 5 mL bottle

**JUNIPER BERRY
ESSENTIAL OIL**

NEW!

Juniperus communis



The woody, spicy, yet fresh aroma of Juniper Berry reveals its rich history of traditional use and therapeutic benefits.

- Supports healthy kidney and urinary function
- May benefit problematic skin areas
- Acts as a natural cleansing and detoxifying agent
- Helps relieve tension and stress

49290001 | 5 mL bottle



LAVENDER

ESSENTIAL OIL top seller

Lavandula angustifolia



Lavender has been cherished for its unmistakable aroma and therapeutic properties for thousands of years.

- Widely used for its calming and relaxing qualities
- Soothes occasional skin irritations
- Helps skin recover quickly
- Eases muscle tension in the head and neck

30110001 | 15 mL bottle

LEMON

ESSENTIAL OIL top seller

Citrus limon



This top-selling oil has multiple uses and benefits and is cold pressed from lemon rinds to preserve its delicate nature and potent properties.

- Known as a powerful aromatic and internal cleanser
- Cleanses the air and uplifts mood
- Can be used throughout the home as a non-toxic cleaner

30120001 | 15 mL bottle

LEMONGRASS

ESSENTIAL OIL

Cymbopogon flexuosus



Long used in Asian and Caribbean cooking for its subtle lemony flavor and aroma, Lemongrass boasts many therapeutic benefits.

- Supports healthy digestion
- Soothes aching muscles
- Purifies and tones skin

30130001 | 15 mL bottle

LIME

ESSENTIAL OIL

Citrus aurantifolia



The sharp, citrus smell of Lime makes it a must-have in any essential oils collection.

- A powerful antioxidant that supports healthy immune function
- Positively affects mood with stimulating and refreshing properties
- Used as an aromatic, topical, and internal cleanser
- Promotes emotional balance and well-being

30870001 | 15 mL bottle



PRODUCT HIGHLIGHT

lavender

Known for its many calming properties, Lavender is the most widely used essential oil in the world. It takes over 60 pounds of lavender flower tops to produce just 16 ounces of therapeutic-grade essential oil.

MARJORAM
ESSENTIAL OIL

Origanum majorana



Also known as “wintersweet” or “joy of the mountains,” Marjoram has both culinary uses and therapeutic benefits.

- Valued for its calming properties and positive effect on the nervous system
- Soothes tired, stressed muscles
- Supports a healthy respiratory system
- Benefits the cardiovascular system

30140001 | 15 mL bottle

MELALEUCA
ESSENTIAL OIL

Melaleuca alternifolia top seller



More commonly called “tea tree,” Melaleuca has 90 different compounds and limitless applications.

- Renowned for its cleansing and rejuvenating effect on the skin
- Promotes healthy immune function
- Protects against environmental and seasonal threats

30150001 | 15 mL bottle

MELISSA
ESSENTIAL OIL

Melissa officinalis



Our rarest oil, Melissa has a sweet, fresh, citrus-like fragrance and a wide range of beneficial properties.

- Supports a healthy immune system
- Calms tension and nerves
- Addresses stomach discomfort

30850001 | 5 mL bottle

MYRRH
ESSENTIAL OIL

Commiphora myrrha



Used historically in many ways—from meditation to embalming—Myrrh is still frequently recommended today.

- Powerful cleansing properties, especially for the mouth and throat
- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Promotes emotional balance and well-being

30160001 | 15 mL bottle

OREGANO
ESSENTIAL OIL

top seller

Origanum vulgare



Used by Hippocrates, the father of medicine, Oregano has many traditional and modern uses.

- Used as a cleansing agent
- Supports healthy digestion and respiratory function
- Excellent source of phenolic acids and flavonoids—powerful antioxidants

30180001 | 15 mL bottle

PATCHOULI
ESSENTIAL OIL

Pogostemon cablin



Patchouli is easily recognizable for its rich, musky-sweet fragrance.

- Has a grounding, balancing effect on emotions
- Helps skin recover quickly

30890001 | 15 mL bottle

PEPPERMINT
ESSENTIAL OIL

top seller

Mentha piperita



A top-selling favorite, Peppermint provides a myriad of health benefits.

- Promotes healthy respiratory function and clear breathing
- Alleviates stomach upset
- Frequently used in toothpaste and chewing gum for oral health

30190001 | 15 mL bottle

PEPPERMINT BEADLET

Experience a refreshing, invigorating burst of Peppermint in the convenience of a quickly dissolving beadlet.

- Promotes oral and respiratory health
- Alleviates stomach upset
- Provides all the benefits of Peppermint essential oil

38150001 | 125 beadlets



ROMAN CHAMOMILE ESSENTIAL OIL

Anthemis nobilis



The most versatile of the chamomiles, Roman Chamomile is extracted from the daisy-like flower of the Roman chamomile plant.

- Has a therapeutic, calming effect on the skin, mind, and body
- Soothes the systems of the body
- Supports a healthy inflammatory response

30800001 | 5 mL bottle

ROSEMARY ESSENTIAL OIL

Rosmarinus officinalis



Considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures, Rosemary has long been revered by healers.

- Supports healthy digestion
- Soothes muscle aches and pain

30200001 | 15 mL bottle

SANDALWOOD ESSENTIAL OIL

Santalum album



With documented history of use over several thousand years, Sandalwood has a wide variety of applications.

- Smooths skin and reduces the appearance of scars and blemishes
- Enhances mood

30210001 | 5 mL bottle

SANDALWOOD, HAWAIIAN ESSENTIAL OIL

Santalum paniculatum



From a renewable source in Hawaii, dōTERRA Hawaiian Sandalwood delivers a variety of benefits.

- Promotes healthy, smooth skin
- Reduces the appearance of scars and blemishes
- Enhances mood
- Frequently used in meditation for its grounding and uplifting properties

41860001 | 5 mL bottle



“Sandalwood is earthy and calming. I use it when I need grounding by applying a few drops on the soles of my feet or adding it in my work diffuser. Amazing results; Sandalwood can change my clients’ mood and helps me focus on what matters.”

Jacqueline L., Victoria, Australia





THYME
ESSENTIAL OIL
Thymus vulgaris



Thyme, familiar to most as a common seasoning, produces a potent essential oil.

- Cleansing and clarifying effect for the skin
- Broad-spectrum activity in promoting winter-time health

30220001 | 15 mL bottle

VETIVER
ESSENTIAL OIL
Vetiveria zizanioides



Vetiver is loved for its rich, exotic, complex aroma and is used extensively in perfumes.

- Supports healthy circulation
- Has a calming, grounding effect on emotions
- Has immune-enhancing properties

30430001 | 15 mL bottle

WHITE FIR
ESSENTIAL OIL
Abies alba



Derived from the soft needles of the white fir tree, White Fir is most notable for soothing sore muscles and joints.

- Alleviates the pain and discomfort of sore muscles and joints
- Supports clear breathing and respiratory function
- Energizes the body and the mind

30250001 | 15 mL bottle



PRODUCT HIGHLIGHT

wild orange

dōTERRA® Wild Orange essential oil comes from the thick rinds of oranges grown in citrus groves of the Dominican Republic. It is pure, natural, preservative and pesticide free, and never diluted with more commonly used citrus oils of inferior quality.

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally

SKIN SENSITIVITY **N** Can be used topically with no dilution (NEAT) **S** Dilute for young or sensitive skin (SENSITIVE) **D** Dilute before using topically (DILUTE)

WILD ORANGE ESSENTIAL OIL top seller

Citrus sinensis

A **T** **I** **N**

Cold pressed from the peel, Wild Orange releases an energizing, citrusy aroma.

- Powerful cleanser and purifying agent
- Protects against environmental and seasonal threats
- Immune-enhancing benefits
- Energizing and revitalizing to the mind and body

30170001 | 15 mL bottle

WINTERGREEN ESSENTIAL OIL

Gaultheria procumbens

A **T** **S**

Most consumers recognize the aroma and flavor of Wintergreen from its popularity in candy and chewing gum.

