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“On Guard!”

Protect your loved ones and help your kids stay healthy this school year with On Guard.[®]





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dōTERRA PRODUCT GUIDE, see pages 30-35
A quick shopping reference for all products

ask Dr. Hill

Q How can I use essential oils for mental and emotional health?

A major issue concerning emotional health is our tendency to deal with emotions episodically. Because our emotions tend to be cyclic and episodic, we are prone to deal with them in a similar manner. In reality, we should develop a model of consistency for emotional stability and health. I know of a few effective strategies that can be used to appropriately manage our emotions. First, we must control the amount of stress we experience and properly manage that stress on a daily basis. Second, we can utilize aromatic application of essential oils to stabilize our mood. Used in this way, essential oils can change the very nature of our body's chemistry and in turn, alter our emotional responses. Instead of only using essential oils episodically, I recommend incorporating essential oils with mood-stabilizing properties into your daily routine. Essential oils that fit into this category are the mood matrix oils (Serenity, Citrus Bliss, Elevation, and Balance) and all of the citrus oils.

Q How can I help my children focus in school?

There are two main areas that should be considered when helping children improve their ability to focus in a school setting. Perhaps most importantly, we must consider the consequences of good and bad nutrition. A diet rich in fruits, vegetables, lean proteins, and whole grains is an instrumental factor in improving a child's performance in school that is often underplayed. I recommend taking advantage of the nutritional supplement products offered by dōTERRA. The a2z chewable and IQ Mega are supplements specifically designed for use by children and are formulated to be excellent supplements to an overall healthy diet. In addition, I would also suggest developing a routine of essential oil use for your child. Many essential oils can be used to improve focus and increase clarity. InTune, Peppermint, and Citrus Bliss are remarkable choices that have been clinically demonstrated to help improve focus and increase retention of information. Diffusing essential oils during study time is a great way to help your child achieve and maintain optimal focus.

Q What are the benefits of learning and using the AromaTouch® Technique?

The main benefit of the AromaTouch technique is that, regardless of the circumstance, it becomes applicable and adaptive to the needs of the individual. Among the greatest strengths of the technique is that it confers overall health resiliency to the recipient. In turn, our bodies are better equipped to react appropriately to a variety of different circumstances. In addition to overall health support, the AromaTouch Technique helps increase consistency of health, reduce stress, and improve and stabilize the immune system. The ease and simplicity with which the technique is performed eliminates any barriers to learning. I know that every person can learn the technique and properly perform it on others to achieve expected health outcomes.

Q What is your favorite way to use essential oils?

Through my own personal use of essential oils, I find that I categorize my use to best meet my needs. When experiencing discomfort in a specific area of my body, I use essential oils topically to ease and sooth the muscles and joints. I also love the aroma! Diffusing oils has a powerful effect on my emotions. It is elevating to the mood, calming, stabilizing, and helps give me a different perspective. I also recognize the benefits of getting a consistent internal dose of essential oils. I use oils internally on a daily basis. DDR Prime and citrus oils are a mainstay on my internal usage regimen and I certainly notice times when I do not use them consistently. Although I do not necessarily have a consistent use model, I factor in each respective model of use for very specific purposes. For daily maintenance, I tend to use oils internally; for managing environment, I prefer the diffusion model; and for episodic issues, I tend to use oils topically.

THE DR. RECOMMENDS



Serenity (No. 31090001)
to promote feelings of relaxation

Elevation (No. 31040001)
for mood enhancement

InTune (No. 41840001) for
sustaining focus

Balance (No. 31010001)
for promoting tranquility and a
sense of balance



a2z Chewable (No. 35330001)

IQ Mega (No. 35320001)
Contains essential nutrients to
support healthy brain and
immune functions



**DR. DAVID K. HILL,
CHIEF MEDICAL OFFICER**

Well known in the industry as an expert on wellness and essential oils, Dr. Hill is the Chairman of the dōTERRA Scientific Advisory Board.

ESSENTIAL OIL SPOTLIGHT

CITRUS BLISS

Your sense of smell is 10,000 times more sensitive than any of your other senses.

WAYS TO USE IT

USE ON KITCHEN OR BATHROOM SURFACES.

DIFFUSE AROMATICALLY AT HOME, WORK, OR IN THE CLASSROOM TO ELEVATE MOOD AND PROMOTE CLARITY AND FOCUS.


 APPLY TOPICALLY TO WRISTS, BACK OF NECK, OR TEMPLES.

FOCUS IMPROVEMENT TIP

2 DROPS CITRUS BLISS

2 DROPS LAVENDER

2 DROPS PEPPERMINT

 GENTLY BLEND AND APPLY TO TEMPLES AND INHALE.

The energizing aroma of the seven citrus oils in this blend promotes a positive attitude, creating a blissful and more productive environment.

WHAT'S IN IT?

Wild Orange Revitalizing and energizing
Promotes alertness and focus
Can be used as a natural cleaning agent

Lemon Internal cleanser and detoxifier
Can be energizing when diffused

Grapefruit Supports healthy responses to anxiety

Mandarin Stress-relieving
Powerful antioxidant

Bergamot Uplifting and calming

Tangerine Contains D-limonene, a powerful antioxidant
May help aid in digestion
Internal cleanser and detoxifier

Clementine Soothing
Helps maintain circulation
Aids in digestion

Vanilla Absolute Vanilla in its most concentrated form has a calming effect and may help ease tension

you are what you eat

BY JESSICA L. M. HERZOG, MD

“You are what you eat.” We have heard that phrase over and over, but have we ever contemplated the deep wisdom behind it? It was first coined by Anthelme Brillat-Savarin in an essay about the physiology of gout. In 1826, he wrote: “Tell me what you eat and I will tell you what you are.” Fast forward 187 years, and we have a shorter, slightly more American version.

When this phrase was coined the world was a very different place. Life was simpler, including our food. Food was not labeled with the names of chemicals that required a degree in chemistry to understand. Today it seems more appropriate to say: “If you are what you eat and you don’t know what you’re eating, do you know who you are?” It is an eloquent and thought-provoking idea taken from French sociologist Claude Fischler.

If we take this idea to heart, then looking back, I spent much of my twenties very confused. I rushed from class to class, ate on the go, and rarely cooked at home. What was I eating? What was I doing or not doing to my body? I had not yet realized that to be fit and healthy, you need to eat good, real food. Thankfully, my concept of health has dramatically changed over the last several years. Uncovering the path to true wellness has been an exciting and eye opening journey.

My husband and I spent a lot of time reading and educating ourselves about various herbs, gardening, eating organic, and using essential oils. We experimented with recipes and canning. (His homemade salsa is my favorite.) Now, after many years of learning, we personally cherish the ability to plant a huge garden, make our own herbal extracts, buy exclusively organic foods, and use essential oils daily.

MY INTRODUCTION TO dōTERRA

About a year ago, my dear friend Sharon, who knows I am a bit of a health nut, began telling me about dōTERRA essential oils. What a blessing this has been for my family!

I feel essential oils are the last piece of our wellness puzzle. They’ve become part of our everyday lives. Essential oils, being so potent, diverse, and safe, allow us to

achieve the highest level of wellness. This fall is a wonderful time to examine your family’s eating habits and incorporate dōTERRA products. Whether you are preparing school lunches or resolving to take your own lunch, may I make a few family-friendly suggestions?

SMOOTHIES AND SHAKES

An easy and fun way to make veggies inviting is to make a green smoothie. Our favorite green smoothie is:

2 cups organic baby kale

2 cups frozen organic berries

1 large organic carrot

Banana or pineapple to taste

2-3 cups of water

Blend on high until smooth. For additional sweetness, add a few drops of Stevia.

Editor’s Tip: Add a drop of Wild Orange essential oil to jazz-up the flavor.

DON'T FORGET ABOUT FRUITS AND VEGGIES

Try eating a rainbow of food every day to get the entire spectrum of antioxidants your body needs. It’s fun to have the kids build a rainbow platter out of brightly colored, sliced fruits and veggies. Remember, at least eight servings of fruits and vegetables per day, but more is better.

Shakes are also a great way to add in (or hide) other supplements, oils, probiotics, herbs, and vitamins. Our whole family enjoys the Slim & Sassy TrimShake in the morning. We enjoy our green smoothie in the afternoon or evening with a few drops of Lemon essential oil.





SUBSTITUTE SUGARY DRINKS WITH ESSENTIAL OIL FLAVORED WATER

We have found that any citrus oil works well, but do a taste test and find your favorite. This is the perfect addition to any lunch, even on the go. It saves money and calories. My personal favorite is 5-6 drops of Grapefruit essential oil in 32 oz of water.

My kids love their “lemonade,” 1-2 drops Lemon essential oil with 2-3 drops Stevia.



EXPERIMENT WITH ESSENTIAL OILS IN THE KITCHEN

My family loves organic steel cut oats flavored with almond milk, nuts, and 1-2 drops of Cinnamon or On Guard essential

oil. Another tasty snack is sliced organic apples soaked for several hours in water with several drops of On Guard. The possibilities are endless.

EDUCATE YOURSELF

Start by learning to read food labels and become familiar with the chemical additives, such as artificial colors and flavors, commonly added to foods. We can't simply add healthy foods; we must also clean up our diets by removing some of the chemicals that don't belong. There are many great resources you can use to gain better education on essential oils and nutrition.

I wish you a happy, healthy, fun-filled journey as you seek your highest level of wellness. May your journey be filled with

colorful, in-season fruits and veggies, nuts and seeds, grass-fed meats, high quality supplements (such as Lifelong Vitality Pack and a2z Chewables) and dōTERRA essential oils.



BIO: JESSICA L. M. HERZOG, MD, is a board certified pediatrician who is devoted to true wellness. She completed her undergraduate degree, medical doctorate, and pediatric residency at the University of Maryland. During her studies, she was involved in research at the National Institute of Health and the University of Maryland. She has worked as a pediatric hospitalist in Maryland and Utah. She is pursuing further education in functional medicine and essential oils. She currently practices in York, PA.

SLIM & SASSY® INSPIRATION

JAMES MORA

Lost 57 LBS

When I started this competition, I had no idea what products I should use. I had never taken vitamins or supplements. I had never even paid attention to how my body reacted to the things I put into it. For instance, when I felt sick or tired, I just assumed it was because I was sick or tired.

HOW JAMES DID IT

- **Slim and Sassy Metabolic Blend** (Item No. 31370001)
- **Lifelong Vitality** (Item No. 34210001)
- **Mito2Max** (Item No. 35310001)
- **DDR Prime Softgels**(Item No. 41740001)

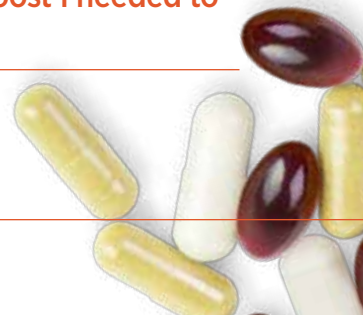
JAMES'S MOTIVATION

When my wife and I got married in 2001, I weighed 180 pounds. Within one year, I was up 40 pounds. From 2002 to 2013, I gained an additional 50 pounds for a total of 270 pounds. I was overweight and my self-esteem was low, but I refused to change. I tried different diets and weight-loss programs, but I always cheated. I lacked the motivation to create change in my life; I was comfortable. That all changed when Amber and I found out that we were expecting our first child. I refused to be the hypocritical dad who sat on the couch munching on fastfood while he told his son to stop playing video games and go play outside.

