

Classroom Makeover

PAGE 24

Fall Recipe CHALLENGE

WITH CHEF DARIN AND ESSENTIAL OILS

PAGE 32

Daily Routine with Jodi Naylor

FROM AUSTRALIA

PAGE 14



EVERY BODY NEEDS SUPPORT

MEETING YOUR BASIC NUTRITIONAL NEEDS



ALPHA CRS+

Cellular Vitality Complex



xEO Mega

Essential Oil Omega Complex



MICRO Plex VMz

Food Nutrient Complex

THE POWER OF THE PACK

- Increases longevity and lifespan
- Enhances cellular energy and metabolism
- Provides powerful DNA protection
- Supports your immune system
- Builds a network of antioxidant defense
- Boosts bone and joint health
- Supports cardiovascular health
- Improves digestive health
- Supplements brain and cognitive health



Lifelong Vitality Pack

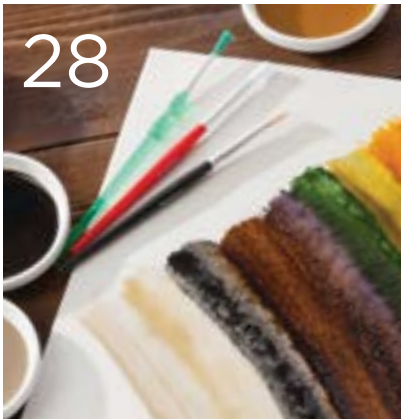
34210001 | 30 day supply

Lifelong Vitality Vegan Pack

34250001 | 30 day supply

“Most people in the US don't get enough vitamins and minerals in their daily diet. In fact, less than 5% follow all the USDA's Dietary Guidelines.”

—University of Rochester Medical Center



5

IN THIS ISSUE

features

- 12 **dōTERRA ESSENTIAL OIL SOURCING**
There's more to it than you think.
- 14 **IN THE LIFE OF JODI NAYLOR**
A dōTERRA daily routine from the Land Down Under.
- 21 **ōMAZEing Race**
Can you find your way through the maze without getting lost?
- 26 **CAN ESSENTIAL OILS IMPROVE CLASSROOM BEHAVIOR?**
Science fair project by a third grader leads to an incredible discovery.
- 30 **dōTERRA IN HOME AND MEDICAL PRACTICE SETTINGS**
Learn how an Endodontist incorporates essential oils in his life and practice.

departments

- 4 **Ask Dr. Hill**
- 5 **Essential Oil Spotlight—Clove**
- 6 **Slim & Sassy—**An incredible success story from Andrew Marshall, the latest Slim & Sassy grand prize winner
- 10 **Nutrition Corner:** How to make a D-lightful summer into a healthy fall
- 18 **dōTERRA Healing Hands Foundation:** Making a difference in Bolivia
- 20 **Essential Oil Spotlight—**PastTense Tension Blend
- 22 **Essential Science:** Protecting our immune system
- 24 **Classroom Makeover**
- 28 **Blog Spotlight:** Therapeutic Earth Paint
- 32 **Essential Recipes:** Take on a recipe challenge with Chef Darin and fall essential oils
- 36 **Guy's Guide:** Travel Essentials
- 37 **Idea Notebook:** Handy tips and tricks you will love
- 38 **dōTERRA Product Guide:** Quick shopping reference for all products



dōTERRA PRODUCT GUIDE, see pages 38–51
A quick shopping reference for all products



ask Dr. Hill

DR. DAVID K. HILL, CHIEF MEDICAL OFFICER

An industry expert on wellness and essential oils, Dr. Hill is the chairman of the dōTERRA Scientific Advisory Board.

Is it safe to use essential oils during a pregnancy?

A great benefit of essential oils is that they are safe and effective throughout every phase of life, including pregnancy. Due to the mild, non-irritating nature of many essential oils, they can be used confidently during this time. An important consideration throughout pregnancy is supporting healthy function of the entire body. Frankincense supports cellular function and, in turn, improves overall health. I have found Ginger, Peppermint, Lavender, and citrus oils can aid in the relief of pregnancy-related issues such as nausea, emotional imbalance, and other common discomforts. It's also important to remember that during pregnancy many women are especially sensitive. Adapting quantity, application methods, or dilution ratios may be necessary to accommodate these heightened sensitivities.

How do I determine the appropriate dose of an essential oil?

For many, the value of essential oils is understood and validated through personal use. It may not be a question of which oil to use, but rather, determining how and how much to use. The three primary methods of use include aromatic, topical, and internal application, all of which have documented benefit. Individual preference and experience will help you select the most appropriate application method to meet your personal

needs. Although models of use may vary, I have found that consistency of application to be the most effective. I recommend using essential oils in smaller amounts and more frequently throughout the day rather than sporadically in large amounts. Consistency of use will help provide a sustained effect that allows for maximized benefit.

What is the difference between the Zendocrine oil and the Zendocrine supplement?

The body's natural detoxification organs are an essential element of health—specifically the liver, colon, kidneys, and skin. Both the Zendocrine Detoxification Complex and essential oil blend should be used in conjunction to provide a balanced, comprehensive system of organ support. The Zendocrine supplement includes a blend of whole-food nutrition specifically targeted for each of the major cleansing organs. The Zendocrine essential oil blend contains Tangerine, Juniper Berry, Cilantro, Geranium, and Rosemary essential oils. Together, these oils help reduce oxidative stress, support proper cleansing, and stimulate detoxification activity. Although the products can be used individually, we recommend using them together as part of a comprehensive program of support. I recommend using two capsules daily, one with each the morning and evening meals. The Zendocrine softgels make for convenient internal use of the essential oil blend or it can be applied topically to the abdomen or on the bottoms of the feet.

The Dr. Recommends



Item # 31010001



Item # 30080001



Item # 30190001



Item # 30110001



Item # 30100001

For Pregnancy



Item # 34280001



Item # 35120001



Item # 31460001

For Natural Body Cleanse

CLOVE

Plant Part: Bud

Extraction Method: Steam distillation

The benefits and uses of clove date back to ancient China and India, as well as other parts of the world. Clove essential oil comes from the unopened flower buds of the evergreen tree. It is also one of the key ingredients found in the On Guard Protective Blend due to its powerful antioxidant and immune-enhancing properties. Clove bud contains a significant amount of eugenol, an active chemical component that gives the essential oil its energizing fragrance and a variety of therapeutic benefits.

Clove essential oil blends well with Wild Orange, Frankincense, Roman Chamomile, Cassia, Cedarwood, Ginger, Fennel, or Cinnamon essential oils.

HOW TO USE

- Aromatic** | Diffuse three to four drops alone or with other essential oils.
Mix with water in a spray bottle and use to wipe down surfaces.
Inhale directly from the bottle or the palms of the hands.
- Internal** | Add one drop to your favorite recipe.
Dilute one drop in 4 fl. oz. of liquid.
Take in a veggie capsule to boost immunity.
- Topical** | Put a few drops on a cotton ball or a Q-tip and apply directly on gums or teeth to soothe discomfort.
Combine with dōTERRA Fractionated Coconut Oil and massage the bottom of feet or desired area.
Put 2-4 drops in a quarter glass of water and use as a mouthwash, or add to toothpaste.



DID YOU KNOW?

The name clove derives from the Latin word *clavus* which means “nail.” Cloves no doubt earned the name because the buds resemble small nails or tacks. In the third century BC, a Chinese leader in the Han Dynasty required those who addressed him to chew cloves to freshen their breath.

2014 SLIM & SASSY GRAND PRIZE WINNER

ANDREW MARSHALL

After many years of struggling with obesity, Andrew lost over 67 lbs. and 21 percent of his total body mass! He took control of his lifestyle and changed almost every aspect of his wellness in three short months.



"I am no longer the person I once was."

DECISION TO CHANGE

Having worked in the medical field, I have seen the terrible complications that can arise from poor life choices. Although many health conditions can't be avoided, everything I was dealing with was a direct result of my poor health habits. It got to the point that my health interfered with my personal obligations as well as my academic pursuits. I was unable to enjoy all the activities that I used to do for fun. I began to experience multiple health problems ranging from excessively high blood pressure to pre-diabetic symptoms. I no longer had the energy to keep up with my kids and found myself telling them "no" more often

than "yes" when they asked me to play or do something active. That's not the kind of father I wanted to be. Having passively tried and failed to make healthy changes and lose weight in the past, I was fearful of my future. I knew massive changes must be made and this time my whole heart and soul had to be in it.

FINDING MOTIVATION

I realized it was important to find motivation anywhere I could. My initial motivation came from realizing the state of my health. As I began to make changes, I found motivation in thinking of my future with my children. I found motivation in my increased energy and well-

being. I found motivation in my changing physique. I found motivation in my ability to concentrate and focus and make progress in my long-term endeavors. I found motivation in my ability to be active for an entire day and still feel good at the end. Most importantly, I found motivation through the improved relationships with my loved ones and the experiences and memories I am now able to enjoy. I found motivation in developing a close, personal support system.

For too long, I have experienced a downward spiral with my wellness. Now, I am experiencing something much more powerful—the success cycle of positive action. One small, positive change makes the next goal easier while reinforcing the last healthy habit. This became my foundation for motivation and supported my purpose, which was to achieve a level of wellness that would allow me to experience life to its fullest and achieve my dreams. My lifelong goal is to attend medical school and, as part of my work, be the catalyst for helping others make lifestyle changes as well. Without first taking care of myself, I wouldn't physically be able to handle the pressure and demands of the academic process. I also wouldn't have the perspective to help others make those changes.