- Soothes achy muscles and joints
- Promotes healthy respiratory function

30230001 | 15 mL bottle

YLANG YLANG ESSENTIAL OIL

Cananga odorata

A **T** **I** **N**

Ylang Ylang, while famed for its exquisite fragrance, has much to offer therapeutically.

- Helps balance hormones
- Promotes healthy skin and hair
- Lifts mood while having a calming effect

30240001 | 15 mL bottle



dōTERRA® + FAMILY PHYSICIAN® KIT

Nature's medicine cabinet, the dōTERRA Family Physician Kit contains 10 essential oils and blends—the “feel better” essentials that parents need on a daily basis to care for their families. Experience the infinite ways that dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils can help you help your family.



FAMILY PHYSICIAN KIT top seller

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

The Family Physician Kit includes:

- Ten 5 mL bottles of essential oils and blends

Lavender	Peppermint	Oregano	Deep Blue*	DigestZen*
Lemon	Melaleuca	Frankincense	Breathe	On Guard*
- Lists of suggested uses for each oil

32790001 | Ten 5 mL bottles

dōTERRA® + FAMILY PHYSICIAN® KIT



FRANKINCENSE ESSENTIAL OIL



One of the most precious essential oils of the ancient world, Frankincense is an essential addition to your family's medicine cabinet and emergency supplies. dōTERRA's exclusive Frankincense is powerfully versatile and a favorite alternative for many health applications—when in doubt, use Frankincense!

- Apply to neck and forehead with Lavender and Peppermint to help calm stress and tension
- Apply to the bottom of the feet or take internally in capsules to support immune function
- Use with Fractionated Coconut Oil or favorite face moisturizer for beautiful, radiant skin
- Use aromatically and topically to help lift mood and awareness



LAVENDER ESSENTIAL OIL



All Things Calming

- Diffuse or apply topically to calm anxiety and soothe emotions
- Apply topically to soothe irritated skin and lips
- Massage on back or bottom of feet and apply a drop to pillow at bedtime
- Apply immediately to soothe minor skin irritations

LEMON ESSENTIAL OIL



Clean and Freshen

- Add a drop to honey to soothe an irritated throat
- Diffuse in a room to neutralize odors and elevate mood
- Use to clean kitchen counters and stainless steel appliances
- Take internally with water as an antioxidant and detoxifier

PEPPERMINT ESSENTIAL OIL



Cool and Invigorate

- Use with Lemon in water for a healthy, refreshing mouth rinse
- Inhale deeply to invigorate lungs and increase alertness
- Add to water in a spray bottle and mist body when overheated
- Apply to neck and forehead with Lavender to calm stress and tension

MELALEUCA ESSENTIAL OIL



First Aid for the Skin

- Apply to skin as part of a daily cleansing program
- Use with shampoo or conditioner for healthy scalp and hair
- Apply to feet and toenails after showering, swimming, or working out

OREGANO ESSENTIAL OIL



Natural Immune Support

- Take several drops in an empty veggie cap for periodic immune support*
- Dilute and apply to bottom of feet of kids and adults as a natural defense
- Use internally as part of a monthly cleansing regimen for GI health

DEEP BLUE® SOOTHING BLEND



Muscle and Joint Support

- Apply directly to tired, aching joints
- Rub on muscles before and after exercise to reduce discomfort
- Use with carrier oil for a therapeutic deep-tissue massage



BREATHE RESPIRATORY BLEND



Respiratory Support

- Apply topically to chest to promote healthy respiratory function
- Diffuse or add to humidifier at bedtime for more restful sleep
- Apply to chest or bottom of feet for seasonal respiratory discomfort

DIGESTZEN® DIGESTIVE BLEND



Digestive Support

- Rub on stomach to ease digestive discomfort, nausea, or motion sickness
- Take internally at meal times to support healthy, comfortable digestion
- Apply to the bottom of feet of children to help ease digestive issues

ON GUARD® PROTECTIVE BLEND



Natural Defense

- Dilute and gargle morning and night as a protective mouth rinse
- Take several drops in an empty veggie cap or diffuse in a room for added immune support*
- Dilute in spray bottle to clean doorknobs, telephones, and other community surfaces



AROMATOUCH™ TECHNIQUE

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION

1

**STRESS
MANAGEMENT**



2

**IMMUNE
SUPPORT**



3

**INFLAMMATORY
RESPONSE**



4

HOMEOSTASIS





AROMATOUCH® TECHNIQUE KIT

Increase the benefits you experience with CPTG® essential oils by incorporating the AromaTouch Technique into your healthy lifestyle philosophy. This kit contains 5 mL bottles of the 8 CPTG oils used in the AromaTouch Technique, as well as the AromaTouch overview booklet and presentation box. You will also receive dōTERRA® Fractionated Coconut Oil (4 oz) when you purchase this kit.

32570001 | Eight 5 mL bottles



The dōTERRA® AromaTouch® Technique is a simple step-by-step method of applying therapeutic grade essential oils topically to produce a profound whole-body wellness experience. The many benefits of the AromaTouch Technique include stress management, immune support, and autonomic balance.

The AromaTouch Technique Kit includes 5 mL bottles of dōTERRA Balance Grounding Blend, Lavender, Melaleuca, On Guard® Protective Blend, AromaTouch® Massage Blend, Deep Blue® Soothing Blend, Wild Orange, Peppermint, and a 4 oz bottle of Fractionated Coconut Oil. The kit also includes a training DVD and overview booklet in a beautiful presentation box. Equally compelling to novice users and licensed professionals, the AromaTouch Technique represents an exciting new era of essential oil application and health benefits.*

"I love doing the AromaTouch Technique on moms and dads so they can learn how to do the same for their families. It is a win-win situation."

Peggy S., Utah, USA



Proprietary ESSENTIAL OIL BLENDS

dōTERRA® essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of therapeutic 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 Therapeutic Grade® essential oils.

AROMATOUGH® MASSAGE BLEND



This proprietary massage blend combines the therapeutic benefits of oils well known for their soothing and relaxing effects.

- Features Basil, Grapefruit, Cypress, Marjoram, Peppermint, and Lavender essential oils
- Relaxes muscles, calms tension, promotes circulation, and soothes joints

31200001 | 15 mL bottle

BALANCE GROUNDING BLEND



Balance Grounding Blend has a warm, woody aroma that creates a sense of calmness and well-being.

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile essential oils
- Promotes whole body relaxation
- Evokes feelings of tranquility and balance

31010001 | 15 mL bottle

BREATHE NOW WITH CARDAMOM! RESPIRATORY BLEND



Enhanced with the powerful respiratory benefits of Cardamom, Breathe is a remarkable blend of essential oils that helps you breathe easier.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom essential oils
- Maintains clear airways and breathing
- Supports overall respiratory health