My son, Talon James, provided the motivation that I needed. I wanted to teach my son how to throw a ball and ride a bike, but I could not even make it up a flight of stairs without breathing heavily. I realized that my current condition was unacceptable and it was time to make some significant lifestyle changes.

I thought of my son whenever I had a desire to cheat. Imagining him and me playing ball together pushed me through many grueling workouts. He is my world now. I refuse to be any less than the dad I pictured—the dad that plays and spends time with his son in order to develop a strong, lasting relationship.

“The dōTERRA® products enabled me to change my life. They gave me the extra boost I needed to meet or exceed my goals.”



LIFESTYLE CHANGE

At the beginning of the competition, I wore an XXL shirt size, and I was close to needing an XXXL. I broke the button on my size 42-inch pants. The same clothes I had almost outgrown before my lifestyle change were baggy by the end of April. When I finally broke down and bought some new clothes, my new sizes stunned me. I fit into a large shirt and a 36-inch waist pant. I had not been able to wear these sizes for over 10 years and now they fit me perfectly. In addition to dropping two shirt sizes and three pant sizes, **I lost a total of 57 pounds!**

“These products are so powerful, I could feel the difference in my body’s performance when I took them as opposed to the days when I forgot.”

Before the competition, I could hardly do any physical activity. When I attempted to run on the treadmill, I was barely able to break an 18-minute mile. To make matters worse, I pulled a muscle in my leg because I was trying to protect my bad knees. I turned to an athletic trainer for help. She evaluated me and made suggestions about how I could exercise while protecting vulnerable areas like my knees. In April, I ran four miles averaging less than 10 minutes per mile. I also started biking, swimming, and weight training. Last month, I ran my first triathlon and finished second in my age group. Running a triathlon has always been one of my dreams, but because of my weight I had never been in a position to do it.

Now that I weigh a lot less, I can run, bike, and swim without hurting myself.

These great changes have helped my self-esteem skyrocket. I no longer worry that people are going to judge me every time they see me. I have that old bounce in my step. My clothes are much smaller and fit better. I feel great!

“I experienced increased metabolism and energy, faster recovery times after a workout, fewer cravings, less appetite, and, of course, less fat on my body.”



before

after



MY GOALS

I set goals to **lose 40 pounds** in three months; **change my diet** by cutting out sugars and processed foods; and **increase my activity levels** by exercising five times per week.

MY TIPS FOR SUCCESS

- 1. Find a good reason** to lose weight. Then, when the “off-limits food” is tempting you, you have something that can distract you.
- 2. Use Slim & Sassy** every day, multiple times per day.
- 3. Exercise every day**, even if it is just for a few minutes.





Uses and Bioavailability of Essential Oils

Dr. David K. Hill



Essential oils are volatile aromatic compounds that are fat soluble and liquid. With more than 3,000 compounds properly identified, the clinical efficacy of essential oils is well established. A number of studies have demonstrated the therapeutic properties of volatile aromatic compounds in a test tube, but how does this data correlate to the complex physiology of the human body? Investigating the absorption, distribution, and metabolism of volatile aromatics is the key to linking the data from test tube studies to real models of human use.

There is adequate evidence suggesting that although essential oils are metabolized quickly, their distribution throughout the body is considered to be relatively high. Traditionally, there have been three acceptable models for essential oil usage: topical, oral, and aromatic. Previous research trials have demonstrated the value of topical and aromatic protocols. Due in part to the volatility of essential oils, aromatic exposure is by far the most effective. Aromatics are easily inhaled and then absorbed through the respiratory tract and lungs and then circulated through the blood stream.

Topical application is also effective for initiating a response throughout the body because the fat soluble nature of essential oils allows them to easily penetrate the membranes of cells and be rapidly absorbed through the skin. Monoterpenoid compounds, just one of the many types of chemical constituents found in essential oils, are readily absorbed after topical application. The absorption of monoterpenoid compounds has been verified through analysis of blood concentrations of essential oil compounds. Maximum levels were achieved in as little as 10 minutes.

The oral ingestion of essential oils is still under investigation. It is appropriate to assume that the effects of essential oils may be due to a single compound or the entire mixture of chemical components in the essential oil. How essential oils affect the body depends on their interaction with the bloodstream, hormones, and enzymes. Currently, human trials studying essential oil pathways are limited, but emerging science continues to support the use of volatile compounds internally. There is great interest in understanding more about the direct activity of essential oils in the human body, especially in regard to internal use. Current scientific research has

identified several possible mechanisms of absorption and metabolism.

Considering that data is only valuable if it uses correct methods and principles of human physiology, there are two key elements to determining the effectiveness of oral administration. First, it is important to understand the pathways by which essential oils are absorbed. Second, it is important to develop a specialized delivery system to maximize absorption of essential oils throughout the entire body.

Most studies suggest that essential oil compounds are easily absorbed and that only a small portion of the essential oil remains unchanged. This means that much of the essential oil is metabolized regardless of the method of application. After being properly metabolized, essential oil compounds are eliminated through the kidneys or other drug metabolism pathways.

Another interesting aspect of essential oil metabolism is that the compounds in the oil are not metabolized in identical ways. Take thymol for example, (an aromatic compound present in many different essential oils). One study showed that when used



internally, thymol was absorbed quickly and detected in the blood in only 20 minutes. This quick absorption suggests that thymol was absorbed through the small intestine, the uppermost absorptive organ of the digestive tract.

What appears to be most relevant in essential oil application methods is the consistency with which essential oil compounds are delivered and are usable to target organs and cells. It is reasonable to suggest that current research has shown both aromatic and topical applications are beneficial and effective. With respect to oral use, the potential of essential oils to have therapeutic benefits throughout the body depends on dosage, chemical structure, and other variables. This does not, however, suggest that internal use is unsubstantiated. Sufficient studies and other models of personal and clinical reference support this type of usage.

New medical technology is designed to optimize systemic delivery of fat soluble compounds. Fats are poorly soluble because they are not easily absorbed through watery layers such as those found in the intestinal tract. Self-emulsifying technology allows fat soluble molecules to become emulsified, or dispersed into a watery substance. In the intestinal tract, this technology allows fat soluble components to be delivered through the intestinal wall. This is a specialized delivery system that allows for isolated molecules to be delivered throughout the body. dōTERRA uses this technology in its xEO Mega and DDR Prime softgels.

I believe that future study will illustrate more methods of use to achieve the full benefit of the medicinal qualities of essential oils. While there is much yet to understand, I maintain a perspective of belief and appreciation for what has been a well-founded and historically relevant review of essential oil usage.



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ESSENTIAL OIL SPOTLIGHT

InTune™

COMPLETING YOUR TASKS IN THE MIDST OF DISTRACTIONS

Staying focused in a world full of distractions can sometimes be a challenge. Learning to focus is a critical skill, especially during the formative years of life.

InTune is a combination of the finest dōTERRA essential oils including Frankincense, Lime, Hawaiian Sandalwood, Amyris, Patchouli, Roman Chamomile, and Ylang Ylang. Together, these oils are used to enhance and sustain focus as well as support healthy thought processes.

WAYS TO USE InTune

Apply topically to bottoms of feet and to the back of the neck. Dilute with dōTERRA Fractionated Coconut Oil to calm any skin sensitivity.

FOR CLARITY AND FOCUS:

- Frankincense
- Lime
- Hawaiian Sandalwood

FOR CALMING AND BALANCE

- Amyris
- Patchouli
- Roman Chamomile
- Ylang Ylang

HOW WELL DO YOU KNOW YOUR ESSENTIAL OILS?



ACROSS

5. Historically, this oil has been used in many ways, from meditation to embalming
6. Often used to relieve an upset stomach and to support improvements to the lymphatic system
7. A rare oil that can be used for calming the nerves, addressing stomach discomfort, and supporting mood
10. One of the oils used in the On Guard Protective Blend
12. One of the oils found in the AromaTouch Massage Blend
13. High in antioxidant activity, this oil can be used as a cleansing agent as well as for digestive and respiratory support
14. The oils in this blend have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause
15. Joyful Blend
16. This rare essential oil is distilled from the flower cluster of an evergreen herb
17. Some dōTERRA essential oils can be taken _____
19. A key ingredient in throat drops and chest ointments
21. Natural sweetener used in the On Guard toothpaste
24. Recognized by its more common name "tea tree"
26. Also referred to as "wintersweet" or "joy of the mountains"

DOWN

1. Can be used on surfaces throughout the home for a non-toxic cleaning booster
2. Familiar to most as a common seasoning for cooking, this plant produces an essential oil that has valuable cleansing and clarifying properties
3. Found in toothpaste and chewing gum
4. An essential oil that comes from the leaves of the coriander plant and is a fresh and tasty flavor enhancer used by food connoisseurs
8. Widely used and accepted for its calming and relaxing qualities
9. Known as one of the most precious of the ancient oils
11. Respiratory Blend
18. Has been found to support healthy digestion and soothe occasional muscle aches
20. Most notable for its smoothing effects on skin and for its mood-enhancing properties
22. Unique among citrus oils for its calming properties
23. Grounding Blend
25. A close relative of cinnamon



The dōTERRA Healing Hands Foundation is a 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, to help people have lives free of disease and poverty, and to ultimately teach impoverished cultures how to be self-reliant. dōTERRA International, LLC, provides all the overhead and administrative costs of the dōTERRA Healing Hands Foundation, ensuring that 100 percent of all donations goes directly to those receiving aid.



PROJECT HIGHLIGHTS

PIURA PROJECT

The dōTERRA Healing Hands Foundation is pleased to be committed to a unique targeted microcredit lending project in partnership with Mentors International: the Piura Project.

Piura is a large coastal city in northern Peru with a population of about 400,000 people. Piura is the oldest Spanish city in South America and is known for its mineral and agricultural resources.

The dōTERRA Healing Hands Foundation has committed a legacy donation of \$100,000 to a microcredit lending fund in Piura. Nine community banks have been built so far using this fund. By the completion of October, an estimated 4,000 people will be positively impacted by this program. As the funds are loaned, paid back, and loaned again, the community in Piura will be perpetually lifted for years to come.

HUEHUETENANGO SERVICE TRIP

In partnership with Mentors International, the dōTERRA Healing Hands Foundation embarked on a service expedition in July 2013 to the city of Huehuetenango, Guatemala. Participants included dōTERRA Executives as well as 28 dōTERRA Independent Product Consultants.