EMBRACING THE CHANGE

I have significantly changed almost every aspect of my wellness in three short months. I sleep better, have more energy, and participate in more physical activity than I have in years. I've noticed that even though I do have cravings for food I shouldn't eat, I am in control now. By cutting my refined sugar level down to a very minimal amount, I have noticed massive changes in my ability to heal, fight off illness, and maintain healthy blood sugar levels. I have begun hiking and enjoying the outdoors, areas I have not been able to go in several years. This has helped me reconnect with a part of me that has felt lost

before



after



doTERRA REGIMEN

Slim & Sassy Metabolic Blend (Item No. 31370001)

Lifelong Vitality Pack (Item No. 34210001)

DigestZen Digestive Blend (Item No. 31030001)

Zendocrine Detoxification Blend (Item No. 31460001)

"Each meal every day consists of a good, healthy protein; vegetables; and a healthy carbohydrate such as whole wheat bread or brown rice. This has been the pattern for my diet since the beginning of this competition."

for some time. I have more energy to enjoy time with my kids, and I have the motivation to go the extra mile and plan more meaningful activities with them. I'm developing self confidence that I have not enjoyed for ages. I find that I just feel better in every aspect of my life.

To state it simply, I have more vitality in every facet of my life. I have struggled with obesity for the better part of a decade now. This is the first time in almost nine years that I feel I have the power to take control and put my health in order. I have lost 67 pounds to date, but this is not the end! My end goal is to reach a weight of 180 lbs. While I have made amazing headway in a short amount of time, I still have a lot of work to do. The thing that surprises me the most is that I thought it would be so difficult throughout the entire journey. What I didn't expect was how enjoyable the process would be. It's like waking up every few days with a better body than I had the day before. Never in my life has my hard work paid off in a way that gave me such satisfaction.

FROM PERSONAL EXPERIENCE

Be patient! Don't expect to see results in the first day of your changes. In the past, I have given up because I didn't see changes in a 48-hour period. Long-term changes require long-term commitment. If you make healthy changes in your diet and exercise, you will see results.

Make time for wellness. If you do not have enough time in your day to cook a healthy meal or get an appropriate

amount of exercise in a week, then I beg you to reconsider your lifestyle. Eliminate the unimportant, time-consuming activities that get in the way of living each day to the fullest. Make time to ponder and consider your wellness. Don't be so rushed that you force yourself into a position that you limit your options when it comes to food (yes, that means avoid fast food!). And most importantly, make time to have fun while being healthy. No matter what level of fitness you are at, there are ways to have fun while being active. Search out those things and enrich your life with them.

Remember that this is all about long-term wellness, not a short-term competition. Starving your body or feeding it a drastic diet to see quick results will only hurt you in the long run. Begin by developing healthy eating habits that you can sustain for the rest of your life. Keeping your body's cells well fed with the proper nutrition is essential in the weight loss process.

Don't let the tiny setbacks outweigh your overall progress. I weighed myself every morning during the competition. My weight would sometimes fluctuate 5 pounds up or down within 24 hours. At first, I was mortified on the days the scale would tell me that I had gained several pounds. But as I stuck to my goals and followed the program I made for myself, I learned that this is perfectly normal. In the end, I stopped worrying about the day-to-day fluctuations and was amazed at the progress I saw in the long run.



STEPS TO SUCCESS

- 1. NEVER GO A SINGLE DAY WITHOUT NOURISHING YOUR BODY WITH LOTS OF HEALTHY, NUTRITIOUS FOOD.** No matter how hard you work out, you will not lose weight with a poor diet.
- 2. CREATE A WORKOUT ROUTINE WHERE YOU CAN TRACK PROGRESS.** Watch your improvements from week to week. It's motivating! There are many great free apps for tracking fitness on your phone.
- 3. MAKE SURE YOUR WORKOUT ROUTINE INCLUDES DECENT AMOUNTS OF WEIGHT/STRENGTH TRAINING.** Building muscle burns calories, tearing muscle down and repairing it burns even more. Not to mention it looks good, which increases your confidence and makes you want to work harder.
- 4. EAT A LOW GLYCEMIC DIET.** Foods with high sugar content (that includes starchy foods like potatoes) raise insulin levels that aid in the storage of fat and can cause cravings when the excess of insulin causes low blood sugar. This creates a cycle of high and low blood sugar that can lead to bingeing. Balancing my sugar intake has been one of the most important changes I've made.
- 5. CREATE A SUPPORT SYSTEM.** Find friends that will keep you accountable to your goals. In the beginning, the majority of my success came from letting my friends push me. Even now it is always more enjoyable to work out and be active with friends.
- 6. MEDITATION IS A VERY POWERFUL TOOL IN THE WEIGHT LOSS PROCESS.** It is the link between our conscious goals and getting our body to respond through our subconscious. There are many good hypnosis recordings out there. I prefer one that has you create an image in your mind of what you want your future body to look like.
- 7. IDENTIFY REASONS THAT MAY BE KEEPING YOU FROM LOSING WEIGHT.** Emotional obesity is a real thing. Problems from the past you may not be aware of and that haven't been addressed could be keeping you from weight loss success. "The Gabriel Method" does an excellent job identifying and exploring what some of these issues might be.
- 8. SLEEP.** If you aren't sleeping well or enough, you are crippling your body's ability to recover and perform at its best. Make it a priority to get a good night's rest every day. For me, lack of sleep equals lack of will power.
- 9. LOVE YOUR BODY.** Love everything about it and don't be ashamed of it for any reason. I found that respecting my body and not feeling ashamed of it allowed me to work more freely and to get healthier. When I stopped worrying about how I looked and just enjoyed my body and the progress it was making, I found myself working harder and trying new things at the gym that I was previously too self-conscious to do.

Don't let your food weigh you down.



Supports healthy digestion and metabolism of enzyme-deficient, processed foods

Speeds conversion of food nutrients to cellular energy

Promotes gastrointestinal comfort and food tolerance

Includes a variety of whole-food enzymes that help with the digestion of proteins, fats, complex carbohydrates, sugars, and fiber

TerraZyme
Digestive Enzyme Complex

35110001 | 90 vegetable capsule



the Sunshine VITAMIN

How to make a D-lightful summer into a healthy winter!

As a University professor, I taught Nutritional Biochemistry for many years. During that time, I learned that certain nutrients—such as vitamin D—can be hard to get enough of, even with a well-rounded, healthy diet. In fact, before joining dōTERRA and taking the Lifelong Vitality Pack, I would tell my students that if they only took one supplement, it should be vitamin D.

Vitamin D is also known as the “sunshine vitamin” for the fact that your body produces it when your skin is directly exposed to sunlight. Your liver makes cholesterol that circulates to your skin, allowing UV light from the sun to convert the cholesterol into vitamin D. It is especially interesting that you can’t get a toxic dose of vitamin D, no matter how long you are in the sun. If too many UV rays hit the vitamin D in your skin, it gets converted into another compound that your body excretes, leaving you with a perfect amount!

Vitamin D is also added to orange juice and breakfast cereals, and can be found naturally occurring in fish and eggs. Between the sun and mentioned food sources, you would think most people get enough vitamin D in their systems; however, this is often not the

case. Worldwide, an estimated one billion people have inadequate levels of vitamin D in their blood, and deficiencies can be found in all ethnicities and age groups.

Vitamin D was added to milk in the 1930s to help with rickets, a deforming bone disease in children that was particularly prevalent in the northern latitudes. In the winter, people who live at higher latitudes (typically about 40°) can’t make much vitamin D from the sun.

Additionally, thick winter clothing makes it impossible for the little available

sunlight to reach the skin. During the Industrial Revolution, rickets was prevalent in cities where tall buildings and air pollution blocked the sunlight needed for vitamin D production in the body. It was thought that bone-building properties in fortified milk would solve the population’s vitamin D deficiencies, but it was only a partial solution to the problem. Getting vitamin D through natural sunlight is important to the body in many other ways.

Worldwide, an estimated **one billion** people have inadequate levels of vitamin D in their blood, and deficiencies can be found in all ethnicities and age groups.

What are the benefits of vitamin D?

Recent research has found that additional vitamin D may be good for autoimmune diseases, supporting healthy blood pressure, and protect against different types of illnesses. And, as you would expect, it also helps to strengthen bones.

Typically, the amount of vitamin D needed to have an effect on any condition is higher than the RDA (Recommended Dietary Allowances). The most recent Institute of Medicine recommendations for vitamin D were increased from 400 IU to 600 IU per day for adults in response to new scientific studies that found additional benefits were gained with higher levels. Many felt that the recommendations didn't go high enough based on the evidence.

Can't I get enough vitamin D from the sun?

Many factors affect sun exposure, including skin pigmentation, clothing, and sunscreen. Light-skinned individuals need about 5-10 minutes of sun exposure at least three times a week between 11 am and 2 pm in spring, summer, and fall. The goal is to get adequate sun exposure without getting burnt. Unfortunately, many people have a hard time meeting their sunshine needs. On the bright side, if you do get the necessary exposure, your body should be able to store enough for use during the winter months to prevent rickets in children or osteomalacia in adults. So, the more vitamin D you can get during the warmer months, the less likely you are to experience vitamin D deficiency in the winter. Remember, your body can't overproduce vitamin D from sun exposure.

Benefits of Vitamin D

- Contributes to overall health & wellness
- Provides calcium balance in the body
- Supports a healthy immune system
- Helps build strong bones
- Maintains cognitive function

What about fortified foods?

Let's say you eat primarily vegetarian, and your only source of vitamin D was soy milk. On average, you would only get 100 IU of vitamin D a day if you simply consumed a cup of soy milk with your cereal in the morning. You could get additional vitamin D by drinking fortified orange juice and eating fortified cereal, but you would still be far below the minimum of 600 IU. Even if you added salmon and two eggs once a week, you would still average only about 200 IU per day.

What about my children?

The American Academy of Pediatrics currently suggests that all infants, children, and adolescents receive 400 IU of supplemental vitamin D daily. Kids usually fare better than adults thanks to outside play, assuming they live in a place where sun exposure is easily obtained. However, children certainly spend far more time indoors today than in past generations. Children may need a supplement just like their parents to meet optimal needs.

Dr. Parker recommends:



Lifelong Vitality Pack:
provides 1600 IU of vitamin D per day, which agrees with organizations that recommend higher levels.



Bone Nutrient Lifetime Complex:
contains 810 IU of vitamin D for women.

a2z Chewables:
provides 400 IU per day of vitamin D for your children.