49370001 | 15 mL bottle



ESSENTIAL OIL BLENDS

Quick Reference Chart

	APPLICATION			SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE	
AROMATOUGH <i>Massage Blend</i> <i>(Cypress, Marjoram, Peppermint, Basil, Grapefruit, Lavender)</i>		T		N			31200001
BALANCE <i>Grounding Blend</i> <i>(Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile in a base of Fractionated Coconut Oil)</i>	A	T		N			31010001
BREATHE <i>Respiratory Blend</i> NOW WITH CARDAMOM! <i>(Laurel Leaf, Peppermint, Eucalyptus, Ravensara, Melaleuca, Lemon, Cardamom)</i>	A	T			S		49370001
CITRUS BLISS <i>Invigorating Blend</i> <i>(Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, with Vanilla Absolute)</i>	A	T		N			31020001
CLARYCALM <i>Monthly Blend for Women</i> <i>(Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex)</i>	A	T		N			35270001
DEEP BLUE <i>Soothing Blend</i> top seller <i>(Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, Osmanthus)</i>		T			S		31050001
DIGESTZEN <i>Digestive Blend</i> top seller <i>(Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, Anise)</i>	A	T	I	N			31030001
ELEVATION <i>Joyful Blend</i> <i>(Lavandin, Lavender, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, Hawaiian Sandalwood)</i>	A	T		N			31040001
HD CLEAR <i>Topical Blend</i> <i>(Black Cumin Seed Oil, Ho Wood, Melaleuca, Eucalyptus, Geranium, Litsea)</i>		T		N			49400001
IMMORTELLE <i>Anti-Aging Blend</i> <i>(Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, Rose)</i>		T		N			37140001
INTUNE <i>Focus Blend</i> <i>(Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, Roman Chamomile)</i>	A	T		N			41840001
ON GUARD <i>Protective Blend</i> top seller <i>(Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary)</i>	A	T	I		S		31100001
PASTTENSE <i>Tension Blend</i> <i>(Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, Rosemary)</i>	A	T		N			31350001
PURIFY <i>Cleansing Blend</i> <i>(Lemon, Lime, Siberian Fir, Austrian Fir, Citronella, Melaleuca, Cilantro)</i>	A	T		N			31060001
SERENITY <i>Calming Blend</i> <i>(Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Hawaiian Sandalwood with Vanilla Absolute)</i>	A	T		N			31090001
SLIM & SASSY <i>Metabolic Blend</i> top seller <i>(Grapefruit, Lemon, Peppermint, Ginger, Cinnamon)</i>	A	T	I		S		31370001
TERRASHIELD <i>Repellent Blend</i> <i>(A proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils in a base of pure Fractionated Coconut Oil)</i>	A	T		N			31190001
WHISPER <i>Blend for Women</i> <i>(Bergamot, Ylang Ylang, Patchouli, Cinnamon, Labdanum, Vetiver, Hawaiian Sandalwood, Rose, and Vanilla, Jasmine, and Cocoa Absolutes in a base of Fractionated Coconut Oil)</i>	A	T		N			31080001
ZENDOCRINE <i>Detoxification Blend</i> <i>(Tangerine, Rosemary, Geranium, Juniper Berry, Cilantro)</i>	A	T	I		S		31460001

APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally

SKIN SENSITIVITY **N** Can be used topically with no dilution (NEAT) **S** Dilute for young or sensitive skin (SENSITIVE) **D** Dilute before using topically (DILUTE)



“I use Breathe Respiratory Blend on the bottom of my children’s feet at night, and they sleep the whole night through. I don’t have to wake them up during the night to give them more syrup. I really appreciate this natural alternative for my family.”

Angela M., Montana, USA

DEEP BLUE top seller

SOOTHING BLEND



Deep Blue provides soothing relief for sore muscles and joints that can be felt almost immediately.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus essential oils
- Soothes sore muscles and achy joints
- Supports healthy circulation

31050001 | 5 mL bottle

31380001 | 10 mL roll on

DIGESTZEN top seller

DIGESTIVE BLEND



The well-recognized essential oils in DigestZen are known for providing soothing digestive relief.

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Aids in the digestion of foods
- Maintains a healthy gastrointestinal tract
- Soothes occasional stomach upset

See page 41 for DigestZen Softgels

31030001 | 15 mL bottle

ELEVATION
JOYFUL BLEND



Elevation is a proprietary blend of mood-elevating essential oils that revitalize the mind and body.

- Features Lavandin, Lavender, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus, and Hawaiian Sandalwood essential oils
- Elevates mood and increases vitality
- Energizing and refreshing aroma

31040001 | 15 mL bottle

CITRUS BLISS[®]
INVIGORATING BLEND



The harmonious blend of Citrus Bliss combines the powerful benefits of popular citrus essential oils.

- Merges Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine essential oils with a hint of vanilla
- Cleanses and purifies the air
- Helps reduce stress and anxiety
- Positively affects mood with energizing and refreshing properties

31020001 | 15 mL bottle

CLARYCALM[™]
MONTHLY BLEND
FOR WOMEN



dōTERRA ClaryCalm helps women manage the symptoms of PMS and the transitional phases of menopause in a natural, effective way.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, Carrot Seed, and Vitex essential oils
- Helps balance hormones
- Provides temporary respite from cramps, nausea, hot flashes, and emotional swings

35270001 | 10 mL roll on

**HD CLEAR™
TOPICAL BLEND**



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
- Helps balance overactive sebaceous glands
- Promotes clear, smooth skin by targeting the site of blemishes

49400001 | 10 mL roll on

**IMMORTELLE
ANTI-AGING BLEND**



This powerful blend of anti-aging essential oils nourishes and protects skin for a smooth, radiant, youthful-looking complexion.

- Features the renewing power of rare essential oils—Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, and Rose
- Reduces the appearance of fine lines and wrinkles
- Helps reduce inflammation, a contributing factor to aging skin
- Supports skin at the cellular level

37140001 | 10 mL roll on

**INTUNE®
FOCUS BLEND**



InTune is a proprietary blend of carefully selected essential oils known to promote mental clarity and focus.

- Features Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, Roman Chamomile
- Enhances and sustains focus
- Supports efforts of those who have difficulty paying attention and staying on task

41840001 | 10 mL roll on



**ON GUARD®
PROTECTIVE BLEND**



With its unique aroma, On Guard offers a fragrant, natural, and effective alternative to synthetic options for immune support.

- Features a combination of Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary essential oils
- Formulated to support healthy immune function
- Protects against environmental threats
- Safe for use on countertops, as a non-toxic cleaner, or to purify the air through diffusion

See page 48 for On Guard + Softgels

31100001 | 15 mL bottle

ON GUARD® BEADLET

On Guard Beadlets provide an easy and convenient way to obtain the immune-boosting benefits of On Guard Protective Blend.

- Supports healthy immune function*
- Provides a convenient consumption method for On Guard Protective Blend
- Freshens breath

35410001 | 125 beadlets



APPLICATION METHODS **A** Can be used aromatically **T** Can be used topically **I** Can be used internally

SKIN SENSITIVITY **N** Can be used topically with no dilution (NEAT) **S** Dilute for young or sensitive skin (SENSITIVE) **D** Dilute before using topically (DILUTE)

**PASTTENSE®
TENSION BLEND**

A T N

PastTense is a distinctive blend of essential oils known to reduce the discomforts associated with tension and stress.

- Features Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary essential oils
- Eases muscle tension in the head and neck
- Helps reduce stress and anxiety
- Packaged for convenient application in a roll-on bottle

31350001 | 10 mL roll on

**PURIFY
CLEANSING BLEND**

A T N

Purify is designed to eliminate odors and other contaminants naturally—without toxic additives.

- Features Lemon, Lime, Siberian Fir, Austrian Fir, Citronella, Melaleuca, and Cilantro essential oils
- Refreshing aroma eradicates unpleasant odors and clears the air
- Protects against environmental threats

31060001 | 15 mL bottle

**SERENITY™
CALMING BLEND**

A T N

Serenity relaxes the mind and body while creating a sense of peace and well-being.

- Features Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, and Hawaiian Sandalwood essential oils and vanilla bean
- Creates a perfect escape with its calming, renewing fragrance
- Supports restful sleep
- Diffuses into a subtle aroma, ideal for aromatic benefits

31090001 | 15 mL bottle

SLIM & SASSY top seller

METABOLIC BLEND



Support your weight maintenance goals with the proprietary essential oil blend of Slim & Sassy.

- Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils
- Promotes healthy metabolism
- Helps manage hunger cravings
- Calms your stomach and lifts your mood
- Diuretic, stimulant, and calorie free

31370001 | 15 mL bottle

TERRASHIELD
REPELLENT BLEND



Just a small amount of super-concentrated TerraShield provides powerful coverage for up to six hours.

- A proprietary blend of essential oils carefully balanced in a base of pure Fractionated Coconut Oil
- Repels insects more effectively than other synthetic repellents
- Can be used safely by everyone in the family

31190001 | 15 mL bottle

WHISPER
BLEND FOR WOMEN



Create a beautiful and unique personal fragrance with the essences of the most appealing CPTG[®] essential oils.