Each participant paid the cost of the trip and their donations helped to fund the humanitarian projects worked on. Projects included a school for girls and a medical center. The school needed a new activity center roof and both the school and the medical center were in dire need of repair, painting, and landscaping. Many of the 300 girls that attend the school are part of families that participate in the Mentors International and Healing Hands microloan programs.

In addition to the service done at the medical center, dōTERRA donated medical supplies, physician diagnostic kits, and essential oils to physicians working in the medical center. Dr. David Hill, dōTERRA Chief Medical Adviser, provided training on uses of the oils for medical care physicians. These kits provided much needed supplies and will be appreciated by the whole community.

We are so grateful for our partner organization, Mentors International, and our generous IPCs who helped make this expedition a great success.

For more information about the dōTERRA Healing Hands Foundation, please visit www.doterra.com/healinghands



BEING SOCIALLY RESPONSIBLE IN MOZAMBIQUE, AFRICA

Michelle Garrett
dōTERRA Employee
Provo, UT

I've always wanted to go to Africa. Everything I'd heard about the people who live there gave me a desire to go and see it all for myself. Maybe that's why when I read an article in the newspaper about Care for Life, I couldn't get it out of my head. Care for Life is a nonprofit organization based out of Arizona that helps rebuild in the war-torn country of Mozambique. After months of putting it off for whatever reason, I finally committed to joining them this summer.



16-year civil war left the southeastern African country of Mozambique one of the poorest in the world. The founders of Care for Life have sought to help the people of Mozambique by teaching them how they can help themselves. Care for Life goes from village to village, teaching local

leaders how to improve health care, quality of life, and self-reliance. The difference they have made so far has been dramatic.

MY PROJECT

I traveled to Mozambique with Care for Life as a volunteer journalist. I spoke directly with the people in the villages about how Care for Life has helped them. The most common thing I was told is that because of Care for Life, the people in the village now know how to take care of each other. They don't just focus on themselves anymore. They are concerned about their neighbors and they have the resources and knowledge to help.

That is what it's all about—caring for each other. We're all neighbors. We all need each other. If we have the knowledge and the resources to make someone else's life easier, then why don't we?



“That is what it's all about—caring for each other.”



I flew across the world to discover that no matter where we are, the secret to a prosperous life is helping each other. That's how these people's lives improved. The same goes for all of us.

While in Mozambique, I visited several orphanages and played with many wonderful, loving children. I helped a widow build a latrine by her house. I helped teach children how to sew their own backpacks to carry

their schoolwork. Best of all, I interacted with happy, incredible, strong people who have been through so much more than I am likely to ever experience. These people face so many obstacles in their lives for no reason other than where they happened to be born, and yet they take on every day with big, bright smiles.

A LIFE-CHANGING EXPERIENCE

I would like to be able to say I made a big difference in Mozambique. I would like to be able to say I contributed so much to these people's lives but, in reality, they gave me so much more than I gave them. The perspective I gained from the simplicity and happiness in which they live their lives taught me so much about my own life. That's why I'm addicted now. That's why I would like to make trips like this again and again for the rest of my life, because it filled my soul to meet these people.

And that's why it's so important for us to serve people. We need it as much as they do.

Learn more at www.careforlife.org.

BEING Socially Responsible

by **BETSY HOLMES**
Founder of giveoils.org
Columbus, Ohio



CAUSING A RIPPLE EFFECT

Being socially responsible is being willing to open your eyes to the needs around you. When we are socially responsible, we are part of the solution. We relate to individuals in need and effect radical change. We provide justice for those who have no voice or no way out of their circumstances. We become a part of something bigger. Our small acts of service have a lasting impact, and there's joy to be found in that.

For the last four years, dōTERRA essential oils have been a big part of my life. After several amazing experiences, I wanted to share the oils not only with those who could afford them, but also with those who could not. I knew others, just like me, who wanted to find a way to share essential oils with those in need. My hope was to bring us together. I knew collectively we could make a bigger difference and that our efforts would inspire others to help.

The giving of one's time, resources, networking abilities, funds, and support causes a ripple effect. A group effort accelerates goals and creates unity. We are always more powerful together than we are alone. What we choose to do, big or small, inspires others to make a positive change. Our gifts, talents, and abilities should not be bottled up and kept on a shelf, but used.

GETTING INVOLVED WITH OTHERS

During this journey, my husband Paul and I became connected with individuals creating access to clean water in Africa, running full-capacity orphanages in Haiti, and stopping cholera outbreaks in Sierra Leone. On these trips, we were able to utilize essential oils successfully and many beautiful, life-changing stories emerged.

People wanted to give essential oils to those in need but didn't have the means to provide them to a whole village. We held events and trainings where we would ask people to donate an essential oil. Many times after an event, I would open up the donation box and be overwhelmed with emotion. Some people

gave essential oils that they could only earn through a 200 PV promotion. It was amazing to see their generosity. In addition, dōTERRA matched all product donations. It was so much more than we could have given on our own.

We were able to get more specific about our needs through our Facebook page. There we linked those who had donated product with those who had received it. Those who receive products are able to share pictures, stories, and events. When others hear about the impact a few bottles of essential oils makes, they know the old saying "It is better to give than to receive" is true.

There are local projects in the works and many people are yearning to help. I know that Give Oils has a bright future because of the type of people that the dōTERRA culture attracts—givers.

MY INSPIRATION

When I was 13, I went on a mission trip to Thailand. As a teenager, I didn't think I had much to offer. I soon realized that I was making a significant difference just by giving my time. It was a truly rewarding experience. I realized that whether we are in need or not we are all human, and we all need help. I learned that sometimes those whom I was "serving" had more to offer me than I had to offer them. They taught me many valuable life lessons.

I continued to do mission trips every summer until I graduated. I served in other countries like India and Vietnam, and other places throughout the Middle East. Those trips inspired me and opened my eyes to the opportunities to serve around the world.

ABOUT GIVEOILS.ORG

Giveoils.org is a non-profit organization that dedicates their personal time and resources to share and educate about the benefits of dōTERRA essential oils with those in need around the world.

For more information visit www.giveoils.org or www.facebook.com/giveoils



WORDS OF **ADVICE**

START WHERE YOU ARE

I know a lot of people who want to have a positive impact, but don't know where to start. I've learned that you start where you are. You can absolutely change the world by changing the neighborhood you live in.

KNOW YOUR VALUE

People often believe that what they have to offer won't make a difference. The truth is that everyone is valuable. You don't have to have money to make a difference, just a willing heart. There are people already doing the things we wish we could; our job is to support them.

BRING AWARENESS

Tell the story of those who are struggling. Bring awareness to their circumstances and their needs. Work as a team to collectively give in all the ways available. Pool your resources and your time.

SHARE THE PRODUCT

dōTERRA provides the perfect opportunity to act. We have a product that has the power to bring hope to the destitute. All we need to do is something as simple as sharing a drop of essential oil with someone in need.

When you give of yourself and your resources to those in need, the biggest change that occurs is surprisingly not with the world, but with yourself. Let the ripple effect begin!

BACKPACK MAKEOVER

Give your child the necessary tools to be healthy and motivated this school year.

GRANOLA BARS

INGREDIENTS:

- 2 ½ cups of quick oats
- ½ cup rice crispies
- ½ cup of mini semisweet chocolate chips
- ¾ cup brown sugar
- ½ teaspoon of salt
- ¾ cup coconut
- ⅛ cup flax seed
- ⅛ cup sesame seed
- ⅛ cup chia seed
- ⅓ cup coconut oil
- ¼ cup honey
- ½ teaspoon vanilla
- 2 drops of your favorite essential oil

DIRECTIONS:

1. Mix all dry ingredients together. Set aside.
2. Mix all wet ingredients together. Melt in a sauce pan over medium heat.
3. Add dry ingredients to wet ingredients. Mix uniformly.
4. Allow wet ingredients to absorb into dry ingredients. If mixture is too dry, add more coconut oil or honey; if too wet, add more oatmeal.
5. Line cake pan with parchment paper. Pour in mixture and pat down.
6. Cook at 350 degrees Fahrenheit for 12-15 minutes or until lightly brown.

IQ Mega

Flavored with Wild Orange essential oil, this great-tasting and easy-to-swallow supplement supports healthy brain, cardiovascular, immune, and joint functions.

—Take 1 teaspoon daily



WILD ORANGE PEANUT BUTTER SANDWICH

Wild Orange essential oil adds a fun, new flavor that kids will love!

- Peanut butter
- Fresh banana slices
- Honey
- dōTERRA Wild Orange essential oil
- Whole wheat bread

Mix 2 drops of dōTERRA Wild Orange essential oil into peanut butter. After placing on bread with bananas, drizzle with honey.

TANGERINE FRUIT DIP

- 2 (8 ounce) packages of cream cheese
- 1 cup vanilla yogurt
- ½ cup honey
- 2 drops dōTERRA Tangerine or Wild Orange essential oil
- Mix all ingredients in a bowl and enjoy with fruit.

Natural Energy and Clear Thinking
(Water Bottle with Lemon essential oil)

Add a drop of Lemon to your kid's water in place of less healthy drinks to promote healthy energy and a positive attitude.

**CLEANSING
HAND GEL**

INGREDIENTS:

5 tablespoons aloe vera gel
4 tablespoons water
¼ teaspoon vitamin E oil
8-10 drops On Guard Protective Blend
Small squeeze container

DIRECTIONS:

1. In a bowl, combine aloe vera gel and vitamin E oil.
2. Add 8-10 drops of On Guard Protective Blend mixture.
3. Add water and mix well. Add more or less water based on the desired consistency.
4. Pour into small container for use.



a2z Chewables

Easy to chew and strawberry flavored, a2z chewables are a great way for your kids to get the daily nutrition needed in early development.

Stay Focused

(InTune/Peppermint/Wild Orange)

Apply to bottoms of feet and back of neck to help restore focus and increase ability to stay on task. Dilute with dōTERRA Fractionated Coconut Oil to calm any skin sensitivity.

Balance

Massage you child's feet, neck, shoulders, or back to ease anxiety and restore emotional balance. Dilute with Fractionated Coconut Oil to calm any skin sensitivity.

THE ART *of* SELECTING

EMILY WRIGHT
Vice President,
Leadership Development

dōTERRA came to life in 2008 in order to set a higher standard for essential oil purity and potency. Our CPTG Certified Pure Therapeutic Grade® quality standard requires precise care and effort to protect what nature has created so beautifully. This commitment to quality correlates directly to the life-enhancing benefits we have come to expect from dōTERRA essential oils.

Where the oil is sourced is essential. The composition of the plant will vary greatly based on the location, climate, and environment. After performing a series of tests, dōTERRA discovered that where the plant is grown is a primary factor in determining the therapeutic quality of the essential oil. That's what makes dōTERRA stand out. dōTERRA has carefully selected farmers who have mastered their art in locations where plants have been grown traditionally for many years.