Dr. Parker holds a PhD in Nutritional Science from the University of Illinois at Urbana-Champaign. Dr. Parker has extensive experience in food processing, food chemistry, biochemistry, physiology, and human nutrition.

He has worked both in the supplement industry and in academia, making him uniquely positioned to understand product development, research, and the physiology and chemistry behind nutrition.

Dr. Parker has a contagious passion for teaching people about the connection between nutrition and living a long life free from the early onset of degenerative conditions associated with poor lifestyle choices.

Where Do Our Essen

dōTERRA sources essential oils from plants grown in ideal conditions where soil, climate, and temperature contribute to the plant's aromatic and health-beneficial qualities. dōTERRA partners with a global network of artisans who have both experience and passion in growing the finest plants for producing the quality essential oils that you deserve.



PEPPERMINT

Peppermint grown in the Northwestern region of the US contains high natural levels of menthol.



HELICHRYSUM

The plant has to grow for 3-7 years before the essential oil can be collected. After 7 years the plant must be completely replanted and start the whole process over.



UNITED STATES OF AMERICA



dōTERRA HEADQUARTERS
Pleasant Grove, Utah
www.doterra.com



WILD ORANGE



VETIVER

A large truck packed with vetiver produces about six gallons of essential oil.



CORSICA



MARJORAM

HUNGARY

GUATEMALA

DOMINICAN REPUBLIC

HAITI



CARDAMOM

Several hundred thousand families cultivate cardamom in Guatemala, which makes it the biggest producer of seed and essential oil in the world.



BRAZIL



LIME



Essential Oils Come From?



JUNIPER BERRY

Essential oil comes from the actual berry.






BULGARIA
CRETE

SANDALWOOD



LEMONGRASS

It takes about 5-7 days to harvest a 100 acre lemongrass plantation which is located 5 miles up the mountain and can only be reached by foot. The farmers make the 10-mile roundtrip several times a day while carrying harvested lemongrass bulks on their heads downhill.

Scan the QR code to watch the video.

CYPRESS



INDIA
SRI LANKA

FRANKINCENSE

The harvested resin is hand sorted and separated by grade (color, size, and clarity). This particular job provides employment opportunities for many women in the area.




SOMALIA

GINGER



PATCHOULI



INDONESIA

MELALEUCA



AUSTRALIA

MADAGASCAR

YLANG YLANG







Daily Routine:

In the Life of Jodi Naylor, Australia

Jodi and her husband, Mark, began using dōTERRA products in search of more natural solutions for their family's health and wellness care. They started using essential oils around their home and implementing new health habits, including taking daily supplements, switching to natural skin care, making their own cleaning and personal care products, and diffusing essential oils.

I have fully embraced integrating essential oils into our lifestyle. Being an experienced homeopathic user, I have really enjoyed the user-friendly nature of the oils. Available resources and educational materials make it accessible for any of us to enrich our lives with the use of essential oils. Not only have we been able to naturally and effectively cope with common health complaints, we have also been able to offer solutions to our family and friends who can genuinely feel our loving intent while experiencing fabulous results.

Meet Jodi:

- Wife
- Mother
- Friend
- Holistic Health Coach
- AromaTouch Technique Practitioner
- dōTERRA Wellness Advocate

DAILY ROUTINE

Elevation was one of the first oils I fell in love with. I wore it as a fragrance without really acknowledging its power. I would go through the day thinking, "What a lovely day I've had!" Then, a day would pass by when I might feel a bit blue and think, "What's different about today?" I would realize that I wasn't wearing Elevation. When I wear Elevation, I feel positive and even-keeled throughout the day. It truly is sunshine in a bottle!

Mark and I love implementing daily health habits with dōTERRA essential oils and products—the vegan Lifelong Vitality, Balance Grounding Blend in the morning, Serenity Calming Blend at night, Phytoestrogen, Mito2Max, Terrazyme, PB Assist,

and the new Slim & Sassy Softgels. Our children enjoy taking the children's supplements too. I pretty much use them all! Friends who know me call me "jōTERRA."

I was already accustomed to taking supplements when I began pre-conception care prior to the birth of our daughter. At the time, I believed I was taking the best quality supplements available. After a while, I decided to give the dōTERRA Lifelong Vitality Pack a try. I was blown away by the difference. Within three days, my skin felt smoother and I was experiencing more energy. I have also noticed that everyone in our house is in a much better mood, and that alone is a real gift!

I've always been a light sleeper, so I started applying Serenity to the bottoms of my feet, and now I am able to sleep soundly through the night.

I also put a few drops of On Guard Protecting Blend on the bottoms of our children's feet every night to help strengthen their immune system. Most of the time I mix up my own roller bottles, or recycle used bottles with On Guard, Serenity or Balance, and Fractionated Coconut Oil. That way the bottles can sit next to the bed for daily use.

I am always incorporating dōTERRA essential oils in our meals, smoothies, sauces, and warm drinks. My most regularly used oil is Lemon in a green shake each day—it really brings it to life!

BLUEBERRY GREEN SMOOTHIE WITH LEMON ESSENTIAL OIL

INGREDIENTS

- 1 frozen and chopped banana
- 1 cup frozen blueberries
- 6 ounces fresh spinach/silverbeet/kale
- 1-2 celery stalks
- ½ cup parsley
- 1 cup coconut water
- 1 teaspoon flaxseed oil (optional)
- 4-6 drops Lemon essential oil (or to taste)

DIRECTIONS

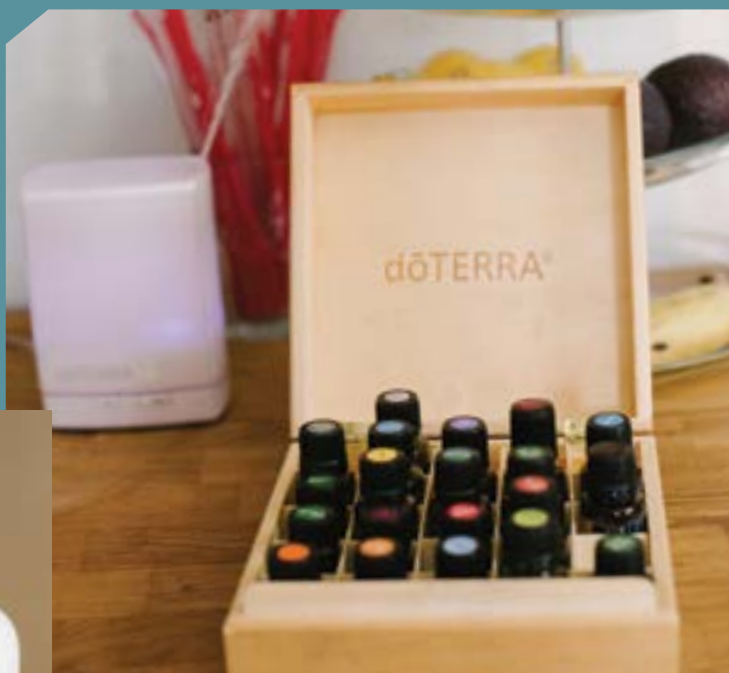
1. Combine frozen banana and blueberries in blender.
2. Add greens and process again.
3. Add the coconut water and oils; process again until smooth.





I love the effectiveness and simplicity of the dōTERRA skin and hair care products. I am so happy with the smells, texture, and results—even more so than with any other product I have tried. People tell me I smell lovely when I wear the hydrating cream.

I am always diffusing essential oils, usually citrus oils, Lemongrass, or On Guard. I am a closet diffuser collector and love bringing beautiful therapeutic smells into our lives!



I also make my own cleaning products using Lemon, On Guard, and Purify due to their natural cleansing properties. The dōTERRA blog is a wealth of information and inspiration. The On Guard laundry liquid is brilliant because it does the job and is friendly to the environment.

I feel my life and the lives of those we share with are always better off because of the oils—and that is such a gift!



More than your average drop

Soothing Action with
Immune-Supporting Function



On Guard Protecting Throat Drops

Defense strategy for every season

34050001 | 30 drops



dōTERRA  Healing Hands

MAKING A DIFFERENCE IN BOLIVIA, **ONE HAND AT A TIME**



“We witnessed the humble circumstances and served alongside the hard-working people of Jalsuri, Bolivia, to provide greater medical access for people in desperate need. It was incredible to feel an instant connection with the people we served.”

-dōTERRA employee



In May 2014, 16 dōTERRA Wellness Advocates and nine dōTERRA Corporate staff members embarked on the second dōTERRA Healing Hands Service Expedition. In partnership with CHOICE Humanitarian, the group traveled to La Paz, Bolivia, and then continued on to a small rural community on the Bolivian Altiplano called Jalsuri. The purpose of the expedition was to work alongside Jalsuri community members to construct an expansion of their rural health clinic and to train rural health workers about the application and use of essential oils.

The four-room expansion of the Jalsuri rural health clinic will now allow the clinic to receive an additional doctor and other health-care workers as well as resources provided through a government program. With this

expansion, the Jalsuri clinic can now serve as a “hub clinic” to 13 additional communities, serving over 5,000 people. The group was also able to complete a small greenhouse connected to the clinic where they will be able to grow vegetables and other medicinal herbs for treatment, as well as help with heating the clinic’s birthing center.

dōTERRA Wellness Advocates and dōTERRA staff members also held a training in Viacha on the basic application and use of essential oils with over 60 local health-care workers from seven different rural clinics representing approximately 82,000 people. The Healing Hands Foundation donated the oils to the participating clinics at the training and, following the expedition, delivered additional sets of essential oils to replenish these supplies for over a year. Healing Hands also was able to deliver physician diagnostic kits with important, basic instruments which will be kept and used at the Jalsuri clinic.

The group also had many opportunities for intercultural exchange with the community members. They worked alongside each other while building the clinic, as well as shared other activities including friendship bracelets, a soccer game, traditional dancing, milking cows, and home visits to “shadow” a family for a typical morning in Jalsuri. 🌍



PastTense

Whether you are at home, work, or school, PastTense can help ease tension caused by today's fast-paced lifestyle and stress. The perfect synergy of nine powerful essential oils creates cooling, calming, and soothing effects on both your mind and body, even during the most hectic times.