- Contains Bergamot, Ylang Ylang, Patchouli, Cinnamon, Labdanum, Vetiver, Hawaiian Sandalwood, Rose, and Vanilla, Jasmine, Cocoa Absolutes in a base of Fractionated Coconut Oil
- Combines with your individual chemistry to create a beautiful, unique, and personal fragrance

31080001 | 5 mL bottle

ZENDOCRINE New Formula
DETOXIFICATION BLEND



Zendocrine essential oil blend supports the body's natural ability to rid itself of unwanted substances. This powerful blend contains essential oils known for their detoxifying properties and ability to support a healthy endocrine system and liver function.

- Features Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils.
- Purifying and detoxifying to the body's systems
- Supports a healthy endocrine system and liver function

31460001 | 15 mL bottle



ESSENTIAL USAGE

The benefits of CPTG® essential oils can be realized through several delivery methods: aromatically, topically, and internally. dōTERRA helps facilitate the different options for the use of essential oils in their various forms by providing quality products that follow traditional applications as well as more technologically advanced applications with state-of-the-art diffusers. Using a variety of application methods can offer a unique and exciting experience with each oil. Be sure to refer to the essential oil usage charts and follow usage recommendations to ensure safe application.

AROMATIC USE

PETAL DIFFUSER NEW!

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers health-promoting benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 330 square feet. The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customize the release of essential oils into the air. This convenient diffuser is stable, light, and easy to use—perfect for home or office use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet.
- Simple, 3 piece diffuser is easy and convenient to use

33150001

AROMA-ACE™ DIFFUSER

The state-of-the-art diffusion technology found in the Aroma-Ace Diffuser allows you to quickly enjoy the benefits of diffusing essential oils.

- Easy-to-use timing provides flexibility and convenience
- Output volume control allows you to choose the intensity of your aromatherapy experience
- Preserves the natural essence and complete therapeutic benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of On Guard® Protective Blend

33030001

LOTUS DIFFUSER

Distributed exclusively by dōTERRA, the Lotus Diffuser features an elegant oil-drop shape and quietly diffuses essential oils for aromatic benefits.

- Uses highly efficient real-time atomization technology to effectively diffuse essential oils
- Atomizes essential oils along with water into ion particles and active oxygen ions, which are more easily absorbed by the body

33010001

AROMA LITE DIFFUSER

Experience the aromatic and therapeutic benefits of dōTERRA CPTG® essential oils with the dōTERRA Aroma Lite Diffuser. Utilizing real-time atomization technology, the Aroma Lite Diffuser creates an ultra-fine mist output of 1-3 microns for maximum diffusion of dōTERRA essential oils.

- Silently and powerfully diffuses essential oils
- Features four LED mist settings and an optional night light
- Designed to be small and compact—perfect for traveling and hotel use

33130001



Petal Diffuser



Aroma-Ace™ Diffuser



Lotus Diffuser



TOPICAL USE

HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, lightweight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits
- Provides your skin with important antioxidants, botanicals, and humectants
- Features cruciferous vegetable extracts to help build the skin's natural defenses

36100001 | 6.7 oz tube

3-PACK

36110001 | Three 6.7 oz tubes

FRACTIONATED COCONUT OIL



Combine dōTERRA Fractionated Coconut Oil with your favorite dōTERRA essential oils for your own readily-absorbable blend.

- Feather-light emollient provides a soothing barrier without clogging pores
- Ideal for combining with essential oils for topical therapies
- Completely soluble with all essential oils; odorless, colorless, and non-staining

30260001 | 4 oz



Aroma Lite Diffuser

INTERNAL USE

VEGGIE CAPS

Customize your essential oil supplement regimen with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients that do not interfere with digestion
- Includes 160 HPMC capsules

34100001 | 160 HPMC capsules



MADE WITH SLS-FREE VEGETABLE CAPSULES



Play longer and harder with
DEEP BLUE[®] PRODUCTS

According to recent studies, ongoing discomfort is something more than half of us are experiencing on a daily basis. dōTERRA[®]'s soothing combination of CPTG Certified Pure Therapeutic Grade[®] essential oils of Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum and Osmanthus become an ally for occasional achy muscles by offering penetrating and sustained results from discomfort. Available as a cream or roll-on for easy application, sore joints and muscles will not want to be without this therapeutic and soothing blend.*



DEEP BLUE[®] top seller
SOOTHING BLEND



A synergistic blend of CPTG[®] essential oils Deep Blue provides instant relief for the occasional discomfort of tired, sore, and worn-down muscles.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus essential oils
- Apply directly to area to relieve occasional joint and muscle pain

31050001 | 5 mL bottle

31380001 | 10 mL roll on

DEEP BLUE[®] RUB
SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides targeted comfort to the occasional pain associated with tired and sore joints and muscles.

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

38900001 | 4 oz

DEEP BLUE[®] RUB SAMPLES

Receive the targeted comfort 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.

- Ten 2 mL foil packets
- Formulated with Deep Blue Soothing Blend
- Easy to share and convenient to take on the go

38950001 | Ten 2 mL samples

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

Quick and Effective CORRECT-X

Frankincense, Helichrysm, Melaleuca, Cedarwood, and Lavender—all CPTG® essential oils known to help assist in soothing various skin irritations—form the base of dōTERRA® Correct-X. This multi-purpose, all natural ointment helps soothe your skin and enhance the natural process of skin returning to a healthy state after being distressed. Correct-X provides a moisture barrier that helps protect against additional damage while simultaneously soothing and hydrating the skin. This petroleum-free, preservative-free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.



CORRECT-X NEW! ESSENTIAL OIL OINTMENT

Correct-X is an all-natural topical ointment using powerful CPTG essential oils that assists in soothing various skin conditions.

- Petroleum free
- Includes plant-based ingredients that are valuable in promoting skin health
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

60110001 | 15 ml/.5 oz





Support immune function with ON GUARD® PRODUCTS

On Guard is one of the most popular and versatile dōTERRA® CPTG Certified Pure Therapeutic 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 immune support. It is a non-toxic and superb way to support the immune system. The On Guard Protective Blend has been integrated into a variety of dōTERRA products to provide diverse ways to use its powerful benefits.



ON GUARD® top seller PROTECTIVE BLEND



With its unique aroma, On Guard offers a fragrant, natural, and effective alternative to synthetic options for immune support.

- Features a combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils
- Formulated to support healthy immune function
- Protects against environmental threats
- Safe for use on countertops, as a non-toxic cleaner, or to purify the air through diffusion

See page 48 for On Guard + Softgels

31100001 | 15 mL bottle



ON GUARD® BEADLET

On Guard Beadlets provide an easy and convenient way to obtain the immune-boosting benefits of On Guard Protective Blend.

- Supports healthy immune function*
- Provides a convenient consumption method for On Guard Protective Blend
- Freshens breath

35410001 | 125 beadlets

ON GUARD® FOAMING HAND WASH

Keep your hands clean and protected with the power of On Guard essential oil blend.

- Conveniently packaged in a 16-ounce bottle that fills 8-ounce foaming dispensers
- Formulated with the immune-supportive On Guard Protective Blend
- Non-toxic and environmentally safe



ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001 | 16 oz Hand Wash, 2 dispensers



SINGLE REFILL

38010001 | 16 oz Hand Wash



TWIN PACK REFILL

38020001 | 16 oz Hand Wash





ON GUARD[®] LAUNDRY DETERGENT

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

- Each naturally sourced enzyme targets and gently removes specific types of stains
- Contains 10 mL of On Guard Protective Blend (over \$28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle; 1 Tablespoon = 1 load (using a high efficiency washer)
- Great as a pre-treatment for stains

38980001 | 32 fl oz

ON GUARD[®] CLEANER CONCENTRATE

The ideal natural cleaner, On Guard Concentrate is fortified with On Guard Protective Blend.