POTENCY BEGINS WITH THE SEED

dōTERRA understands that potency begins with the seed. The proper seed variety (species) and even chemotype for particular plants must be carefully selected so that the distinct molecular profile of the aromatic compounds produced by the plant can be achieved. For example, there are many different plant varieties and chemotypes for rosemary. The chemotype depicts the level of particular compounds



within the oil composition which will determine specific health benefits. dōTERRA chose to offer *Rosmarinus officinalis* chemotype 1,8 cineol because we appreciate the benefits this specific composition offers for respiratory support as well as mental clarity. It's important that you know your plants and what types of benefits they offer.

HARVESTING THE RIGHT PART OF THE PLANT

The environment plays a key role in the potency or therapeutic value of the plant. Growing season, elevation, climate, moisture, soil, terrain, and pH all factor into the quality or potency of the essential oil produced. It is also essential that the right part of the plant be harvested. The aromatic compounds from the leaves of the plant will differ from what is produced in the flowers. For example, we only use the yellow flowering tops of the *Helichrysum italicum* plant wild-crafted from Corsica for the most dependable therapeutic benefits, but many producers will harvest the leaves and stalks as well to increase the oil yield of

this delicate crop thereby increasing their profitability. This completely changes the composition of the essential oil.

WHERE ESSENTIAL OILS ARE SOURCED MATTERS

dōTERRA has made the commitment to source our essential oils from artisans who grow aromatic crops in the indigenous soils of their land and follow our stringent growing and harvesting quality standards. This allows dōTERRA to not only offer the world's finest essential oils, but to also impact the economy in a positive way on a global scale. Isn't it wonderful to know that the bottle of essential oil you are using today is not only benefiting you but also the person who so carefully grew it for your benefit?

Plants grown in traditional or indigenous environments yield better results because the natural elements specific to that region promote a more therapeutic profile of the aromatic compounds produced by the plant. For example, dōTERRA's Lavender



THERAPEUTIC ESSENTIAL OILS

(*Lavandula angustifolia*) essential oil is indigenous to the Provence region of France. The high altitudes at which lavender is grown results in the plant having higher ester and sesquiterpene alcohol content, thereby increasing its therapeutic benefits. You simply cannot duplicate the rocky soil and Mediterranean growing conditions that are specific to this region anywhere else. Although lavender grows readily in the United States, the therapeutic values are not as beneficial because the growing conditions that exist in the native lands cannot be duplicated. Where your oils are sourced matters.

Another example is dōTERRA Lemon (*Citrus limon*) essential oil, which is indigenous to Sicily. The rich soil conditions, the salty, humid air from the Mediterranean Sea and rocky, mountainous terrain all contribute toward the sweet lemons that have made this region so famous for its citrus production. There is a saying in Sicily that “lemons aren’t real unless they are Sicilian.”

Although lemon oil can be acquired from the US, Argentina, or other regions for a much lower price, dōTERRA is committed to sourcing our oils from indigenous regions that produce the highest quality essential oils. It’s not about price, it’s about results!



Producing essential oils that meet the dōTERRA CPTG Certified Pure Therapeutic Grade® standard is a skill requiring years of experience. It takes the work of a dedicated artisan at each step, from growing and harvesting to fine-tuning the distillation process, dōTERRA only partners with the best.

ABOUT THE AUTHOR:
Emily's hands-on experience and understanding of global sourcing of oils and quality assurance practices has allowed dōTERRA the ability to offer nature's purest essences, sourced from the most pristine regions around the globe.



The dōTERRA TRIO— A MUST HAVE



TODD JULIEN'S DAILY ROUTINE

A friend introduced me to dōTERRA about six months ago. I was willing to test essential oils out because, like many of us, I suffer from health challenges from time to time. My family and I use Lemon, Lavender, and Peppermint essential oils individually and in a blend as part of our daily routine. These oils alleviate a variety of issues and improve our overall quality of life. Here are a few examples of how we use each of these oils.

LEMON

Lemon oil can be used for cooking and cleaning and to improve health. It can also help soothe an irritated throat. Last winter, I experienced some irritation in my throat. I gargled with Lemon oil in the morning. After about five minutes, the irritation began to dissipate. I repeated the gargling, and by the end of the morning, the discomfort was gone and I was able to enjoy my daily activities. Aside from the pleasant smell and taste, Lemon contains many beneficial properties and can be used for a variety of purposes.



LAVENDER

My family and I have become huge fans of Lavender. This essential oil is wonderful for relieving occasional stress and promoting natural relaxation. Lavender works especially well in supporting a healthy and natural sleep. We apply a couple drops to our feet before we turn in for the night. We are always amazed at how quickly we slip into a deep, comfortable sleep.

PEPPERMINT

Peppermint oil is versatile. One of my favorite ways to use Peppermint is to diffuse it. It creates a wonderful and purifying aroma. Applying a few drops of this soothing essential oil to the back of my neck is a great way to ease muscle tensions in the head and neck. I also use Peppermint oil for indigestion. When I feel discomfort coming on, I add two drops to eight ounces of water, and feel almost an immediate relief.

TRIO BLEND

Every spring, I experience seasonal discomfort. This year, I learned that the Lemon-Lavender-Peppermint trio can be used as a natural soothing agent. When I feel the need, I add two drops of each oil to eight ounces of water, and let the blend do its magic. I can honestly say this has been a fantastic year for me. I am very grateful to have safe alternative choices in my family's health care. I would encourage anyone to experience the amazing benefits of dōTERRA.



Beginners Trio Kit- Item No. 32140001



DAVE WHITWORTH'S DAILY ROUTINE

LAVENDER

Lavender was the first essential oil my family and I used. Every now and then, our daughter Abby has a hard time falling asleep. We apply Lavender under her nose and on her neck to help her wind down before bedtime. My other daughter Brinley uses the oil for hangnails or occasional scratches she receives while playing. We knew right away that dōTERRA essential oils would greatly benefit our family. Since then, we've been using Lavender as part of our daily routine.

PEPPERMINT

Each of us uses Peppermint to relieve occasional upset stomach. Our oldest girls use Peppermint beadlets to help them breathe easier. The little ones do not appreciate the taste of Peppermint internally, but the rest of us love the beadlets for a breath freshener and a quick "pick-me-up."



LEMON

In our home, we use Lemon as a natural cleaning agent. My wife usually adds 10–15 drops of Lemon to an eight-ounce glass spray bottle filled with water to use for cleaning and removing buildup in the kitchen and in the bathrooms.

Pure Lemon works well for cleaning up the sticky messes on carpets, clothes, and any other place our children decide to leave "tracks." The oil fills our house with an uplifting and energizing aroma that everyone in the family enjoys.

TIPS:

Use 1–2 drops of Lemon to remove oil, gum, grease spots, or glue.



FACTS

dōTERRA Lavender comes from high-altitude regions of France and is considered the best of the French fine lavenders.

dōTERRA Lemon comes from cold-pressed premium Italian lemons, and contains a wider concentration of active compounds than other varieties.

dōTERRA Peppermint comes from peppermint plants grown and harvested in Washington state—these plants contain a higher concentration of menthol than peppermint grown in other regions of the world.

BOOST YOUR IMMUNE SYSTEM

- ✓ 3 drops Lemon
- ✓ 2 drops Oregano
- ✓ 2 drops On Guard
- ✓ 2 drops Peppermint
- ✓ 2 drops Clove
- ✓ 1 drop Melaleuca

EDITOR'S TIP:

Use Veggie caps (Item No. 34100001) for internal use of the oils.



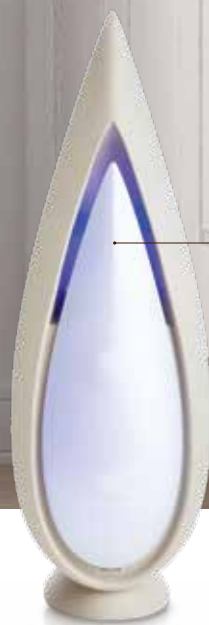
DIY KIDS ROOM



REWARD STICKERS

TURN ESSENTIAL OIL LABELS INTO REWARD STICKERS

Ever wondered what to do with extra essential oil labels? Here is an idea. Create a sticker rewards chart to motivate children to improve behavior, finish homework, and complete chores. Give your child a sticker to put on the chart as they complete each task. Celebrate and make each success a big deal.



Lotus Diffuser
(Item No. 33010001)



DIFFUSING ESSENTIAL OILS

AT NIGHT:

- **Lavender** (Item No. 30110001) and **Roman Chamomile essential oils** (Item No. 30800001)
- **On Guard Protective Blend** (Item No. 31100001)
- **Serenity Calming Blend** (Item No. 31090001)
- **Breathe Respiratory Blend** (Item No. 31070001)

IN THE MORNING:

- **Lemon** (Item No. 30120001)
- **Citrus Bliss** (Item No. 31020001)
- **Elevation** (Item No. 31040001)
- **Wild Orange** (Item No. 30170001)

TIPS:

Put 2–3 drop of Serenity or Lavender on a pillow before bedtime to promote natural relaxation.



CLEANING SURFACE SPRAY

Clean door knobs, furniture, window sills, and large toys with this spray.

Materials:

½ cup water
2–6 drops On Guard Protective Blend

Directions:

1. Add water and On Guard Protective Blend to glass spray bottle.
2. Shake well before each use.

NATURAL AIR FRESHENER

Materials:

1 small Mason jar with band
¼ cup baking soda
5–6 drops of your favorite essential oil
Piece of fabric

CLEANING SMALL TOYS

Young children tend to place small toys in their mouths and then share those toys with other children.

Here's a tip on how you can safely disinfect your child's toys:

2–3 tablespoons On Guard Cleaner Concentrate
(Item No. 38140001)
1 gallon of water

Instructions:

1. Combine water and On Guard Cleaner Concentrate in sink or pail. Add toys and let soak for 10 minutes.
2. Scrub with cleaning brush to remove dirt and grime. Rinse toys thoroughly with clean water. Dry with cloth or towel.

Natural Air Freshener Instructions:

1. Put ¼ cup baking soda into a small Mason jar. Add 5–6 drops of your favorite dōTERRA essential oil or blend.

Recommended dōTERRA essential oils:

Balance, Cassia, Geranium, Eucalyptus, Lavender, Lemon, On Guard, Purify, or Wild Orange.

2. Put fabric on top of Mason jar and seal tight with band.

Editor's Tip: Place air-freshener in closet, drawers, or window sill.