WHAT'S INSIDE?

COOL

Wintergreen
Peppermint
Basil

SOOTHE

Cilantro
Marjoram
Rosemary

CALM

Lavender
Chamomile
Frankincense

HOW TO USE?

Apply topically to neck, shoulders, wrists, temples, feet, or any other desired areas.

**Dilute with dōTERRA Fractionated Coconut Oil to reduce any skin sensitivity*

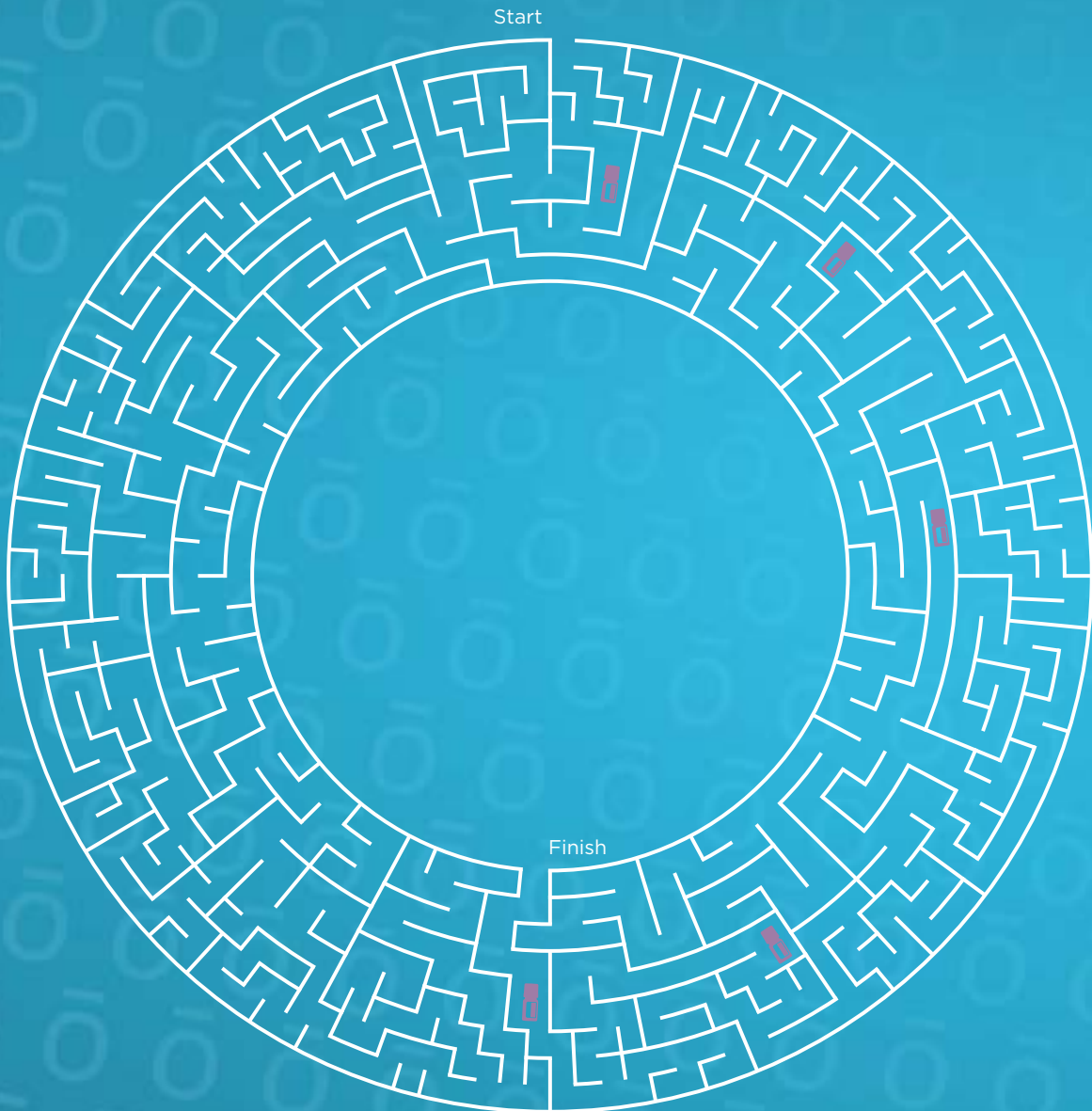


BENEFITS

- Eases tension in the head, neck, and shoulders
- Helps reduce stress and anxiety
- Calms nerves in high-stress situations

OMAZING RACE

Find the path through the maze and collect essential oils along the way. Good Luck!





Protecting Our
IMMUNE
SYSTEM

**Dr. David K. Hill, Chief Medical Officer and Chairman
of the Scientific Advisory Board**

Our immune system is an especially important part of overall health. When the immune system is compromised, the risk of getting sick increases significantly.



It is especially important to be mindful of our immune system during transitional times of the year, for instance, the beginning of a new school year when exposure to germs increases. Many lifestyle factors can also weaken our immune system, including stress, lack of sleep, exposure to toxicity, and poor nutrition. Managing each of these areas and adopting a model of consistency that actively supports the immune system is an excellent way to maintain health throughout the year.

Although the physiologic functioning of the immune system is complex, it can be broken down into two main parts—fixed and mobile immunity. Fixed immunity serves as the body's first line of defense against potential threats by preventing harmful elements from ever entering circulation. This type of immunity is composed of the various protective barriers that exist between the delicate internal environment of the body and the outside environment, (for example, the lungs, gastrointestinal tract, and skin). We also have mobile immunity that is activated if the body does become infected. Specialized immune cells quickly congregate at the site of infection to initiate the healing process. The combined work of both aspects of immunity is critical for staying healthy.

Take proactive measures to enhance the body's ability to protect itself.

Supporting our immune system can be easily achieved. We should focus on simple approaches that are easy to implement and easy to share with others. Among the greatest benefits of essential oils is that they are simple to apply and offer consistent benefits. Here are steps that can be used to support both fixed and mobile immunity and, in turn, maximize the health of your family during colder months.

Build Healthy Intestinal Flora

The gastrointestinal (GI) system plays a key role in fixed immunity. If health of the GI tract is compromised, so is the immune system. A probiotic supplement such as dōTERRA PB Assist+ is an excellent way to populate the GI tract with beneficial microflora, thus enhancing immunity.

It's important to use a probiotic supplement that bypasses the strong acidic environment of the stomach and releases the bacteria into the intestines where it will have the most substantial effect. Using innovative encapsulation technology, PB Assist+ delivers a combination of live bacteria strains and a fructo-oligosaccharide prebiotic directly into the intestines, helping to populate the GI tract with helpful microflora while also optimizing colony adhesion and growth. This product is best used daily, but is especially important during periods when the immune system is vulnerable.

Diffuse Essential Oils Regularly

Harmful organisms can be readily transmitted by coughing, sneezing, and nose blowing. Did you know that a single sneeze can transmit up to one hundred thousand contagious particles into the air? In turn, these airborne specks can be transmitted to others or land on open surfaces. Scientific study demonstrates that diffusion of essential oils can purify and cleanse the air, providing added protection when the seasonal threats are high. I recommend diffusing essential oils every day. Lemon and On Guard Protective Blend contain powerful cleansing properties that purify the air we breathe, delivering positive effects on the immune system.

Use Essential Oils to Clean Surfaces

Frequently touched surfaces such as door knobs, keyboards, cell phones, and grocery carts can be more harmful during certain times of the year. Cleaning these surfaces often is an important part of minimizing exposure to harmful particles. The On Guard cleaning products are a highly effective way to clean surfaces while preventing exposure to toxins. I also suggest using Lemon, Grapefruit, Wild Orange, Purify Cleansing Blend, or the On Guard Protective Blend.

Our immunity is limited to its own ability to function properly. It is important to both minimize exposure to elements that may harm our immune system and to take proactive, consistent measures to enhance the body's ability to protect itself. By developing a daily routine and integrating these tips into a model of consistency, we can easily and effectively keep our families healthy throughout all seasons of the year.

References:

Inouya S, Uchida K, Yamaguchi H. In-vitro and in-vivo anti-Trichophyton activity of essential oils by vapour. *Mycoses*. 2001;44:99-107.

Inouye S, Takizawa T, Yamaguchi H. Antibacterial activity of essential oils and their major constituents against respiratory tract pathogens by gaseous contact. *Journal of Antimicrobial Chemotherapy*. 2001;47:565-573.

Classroom Makeover

Essential Oils for Teachers & Students

Create a classroom environment that promotes positive behavior, improves focus, and delivers academic success whether at home or in a traditional classroom.

Keep a bottle of **Melaleuca essential oil** and a jar of Band-Aids nearby in case of a paper cut or other unexpected surprises that may occur (especially during recess).

Every teacher could use **PastTense** to relieve tension associated with the demanding nature of teaching.

InTune Focus Blend

Drop a little InTune on a clay pendant and place on a desk or in other key areas in the classroom. Alternatively, apply it to wrists or the back of hands and inhale deeply to promote focus and clarity during “foggy” times.



Hand Cleanser

Ingredients

- 5-10 drops Lavender
- 30 drops Melaleuca
- 1 tablespoon witch hazel extract
- 8 ounces aloe vera gel
- ¼ teaspoon vitamin E oil

Directions

1. Add essential oils and vitamin E oil to small glass bowl and swirl to mix.
2. Add witch hazel to oils and swirl again.
3. Add this mixture to aloe vera gel and mix well.
4. Shake gently before each use.



Upcycle and Reuse

Reuse dōTERRA supplement caps and empty bottles to make fun hall passes, art projects, and other useful materials. Be creative!

Empty essential oil bottles make great personal size paint containers. Use empty Lifelong Vitality bottles to store paint brushes, pencils, and other supplies.

See page 28 for homemade earth paint with essential oils!