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful On Guard Protective Blend
- Perfect for hard surface cleaning needs with exceptional results
- Leaves behind a clean, invigorating scent

38140001 | 12 fl oz





**ON GUARD®
PROTECTING
THROAT DROPS**

Keep your winter season healthy with the convenience of these immune-supporting throat drops.

- Helps calm and soothe occasional dry, scratchy throats
- Features the immune-supporting properties of On Guard Protective Blend
- Formulated with all-natural organic cane juice and brown rice syrup

34050001 | 30 drops

**ON GUARD®
NATURAL WHITENING
TOOTHPASTE**

Clean and protect teeth with the added benefit of therapeutic-grade On Guard essential oil blend.

- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush
- Boasts the protective benefits of On Guard essential oil blend

38910001 | 4.2 oz



**ON GUARD® WHITENING
TOOTHPASTE SAMPLES**

NEW!

The amazing benefits of On Guard Whitening Toothpaste need to be shared and this new convenient packaging provides the opportunity to share it with 10 of your closest friends.

- Pack of 10 in a convenient envelope-style box.
- Same formula as the full-sized tube
- Easy to share and convenient to take on-the-go

39000001 | 10 samples, 2 g each

Respiratory support with dōTERRA BREATHE PRODUCTS

Respiratory issues are not fun and we all turn to anything that will help; unfortunately, very little ever does. Breathe essential oil is a tried and true support to this age-old foe and has come to be a trusted name to many. Now the benefits of Breathe are available in a respiratory drop to increase availability of these amazing benefits throughout the day.

BREATHE NOW WITH CARDAMOM! RESPIRATORY BLEND



This remarkable blend of dōTERRA essential oils promotes clear breathing and healthy respiratory function.

- Proprietary blend includes Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health
- Perfect for nighttime diffusion, allowing for a restful sleep

49370001 | 15 mL bottle



BREATHE RESPIRATORY DROPS NEW!

The respiratory benefits of selected CPTG® essential oils from the Breathe 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

35460001 | 30 drops



Healthy, radiant skin with
dōTERRA VERÁGE™

dōTERRA Veráge is an exclusive collection of natural skin care products that nourish your skin, helping to reduce the visible signs of aging while also promoting smooth, supple skin. The advanced plant technology used in Veráge promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin. Each product is composed of true gifts from the Earth—nourishing plant extracts, pure and potent essential oils, and select natural ingredients. The Veráge Skin Care Collection delivers benefits your skin will love, naturally.



VERÁGE™ CLEANSER NEW!

Healthy, smooth skin begins with Veráge Cleanser. This all 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

37380001 | 60 ml/ 2 fl oz

VERÁGE™ TONER NEW!

Veráge Toner combines CPTG® essential oils with nourishing plant extracts to tighten, tone, and smooth skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing 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

37390001 | 50 ml/1.7 fl oz

VERÁGE™ IMMORTELLE HYDRATING SERUM NEW!

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.

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Specialized plant technology promotes optimal lipid balance

37400001 | 15 ml/.5 fl oz

VERÁGE™ MOISTURIZER NEW!

Veráge Moisturizer combines CPTG essential oils with plant extracts for natural hydration and skin nourishment. This light, non-greasy moisturizer absorbs quickly but hydrates deeply, helping to 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 revitalize the skin
- Uses natural ingredients to hydrate skin, helping to reduce the appearance of fine lines and wrinkles

37410001 | 30 ml/1 fl oz

Clinically supported benefits of the Veráge ingredients

- Smooths skin texture
- Reduces appearance of wrinkles
- Minimizes mechanical creasing
- Minimizes pore appearance
- Evens tone
- Protects against further damage
- Improves cellular hydration

**VERÁGE™ SKIN CARE COLLECTION** NEW!

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

42690001

Clear, smooth skin starts with HD CLEAR™

HD Clear is a line of natural and highly effective products that address problem skin at its core. This three-step system works synergistically to purge skin of impurities, regulate sebum production, and help reduce breakouts. Included in each formula are CPTG® essential oils along with specialized plant extracts proven to improve skin texture and promote healthy cell renewal. Using HD Clear everyday will result in a clear, smooth, healthy complexion.

HD CLEAR™ FOAMING FACE WASH UPGRADED!

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.

49420001 | 50 mL 1.7 oz

HD CLEAR™ TOPICAL BLEND



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
- Helps balance overactive sebaceous glands
- Promotes clear, smooth skin by targeting the site of blemishes

49400001 | 10 mL roll on



HD CLEAR™ KIT

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

42700001

HD CLEAR™ FACIAL LOTION NEW!

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
- All natural ingredients help target blemishes for clear and clean skin
- Absorbs quickly leaving skin feeling soft and smooth

49410001 | 50 mL 1.7 oz





REVEAL FACIAL SYSTEM

Reveal Facial System is a two-step process that will give your face a spa-like treatment, bringing the glow of your skin's radiance and beauty to the surface.

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Tiny polishing beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin
- Nutrient-rich formula helps maintain a radiant complexion

37340001 | 2 tubes — 1.7 oz each

“The Reveal Facial System is my most favorite skin care product that I have ever used. I’ve been involved with professional skin care lines for over 15 years, and it is like nothing I’ve ever used before. It’s better than any exfoliant and better than any mask. The combination of effects creates instant change on my skin. It feeds my skin, hydrates, evens my tone, and leaves my skin looking and feeling amazing! I have seen incredible results using the Reveal Facial System. I couldn’t live without it!”

Brianne H., Utah, USA



FACIAL CLEANSER

37010001 | 4 oz

PORE REDUCING TONER

37020001 | 4 oz

IMMORTELLE ANTI-AGING BLEND

37140001 | 10 mL roll on

TIGHTENING SERUM

37040001 | 1 oz

ANTI-AGING MOISTURIZER

37030001 | 1.7 oz

INVIGORATING SCRUB

37050001 | 2.5 oz

HYDRATING CREAM

37160001 | 1.7 oz



Beautiful, shiny hair with
SALON ESSENTIALS HAIR CARE

dōTERRA® Salon Essentials Hair Care products are inspired by the concept that extremely pure botanical extracts combined with the most advanced technological ingredients will provide unparalleled hair care benefits that optimize beautiful hair and a healthy scalp. Carefully selected CPTG® essential oils deliver therapeutic benefits in all four products. Protecting Shampoo, Smoothing Conditioner, Root to Tip Serum, and Healthy Hold Glaze work collectively or individually to promote healthy, soft, and beautifully shiny hair.

CLINICALLY SUPPORTED BENEFITS OF THE ESSENTIAL HAIR CARE INGREDIENTS

- Helps protect color-treated hair
- Proven softening effects
- Better conditioning and detangling
- Maintains moisture capacity in both hair and scalp
- Antioxidant action
- Strengthens and smoothes cuticles
- Less hair breakage
- Proprietary blend of essential oils for healthy hair and scalp



SALON ESSENTIALS PROTECTING SHAMPOO

Enjoy the professional formulation of CPTG essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials Protecting 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 moisturizes hair, leaving it salon soft and touchable
- Provides antioxidant protection against UV damage, which can cause fading in color-treated hair

36220001 | 8.34 oz

SALON ESSENTIALS SMOOTHING CONDITIONER

Give your hair a smooth, finished look and protect it with the professional formula of Salon Essentials Smoothing 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

36230001 | 8.34 oz

SALON ESSENTIALS HEALTHY HOLD GLAZE

Get the all-in-one benefits of a flexible hold, health, and shine for your hair with Salon Essentials Healthy Hold Glaze.

