

dōTERRA®

LIVING

FALL 2015

**Make Over Your
Laundry Room**

PAGE 26

**Essential Oils
for Athletes**

PAGE 20

Healthy Recipes

FROM JAPAN

PAGE 30

**THE STORY OF
YLANG-YLANG**

CŌ-IMPACT SOURCING IN
MADAGASCAR

PAGE 4

IN THIS ISSUE

features

- 4 CÔ-IMPACT SOURCING IN MADAGASCAR**
The story of dōTERRA Ylang Ylang essential oil
- 10 TIPS FOR BOOSTING YOUR ENERGY LEVEL**
Beat the fall blues in a few simple steps
- 11 WHAT ESSENTIAL OIL ARE YOU?** Take a fun quiz and share your results with others
- 12 HOW TO USE ESSENTIAL OILS AROMATICALLY**
An easy to understand guide to achieving maximum benefits
- 14 SLEEP: WHAT MANY OF US ARE MISSING**
Tips and essential oils for a better night's sleep
- 16 DIY: SPICE IT UP** Transform your spice cabinet with essential oils
- 20 dōTERRA FOR ATHLETES** Learn how essential oils are benefiting NCAA Division I athletes

departments

- 6 Healing Hands Foundation:** Responding to disaster in Nepal
- 8 Slim & Sassy*:** Mary Myers shares her success story
- 18 Ask Dr. Hill**
- 19 Essential Oil Spotlight:** Spearmint
- 22 Nutrition Corner:** Essential fatty acids
- 24 AromaTouch*:** Introducing a new website
- 26 Make Over Your Laundry Room**
- 28 Guy's Guide:** Tinfoil dinners
- 30 Essential Recipes:** from Japan
- 32 Essential Science:** Essential oil topical application
- 34 Essential Oil Spotlight:** Lemongrass
- 35 Idea Notebook:** Handy tips and tricks you will love
- 36 dōTERRA Product Guide:** Quick shopping reference for all products



dōTERRA PRODUCT GUIDE, (see pages 36-51)



4



20



30



19

Au Naturel Never
Smelled so good.



dōTERRA® Natural Deodorant

37420001	1.7oz
\$11.33 retail	\$8.50 Wholesale 5 PV

WITHIN REACH:

The Cō-Impact Story of Ylang Ylang



On the island of Nosy Be, just off the northwest coast of Madagascar, the branches of ylang ylang trees stretch out parallel to the ground. The careful growers purposefully prune them that way to make it easier to harvest the tree's blossoms. But even as the blossoms become easier to reach, sustainable income from their harvest continues to be a difficult problem to solve. dōTERRA and an on-the-ground partner are now working to empower those who produce Ylang Ylang—the growers, harvesters, and distillers—to change their own circumstances, starting with their income.

THE HEART OF Cō-IMPACT SOURCING

As in other places where Cō-Impact Sourcing is being implemented, Nosy Be has its struggles. It also has great potential thanks to our highly valued partnership we have with the people that was facilitated through our partners on the ground. Cō-Impact Sourcing works because of the empowering effects of partnership. These partnerships ensure fair treatment for growers or harvesters, which is usually jeopardized by middlemen. The demand dōTERRA has for quality essential oils means that ylang ylang growers and distillers have a guaranteed buyer. Without such a buyer, distillers sell their oil to the highest bidder, which does not always pay that much. Price speculation hits farmers who are not in a cooperative or who do not have a partner committed to helping them succeed especially hard.

There are other benefits, too. Growers who create quality product and then continue to improve it are rewarded for their efforts. Not only do they receive a fair wage, in return for producing higher quality oil they are rewarded with an

annual bonus. They can also invest more in expanding their production capacity by putting in new distillation units and getting more growers into cooperatives so they can be better organized to reach higher production volumes.

WHY YLANG YLANG?