Keep your Room Clean and Fresh

Use On Guard Cleaner Concentrate or essential oils with cleansing properties in a spray bottle to wipe down desks, chairs, and other surfaces around the classroom. Lemon essential oil works great for removing gum, glue, and crayon.



Aromatherapy Stress Relievers

- Take a pool noodle and cut it into approximately 1-inch pieces
- Add 2-3 drops of essential oils
- Hand out a piece with essential oils aroma based on the need of each student

a2z

A daily chewable vitamin treat, a2z includes vitamins, minerals, and a super food blend that helps support the nutritional health of a growing child.

IQ Mega-The Ultimate Brain Booster

Great tasting and easy-to-swallow, this omega 3 supplement provides 1,000 mg of pure fish oil per serving and delivers the ultimate brain-boosting support that every child needs.

Freshen your breath and open your airways with a **Peppermint Beadlet** before teaching each class.



Diffusing Essential Oils in a Classroom

Wake up a Sleepy Class

- Grapefruit
- Lemon
- Wild Orange
- Lime
- Citrus Bliss
- Peppermint

Increase Focus and Concentration before and during the test

- InTune Focus Blend
- Rosemary
- Frankincense
- Peppermint
- Wild Orange

A Little Help to Calm Down

- Serenity
- Vetiver
- Lavender
- Bergamot
- Balance
- Citrus Bliss
- Roman Chamomile

Improve Behavior

- Elevation
- Balance
- Wild Orange
- Lime
- Ylang Ylang
- Grapefruit

CAN ESSENTIAL OILS **IMPROVE** CLASSROOM BEHAVIOR?



CAN ESSENTIAL OILS IMPROVE CLASSROOM BEHAVIOR?

FALLON HENDERSON attends third grade at Dent Elementary in Escalon, California. She is also one of the youngest dōTERRA enthusiasts. Because dōTERRA has been a big part of her life at home, Fallon developed her own passion for essential oils and a desire to share them with her friends and classmates. Recently, Fallon conducted a successful science project where she performed a study on dōTERRA essential oils in her classroom.

The purpose of her experiment was to prove whether certain essential oils can improve focus, test scores, and overall classroom behavior. Before she could bring her project to life, Fallon had to receive an official approval from the students' parents, the district school board, and the county board. The research delivered incredible results and landed Fallon a first place ribbon.

METHOD

Before introducing essential oils to her class of approximately 20 students and one teacher, Fallon gave each person a short survey to establish a base for the result comparison for the following three weeks of her study. At the beginning of week one, she placed the Aroma Lite Diffuser in the classroom where it was kept in the same location during the course of the study, only changing the essential oils. During the first week, Fallon diffused Peppermint with Wild Orange daily; during the second week: Rosemary with Peppermint; and the third week, Citrus Bliss Blend—which was everyone's favorite. To keep track of the results, students completed the same survey at the end of each week. Fallon's teacher helped her with averaging class math test scores and survey results. Let's take a look at what they discovered.



Fallon Henderson, science project award winner

RESULTS

Over the course of the study, most of the class felt less tired, seemed more alert, and students had an easier time remembering answers and paying attention during lessons. The class average for the math test jumped from 83.5 percent to 93.1 percent by the end of the second week. **“My study shows that diffusing essential oils improves our class behavior. We were able to remember our answers and stay focused throughout the day.”** Fallon is very excited for next year's science fair. She is planning on doing another experiment with dōTERRA essential oils!

1. Increased focus and alertness
2. Improved overall mood
3. Math test score improved by 10 percent

Essential Oils Diffused in the Study:

PEPPERMINT
re-energizing



WILD ORANGE
improves mood



ROSEMARY
helps reduce fatigue; improves focus and concentration



dōTERRA

BLOG SPOTLIGHT

EARTH PAINT: NATURAL, VIBRANT,
THERAPEUTIC, AND SAFE.

► Inspired by our ancient ancestors, earth paint is made from herbs and comes in all of your favorite colors. Add essential oils to each color and let your creativity bloom naturally. The options are endless and so is the fun!

"...using natural ingredients that allow for real creativity without the use of any dangerous VOCs and petroleum products...We have choices. We just need to know what they are."

-dōTERRA Wellness Advocate





- Beet Root Powder: Red (*Cinnamon*)
- Turmeric Powder: Orange (*Wild Orange*)
- Ground Mustard Seed: Light Yellow (*Lemon*)
- Skullcap Herb: Light Green (*Lime*)
- Spirulina: Dark Green (*Peppermint*)
- Bilberry Fruit: Purple (*Lavender*)
- Black Walnut: Gray (*Balance*)
- Activated Charcoal Powder: Black (*Fennel*)
- Arrowroot: White (*Purify*)

WHAT YOU NEED:

- 2 tablespoons ground herb
- 2 tablespoons vegetable glycerin
- 1 teaspoon bentonite clay
- 3 drops essential oil

Note: You could also use an egg white or water instead of vegetable glycerin. However, if you use water or an egg white, the shelf life is only a day. The shelf life with vegetable glycerin is six months.

DIRECTIONS:

1. Combine powdered herb, clay, and vegetable glycerin in a small bowl; mix well.
2. Add essential oil and stir.
3. Store in airtight container.

Tip: You can use empty baby food containers, or essential oil bottles to store paint.



Arrowroot:
White (*Purify*)

Skullcap Herb:
Light Green (*Lime*)

Beet Root Powder:
Red (*Cinnamon*)

Black Walnut:
Gray (*Balance*)

Tips and Tricks: Dip your paintbrush in water for a lighter color and quicker dry time. Using paint without water will deliver vibrant results; however, it may take a while to dry.

Integrating dōTERRA into Home and Medical Practice Settings

Dr. David Steuer, DMD, MS, MMsC

Patients often ask their health-care providers how they can improve their health. Sadly, much of this advice comes after the person is already sick or feeling less than healthy. As compared with repair methods, which are normally linear in their cause and effect approach, the vast power of preventive medicine is its ability to be significantly broader in effect. This means that just one preventative change can affect many outcomes. Prevention is, by nature, much more powerful and thus medically sound. As our lives change and choices become habits, our future is altered. Poor habits clearly have more potential to decrease positive cellular activity, and so the opposite is also true. We must focus our energy on powerful and productive health habits. It is the culmination of daily choices that will create the sum total of our health-care outcomes; do we chose to repair or prevent?

When parents or health-care providers spend a disproportionate amount of time on repair and restore options rather than prevent and promote, we tend to find less healthy people and homes. In order to place an emphasis on preventing and promoting, health, office and home protocols need to be in place. The following tips may be useful in practice and within families to promote healthier lifestyles:



TIP 1

Eat fat, but especially the right fat

Our bodies rely on food to provide nutrients that we cannot generate on our own—essential fatty acids for example. Our vascular and nervous systems rely on these fatty acids to function properly, and when the level of essential fatty acids is reduced, our body's functions also decline. Ingestion of Omega-3 fatty acids (DHA and EPA) has been shown to reduce triglycerides and greatly improve our vascular and neurological health. Sadly, most people are always on the go and tend to rely on fast, pre-prepared foods that are loaded with the wrong fat, Omega-6. Excessive consumption of this fat has been linked to an increase in pro-inflammatory activity, meaning it may increase risk for heart disease and vessel inflammation. To be healthier, we must consume the appropriate daily amount of essential fatty acids. ***The LifeLong Vitality pack contains what we need.***





“An intra-oral regimen of Cinnamon and On Guard is not only good for our breath, but also can improve the overall health of your gums and teeth. Brush your teeth every day with On Guard toothpaste. Then, place one drop of Cinnamon oil on your toothbrush and scrub your tongue. Everyone, especially those you may kiss, will be most thankful!”

Dr. David Steuer is a Harvard trained Endodontist, founder and managing partner of Steuer Management, LLC, and Luminescent Capital Partners, LLC. Dr. Steuer is actively involved in researching new ways to incorporate essential oils into his practice.



TIP
2

Find time
to relax and reduce stress

In my practice, we diffuse **Wild Orange**, **Grapefruit**, and other calming citrus oils to modify the negative emotional response associated with the traditional aseptic smell of many medical facilities. Calming is not just a state of mind, but rather a complete physiologic response. The individual who is nervous and distraught will almost always have elevated blood pressure, pulse, and breathing as well as sweaty or clammy skin. These factors contribute to not only an unpleasant work environment for the staff, but to a poor patient experience as well. By doing nothing more than diffusing citrus essential oils, we can watch these physiologic conditions change before our eyes—it is nothing short of amazing.

While we see this occurring in our patients, we can also assume it will do the same in our homes. Diffusing oils creates an environment conducive to study, clear thinking, and restful sleep.

Essential oils recommended for relaxation.



TIP
3

Clean
with essential oils

Within all families, there are many factors that can jeopardize a healthy immune system. The cleansing properties of many essential oils—such as **On Guard**, **Lemon**, **Wild Orange**, and **Purify**—will reduce if not completely eliminate most harmful elements that can weaken your body’s natural defense mechanisms. Many studies have shown that essential oils are effective on contacted surfaces, in the air, and even in wet solutions. Mixing a concentration of On Guard in spray bottles can be an excellent cleaning solution that can help purify contacted surfaces. The oils can also be diffused in areas such as the waiting room, conference rooms, and front desk areas.

As a father and health-care provider, my decisions are based on both scientific and practical knowledge, which allows for the introduction of natural solutions into the health-care needs of my family and my patients. By simply adding a daily regimen of high quality supplementation and utilizing essential oils, we can enhance wellness, change moods, and reduce toxic load.

Essential oils recommended for cleaning.



ESSENTIAL COOKING CHALLENGE

— with Chef Darin Sehnert



Chef & Owner "Chef Darin's Kitchen Table"
Hands-On Cooking School
Cooking Teacher/Recipe Developer

Chef Darin Sehnert has been working in commercial kitchens since the age of 14. Chef Darin obtained a Bachelor of Science degree in hotel and restaurant management from California State Polytechnic University, Pomona. He continued his culinary studies at Johnson & Wales University in Providence, Rhode Island, graduating with honors. Chef Darin has appeared or been featured in many media outlets, including the Food Network, Martha Stewart Living Radio, HGTV, and the Disney Cruise Line.