Getting Kids to Take ESSENTIAL OILS



PUMPKIN COOKIES

SUBMITTED BY
Colleen E. Garrigan, California

INGREDIENTS

- 1 cup canned pumpkin
- ½ cup non hydrogenated vegetable shortening
- ½ cup sugar
- ½ cup packed brown sugar
- 1 teaspoon pure vanilla extract
- 3 drops dōTERRA Cinnamon essential oil
- 2 drops dōTERRA Ginger essential oil
- 1 drop dōTERRA Clove Bud essential oil
- 1½ cups all-purpose flour
- ¼ cup oat flour
- 2 tablespoons cornstarch
- ½ teaspoon ground nutmeg
- ½ teaspoon baking powder
- ½ teaspoon salt
- Optional: 1 cup pumpkin seeds

TIP: Make your own oat flour by tossing oats in a food processor or blender.

“I make these cookies for every class. Everyone loves them and asks for the recipe!”

DIRECTIONS

1. Reduce pumpkin by placing in a saucepan over medium heat for 30–45 minutes. Stir often until pumpkin has reduced to ½ cup. Set aside to cool.
2. Cream together shortening and sugars until light and fluffy. Mix in cooled pumpkin, vanilla, and dōTERRA oils.
3. Sift remaining dry ingredients. Mix until combined.
4. Preheat oven to 350 degrees Fahrenheit. Line 2 baking sheets with parchment paper.
5. Roll rounded teaspoonfuls of dough into balls. Place onto baking sheets. Flatten tops with a spoon. Arrange a few pumpkin seeds in the center as garnish.
6. Bake 10–12 minutes. Let stand on cookie sheet for 2 minutes before removing to cool on wire racks.

ESSENTIAL OILS:

Cinnamon: Supports a healthy immune system

Ginger: Relieves occasional upset stomach

Clove Bud: Protects from environmental threats

Lavender-Blueberry-Banana-Coconut ICE CREAM SHAKE

SUBMITTED BY
Amanda Cespedes, Utah

INGREDIENTS

- 1 cup vanilla coconut milk ice cream
- ½ banana
- ¼ cup blueberries
- ½ teaspoon raw honey
- 2 cups full fat coconut milk
- Sprinkle of cinnamon
- 4–6 drops Lavender or Lemon essential oil

TIP: Freeze fruit for a thicker consistency. For low fat coconut milk, combine 1 cup water with 1 cup coconut milk

DIRECTIONS

1. Using a blender, blend all ingredients together until smooth.
2. Serve in tall glasses.

“I saw a recipe for lavender-blueberry-banana bread but didn’t want to wait an hour to taste all those wonderful flavors, so I made a shake!”





IQ MEGA FRENCH TOAST

Submitted by Mandi Felici, Virginia

INGREDIENTS

- 1 egg
- ¼ cup almond milk
- 1 teaspoon IQ Mega
- Sprinkle of cinnamon
- 4 slices whole wheat bread

DIRECTIONS:

Put all ingredients in a shallow bowl and mix well. Dunk each slice of bread on both sides and then cook in a skillet over medium heat.

“My three-year-old is addicted to French toast.

He eats it every morning for breakfast. I realized one day that it's the perfect way to give him his IQ Mega! It has a delicious orange flavor that goes great with cinnamon or a drizzle of maple syrup.”

CROCKPOT VEGAN PINTO BEANS

SUBMITTED BY
Dianna Renz, Wyoming

INGREDIENTS

- 2 cups dry pinto beans
- 4 tablespoons cumin
- 3 teaspoons paprika
- 2 tablespoons dried garlic flakes
- 1-2 tablespoons garlic
- 2 tablespoons taco seasoning
- 1 onion
- 2 tomatoes
- 1 bell pepper
- 4-6 cups water
- 2 tablespoons virgin coconut oil
- 2 cups organic apple cider vinegar
- 1-2 drops dōTERRA Cilantro essential oil
- 1-2 drops dōTERRA Lime essential oil

DIRECTIONS

1. Wash pinto beans and soak overnight in cold water. Drain and dump into slow cooker. Stir in cumin, paprika, dried garlic flakes, and taco seasoning.
2. Mince garlic and onions; stir into slow cooker.
3. Dice bell peppers and tomatoes; stir into slow cooker.
4. Stir in 4-6 cups water, virgin coconut oil, organic apple cider vinegar, and Cilantro essential oil. Water level should be 1-2 inches from top.
5. Cover slow cooker and cook on high until beans are very tender (about 5 hours).
6. Add dōTERRA Lime essential oil before serving.
7. For an extra treat, add shredded cheese and sour cream.

“My family LOVES using dōTERRA oils to support our overall health and wellness!”

ESSENTIAL OILS:

- Cilantro:** Assists in eliminating toxins
- Lime:** Builds and maintains the immune system and provides antioxidant support



GUY'S GUIDE

Tailgating with **Lemon** and **Lime**



HONEY LIME CHICKEN WINGS

Ingredients:

- Zest of 2 limes
- 1 lime, juiced
- 2–3 drops dōTERRA Lime essential oil
- ¼ cup honey
- 4 cloves of garlic; smashed, skins removed
- 2 tablespoons soy sauce
- ¼ teaspoon Tabasco sauce
- 4 pounds (about 24) chicken wings; washed and patted dry
- Coarse salt

Directions:

1. Combine lime zest, lime juice, dōTERRA Lime essential oil, honey, garlic, soy sauce, and Tabasco sauce in a large bowl. Add chicken wings and toss to combine. Cover with plastic wrap and refrigerate, stirring occasionally, for at least 3 and up to 8 hours.
2. Preheat oven to 450 degrees Fahrenheit. Line 2 baking sheets with aluminum foil, then place racks on baking sheets. Remove wings from marinade and place on racks, reserving marinade. Brush wings with marinade and sprinkle with salt. Bake 15 minutes. Remove from oven. Baste both sides with reserved marinade. Return to oven and roast until cooked through (20 to 25 minutes).

HAND CLEANSING GEL

Ingredients:

- 2 ounces filtered water
- 15 drops dōTERRA On Guard Protective Blend
- 10 drops dōTERRA Lemon essential oil

Directions:

1. Mix all ingredients together in glass spray bottle.

EASY BLENDER SALSA

Ingredients:

- 1 (14.5 ounce) can petite diced tomatoes
- ½ onion, diced
- ¼ bunch cilantro or 1–2 drops dōTERRA Cilantro essential oil (to taste)
- 4 ounces fresh or canned green chilies
- ½ jalapeño, or to taste
- 2–3 drops dōTERRA Lime essential oil

Directions:

1. Put first five ingredients in blender and blend just long enough to chop the ingredients until salsa is chunky.
2. Add dōTERRA Lime essential oil and salt and pepper to taste.

GRILL CLEANER

Ingredients:

- ¼ cup baking soda
- 2 tablespoons natural dish detergent (such as castile soap)
- 5 drops dōTERRA Lemon essential oil
- Distilled white vinegar

Directions:

1. Combine the first three ingredients and mix.
2. Add vinegar until mixture has an olive oil consistency.
3. Brush mixture onto metal grill and let sit for 15–30 minutes.
4. Use a damp scouring pad or grill brush to scrub surface clean.
5. Rinse with water.

DRINKS

Keep cool: Flavor your favorite beverage with dōTERRA Lemon or Lime essential oil to give your drink that perfect zing.



idea notebook

essential tips for better living

FLAVOR
TIP

Peppermint Hot Chocolate

Submitted by Lisa Chin, Massachusetts

Instructions

Give your hot chocolate a natural and refreshing mint flavor by adding a drop of dōTERRA Peppermint essential oil.



LAUNDRY
TIP

Liquid Laundry Detergent

Submitted by Valera Childers, California

Ingredients

- Water
- 1/3 bar Fels-Naptha soap
- 1/2 cup Borax
- 1/2 cup washing soda
- 30 drops Lemon, Lavender, or Purify essential oil

EDITOR'S TIP:

A low-sudsing soap like this works well in high-efficiency washers.

→ share your tip!

email editor@doterra.com with your favorite essential oil recipe, idea, or time saver.

Instructions

1. Grate soap into sauce pan. Add one quart water. Heat until soap melts. Add washing soda and Borax; stir until dissolved. Remove from heat.
2. Pour another quart of water into a bucket. Add soap mixture and stir.
3. Add 1 1/4 gallon of water and 30 drops of the essential oil of your choice. Stir well until evenly distributed throughout soap mixture.
4. Pour into containers, leaving room to shake before use. Let soap sit 24 hours before use. Use 1/2 cup per load.



HYGIENE
TIP

Homemade Deodorant

Submitted by Norma Mckittrick, Washington

Ingredients

- 6 tablespoons cornstarch
- 2 tablespoons baking soda
- 3 tablespoons virgin coconut oil
- 15 drops dōTERRA Lavender essential oil
- 15 drops dōTERRA Melaleuca essential oil
- 10 drops dōTERRA Lemongrass essential oil
- 10 drops dōTERRA Rosemary essential oil

TIPS:

In high temperatures, coconut oil will melt; in low temperatures, it will become hard. Store homemade deodorant at room temperature to maintain the perfect texture.

Instructions

1. In a small mixing bowl combine cornstarch, baking soda, and essential oils. Add one tablespoon of coconut oil at a time. Blend with back of spoon until paste forms.
2. Store in covered container in a cool place. Apply with fingertips.

For roll-on deodorant, try the dōTERRA Fractionated Coconut Oil in place of virgin coconut oil. Clean out an old roll-on container and reuse.



PRODUCT GUIDE

ESSENTIAL OIL SINGLES

The dōTERRA collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is 100 percent natural and 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.



BASIL ESSENTIAL OIL
Ocimum basilicum
Item No. 30010001
retail: \$26.67
15 mL



BERGAMOT ESSENTIAL OIL
Citrus bergamia
Item No. 30790001
retail: \$36.67
15 mL



BLACK PEPPER ESSENTIAL OIL
Piper nigrum
Item No. 41040001
retail: \$29.33
5 mL



CASSIA ESSENTIAL OIL
Cinnamomum cassia
Item No. 30020001
retail: \$25.33
15 mL



CILANTRO ESSENTIAL OIL
Coriandrum sativum
Item No. 41850001
retail: \$34.67
15 mL



CINNAMON ESSENTIAL OIL
Cinnamomum zeylanicum
Item No. 30030001
retail: \$28.00
5 mL



CLARY SAGE ESSENTIAL OIL
Salvia sclarea
Item No. 30420001
retail: \$48.67
15 mL



CLOVE BUD ESSENTIAL OIL
Eugenia caryophyllata
Item No. 30040001
retail: \$18.67
15 mL



CORIANDER ESSENTIAL OIL
Coriandrum sativum
Item No. 30780001
retail: \$34.67
15 mL



CYPRESS ESSENTIAL OIL
Cupressus sempervirens
Item No. 30050001
retail: \$20.67
15 mL



EUCALYPTUS ESSENTIAL OIL
Eucalyptus radiata
Item No. 30060001
retail: \$18.67
15 mL



FENNEL, SWEET ESSENTIAL OIL
Foeniculum vulgare
Item No. 41290001
retail: \$20.00
15 mL



FRANKINCENSE ESSENTIAL OIL
Boswellia frereana
Item No. 30070001
retail: \$93.00
15 mL