Since the late 1800s, ylang ylang, or *Cananga odorata*, has been grown in Nosy Be, and from these trees comes some of the highest quality Ylang Ylang oil in the world. Originally introduced to Madagascar by French perfumers when it was a French colony, ylang ylang has a very refined process of distillation. As the perfume industry needs very specific scents, a specific method was developed unique to this oil. Ylang ylang is divided out into several different profiles: Ylang Ylang I, II, III, extra, and complete. This means that different weighted molecules come off during differing times in the distillation process, top notes first, and bottom notes last. For dōTERRA Ylang Ylang, the Ylang Ylang complete profile is used.



dōTERRA requires the complete profile so that there is no separation of aromatic molecules, thus ensuring that we receive the complete array of compounds produced by the delicate flowers for its full therapeutic benefit. Perfumers, on the other hand, prefer separation for specific fragrance profiles.

This precious oil is often used for its mood lifting properties as well as for promoting healthy looking skin and hair. Ylang Ylang is one of the primary oils in our Console blend for its ability to soothe emotions.

FOR THE FUTURE

The Healing Hands Foundation is in the process of reviewing possibilities for a community benefitting project in Nosy Be in partnership with a ylang ylang cooperative that dōTERRA works with through the Co-Impact Sourcing initiative.



THE INTRICATE PROCESS

Ylang Ylang essential oil is incredibly labor intensive to produce. Harvest time peaks from December to March. Before a tree can be harvested, it needs to grow for three to four years. Once that age is reached, the process can begin:

1. When flowers become yellow with a red center, they are ready to be picked. The trees must be harvested multiple times over a five to six week period.
2. Harvesters collect the flowers and bring back their filled baskets to be weighed. They then create a pile on a platform and write their names next to their pile for record keeping and payment.
3. The flowers are then delivered to a nearby distillery where they must be distilled within 24 hours.
4. Like all flowers, ylang ylang must be distilled in a hydro-distillation process, meaning they are placed in water and boiled to create steam that contains the oil. This process takes 24 hours to complete, with workers keeping up hand-fed fires to fuel the distillation process.
5. Ylang Ylang complete essential oil is then ready to be sent out.



Healing Hands *for Nepal*

The poet John Donne said, **"No man is an island."** It is almost impossible to live without having an impact for good or ill on the lives of others. In no time is this more true than in times of devastating natural disasters, such as the earthquake and its numerous aftershocks in Nepal in April and May of this year. Moved by the plight of a nation already stricken by poverty, other nations all over the world have donated time, money, and manpower to help. dōTERRA® became part of that overwhelming response as the opportunity arose to have an impact and improve the lives of people traumatized by this disaster.



First-aid

Already deeply involved in a Cō-Impact Sourcing™ initiative in Nepal, dōTERRA immediately began contacting partners there to see what could be done. On April 28, the founders announced that dōTERRA would match all contributions to the dōTERRA Healing Hands Foundation™ up to \$500,000 through the month of May. Meanwhile, to help with immediate needs, the dōTERRA Healing Hands Foundation released \$100,000 on May 1. These initial funds, along with additional funds from our partners on the ground, enabled thousands to receive much needed supplies. Packets with tarps, tents, blankets, and food soon arrived in some of the worst hit areas.

The response to the request for donations showed the overwhelming concern of people throughout the dōTERRA community. **More than \$317,000 was donated, making it possible for dōTERRA to present a combined donation of almost \$636,000.** These funds will be distributed through our partners such as CHOICE Humanitarian and others to fund targeted efforts to help the Nepalese people rebuild, especially in the districts of Lamjung and Dolakha.



Ongoing Needs

Recognizing their need to keep education going, the Nepalese people most wanted help to rebuild schools that had been flattened in the quake. The people want to look forward to a brighter future, and emphasized the importance of having a school even before housing. To answer that need, temporary classrooms are held in large tents donated by the Healing Hands Foundation which have the added benefit of sheltering families at night.

Even as the country gets back on its feet, Nepal still faces challenging times. So far, rebuilding is progressing and the citizens are reestablishing a sense of normalcy while many are living in temporary conditions. The dōTERRA Healing Hands Foundation provided funding for 200 temporary homes. As schools and more earthquake-safe housing are erected, hope is returning and healing has begun.



How You Can Donate to the dōTERRA Healing Hands Foundation.