In December 2013, Darin opened his own hands-on cooking school: "Chef Darin's Kitchen Table." If you're ever in Savannah, Georgia, stop by and get a lesson or two from the Chef.

Chef Darin describes his cooking philosophy as “Cooking Between the Lines.” “A recipe is black and white, but cooking is anything but,” he explains. “When you develop an understanding of proper techniques and your ingredients, you have unlocked the basics of great food. A recipe is nothing more than a group of ingredients paired with a group of techniques.”

Darin’s friend Stephanie Bader recently introduced him to dōTERRA via a recipe challenge. She asked him to create recipes using a few selective essential oils—Ginger, Cinnamon, Coriander, Black Pepper, Lime, and Wild Orange. The chef accepted the challenge, and created a culinary masterpiece that you can now try in your own kitchen.

For delicious recipes, information about cooking classes, and more, visit chefdarin.com



Darin and friend, Stephanie Bader

CARROT AND GINGER RICE WITH MINT

Yields: 4–6 servings

*This is a good example of how easy it is to take a basic concept and turn it into something unique simply by changing the base ingredients. Rather than simply having white rice cooked in water or stock, I’ve used aromatic jasmine rice and infused it with **Ginger essential oil**.*

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup jasmine rice
- 1 ¼ teaspoons kosher salt
- 2 cups carrot juice
- 5 drops dōTERRA **Ginger essential oil**
- 1 tablespoon finely chopped fresh mint

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit (325 convection).
2. Heat a 1- or 2-quart saucepan over high heat until the heat can be felt radiating from the surface of the pan when your hand is held about 6 inches above the bottom of the pan.
3. Add olive oil to the pan and tilt the pan to coat evenly.
4. Add rice and salt; stir frequently to keep from burning. When rice starts to turn opaque, remove pan from heat and gradually add carrot juice.
5. Add Ginger essential oil and place lid on the pan (or cover tightly with foil if a lid isn’t available) and place in the preheated oven; bake for 30 minutes.
6. Remove from the oven and let sit covered for 10 minutes.
7. Remove cover and fluff rice with a fork.
8. Stir in the chopped fresh mint and serve hot.



STEAMED SHELLFISH IN AROMATIC ASIAN BROTH

Yields: 4-6 entrée servings

dōTERRA Lime and Coriander essential oils lend an exotic flavor to this quick and easy-to-prepare dish. Serve as an appetizer with some crusty bread to soak up the juices, or serve atop a bed of Carrot and Ginger Rice for a beautiful and flavorful main course.

INGREDIENTS

- 16 mussels
- 16 littleneck clams
- 24-21/25 ct. shrimp
- 1 tablespoon olive oil
- 2 shallots, julienne cut
- Kosher salt
- 4 medium cloves garlic, minced
- ½ cup white cooking wine
- 1 12-ounce can unsweetened coconut milk
- 1 teaspoon fish sauce
- Zest and juice of 1 lime
- 12 drops **dōTERRA Lime essential oil**
- 10 drops **dōTERRA Coriander essential oil**
- 4 drops **dōTERRA Ginger essential oil**
- 4 drops **dōTERRA Black Pepper essential oil**
- 1 cup snow peas, sliced on an angle into 1-inch pieces
- 1 red bell pepper, cut into 1-inch long julienne strips
- 6 green onions, sliced on a sharp bias angle

DIRECTIONS

1. Scrub mussels and clams under cool running water to remove any grit, sand, or other debris. If beards are present on the mussels (fibers on the straight side of the mussel), remove by pulling toward the hinge. Peel and devein the shrimp if necessary. Return seafood to refrigerator until ready to cook.
2. Heat 3-quart pot over medium-high heat.
3. Add olive oil to the pan and swirl to coat the bottom.
4. Add shallots and a sprinkling of salt. When shallots begin to soften, add garlic and sauté until aromatic.
5. De-glaze pan with white cooking wine, scraping to pick up any cooked-on bits.
6. Add coconut milk, fish sauce, lime zest and juice, and essential oils.
7. Simmer to reduce the broth by about one-third.
8. Add mussels and clams and cover; steam for 4-5 minutes.
9. Remove the lid and add shrimp, pea pods, bell pepper, and green onions. Put lid back on and cook for about 3 minutes or until shrimp is pink.
10. Serve in bowls with crusty bread on the side or spoon over a bed of Carrot and Ginger Rice.



“A recipe is
black and white,
but cooking
is anything but”
—Chef Darin



GLAZED SPICY SWEET POTATOES

This side dish adds a vibrant, tropical flavor to any meal.

Yield: 4 Servings

INGREDIENTS

4 tablespoons butter, melted
 4 tablespoons honey
 Juice of 1 lime
 2 teaspoons ground allspice
 8 drops dōTERRA **Cinnamon Bark essential oil**
 5 drops dōTERRA **Ginger essential oil**
 2 pounds orange-fleshed sweet potatoes, peeled and cut into ½-inch thick slices
 Kosher salt and freshly ground black pepper to taste
 Fresh thyme sprigs for garnish (optional)

Note: The sweet potatoes can be prepared in advance and then reheated in the oven to heat through.

DIRECTIONS

1. Preheat oven to 425 degrees (400 convection).
2. Coat large baking dish or roasting pan with oil.
3. In large bowl, stir butter, honey, lime juice, allspice, and Cinnamon and Ginger oils together until blended.
4. Add sweet potato slices and toss to coat before placing on baking pan in a single layer.

Note: If a bowl large enough to mix everything together isn't available, place the potatoes on the baking pan and pour the glaze over the potatoes, tossing on the pan to coat as evenly as possible.

5. Arrange the slices in a single layer in prepared dish or pan.
6. Season potatoes with salt and pepper.
7. Bake the sweet potatoes for 10 minutes and then stir to coat with glaze.
8. Continue baking another 10-15 minutes or until tender and slightly caramelized.
9. Transfer to bowl and garnish with fresh thyme leaves, if desired.



ORANGE BLOSSOM PANNA COTTA WITH ORANGE GELEE

The flavor of Wild Orange essential oil delicately infuses this rich but light custard with the essence of fresh orange blossoms.

Yields: 8 servings

INGREDIENTS

Panna Cotta:

2 cups whipping cream (substitute half and half if desired)
 2 teaspoons unflavored gelatin
 ½ cup sugar
 1 ⅔ cups non-fat plain or vanilla yogurt
 5 drops dōTERRA **Wild Orange essential oil**

Gelee:

¾ cup Orange Juice, divided
 ½ teaspoon unflavored gelatin




DIRECTIONS


1. Place ¼ cup of cream into small bowl, sprinkle with gelatin. Let stand to soften (about 10 minutes).
2. While gelatin is softening, pour remaining cream and ½-cup sugar into a 2-quart saucepan; place over medium heat. Stir until sugar is dissolved. Pour into a large bowl.
3. Add yogurt, softened gelatin/cream mixture, and Wild Orange oil; whisk until well blended and smooth.
4. Divide between 8 martini or juice glasses and chill for several hours or overnight, until set.
5. Once panna cotta is set, place ¼ cup of orange juice in small dish and sprinkle unflavored gelatin over the top.
6. Set aside to soften for about 5 minutes.
7. Heat remaining orange juice in a microwave safe dish until it begins to simmer, about 45-60 seconds.
8. Scrape softened gelatin mixture into hot orange juice and stir until gelatin is dissolved. Set aside to cool at room temperature; divide between each of the panna cotta glasses to create an even layer on top.
9. Refrigerate until orange gelee is set.


GUY'S GUIDE: Travel


Everyone needs a toiletry kit that is ready for travel. Here are some tips to help you use dōTERRA products while on the go.


 **TRAVEL KEY CHAIN:** Place essential oils inside a sample vial for a compact way to carry your favorite oils.


- On Guard—Immune booster
- Melaleuca—Calms minor skin irritations
- Balance—Provides a sense of balance
- Breathe—Opens airways
- Lime—Makes great water flavoring
- Lavender—Soothes skin after a day out in the sun
- Fractionated Coconut Oil—Dilutes “hot” essential oils and hydrates skin

 **PEPPERMINT BEADLETS:** For a pop of fresh breath, place a beadlet in your mouth or pop a beadlet between your fingers to apply the oil topically as needed.

 **ON GUARD TOOTHPASTE:** Transfer On Guard Toothpaste into an empty travel container so you can include it in your flight carry-on bag.

 **CITRUS BLISS BATH BAR:** Shower with this bath bar to energize your senses first thing in the morning during your travels.

 **TRAVEL SUPPLEMENT BOX:** Place Life-long Vitality in a pill box to help get the necessary nutrients your body needs. If you only have poor dietary choices available during travel, add TerraZyme and DigestZen softgels to aid in digestion.

 **MOUTHWASH:** Make a refreshing mouthwash by mixing water and your favorite essential oil, such as Peppermint, Clove, or On Guard.

 **DEEP BLUE SAMPLE PACKETS:** Soothe the occasionally sore, tired muscles after a long day of travel with Deep Blue.

 Carry **dōTERRA PROTECTING SHAMPOO** and **SMOOTHING CONDITIONER** in travel bottles.

 **dōTERRA LIP BALM:** Hydrate dry, chapped lips.



BREAKFAST TIP

BREAKFAST

Submitted by Tiffany Zinna

Add a few drops of Wild Orange essential oil to oatmeal and top with fresh blueberries. The flavor combo is fresh, and the essential oil eliminates the calories found in orange juice.



IMMUNE BOOSTER TIP

SUNSHINE IN A CUP

Ingredients

- 2-3 drops On Guard Protective Blend
- 2 tablespoons honey
- 1 cup hot water
- 1-2 drops Lemon essential oil

Add all ingredients to mug, stir, and sip slowly at home or at work.