- Protects, nourishes, and fortifies hair for optimal health and shine
- Protein-rich nanoparticles work to promote improved moisture and softness
- Offers perfect support for beautifully styled hair

36270001 | 4 oz

SALON ESSENTIALS ROOT TO TIP SERUM

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

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

36210001 | 30 ml

SALON ESSENTIALS HAIR CARE SYSTEM

Salon Essentials Hair Care System is the perfect way to experience the amazing benefits of all four dōTERRA hair care products and provide a great savings. By purchasing the Protecting Shampoo, Smoothing Conditioner, and the Root to Tip Serum in the Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

36280001 | _____

LOYALTY REWARDS PRICING

PROTECTING SHAMPOO 2-PACK	36240001	_____
SMOOTHING CONDITIONER 2-PACK	36250001	_____
SHAMPOO AND CONDITIONER	36260001	_____





dōTERRA Healing Hands

The dōTERRA® Healing Hands Foundation is dōTERRA International’s registered 501(c)(3) non-profit organization committed to improving lives through partnering with organizations that offer hope to millions around the world. Healing Hands seeks to bring healing and hope to the world, for lives free of disease and poverty, and to ultimately empower impoverished communities with the tools needed to become self-reliant. dōTERRA International, LLC provides for all overhead and administrative costs of the dōTERRA Healing Hands Foundation, ensuring that 100 percent of all donations go directly to those receiving aid.

For more information, please visit doterrahealinghands.org



HEALING HANDS LOTION

Become part of furthering the cause of the dōTERRA Healing Hands Foundation by purchasing the lovely scented Healing Hands lotion infused with Bulgarian Rose CPTG® essential oil that will not only soften the skin and emit a beautiful aroma, but will also benefit the life of someone in need. The full purchase price of \$20 will be donated to the dōTERRA Healing Hands Foundation to assist those in need throughout the world. Your heart and your skin will be softened.

36170001 | 3.3 oz



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

Indulge yourself & feel amazing dōTERRA® SPA

dōTERRA® Spa products are designed to provide pampering opportunities that not only care for your body's skin, but also help you feel and look young, healthy, and attractive. With the power of CPTG Certified Pure Therapeutic Grade® essential oils combined with other natural, safe ingredients, you can feel safe and content as you enjoy these luxurious products.



CITRUS BLISS HAND LOTION

Conveniently packaged for an on-the-go aromatic experience, this lotion softens hands and enlivens the senses with the delightful aroma of Citrus Bliss Invigorating Blend.

- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils
- Perfect size to tote in the car, take to the office, or put in a purse or bag
- Provides hands with important antioxidants, botanicals, and humectants

36200001 | 2.5 fl oz tube

CITRUS BLISS INVIGORATING BATH BAR

Enter a state of bliss as you clean your body with the Citrus Bliss Invigorating Bath Bar.

- Contains dōTERRA Citrus Bliss Invigorating Blend
- Perfect for every member of the family
- Gently exfoliates with natural oatmeal

36130001 | 4 oz

LIP BALM WITH PEPPERMINT & WILD ORANGE

Refresh your lips with the protecting power of Peppermint and Wild Orange essential oils.

- Non-waxy formula features moisturizing agents like shea and mango seed butters
- Restores moisture and elasticity to lips
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

36190001 | .15 oz

HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils and discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits
- Provides skin with important antioxidants, botanicals, and humectants
- Features cruciferous vegetable extracts to help build the skin's natural defenses

36100001 | 6.7 oz

3-PACK

36110001 | Three 6.7 oz tubes

SERENITY CALMING BATH BAR

Luxuriate as you enjoy the serene, calming influence of the Serenity Calming Bath Bar.

- Provides the benefits of Serenity Calming Blend
- Cleans and conditions your skin naturally with coconut and safflower oils and shea butter

36140001 | 4 oz



HAND & BODY LOTION 3-PACK + ESSENTIAL OIL MOOD MANAGEMENT KIT

This exclusive pack combines three Hand & Body Lotions with the Mood Management Kit, providing a convenient application method of dōTERRA essential oils.

- Fragrance-free, light-weight lotion—perfect for hydrating skin and mixing with essential oils
- Enhances mood with Elevation, Serenity, Balance, and Citrus Bliss essential oils
- Includes three 6.7 oz tubes of Hand & Body Lotion and four 15 mL essential oils

36120001 | Three 6.7 oz tubes and four 15 mL bottles



dōTERRA® Lifelong Vitality SUPPLEMENTS

dōTERRA Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils and a lifelong commitment to the dōTERRA wellness lifestyle, they naturally support a lifetime of looking, feeling, and living younger, longer.



ALPHA CRS+ CELLULAR VITALITY COMPLEX

Provides antioxidant protection to cellular DNA and other critical cell structures.

- Supports healthy cell proliferation and lifespan
- Promotes mitochondrial energy production
- Supports a healthy cellular inflammatory response
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend

34180001 | 120 Vegetable Capsules



MICROPLEX VMz FOOD NUTRIENT COMPLEX

dōTERRA® Microplex VMz is an all-natural, whole-food 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 to support bone and metabolic health
- Optimizes nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA Tummy Tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach
- Encapsulated in vegetable capsules and does not contain wheat, dairy, animal products, or synthetic ingredients

34200001 | 120 Vegetable Capsules



xEO MEGA ESSENTIAL OIL OMEGA COMPLEX

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade® essential oils with natural, marine and plant-sourced essential fatty acids.

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids
- Supports healthy cardiovascular, immune, joint, and brain health
- Includes a unique form of the carotenoid astaxanthin for antioxidant protection

34190001 | 120 Softgels



vEO MEGA ESSENTIAL OIL OMEGA COMPLEX

vEO Mega is a revolutionary, 100 percent vegan-friendly formula blending CPTG Certified Pure Therapeutic 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
- Supports healthy cardiovascular, immune, joint, and brain health
- Includes a unique form of the carotenoid astaxanthin for antioxidant support

34260001 | 120 Softgels





FOUR DIETARY SUPPLEMENTS, TWO REVOLUTIONARY PROGRAMS FOR LIFELONG VITALITY AND WELLNESS

LIFELONG VITALITY PACK INGREDIENT HIGHLIGHTS	REGULAR	VEGAN	LIFELONG VITALITY BENEFITS
<ul style="list-style-type: none"> Powerful cellular longevity blend of Boswellic Acids, Baicalin, Silymarin, Resveratrol, Curcumin, Ellagic Acid, and Proanthocyanidins from grape seeds 	✓	✓	<ul style="list-style-type: none"> Cellular Longevity/Lifespan* Cellular Inflammatory Response* Cellular Energy/Metabolism* Powerful DNA Protection* Network Antioxidant Defense* Immune System Support* Stress Management* Cardiovascular Health* Bone and Joint Health* Brain/Cognitive Health* Digestive Health*
<ul style="list-style-type: none"> Potent levels of metabolic factors of cellular energy and performance: Acetyl-L-Carnitine, Alpha-Lipoic Acid, Coenzyme Q10, and Quercetin 	✓	✓	
<ul style="list-style-type: none"> CPTG Certified Pure Therapeutic Grade® essential oil blend of Clove, Frankincense, Thyme, Cumin, Orange, Peppermint, Ginger, Caraway, and German Chamomile 	✓	✓	
<ul style="list-style-type: none"> Balanced blend of whole-food vitamins presented in a patented glycoprotein matrix and whole-food minerals as yeast delivered via a patented Enzyme Assimilation System™ 	✓	✓	
<ul style="list-style-type: none"> Additional carotenoid antioxidant protection from Lutein, Lycopene, Natural Alpha and Beta Carotene, and Astaxanthin 	✓	✓	
<ul style="list-style-type: none"> dōTERRA's Tummy Tamer™ digestive blend of herbs and digestive enzymes 	✓	✓	
<ul style="list-style-type: none"> xEO MEGA contains a proprietary omega fatty acid blend of Marine Lipids, Flax Seed, Borage Seed, and Pomegranate Seed oils delivered via Nanosomal Lipid Assimilation System in a softgel 	✓	•	
<ul style="list-style-type: none"> vEO MEGA delivers natural plant-sourced essential omega fatty acids from Flax, Algae, Incha Inchi, Borage, Cranberry, Pomegranate, Pumpkin, and Grape Seed oils delivered via Nanosomal Lipid Assimilation System in a softgel 	•	✓	

LOYALTY REWARDS PROGRAM

Save more than 35% by purchasing all three products in the Lifelong Vitality Pack or Lifelong Vitality Vegan Pack on your Loyalty Rewards order! Join as a dōTERRA member and save even more!