GERANIUM ESSENTIAL OIL
Pelargonium graveolens
Item No. 30090001
retail: \$36.00
15 mL



GINGER ESSENTIAL OIL
Zingiber officinale
Item No. 30080001
retail: \$38.67
15 mL



GRAPEFRUIT ESSENTIAL OIL
Citrus X paradisi
Item No. 30100001
retail: \$21.33
15 mL



HELICHRYSUM ESSENTIAL OIL
Helichrysum italicum
Item No. 30410001
retail: \$100.00
5 mL



LAVENDER ESSENTIAL OIL
Lavandula angustifolia
Item No. 30110001
retail: \$28.00
15 mL



LEMON ESSENTIAL OIL
Citrus limon
Item No. 30120001
retail: \$13.33
15 mL



LEMONGRASS ESSENTIAL OIL
Cymbopogon flexuosus
Item No. 30130001
retail: \$13.33
15 mL



LIME ESSENTIAL OIL
Citrus aurantifolia
Item No. 30870001
retail: \$17.33
15 mL



MARJORAM ESSENTIAL OIL
Origanum majorana
Item No. 30140001
retail: \$25.33
15 mL



MELALEUCA ESSENTIAL OIL
Melaleuca alternifolia
Item No. 30150001
retail: \$25.33
15 mL



MELISSA ESSENTIAL OIL
Melissa officinalis
Item No. 30850001
retail: \$153.33
5 mL



MYRRH ESSENTIAL OIL
Commiphora myrrha
Item No. 30160001
retail: \$69.33
15 mL



OREGANO ESSENTIAL OIL
Origanum vulgare
Item No. 30180001
retail: \$32.00
15 mL



PATCHOULI ESSENTIAL OIL
Pogostemon cablin
Item No. 30890001
retail: \$39.33
15 mL



PEPPERMINT ESSENTIAL OIL
Mentha piperita
Item No. 30190001
retail: \$27.33
15 mL



ROMAN CHAMOMILE ESSENTIAL OIL
Anthemis nobilis
Item No. 30800001
retail: \$44.00
5 mL



ROSEMARY ESSENTIAL OIL
Rosmarinus officinalis
Item No. 30200001
retail: \$18.67
15 mL



HAWAIIAN SANDALWOOD ESSENTIAL OIL
Santalum paniculatum
Item No. 41860001
retail: \$82.33
5 mL



SANDALWOOD ESSENTIAL OIL
Santalum album
Item No. 30210001
retail: \$82.33
5 mL



THYME ESSENTIAL OIL
Thymus vulgaris
Item No. 30220001
retail: \$36.67
15 mL



VETIVER ESSENTIAL OIL
Vetiveria zizanioides
Item No. 30430001
retail: \$46.00
15 mL



WHITE FIR ESSENTIAL OIL
Abies alba
Item No. 30250001
retail: \$26.67
15 mL



WILD ORANGE ESSENTIAL OIL
Citrus sinensis
Item No. 30170001
retail: \$14.00
15 mL



WINTERGREEN ESSENTIAL OIL
Gaultheria procumbens
Item No. 30230001
retail: \$21.33
15 mL



YLANG YLANG ESSENTIAL OIL
Cananga odorata
Item No. 30240001
retail: \$47.00
15 mL



PEPPERMINT BEADLET

More than a breath mint, dōTERRA Peppermint Beadlets can be used for oral care, respiratory health, digestive comfort, and all other situations in which Peppermint essential oil is used internally.*
Item No. 38150001 \$15.33 retail
125 beadlets



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

PROPRIETARY ESSENTIAL OIL BLENDS

dōTERRA's essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of 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.

 <p>AROMATOUCH® MASSAGE BLEND Item No. 31200001 retail: \$34.67 15 mL T N</p>	 <p>BALANCE GROUNDING BLEND Item No. 31010001 retail: \$26.67 15 mL A T N</p>	 <p>BREATHE RESPIRATORY BLEND Item No. 31070001 retail: \$26.67 15 mL A T S</p>	 <p>CITRUS BLISS INVIGORATING BLEND Item No. 31020001 retail: \$20.00 15 mL A T N</p>	 <p>CLEAR SKIN TOPICAL BLEND Item No. 37170001 retail: \$28.00 10 mL T N</p>
 <p>DEEP BLUE® SOOTHING BLEND Item No. 31380001 retail: \$85.33 10 mL T S</p>	 <p>DIGESTZEN® DIGESTIVE BLEND Item No. 31030001 retail: \$41.33 15 mL A T I N</p>	 <p>ELEVATION™ JOYFUL BLEND Item No. 31040001 retail: \$49.33 15 mL A T N</p>	 <p>IMMORTELE ANTI-AGING BLEND Item No. 37140001 retail: \$92.67 10 mL T N</p>	 <p>INTUNE™ FOCUS BLEND Item No. 41840001 retail: \$46.00 15 mL A T N</p>
 <p>ON GUARD® PROTECTIVE BLEND Item No. 31100001 retail: \$42.67 15 mL A T I S</p>	 <p>PASTTENSE® TENSION BLEND Item No. 31350001 retail: \$24.67 10 mL A T N</p>	 <p>PURIFY CLEANSING BLEND Item No. 31060001 retail: \$24.00 15 mL A T N</p>	 <p>SERENITY CALMING BLEND Item No. 31090001 retail: \$40.00 15 mL A T N</p>	 <p>SLIM & SASSY® METABOLIC BLEND Item No. 31370001 retail: \$32.67 15 mL A T I S</p>
 <p>CLARYCALM™ MONTHLY BLEND FOR WOMEN Item No. 35270001 retail: \$32.67 10 mL A T N</p>	 <p>TERRASHIELD® OUTDOOR BLEND Item No. 31190001 retail: \$12.67 15 mL A T N</p>	 <p>WHISPER™ BLEND FOR WOMEN Item No. 31080001 retail: \$32.00 5 mL A T N</p>	 <p>ZENDOCRINE® DETOXIFICATION BLEND Item No. 31460001 retail: \$32.67 15 mL A T I S</p>	

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)

ESSENTIAL USAGE

AROMATIC USE

AROMA-ACE™ DIFFUSER

The Aroma-Ace is a quick-change system that allows you to change your choice of essential oils at any time. Its easy-to-use timing provides flexibility and convenience and its output volume control allows you to choose the intensity of your aromatherapy experience. State-of-the-art diffusion technology effectively transports essential oils into a micro-fine vapor. These micro-particles permeate the air and may remain suspended for hours fully intact with all of their natural benefits. Includes a 15 ml bottle of dōTERRA's On Guard® Protective Blend.

Item No. 33030001
\$173.27 retail

LOTUS DIFFUSER

The Lotus diffuser uses a highly efficient real time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized along with water into minute ion particles and active oxygen ions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.

Item No. 33010001
\$119.93 retail

INTERNAL USE

VEGGIE CAPS

Vegetable-derived HPMC capsules allow you to customize your supplement regimen. Formulated to be free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products, these capsules are made of inert vegetable ingredients that allow easy absorption and do not interfere with digestion.

Item No. 34100001
\$5.33 retail
160 HPMC capsules

TOPICAL USE

HAND AND BODY LOTION

This fragrance free, light-weight lotion is perfect for hydrating the skin and is even more powerful when combined with an essential oil or blend of your choice. The way to silky, smooth skin lies in the perfect blend of antioxidants, botanicals, and important humectants. Extracts of cruciferous vegetables contribute to the formula's ability to help build the skin's natural protection and environmental defenses.

Item No. 36100001
\$19.33 retail 6.7 oz

3-PACK

Item No. 36110001
\$39.93 retail
(Three 6.7 oz tubes)

FRACTIONATED COCONUT OIL

dōTERRA Fractionated Coconut Oil is an all-natural carrier oil that readily absorbs into the skin making it an ideal oil for topical therapies. Its feather-light emollient effect provides a soothing barrier without clogging pores and is excellent for dry or troubled skin. It leaves skin feeling silky smooth, not greasy like other vegetable carrier oils. It is completely soluble with all essential oils and is colorless, odorless, and will not stain or go rancid.

T N

Item No. 30260001
\$16.00 retail
4 oz bottle



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PRODUCT GUIDE

SKIN CARE



FACIAL CLEANSER

With dōTERRA Facial Cleanser, CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca and Peppermint gently cleanse, lifting away impurities and leaving your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to inhibit skin irritation and reduce oxidative stress to skin cells.

Item No. 37010001 \$22.00 retail 4 oz / 120 mL

PORE REDUCING TONER

Formulated to visibly reduce the size of pores, dōTERRA Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade® essential oils of Lavender, Ylang Ylang, and German Chamomile which work with cutting-edge ingredients to calm sensitive skin, inhibit skin irritation, and reduce oxidative stress to skin cells.

Item No. 37020001 \$23.33 retail 4 oz / 120 mL

IMMORTELLE ANTI-AGING BLEND

dōTERRA's proprietary blend of powerfully renewing, rare essential oils, used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin while helping to reduce inflammation—a major contributor to the aging process. Supporting skin health at the cellular level, this essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose, helps sustain smoother, more radiant and youthful-looking skin.



Item No. 37140001 \$92.67 retail 10 mL roll-on

TIGHTENING SERUM

Featuring CPTG® essential oils of Frankincense, Sandalwood, and Myrrh in generous proportion, dōTERRA Essential Skin Care Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Tightening Serum tightens and smoothes skin naturally, providing both significant short-term and long-term tightening benefits, as well as increasing skin clarity for firmer, younger-looking skin.

Item No. 37040001 \$66.00 retail 1 oz / 30 mL

HYDRATING CREAM

The intensive moisture your skin has been waiting for, dōTERRA Hydrating Cream is packed with emollient-rich ingredients and effective anti-aging combatants for smooth and luxuriously-hydrated skin. Its creamy formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to assist regeneration of mature skin, as well as helping to reduce the visible signs of aging due to both natural and environmental causes. dōTERRA Hydrating Cream aids in strengthening the dermis and restoring balance to the skin for a more youthful and glowing appearance. Perfect for use day or night.

Item No. 37160001 \$46.00 retail 1.7 oz / 50 mL

ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG® essential oils of Lavender, Jasmine, Geranium, and Frankincense to provide an Anti-Aging Moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging—improving skin elasticity and tone, reducing the appearance and number of wrinkles as well as helping to prevent the future signs of mechanical aging.

Item No. 37030001 \$46.00 retail 1.7 oz / 50 mL

INVIGORATING SCRUB

Invigorate and energize skin while exfoliating and polishing using this aromatic scrub. CPTG® essential oils of Grapefruit and Peppermint make the exfoliating step of your beauty regimen a refreshing, aromatic experience. Jojoba and cruciferous vegetable extracts leave skin protected and smooth, while other cutting-edge ingredients work to prevent irritation and the proliferation of skin discoloration.