AIR FRESHENER TIP

Citrus Room Spray

Ingredients

- 1 tablespoon baking soda
- 2 cups distilled water
- Empty spray bottle
- 30 drops Citrus Bliss

Directions

1. Measure baking soda into bowl and add essential oil.
2. Mix essential oil into baking soda using a fork.
3. Put mixture in spray bottle and top off with distilled water.
4. Shake and spray.



KIDS HAIR TIP

Easy Hair Detangler

Manage after-bath tangles, morning bed-heads, or after-play bird nests.

Ingredients

- 4 ounce bottle
- Distilled water
- 2 tablespoon vitamin E oil
- 2 tablespoon glycerin
- 6 -10 drops Lavender essential oil

Directions

1. Combine ingredients in bottle and fill with water.
2. Spray on wet or dry hair as a natural detangling spray or leave-in conditioner.
3. Brush hair.



→ share your tip!

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

ESSENTIAL OIL SINGLES

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



ARBORVITAE
ESSENTIAL OIL
Thuja plicata



49360001 | 5 mL



BASIL
ESSENTIAL OIL
Ocimum basilicum



30010001 | 15 mL



BERGAMOT
ESSENTIAL OIL
Citrus bergamia



30790001 | 15 mL



BLACK PEPPER
ESSENTIAL OIL
Piper nigrum



41040001 | 5 mL



CARDAMOM
ESSENTIAL OIL
Elettaria cardamomum



49330001 | 5 mL



CASSIA
ESSENTIAL OIL
Cinnamomum cassia



30020001 | 15 mL



CEDARWOOD
ESSENTIAL OIL
Juniperus virginiana



49300001 | 15 mL



CILANTRO
ESSENTIAL OIL
Coriandrum sativum



41850001 | 15 mL



CINNAMON
ESSENTIAL OIL
Cinnamomum zeylanicum



30030001 | 5 mL



CLARY SAGE
ESSENTIAL OIL
Salvia sclarea



30420001 | 15 mL



CLOVE
ESSENTIAL OIL
Eugenia caryophyllata



30040001 | 15 mL



CORIANDER
ESSENTIAL OIL
Coriandrum sativum



30780001 | 15 mL



CYPRESS
ESSENTIAL OIL
Cupressus sempervirens



30050001 | 15 mL



EUCALYPTUS
ESSENTIAL OIL
Eucalyptus radiata



30060001 | 15 mL



FENNEL, SWEET
ESSENTIAL OIL
Foeniculum vulgare



41290001 | 15 mL



FRANKINCENSE
ESSENTIAL OIL
Boswellia frereana



30070001 | 15 mL



GERANIUM
ESSENTIAL OIL
Pelargonium graveolens



30090001 | 15 mL



GINGER
ESSENTIAL OIL
Zingiber officinale



30080001 | 15 mL



GRAPEFRUIT
ESSENTIAL OIL
Citrus X paradisi



30100001 | 15 mL



HELICHRYSUM
ESSENTIAL OIL
Helichrysum italicum



30410001 | 5 mL



JUNIPER BERRY
ESSENTIAL OIL
Juniperus communis



49290001 | 5 mL



LAVENDER
ESSENTIAL OIL
Lavandula angustifolia



30110001 | 15 mL



LEMON
ESSENTIAL OIL
Citrus limon



30120001 | 15 mL



LEMONGRASS
ESSENTIAL OIL
Cymbopogon flexuosus



30130001 | 15 mL



LIME
ESSENTIAL OIL
Citrus aurantifolia



30870001 | 15 mL



MARJORAM
ESSENTIAL OIL
Origanum majorana



30140001 | 15 mL



MELALEUCA
ESSENTIAL OIL
Melaleuca alternifolia



30150001 | 15 mL



MELISSA
ESSENTIAL OIL
Melissa officinalis



30850001 | 5 mL



MYRRH
ESSENTIAL OIL
Commiphora myrrha



30160001 | 15 mL



OREGANO
ESSENTIAL OIL
Origanum vulgare



30180001 | 15 mL



PATCHOULI
ESSENTIAL OIL
Pogostemon cablin



30890001 | 15 mL



PEPPERMINT
ESSENTIAL OIL
Mentha piperita



30190001 | 15 mL



ROMAN CHAMOMILE
ESSENTIAL OIL
Anthemis nobilis



30800001 | 5 mL



ROSEMARY
ESSENTIAL OIL
Rosmarinus officinalis



30200001 | 15 mL



HAWAIIAN SANDALWOOD
ESSENTIAL OIL
Santalum paniculatum



41860001 | 5 mL

 <p>SANDALWOOD ESSENTIAL OIL <i>Santalum album</i> A T I N 30210001 5 mL</p>	 <p>THYME ESSENTIAL OIL <i>Thymus vulgaris</i> A T I D 30220001 15 mL</p>	 <p>VETIVER ESSENTIAL OIL <i>Vetiveria zizanioides</i> A T I N 30430001 15 mL</p>	 <p>WHITE FIR ESSENTIAL OIL <i>Abies alba</i> A T N 30250001 15 mL</p>	 <p>WILD ORANGE ESSENTIAL OIL <i>Citrus sinensis</i> A T I N 30170001 15 mL</p>
 <p>WINTERGREEN ESSENTIAL OIL <i>Gaultheria procumbens</i> A T S 30230001 15 mL</p>	 <p>YLANG YLANG ESSENTIAL OIL <i>Cananga odorata</i> A T I N 30240001 15 mL</p>			 <p>PEPPERMINT BEADLET 38150001 125 ct.</p>

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 T N 31200001 15 mL</p>	 <p>BALANCE GROUNDING BLEND A T N 31010001 15 mL \$26.67 retail</p>	 <p>BREATHE RESPIRATORY BLEND A T S 31070001 15 mL</p>	 <p>CITRUS BLISS INVIGORATING BLEND A T N 31020001 15 mL</p>	 <p>CLEAR SKIN TOPICAL BLEND T N 37170001 15 mL</p>
 <p>DEEP BLUE® SOOTHING BLEND T S 31380001 10 mL</p>	 <p>DIGESTZEN® DIGESTIVE BLEND A T I N 31030001 15 mL</p>	 <p>ELEVATION™ JOYFUL BLEND A T N 31040001 15 mL</p>	 <p>IMMORTELE ANTI-AGING BLEND T N 37140001 10 mL</p>	 <p>INTUNE™ FOCUS BLEND A T N 41840001 15 mL</p>
 <p>ON GUARD® PROTECTIVE BLEND A T I S 31100001 15 mL</p>	 <p>PASTENSE® TENSION BLEND A T N 31350001 10 mL</p>	 <p>PURIFY CLEANSING BLEND A T N 31060001 15 mL</p>	 <p>SERENITY CALMING BLEND A T N 31090001 15 mL</p>	 <p>SLIM & SASSY® METABOLIC BLEND A T I S 31370001 15 mL</p>
 <p>CLARYCALM™ MONTHLY BLEND FOR WOMEN A T N 35270001 10 mL</p>	 <p>TERRASHIELD® REPELLENT BLEND A T N 31190001 15 mL</p>	 <p>WHISPER™ BLEND FOR WOMEN A T N 31080001 5 mL</p>	 <p>ZENDOCRINE® DETOXIFICATION BLEND A T I S 31460001 15 mL</p>	

APPLICATION METHODS A Can be used aromatically T Can be use 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



TOPICAL USE

HAND AND BODY LOTION

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

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits

36100001 | 6.7 oz tube

3-PACK

36110001 | Three 6.7 oz tubes

FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical therapies.

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

30260001 | 4 oz

INTERNAL USE

VEGGIE CAPS

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

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

34100001 | 160 HPMC capsules



AROMATIC USE

PETAL DIFFUSER

NEW!

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers health-promoting benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 100 square feet. The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customize the release of essential oils into the air. This convenient diffuser is stable, light, and easy to use—perfect for home or office use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 100 square feet.
- Simple, 3 piece diffuser is easy and convenient to use

33150001

AROMA-ACE™ DIFFUSER

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

33030001

LOTUS DIFFUSER

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

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

33010001

AROMA LITE DIFFUSER

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

33130001



Petal Diffuser



Aroma-Ace™ Diffuser



Lotus Diffuser



Aroma Lite Diffuser

ON GUARD® PRODUCTS

ON GUARD® FOAMING HAND WASH

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

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

ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001

SINGLE REFILL

38010001

TWIN PACK REFILL

38020001

ON GUARD® TOP SELLER PROTECTIVE BLEND



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

31100001 | 15 mL bottle

ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean and protect teeth with the added benefit of On Guard Protective Blend.

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

38910001 | 4.2 oz

ON GUARD® PROTECTING THROAT DROPS

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

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

34050001 | 30 drops

ON GUARD® CLEANER CONCENTRATE

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

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

38140001 | 12 fl oz



ON GUARD® LAUNDRY DETERGENT

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

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

38980001 | 32 fl oz

ON GUARD® BEADLET

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

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

35410001 | 125 beadlets



ON GUARD®+ SOFTGELS

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

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

35420001 | 60 vegetarian softgels

ON GUARD® WHITENING TOOTHPASTE SAMPLES NEW!

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

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

39000001 | 10 samples, 2 g each

SKIN CARE

VERÁGE™ CLEANSER NEW!

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

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

37380001 | 60 mL/ 2 fl oz

VERÁGE™ TONER NEW!

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

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

37390001 | 50 mL/1.7 fl oz

VERÁGE™ IMMORTELLE HYDRATING SERUM NEW!

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

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

37400001 | 15 mL/.5 fl oz



VERÁGE™ MOISTURIZER NEW!

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

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

37410001 | 30 mL/1 fl oz

VERÁGE™ SKIN CARE COLLECTION NEW!

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

42690001

HD CLEAR™

FOAMING FACE WASH UPGRADED!

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

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

49420001 | 50 mL 1.7 oz

HD CLEAR™

TOPICAL BLEND



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

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Helps balance overactive sebaceous glands
- Promotes clear, smooth skin by targeting the site of blemishes

49400001 | 10 mL roll on

HD CLEAR™

FACIAL LOTION NEW!