LIFELONG VITALITY PACK
DIETARY SUPPLEMENTS INCLUDING ALPHA CRS+*, MICROPLEX VMz* and xEO MEGA

34210001



LIFELONG VITALITY VEGAN PACK
DIETARY SUPPLEMENTS INCLUDING ALPHA CRS+*, MICROPLEX VMz* AND vEO MEGA

34250001

dōTERRA® Specialized SUPPLEMENTS

Biological, environmental, and physiological factors all contribute to each individual’s nutritional health needs being unique. This means that some require an additional nutritional boost in some areas. Through cutting-edge scientific development, dōTERRA has provided a way to give that extra boost through specialized supplements. These supplements can be used in addition to the LifeLong Vitality pack to enhance certain functions.

DDR PRIME™ / DDR PRIME™ SOFTGELS

ESSENTIAL OIL CELLULAR COMPLEX

DDR Prime is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils that help protect the body against oxidative damage to cellular DNA.

- Provides antioxidant protection against oxidative damage
- Supports a healthy response to cellular stressors
- Promotes healthy cellular response, repair, and regeneration
- Encapsulated in gelatin capsules for convenience

41510001	30 mL bottle
41740001	60 softgels

 MADE WITH VEGETARIAN SOFTGELS

MITO2MAX™

ENERGY & STAMINA COMPLEX

Mito2Max is a healthy, long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

- Formulated with standardized plant extracts and metabolic cofactors of cellular energy
- Supports healthy mitochondrial function and aerobic capacity
- Improves stamina naturally without the use of harmful stimulants

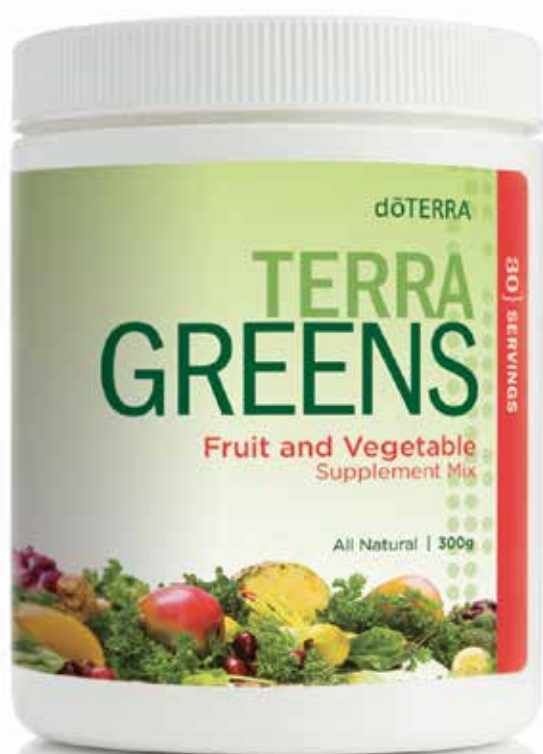
35310001	120 capsules
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 MADE WITH SLS-FREE VEGETABLE CAPSULES



Daily Fruits and Vegetables **TERRAGREENS**

According to the U.S. Center for Disease Control and Prevention, 67.5 percent of adults eat fruit less than two times daily, and 73.7 percent eat vegetables less than three times per day, which is far less than what is recommended. dōTERRA has put together a powdered greens mix that dismisses any excuse you have for not increasing your daily intake of fruits and vegetables. It's fast, easy, and so convenient. Just one scoop and 8 oz. of water will give you a boost of fruits and vegetables to help supplement the nutrition we all know that we're lacking. Best of all, it's naturally flavored with CPTG essential oils.



TERRAGREENS™ NEW!

Give your daily intake of fruits and vegetables a boost with this powdered drink mix designed to be taken with water, TrimShakes, or your favorite beverage.

- Blend of leafy greens and superfruits
- Chock full of vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger CPTG essential oils

60120001 | 300 g

DIGESTZEN® SOFTGELS
DIGESTIVE BLEND

dōTERRA DigestZen Softgels are a convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend. Each vegetarian softgel contains 120 mg of DigestZen, the oil blend you know and trust for overall digestive health.

- Soothes stomach upset and eases indigestion
- Supports healthy gastrointestinal function
- Promotes healthy digestion

35430001 | 60 vegetarian softgels



TRIEASE™ SOFTGELS
SEASONAL BLEND

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most. Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy inflammatory response when combined together.

- Promotes clear breathing and respiratory function
- Supports a healthy inflammatory response
- Cleansing to the body's systems

49310001 | 60 vegetarian softgels



ON GUARD®+ SOFTGELS
PROTECTIVE BLEND

On Guard + Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support. On Guard + is a great way to strengthen and maintain healthy immune function when seasonal threats are high or to protect against elements that can weaken the immune system.

- Helps build and maintain a healthy immune system
- Protects the body against seasonal threats
- Supports healthy circulation and respiratory function

35420001 | 60 vegetarian softgels



ZENDOCRINE® SOFTGELS
DETOXIFICATION BLEND

Zendocrine Softgels help cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling. Zendocrine Softgels provide an easy and convenient way to consume Zendocrine essential oil blend, a proprietary formula that helps detoxify the body, promote healthy liver function and support a healthy endocrine system.

- Supports the body's natural ability to rid itself of unwanted substances
- Purifying and detoxifying to the body's systems
- Supports healthy endocrine system function
- Promotes healthy liver function

34280001 | 60 vegetarian softgels



dōTERRA® WOMEN

dōTERRA Women is a line of products formulated to address the unique and changing health needs of women. Normal hormone levels influence a woman's good health and emotional well-being from her early teens to her transition through menopause. dōTERRA Women targets hormonal factors associated with degenerative conditions connected with menopause and aging, while the essential oil blend provides temporary relief from the emotional and physical symptoms related to regular hormone cycles in women.* The dōTERRA Women line of products provide natural support throughout the different phases of life.



CLARYCALM™ MONTHLY BLEND FOR WOMEN



dōTERRA ClaryCalm helps women manage the symptoms of PMS and the transitional phases of menopause in a natural, effective way.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Helps balance hormones
- Provides temporary respite from cramps, nausea, hot flashes, and emotional swings

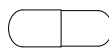
35270001 | 10 mL roll on

BONE NUTRIENT LIFETIME COMPLEX™

This convenient dietary supplement increases the consumption of nutrients needed for healthy bones.

- Perfect for men and women of all ages
- Features a blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets

35240001 | 120 capsules



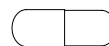
MADE WITH SLS-FREE
VEGETABLE CAPSULES

PHYTOESTROGEN LIFETIME COMPLEX™

dōTERRA Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.

- Includes a standardized soy extract with genistein, a powerful phytoestrogen
- Helps manage potentially harmful metabolites produced by estrogen metabolism with a concentrated extract of flax seed lignans
- Supports healthy bones, heart, breast tissue, and other body structures

35260001 | 60 capsules



MADE WITH SLS-FREE
VEGETABLE CAPSULES

LOYALTY
REWARDS
PROGRAM

WOMEN'S HEALTH KIT

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

35250001



dōTERRA® Children's SUPPLEMENTS

Inspired by the dōTERRA Lifelong Vitality Pack, these products make it easy to enjoy taking omega-3s, whole food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.

a2z CHEWABLE

Designed for children and adults who have difficulty swallowing capsules, a2z provides the nutrients your body needs for optimal health.