Item No. 37050001 \$24.00 retail 2.5 oz / 75 mL

CLEAR SKIN FOAMING FACE WASH

Designed to thoroughly cleanse the skin of impurities without stripping natural moisture, dōTERRA Clear Skin Foaming Face Wash is scientifically formulated to create a harmonious balance for beautifully clear skin. This gentle cleanser gives skin a spa-like treatment with light foaming action and a fresh scent. A powerful yet gentle, combination of CPTG Certified Pure Therapeutic Grade® essential oils, blended with other key ingredients, is a perfect solution for problem skin of all ages.

Item No. 3718 0001 \$21.00 retail 1.7 oz / 50 mL

CLEAR SKIN TOPICAL BLEND

With a unique blend of essential oils including Rosewood, Melaleuca, *Eucalyptus globulus*, Geranium, and Lemongrass, along with black cumin seed oil, dōTERRA's Clear Skin topical blend creates a healthy environment for the skin. Beneficial properties include controlling overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation. It's the answer to troubled skin.

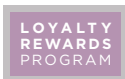


Item No. 37170001 \$28.00 retail 10 mL roll-on

CLEAR SKIN SET

The perfect pair of Clear Skin products together at a great price.

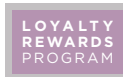
Item No. 37190001 \$40.00 retail **SAVE \$9.00 RETAIL**



SKIN CARE SYSTEM WITH ANTI-AGING MOISTURIZER ON LOYALTY REWARDS PROGRAM

Add the Skin Care System with Anti-Aging Moisturizer to your monthly Loyalty Rewards Program and receive a FREE Invigorating Scrub with every system purchased through the Loyalty Rewards Program!

Item No. 37060001 \$146.67 retail **SAVE \$34.66 RETAIL**



SKIN CARE SYSTEM WITH HYDRATING CREAM ON LOYALTY REWARDS PROGRAM

Add the Skin Care System with Hydrating Cream to your monthly Loyalty Rewards Program and receive a FREE Invigorating Scrub with every system purchased through the Loyalty Rewards Program!

Item No. 37240001 \$146.67 retail **SAVE \$34.66 RETAIL**

HAIR CARE

SALON ESSENTIALS PROTECTING SHAMPOO

dōTERRA Salon Essentials Protecting Shampoo is a professional formula with an invigorating complex of CPTG® essential oils, gentle cleansers, and botanical extracts that provide antioxidant protection against UV damage, which can cause fading in color-treated hair. A unique combination of plant extracts and essential oils of Wild Orange and Lime provide gentle lathering and a cleansing boost to remove impurities collected on the hair and scalp. Light moisturizers leave hair salon soft and touchable.

Item No. 36220001 \$26.00 retail 8.34 fl oz / 250 mL

SALON ESSENTIALS SMOOTHING CONDITIONER

dōTERRA Salon Essentials Smoothing Conditioner is a professional formula of conditioning emollients, botanical extracts, and natural proteins that leave hair luminous and healthy. It also includes a proprietary blend of CPTG® essential oils specifically selected to stimulate the scalp and bring hair to life. Other natural ingredients seal and protect hair cuticles against water penetration to the hair shaft. Key ingredients smooth hair and provide an anti-static effect that keeps hair shafts aligned during styling for a smooth, finished look.

Item No. 36230001 \$30.67 retail 8.34 fl oz / 250 mL

SALON ESSENTIALS HEALTHY HOLD GLAZE

dōTERRA Salon Essentials Healthy Hold Glaze provides all-in-one benefits of a flexible hold styling aid while it protects and nourishes, fortifying hair for optimal health and shine. Hair is not only thermally protected, but also benefits from protein-rich nanoparticles that work to promote improved moisture and softness. A light hold offers perfect support for beautifully styled hair.

Item No. 36270001 \$24.00 retail 4 fl oz / 120 mL

SALON ESSENTIALS ROOT TO TIP SERUM

dōTERRA Salon Essentials Root to Tip Serum is a professional formula infused with carefully chosen CPTG® essential oils of Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus. Providing a healthy environment for scalp and maximizing the strength and shine of hair, this serum is powerful and lightweight for extended protection and hydration without weighing hair down or leaving an oily residue.

Item No. 36210001 \$46.67 retail 1 fl oz

SALON ESSENTIALS HAIR CARE SYSTEM

Salon Essential Hair Care System is the perfect way to experience the amazing benefits of all four dōTERRA hair care products and save. 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!

Item No. 36280001 \$103.33 retail



PROTECTING SHAMPOO 2-PACK

Item No. 36240001 \$32.67 retail

SMOOTHING CONDITIONER 2-PACK SHAMPOO AND CONDITIONER

Item No. 36250001 \$38.67 retail

Item No. 36260001 \$37.33 retail

SPA

HAND AND BODY LOTION

This fragrance free, light-weight lotion is perfect for hydrating the skin and is even more powerful when combined with an essential oil or blend of your choice. The way to silky, smooth skin lies in the perfect blend of antioxidants, botanicals, and important humectants. Extracts of cruciferous vegetables contribute to the formula's ability to help build the skin's natural protection and environmental defenses.

Item No. 36100001 \$19.33 retail
6.7 oz / 200 mL

3-PACK

Item No. 36110001 \$39.93 retail
Three 6.7 oz / 200 mL tubes

CITRUS BLISS INVIGORATING BATH BAR

Infused with CPTG® essential oils to create a blissful cleansing experience, this is a great bar for every member of the family. Natural oatmeal provides gentle exfoliation to leave skin feeling soft and smooth.

Item No. 36130001 \$9.32 retail
4 oz / 113 g

LIP BALM WITH PEPPERMINT & WILD ORANGE

Nourish and hydrate your lips with dōTERRA Peppermint and Wild Orange lip balm. This protecting formula provides exceptional staying power yet does not leave an unpleasant waxy feel. dōTERRA has combined the uplifting CPTG® essential oils of Peppermint and Wild Orange for an invigorating and mood enhancing experience. A rich combination of moisturizing agents such as shea and mango seed butters help to restore moisture and elasticity, leaving lips rejuvenated and refreshed.

Item No. 36190001 \$6.33 retail .15 oz

SERENITY CALMING BATH BAR

All the benefits of dōTERRA's CPTG® Serenity essential oil blend are found in this naturally scented bar, designed to provide a serene cleansing experience. Natural conditioning elements from coconut and safflower oils plus shea butter help provide a non-drying, calming bathing experience.

Item No. 36140001 \$9.32 retail
4 oz / 113 g

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 not only softens the skin and emits a beautiful aroma, but also benefits the life of someone in need. The full purchase price of \$20 will be donated to the dōTERRA Healing Hands Foundation to assist people throughout the world. Your heart and skin will be softened.

Item No. 36170001 \$20.00 retail
3.3 oz / 100 mL

CITRUS BLISS HAND LOTION **new!**

Citrus Bliss Hand Lotion is conveniently packaged for an on-the-go aromatic experience as it softens and hydrates skin with a perfect blend of antioxidants, botanicals, and important humectants and enlivens the senses with the delightful aroma of Citrus Bliss Invigorating Blend.

Item No. 36200001 \$8.67 retail
2.5 oz / 75 mL



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PRODUCT GUIDE

ON GUARD® PRODUCTS

ON GUARD® FOAMING HAND WASH

Hand-washing is an important health precaution—and placing On Guard Foaming Hand Wash Dispensers at every sink around the home and office provide those in your home and workplace with On Guard protection throughout the day. On Guard Foaming Hand Wash is conveniently packaged in a 16-oz. refill bottle that fills 8-oz foaming dispensers, saving the earth's resources and your money.

On Guard® Foaming Hand Wash with 2 dispensers

Item No. 38070001 \$30.00 retail 16 oz Hand Wash, 2 dispensers

Single Refill

Item No. 38010001 \$24.67 retail 16 oz Hand Wash

Twin Pack Refill

Item No. 38020001 \$44.67 retail Two bottles 16 oz Hand Wash

ON GUARD® top seller PROTECTIVE BLEND

On Guard is dōTERRA's unique, proprietary blend formulated to support healthy immune function.* A combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils offer a fragrant, natural, and effective alternative to synthetic options for immune support. On Guard, with its unique aroma, is one of our most versatile blends. It is also safe to use on countertops, as a non-toxic way to clean surfaces, or to clear the atmosphere by diffusing.



Item No. 31100001 \$42.67 retail 15 mL bottle

ON GUARD® NATURAL WHITENING TOOTHPASTE

dōTERRA's fluoride-free toothpaste provides the protective benefits of therapeutic-grade On Guard essential oils while also reducing plaque and whitening teeth with gentle polishing agents. On Guard's unique cinnamon-mint flavor, with xylitol, also leaves breath (and your toothbrush) fresh and clean.

Item No. 38910001 \$11.33 retail
4.2 oz / 113g

ON GUARD® PROTECTING THROAT DROPS

Don't let the winter season catch you off guard! dōTERRA On Guard Protecting Throat Drops provide a convenient way to benefit from On Guard's immune supporting properties. With all-natural organic cane juice and organic brown rice syrup, these drops help support fixed and mobile immune function* and help calm and soothe dry, scratchy throats.

Item No. 34050001 \$19.33 retail 30 Drops

ON GUARD® CLEANER CONCENTRATE

On Guard Cleaner Concentrate is designed to be the ideal natural cleaner. It is fortified with dōTERRA's proprietary On Guard Protective Blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® essential oils. This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odors. It is safe for your family as well as the environment. The multi-purpose capabilities of On Guard Cleaner Concentrate make it perfect to expertly clean hard surfaces in the kitchen, bathroom, or any room leaving behind a clean and invigorating scent.

Item No. 38140001 \$19.33 retail
12 oz / 355 mL

ON GUARD® BEADLET **new!**

On Guard Beadlets are an easy and convenient way to obtain the immune-boosting benefits of On Guard Essential Oil Blend. On Guard Beadlets provide a flavorful dose of dōTERRA's proprietary blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary, all contained in tiny vegetable beadlets that melt in the mouth quickly to freshen breath and support the immune system. On Guard Beadlets are perfect for home use, while traveling, and to boost your family's immunity—anytime, anywhere.

Item No. 35410001 \$20.00 retail
125 beadlets per container



DEEP BLUE®



DEEP BLUE® top seller
SOOTHING BLEND

The synergistic blend of CPTG® essential oils Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus work together providing instant relief for occasional tired, sore, and worn-down muscles. Just two or three drops of this cooling therapeutic blend of oils, applied neat directly on the area of discomfort, will revolutionize your daily workout and restore confidence in weary joints and muscles.*



Item No. 31050001 \$42.67 retail 5 mL bottle

Item No. 31380001 \$85.33 retail 10 mL roll on

DEEP BLUE® RUB

dōTERRA Deep Blue Rub is a rich, topical cream infused with Deep Blue Soothing Blend of CPTG Certified Pure Therapeutic Grade® essential oils that provides targeted comfort to occasional tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 mL of dōTERRA's top-selling Deep Blue essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft not greasy, and is the choice of massage therapists and sports practitioners for applying dōTERRA Deep Blue essential oil blend.*

Item No. 38900001 \$39.00 retail 4 oz / 120 mL

DEEP BLUE® RUB SAMPLES new!