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

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- All natural ingredients help target blemishes for clear and clean skin
- Absorbs quickly leaving skin feeling soft and smooth

49410001 | 50 mL 1.7 oz



HD CLEAR™ KIT NEW!

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

42700001



REVEAL FACIAL SYSTEM

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

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

37340001 | 2 tubes—1.7 oz each

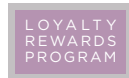
HAIR CARE

SALON ESSENTIALS HAIR CARE SYSTEM

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

36280001

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



SALON ESSENTIALS PROTECTING SHAMPOO

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

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable
- Provides antioxidant protection against UV damage, which can cause fading in color-treated hair

36220001 | 8.34 oz

SALON ESSENTIALS SMOOTHING CONDITIONER

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

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

36230001 | 8.34 oz

SALON ESSENTIALS HEALTHY HOLD GLAZE

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

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

36270001 | 4 oz

SALON ESSENTIALS ROOT TO TIP SERUM

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

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

36210001 | 30 mL



SPA

HAND AND BODY LOTION

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

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

36100001 | 6.7 oz tube

3-PACK

36110001 | Three 6.7 oz tubes

CITRUS BLISS INVIGORATING BATH BAR

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

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

36130001 | 4 oz

LIP BALM WITH PEPPERMINT & WILD ORANGE

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

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

36190001 | .15 oz

SERENITY CALMING BATH BAR

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

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

36140001 | 4 oz

HEALING HANDS LOTION

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

36170001 | 3.3 oz

CITRUS BLISS HAND LOTION

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

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

36200001 | 2.5 fl oz tube



DIETARY SUPPLEMENTS



LOYALTY REWARDS PROGRAM

LIFELONG VITALITY PACK
DIETARY SUPPLEMENTS INCLUDING ALPHA CRS+®, MICROPLEX VMZ®, AND xEO MEGA
34210001



LOYALTY REWARDS PROGRAM

LIFELONG VITALITY VEGAN PACK
34250001 | \$106.00 retail



ALPHA CRS+®
CELLULAR VITALITY COMPLEX

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

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

34180001 | 120 Vegetable Capsules



xEO MEGA®
ESSENTIAL OIL OMEGA COMPLEX

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

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

34190001 | 120 Softgels



MICROPLEX VMz®
dōTERRA® Microplex VMz is an all-natural, whole-food formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A,C, E and a B vitamin complex
- Contains food-derived minerals and organic trace minerals to support bone and metabolic health
- Optimizes nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA Tummy Tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach
- Encapsulated in vegetable capsules and does not contain wheat, dairy, animal products, or synthetic ingredients



vEO MEGA®
ESSENTIAL OIL OMEGA COMPLEX

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

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils
- Supports healthy cardiovascular, immune, joint, and brain health
- Includes a unique form of the carotenoid astaxanthin for antioxidant support

34260001 | 120 Softgels



DDR PRIME

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

- Provides antioxidant protection against oxidative damage
- Supports a healthy response to cellular stressors
- Promotes healthy cellular response, repair, and regeneration

MITO2MAX™ MITO2MAX IS A HEALTHY, LONG-TERM ALTERNATIVE TO CAFFEINATED DRINKS AND SUPPLEMENTS FOR INCREASED ENERGY AND VITALITY.

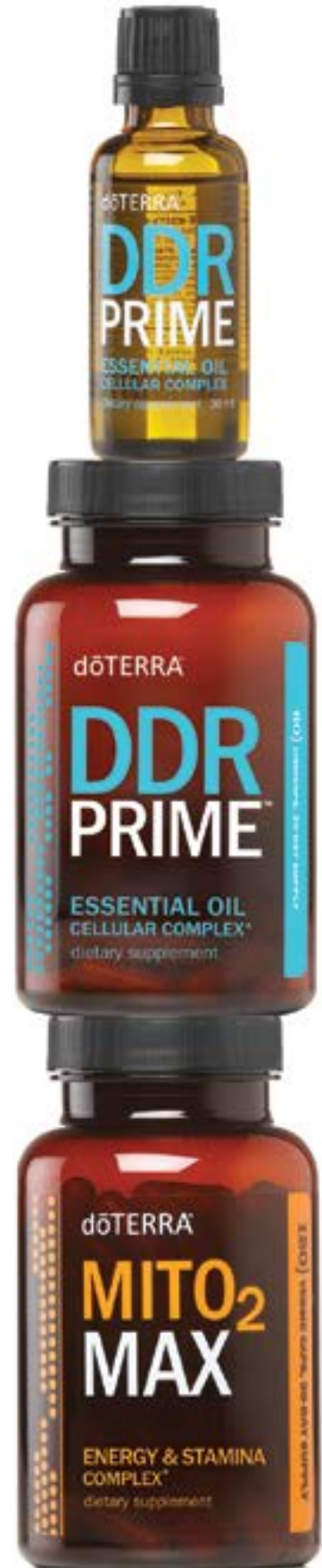
- Formulated with standardized plant extracts and metabolic cofactors of cellular energy
- Supports healthy mitochondrial function and aerobic capacity
- Improves stamina naturally without the use of harmful stimulants

 MADE WITH SLS-FREE VEGETABLE CAPSULES



TRIEASE™ TRIEASE SOFTGELS WERE DEVELOPED TO PROTECT AGAINST SEASONAL AND ENVIRONMENTAL ELEMENTS AND TO PROMOTE A HEALTHY RESPIRATORY SYSTEM WHEN NEEDED MOST. EACH SOFTGEL CONTAINS EQUAL PARTS OF LEMON, LAVENDER AND PEPPERMINT ESSENTIAL OILS, KNOWN FOR THEIR ABILITY TO MAINTAIN CLEAR BREATHING AND A HEALTHY INFLAMMATORY RESPONSE WHEN COMBINED TOGETHER.

- Promotes clear breathing and healthy respiratory function
- Cleanses the body's systems
- Provides calming and balancing effects, both internally and externally



CHILDREN'S SUPPLEMENTS

a2z CHEWABLE

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

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

IQ MEGA™

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

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



DIGESTIVE HEALTH



ZENDOCRINE® DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrine.

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

31460001 | 15 mL bottle

ZENDOCRINE® SOFTGELS

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

34280001 | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS

DIGESTZEN® TOP SELLER DIGESTIVE BLEND



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

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

31030001 | 15 mL bottle

DIGESTZEN® SOFTGELS

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

35430001 | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS

TERRAZYME® TOP SELLER DIGESTIVE ENZYME COMPLEX

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

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

35110001 | 90 vegetable capsules



MADE WITH SLS-FREE VEGETABLE CAPSULES

**ZENDOCRINE®
DETOXIFICATION COMPLEX**

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

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

35120001 | 60 vegetable capsules



**PB ASSIST+®
PROBIOTIC DEFENSE FORMULA**

This proprietary formula of pre-biotic fiber and six strains of probiotic organisms is safe for the entire family.

- Delivers 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth
- Time-release double capsule delivery protects sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity

35160001 | 30 vegetable capsules



**GX ASSIST®
GI CLEANSING FORMULA**

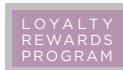
Cleanse your GI tract before starting with PB Assist with this combination of CPTG Certified Pure Therapeutic Grade® essential oils.

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

35040001 | 60 softgels



WOMEN'S HEALTH



WOMEN'S HEALTH KIT

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

35250001

**PHYTOESTROGEN
LIFETIME COMPLEX™**

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

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

35260001 | 60 capsules



**BONE NUTRIENT
LIFETIME COMPLEX™**

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

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

35240001 | 120 capsules



**CLARYCALM™
MONTHLY BLEND FOR WOMEN**



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

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

35270001 | 10 mL roll on

PRODUCT GUIDE

SLIM & SASSY®

SLIM & SASSY TRIM KIT

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

40770001	1 Chocolate, 1 Vanilla
35280001	2 Chocolate
35290001	2 Vanilla
60130001	2 V Shake

SLIM & SASSY TOP SELLER METABOLIC BLEND



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

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

31370001	15 mL bottle
----------	--------------

SLIM & SASSY® SOFTGELS

34270001	120 vegetarian softgels
----------	-------------------------

SLIM & SASSY TRIMSHAKE™

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

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

35180001	Vanilla
----------	---------

35200001	Chocolate
----------	-----------

V SHAKE

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

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

35440001	
----------	--



TERRA GREENS

TERRAGREENS™ NEW!

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

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

60120001	300 g
----------	-------



DEEP BLUE® PRODUCTS



DEEP BLUE® TOP SELLER SOOTHING BLEND



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

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

31050001	5 mL bottle
----------	-------------

31380001	10 mL roll on
----------	---------------

DEEP BLUE® RUB SOOTHING LOTION

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

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

38900001	4 oz
----------	------

DEEP BLUE® RUB SAMPLES

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

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

38950001	Ten 2 mL samples
----------	------------------

BREATHE DROPS

BREATHE RESPIRATORY DROPS NEW!

The respiratory benefits of selected CPTG® essential oils from the Breathe blend can be found in this convenient and great tasting lozenge.

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

35460001	30 drops
----------	----------



CORRECT-X

CORRECT-X™ NEW!

ESSENTIAL OIL OINTMENT

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

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

60110001	15 mL/.5 oz
----------	-------------



dōTERRA

389 South 1300 West
Pleasant Grove, Ut 84062
1 800 411 8151
doterra.com

PRESRT. STD
US POSTAGE
PAID
PERMIT #6563
SALT LAKE CITY,
UTAH

HEALING HANDS LOTION

with Bulgarian Rose Essential Oil



ASPIRE to GIVE HOPE to those in need

Healing Hands Lotion

Soften Your Skin, Soften Your Heart.

Infused with Bulgarian Rose essential oil that will not only soften the skin, but benefit the life of someone in need. The full purchase of \$20 will be donated to the dōTERRA Healing Hands Foundation to assist those in need throughout the world.

To Order: 36170001 | 3.3 oz.



dōTERRA®

CPTG Certified Pure Therapeutic Grade®