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection
- Promotes healthy cell development and longevity when taken daily

35330001 | 60 tablets

IQ MEGA™

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

- Provides 1,000 mg of concentrated, pure fish oil per serving
- Supports healthy brain, cardiovascular, immune, and joint function
- Formulated to be used with a2z chewable

35320001 | 150 ml





DigestZen DIGESTIVE HEALTH

Lifelong health is very much dependent on digestive health. A properly functioning digestive system is not only essential for food nutrient absorption, but also performs critical immune and detoxification functions in the body. Compromised digestive function can result in chronic energy deficiencies, compromised immunities and allergic reactions, weight gain, and gastrointestinal discomfort. The DigestZen line of digestive health products provides targeted solutions for optimal digestive function and comfort.

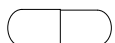
PB ASSIST+

PROBIOTIC DEFENSE FORMULA

This proprietary formula of pre-biotic fiber 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
- Supports healthy digestive function and immunity

35160001 | 30 vegetable capsules



MADE WITH SLS-FREE
VEGETABLE CAPSULES



GX ASSIST GI CLEANSING FORMULA

Cleanse your GI tract before starting with PB Assist with this combination of CPTG Certified Pure Therapeutic Grade® essential oils.

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid
- Helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist + Probiotic Defense Formula

35040001 | 60 softgels



MADE WITH ENTERIC
SOFTGELS





DIGESTZEN® top seller

DIGESTIVE BLEND



The well-recognized essential oils in DigestZen are known for providing soothing digestive relief.

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Aids in the digestion of foods
- Maintains a healthy gastro-intestinal tract
- Soothes occasional stomach upset

31030001 | 15 mL bottle



MADE WITH VEGETARIAN SOFTGELS

DIGESTZEN®
SOFTGELS

doTERRA DigestZen® Softgels are a convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend. Each vegetarian softgel contains 120 mg of DigestZen, the oil blend you know and trust for overall digestive health.

- Soothes stomach upset and eases indigestion
- Supports healthy gastrointestinal function
- Promotes healthy digestion

35430001 | 60 vegetarian softgels



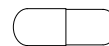
TERRAZYME® top seller

DIGESTIVE ENZYME COMPLEX

TerraZyme provides your body with the whole-food enzymes and supporting mineral cofactors needed for healthy digestion.

- Supports the body's constant production of enzymes critical for healthy biochemical functions
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy
- Includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber

35110001 | 90 vegetable capsules



MADE WITH SLS-FREE VEGETABLE CAPSULES





ZENDOCRINE[®] DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrin.

- Features a proprietary blend of Tangerine, Rosemary, Juniper Berry, Cilantro, and Geranium essential oils
- Supports healthy liver function
- Can be used individually or in combination with Zendocrin Detoxification Complex

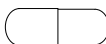
31460001 | 15 mL bottle

ZENDOCRINE[®] DETOXIFICATION COMPLEX

Support your body's filtering and waste management system with the proprietary Zendocrin Detoxification Complex.

- Features a proprietary blend of 14 active, whole-food extracts in a patented enzyme delivery system
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin

35120001 | 60 vegetable capsules



MADE WITH SLS-FREE
VEGETABLE CAPSULES

ZENDOCRINE[®] SOFTGELS DETOXIFICATION BLEND NEW!

Zendocrin Softgels help cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling. Zendocrin Softgels provide an easy and convenient way to consume Zendocrin essential oil blend, a proprietary formula that helps detoxify the body, promote healthy liver function and support a healthy endocrine system.

- Supports the body's natural ability to rid itself of unwanted substances
- Purifying and detoxifying to the body's systems
- Supports healthy endocrine system function
- Promotes healthy liver function

34280001 | 60 vegetarian softgels



MADE WITH VEGETARIAN
SOFTGELS





Weight loss with **SLIM & SASSY.**

THE dōTERRA® Slim & Sassy line of products encourages overall health and wellness through the attainment and maintenance of healthy body weight. Take advantage of a wide range of benefits by incorporating the Slim & Sassy Metabolic Blend, TrimShake, and our premier line of supplements into your lifestyle!

SLIM & SASSY TRIMSHAKE™

Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients.

- TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise
- Includes the patented weight-management ingredient EssentraTrim® to help reduce food cravings and overeating
- Includes Solathin®, a special protein extract that supports increased feelings of satiety
- Blends well with nonfat dairy, almond, rice, and soy milk or water

35180001	Vanilla
35200001	Chocolate

SLIM & SASSY® top seller

METABOLIC BLEND



Support your weight maintenance goals with the proprietary essential oil blend of Slim & Sassy.

- Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils
- Promotes healthy metabolism
- Helps manage hunger cravings
- Calms your stomach and lifts your mood
- Diuretic, stimulant, and calorie free

31370001	15 mL bottle
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"I am a big fan of Slim & Sassy. I love this oil in my drinking water! Slim & Sassy gives me energy during my workouts, decreases my cravings for sweets, and revs up my metabolism all day long. I have fallen in love with this little bottle of oil and so has everyone else I share it with! I am just now starting to rub it on my 'trouble areas' after my morning shower. As I prepared for Mrs. Utah America, this was the ticket to take off those last few stubborn pounds. I looked and felt my best! I even won the swimsuit competition! Slim & Sassy is my new best friend!"

Carol Ann Guest, Mrs. Utah America 2011

SLIM & SASSY[®] SOFTGELS NEW!

Slim & Sassy Softgels contain dōTERRA's proprietary Slim & Sassy essential oil blend in convenient softgels to promote weight loss in a healthy, natural way. The flavorful blend of Slim & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.

- Enhances metabolism
- Helps manage hunger cravings
- Promotes healthy digestion
- Has a positive effect on the endocrine system to assist with weight loss

34270001 | 60 vegetarian softgels

 **MADE WITH VEGETARIAN SOFTGELS**



V SHAKE

Introducing a vegetarian alternative to weight management shakes. Slim & Sassy V Shake provides the same benefits as TrimShake with the exception of all the ingredients being 100 percent plant-sourced and vegetarian-friendly.

- Includes Solathin[®] and EssentraTrim[®]
- 7 grams of plant-sourced protein
- Protein sourced from pea, quinoa, and amaranth
- Versatile flavor, mixes easily with favorite fruits, milks, or juices
- No artificial sweeteners, flavors, colors, or preservatives

35440001 |



SLIM & SASSY[®] TRIM KIT

Four 15 mL bottles Slim & Sassy Metabolic Blend and 2 TrimShakes.

40770001 | 1 Chocolate, 1 Vanilla

35280001 | 2 Chocolate

35290001 | 2 Vanilla

60130001 | 2 V Shakes

ESSENTRATRIM[®]

125 mg of EssentraTrim, a patented extract of Ashwagandha that has been clinically demonstrated to help control stress-induced appetite, overeating, and carbohydrate cravings. It also helps support blood sugar levels already in the normal range and enhances energy levels while helping to alleviate fatigue during dieting and exercise.*

SOLATHIN[®]

Slim & Sassy[®] TrimShake includes 50 mg of Solathin[®] per serving, a special protein extract from natural food sources that supports an increased feeling of satiety. Solathin[®] has also been demonstrated to help control snacking between meals, portion control, and feeling full faster and longer. Along with being an excellent source of protein, Solathin[®] is also hypo-allergenic and enhances the flavor and texture of TrimShake.*

LOYALTY
REWARDS
PROGRAM



The dōTERRA LOYALTY REWARDS PROGRAM

Do you have a favorite dōTERRA product you cannot live without? Would you enjoy the convenience of receiving dōTERRA Lifelong Vitality Supplements automatically each month? Would you like to earn free product every time you place an order? The dōTERRA Loyalty Rewards Program (LRP) provides a convenient way to receive an automatic monthly order of your favorite dōTERRA products delivered directly to your home. Each month you participate in the Loyalty Rewards Program you will earn an increasing number of LRP credits that can be used as cash to purchase product—earn up to 30 percent on qualified LRP orders! You can change the products in your monthly order or cancel your LRP agreement at any time without obligation. Talk to the Wellness Advocate who gave you this product guide or call (02) 8015 5080 for more complete program information.

dōTERRA®

CPTG Certified Pure Therapeutic Grade®

v5 Made in USA 47010000