1. Make a donation using your PayPal account.
2. Make a one-time, tax-deductible cash donation.
3. Add a recurring monthly donation to your Loyalty Rewards Order.
4. Commit to a \$1 donation by checking the box at checkout on every online order you make with dōTERRA.
5. Purchase Rose Lotion. The full purchase price of \$20 will be donated to the dōTERRA Healing Hands Foundation.

For more information visit doterra.com

Mary Myers



AFTER

When she realized how bad her health had become, Mary knew she needed to change or she could end up leaving her kids without a mom. With this reality check, Mary began the journey to wellness and didn't look back. She has lost 52 lbs.* and loves her new lifestyle.

The Wake-Up Call

After a period of increasing health care that wasn't working, Mary's doctor told her that there was a reason she wasn't getting better. She clarifies, "I was blaming my hormones and my medication for everything that was wrong, but my doctor told me I needed blood work because he knew I had other issues." Mary had been eating her emotional pain away for some time, but she could not admit to herself that she had a problem. Mary's wake-up call came the day she got her blood test results. She had many indicators of long-term poor health which runs in her family, and has shortened the life of some family members. "I didn't want to be like that. I realized that how healthy you are is a choice, and being unhealthy is not the way your future has to be." With this new mindset, Mary decided to enter the Slim & Sassy Competition.

Introducing a New Diet

Mary's husband, Shane, was her rock during that time. The day she began the challenge, he went through their cupboards and threw out all the junk food they had in the house, even though she begged him not to. He then went shopping and came home with healthy food and containers for snacks to make it easier for her to start clean eating immediately. For three days, Mary wanted to give up as her body went through sugar and caffeine withdrawals. But Shane told her that she could keep going for another day—even another hour. With his encouragement, Mary did keep going, and she grew to love clean eating. Mary says, **"I never felt restricted.**

I had Slim & Sassy essential oil and a TrimShake every morning and I never felt like I was starving. I wasn't on a skinny diet; it was a health-change diet. I went from eating one vegetable a day to eating seven to nine servings of vegetables a day. Instead of snacking on candy, cereal, or chips, I would eat a handful of sweet peas, carrots, or edamame." A year later, the changes that took place in Susan's life have had powerful effects. She now works with a personal trainer to keep up with her exercise. She has also certified in

AromaTherapy® Thechnique, and become an EFT (Emotional Freedom Technique) practitioner. She says, "I'm on a new journey. I don't know where it's headed, but I have a new-found confidence and a sense of self-worth."

Push to Keep Going

Mary insists, "If you can get past the first week of exercising and the first week of eating clean, you don't want to go back." As she progressed, her motivation to keep going shifted. She says, "I started liking the way I felt, so it pushed me to keep going, even on days when I felt sore and didn't want to work out. I would look in the mirror, step on the scale, or suddenly realize I could run around with my kids, and that made the difference." Mary has done things that she could not have done before the challenge, including coaching her son's kindergarten soccer team. She says, "When you're teaching eight kindergartners how to play soccer, you don't stand on the side and tell them what to do, you have to run on the field with them. So I was running with them three days a week on top of the workouts and running I was already doing. I couldn't have done that without fueling my body properly."

For anyone out there trying to make the change to a healthier lifestyle, Mary has this advice: "Anyone can do it. It doesn't matter what level you start at. Anyone can do one day at a time, or even one hour at a time if they stay focused. **Along with exercise and clean eating, essential oils are essential to a healthy lifestyle change, because they keep your body going in the right direction.** I had used dōTERRA before on and off, but when I started using the products every single day and getting into a regimen with them, my body just felt so good."



BEFORE

How to Keep on Track

- 1 Eat your vegetables and try new ones.** A salad is everyone's healthy go-to, but there's so much more than just salad.
- 2 Drink your water.** Put in a citrus oil such as Lemon, Lime, or Grapefruit to change it up.
- 3 Exercise even when it hurts.** Keep going because it's only going to hurt more when you quit.
- 4 Find a buddy or someone whom you will be accountable to.** You can cheat yourself and it only hurts you, but if you cheat someone else it hurts their progress too.
- 5 Live life to your fullest.** Give yourself what you need to do that. When you feel good and you're putting your life first, everything else falls into place. Your world seems so much happier when you take care of yourself before you help others.