Receive the targeted comfort of dōTERRA's Deep Blue Rub in a convenient carton containing 10-2 mL packettes. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.

Item No. 38950001 \$39.00 retail
10/2mL packets

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LOYALTY REWARDS PROGRAM

LIFELONG VITALITY PACK
Includes Alpha CRS+, xEO Mega, and Microplex VMz.
Item No. 34210001 \$93.33 retail
SAVE \$92.00 WHEN PURCHASING ALL THREE



ALPHA CRS+®
CELLULAR VITALITY COMPLEX
dōTERRA's Alpha CRS+ is a proprietary formula combining a cellular longevity blend of botanical extracts including boswellic acid, silymarin, curcumin, bromelain enzyme, carotenoids, and powerful polyphenols including resveratrol, ellagic acid, baicalin and proanthocyanidins from grape seeds with a cellular energy blend of quercetin, coenzyme Q10, alpha-lipoic acid, acetyl-L-carnitine, and ginkgo extract. The ingredients in Alpha CRS+ have been shown to support healthy cell proliferation and lifespan, mitochondrial energy production and to support healthy cellular inflammatory response.* Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz as a comprehensive dietary supplement program for a lifetime of vitality and wellness.

Item No. 34180001 \$92.67 retail
120 vegetable capsules



LOYALTY REWARDS PROGRAM

LIFELONG VITALITY VEGAN PACK
Includes Alpha CRS+, xEO Mega, and Microplex VMz.
Item No. 34260001 \$106.00 retail
SAVE \$92.00 WHEN PURCHASING ALL THREE



xEO MEGA®
ESSENTIAL OIL OMEGA COMPLEX
dōTERRA xEO Mega is a revolutionary formula blending CPTG Certified Pure Therapeutic Grade® essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile with natural plant-sourced essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids delivering 340 mg EPA and 240 mg DHA per daily serving. Essential fatty acids support healthy cardiovascular, immune, joint, and brain health among other health benefits. xEO Mega also includes a unique form of the carotenoid astaxanthin cultivated in microalgae using pure water and sunlight, natural vitamin E providing additional antioxidant protection, and natural vitamin D. The lipids and essential oils in xEO Mega are presented in a nanosomal lipid assimilation system that supports nutrient absorption in the intestinal tract.

Item No. 34190001 \$52.67 retail
120 liquid capsules



MICROPLEX VMz®
FOOD NUTRIENT COMPLEX

dōTERRA's Microplex VMz is an all-natural, whole-food formula of bioavailable vitamins and minerals that are often deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food-derived minerals, calcium, magnesium and zinc and organic trace minerals for optimal bone and metabolic health. Microplex VMz also includes whole-food blend and an enzyme delivery system to optimize nutrient absorption. The dōTERRA Tummy Tamer blend of Peppermint, Ginger and Caraway seed helps to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using vegetable capsules, does not contain wheat or dairy products, and does not include any animal products or synthetic ingredients.

Item No. 34200001 \$46.00 retail 120 vegetable capsules



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MITO2MAX™
ENERGY & STAMINA COMPLEX

dōTERRA's Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors of cellular energy. Mito2Max supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy, long-term alternative to caffeinated drinks and supplements for increased energy and vitality.*

Item No. 35310001 \$39.33 retail 120 vegetable capsules



DDR PRIME SOFTGELS™
ESSENTIAL OIL CELLULAR COMPLEX

dōTERRA DDR Prime is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils conveniently encapsulated in softgels to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.*

Item No. 41740001 \$73.33 retail 60 softgels

DDR PRIME™
ESSENTIAL OIL CELLULAR COMPLEX

dōTERRA DDR Prime is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils formulated to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.*

Item No. 41510001 \$73.33 retail 30 mL bottle

vEO MEGA®
ESSENTIAL OIL OMEGA COMPLEX

dōTERRA vEO Mega is a revolutionary 100 percent vegan formula blending CPTG Certified Pure Therapeutic Grade® essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway and German Chamomile with natural, plant-sourced essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils delivering 380 mg ALA and 100 mg DHA per daily serving. Essential fatty acids support healthy cardiovascular, immune, joint, and brain health among other health benefits. vEO Mega also includes a unique form of the carotenoid astaxanthin cultivated in microalgae using pure water and sunlight, natural vitamin E providing additional antioxidant protection, natural vitamin D. The lipids and essential oils in vEO Mega are presented in a nanosomal lipid assimilation system that supports nutrient absorption in the intestinal tract.*

Item No. 34260001 \$66.00 retail 30 mL bottle



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

PRODUCT GUIDE

CHILDREN'S SUPPLEMENTS

a2z CHEWABLE

dōTERRA's a2z Chewable is a proprietary formula of ingredients developed with children and adults who have difficulty swallowing capsules, in mind. Combining a blend of B vitamins with a blend of vitamins A, C, E, and botanical extracts, a2z Chewables supports healthy cell development and longevity when taken daily. a2z Chewable is formulated to be used with dōTERRA IQ Mega™ as a comprehensive dietary supplement that supports healthy immunity as well as antioxidant protection.*

Item No. 35330001

\$26.00 retail 60 chewables

IQ MEGA™

dōTERRA IQ Mega takes the fishy taste out of fish oil then adds the fresh orange flavor of dōTERRA Wild Orange CPTG® essential oil. This great tasting and easy to swallow omega supplement provides 1,000 mg of concentrated, pure fish oil per serving. IQ Mega contains essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune, and joint function.* IQ Mega is formulated to be used daily with A2Z Chewable.

Item No. 35320001

\$46.00 retail 5 fl oz / 150 mL



DIGESTIVE HEALTH



TERRAZYME® top seller DIGESTIVE ENZYME COMPLEX

dōTERRA TerraZyme Digestive Enzyme Complex is a proprietary blend of active whole-food enzymes and supporting mineral cofactors that are often deficient in cooked, processed, and preservative-laden foods. TerraZyme's powerful combination of digestive enzymes supports the body's constant production of enzymes critical for healthy biochemical functions throughout the body, including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber.*

Item No. 35110001

\$50.00 retail 90 vegetable capsules



ZENDOCRINE® DETOXIFICATION COMPLEX

The body's filtering and waste management system is quite capable of managing a certain amount of exposure to toxic influencers. But in a modern world of environmental pollutions and harmful chemicals, the body's filtering system can be significantly challenged. dōTERRA Zendocrine Detoxification Complex is a proprietary blend of 14 active whole-food extracts in a patented enzyme delivery system that supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.*

Item No. 35120001

\$32.67 retail 60 vegetable capsules



DIGESTZEN® top seller DIGESTIVE BLEND

Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. DigestZen takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise each have specific attributes which add to the overall efficacy of this potent blend. When used internally, dōTERRA® DigestZen brings soothing digestive relief.*



Item No. 31030001

\$41.33 retail 15 mL bottle

ZENDOCRINE® DETOXIFICATION BLEND

dōTERRA's Zendocrine essential oil blend is a proprietary blend of therapeutic-grade essential oils of Clove, Grapefruit, Rosemary, and Geranium that have been studied for support of healthy liver function. This blend is formulated to be used individually or in combination with the Zendocrine Detoxification Complex.*



Item No. 31460001

\$32.67 retail 15 mL bottle

PB ASSIST+® PROBIOTIC DEFENSE FORMULA

The latest addition to the dōTERRA DigestZen® digestive support category, PB Assist+ is a proprietary formula of prebiotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 5 billion CFUs of active probiotic cultures and soluble prebiotic FOS (fructo-oligosaccharides) that encourages culture adhesion and growth. The time-release double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

Item No. 35160001

\$46.00 retail

30 double-layer vegetable capsules



GX ASSIST® GI CLEANSING FORMULA

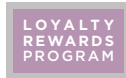
GX Assist is a combination of CPTG Certified Pure Therapeutic Grade® essential oils of Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme and caprylic acid that helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula.

Item No. 35040001

\$34.67 retail 60 softgels



WOMEN'S HEALTH



WOMEN'S HEALTH KIT

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

Item No. 3525 \$92.67 retail **SAVE \$16.00 RETAIL**

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. Phytoestrogen Lifetime Complex include a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes a concentrated extract of flax seed lignans to help manage potentially harmful metabolites that are produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.*

Item No. 35260001 \$52.67 retail
60 capsules



BONE NUTRIENT LIFETIME COMPLEX™

Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health, including vitamins C and D, calcium, magnesium, and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.

Item No. 35240001 \$23.33 retail
120 capsules



CLARYCALM™ MONTHLY BLEND FOR WOMEN

dōTERRA Women ClaryCalm is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause.* ClaryCalm is a topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex that provides temporary respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.



Item No. 35270001 \$32.67 retail
10 ml roll-on

SLIM & SASSY®

SLIM & SASSY TRIM KIT

Four 15 ml bottles Slim & Sassy essential oil blend and two TrimShake canisters. **SAVE \$36.02 RETAIL**

Item No. 35280001 \$200.00 retail 2 Chocolate

Item No. 35290001 \$200.00 retail 2 Vanilla

Item No. 40770001 \$200.00 retail 1 Van., 1 Choc.

SLIM & SASSY top seller METABOLIC BLEND

dōTERRA Slim & Sassy is a proprietary formula of Grapefruit, Lemon, Peppermint, Ginger and Cinnamon essential oils. Just add 8 drops to 16 oz. of water and drink between your healthy meals throughout the day to help manage hunger, calm your stomach, and lift your mood.* Slim & Sassy is 100 percent pure essential oils, does not contain diuretics or stimulants, and has zero calories.



Item No. 31370001 \$32.67 retail
15 mL bottle

SLIM & SASSY TRIMSHAKE™

new formula!

Slim & Sassy TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal* with only 145 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient Essentra®Trim that has been demonstrated to help with managing weight. TrimShake now includes an additional appetite suppressant ingredient Solathin®.* TrimShake now blends even better with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative† with 16 grams of protein and 5 grams of fiber per serving in a 20 serving canister.

Item No. 35200001 \$52.67 retail
Chocolate

Item No. 35180001 \$52.67 retail
Vanilla

* Meal replacement based on the addition of 75 or more additional calories (almond, rice, or skim milk, etc.) to the 145 calories of one serving of Slim & Sassy TrimShake for a caloric meal total of 200 calories or more



dōTERRA®

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www.doterra.com

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On Guard Foaming Hand Wash cleans and softens hands with the invigorating blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary to leave your hands smelling fresh.

Stimulating Scent. Soft Skin.
Perfect Protection.

To Order, Use Item No. 38070001
U.S. \$24.67 Retail

dōTERRA®

 Certified Pure Therapeutic Grade®