PRODUCTS USED

- **Slim & Sassy® Metabolic Blend**
(Item No. 31370001)
- **Slim & Sassy TrimShake**
(Item No. 35200001)
- **Lifelong Vitality Pack**
(Item No. 34210001)
- **Deep Blue® Rub** (Item No. 38900001)
- **Peppermint** (Item No. 30190001)
- **Mito2Max®** (Item No. 35310001)
- **Lemon** (Item No. 30120001)
- **Lime** (Item No. 30870001)
- **Grapefruit** (Item No. 30100001)



10 TIPS FOR BOOSTING YOUR ENERGY

As the days get shorter and colder, even the best of us can feel like we're losing that pep in our step. Keep reading to find out some simple ways to beat that middle-of-the-day fog and regain lost energy.

TAKE QUALITY SUPPLEMENTS



Because the average diet is lacking in nutrients, it is important to take a daily supplement such as the dōTERRA Daily Nutrient Pack™ or Mito2Max®.

WORKOUT MIDDAY



Most people are aware that working out helps you alleviate stress and anxiety. However, instead of working out earlier or later in the day, try working out mid-afternoon. Studies suggest that working out at this time can increase your productivity—making the time away from the office worth it.

GO OUTSIDE



Simply breathing in fresh air for 20 minutes can change both your energy levels and mood for the better. It also means you get that crucial amount of sun exposure to keep your vitamin D levels up.

STAY HYDRATED



It's important to keep water in your system, even when the weather is cooling down and you feel like you don't need as much. Stay away from sugary drinks that can actually dehydrate you more.

STRETCH AND BREATHE



Deep breathing from the diaphragm can help get your blood flowing and stretching helps reenergize your muscles and your mind to fight off any anxiety that may be creeping in.

EAT SMALLER, MORE FREQUENT MEALS



Food is most importantly our body's fuel, and when you start to get hungry your mood and level of activity can quickly decline. To keep off hunger pangs, eat healthier, smaller meals more often.

GET A GOOD NIGHT'S SLEEP



Your body does a lot during sleep, including healing and rejuvenating. Be sure to get plenty of rest—for adults seven to nine hours is the recommended amount.

INVIGORATE WITH ESSENTIAL OILS



Diffusing any citrus essential oil is shown to help uplift and improve your mood, while Frankincense, Peppermint, and Rosemary are beneficial in invigorating the senses.

GET AN AROMATOUGH®



The invigorating effects of the AromaTouch Technique essential oil application can help you re-center and reduce stress. Make sure to stay hydrated before and after.

TAKE A POWER NAP



Taking a long nap might seem like the answer, but it really can set you back for the rest of the day and keep you from sleeping during the night. Instead, take a quick midday power nap of around 10–20 minutes.

Essential Oils for Energy

Peppermint, Wild Orange, Rosemary, InTune®, Cedarwood, Frankincense, Citrus Bliss®, Elevation



ESSENTIAL OIL ARE YOU? *QUIZ*

TO PLAY:



1. DOWNLOAD A FREE LAYAR APP ON YOUR MOBILE DEVICE OR A TABLET
2. HOLD YOUR DEVICE STEADY DIRECTLY OVER THIS PAGE, THEN TAP ANYWHERE ON THE SCREEN TO SCAN AND ACCESS THE QUIZ
3. TAKE THE QUIZ WHILE HOLDING YOUR DEVICE OVER THE PAGE
4. SHARE YOUR RESULTS WITH OTHERS ON SOCIAL MEDIA

HOW TO USE ESSENTIAL OILS

Aromatically

Using essential oils aromatically

can influence you in a myriad of ways. Traditionally, aromatic usage has been aimed at improving a person's mood. A better and more stable temperament can have countless benefits on your life, every single day. Direct inhalation of dōTERRA's Elevation or Citrus Bliss first thing in the morning can help you wake up and motivate you to take on the day's tasks. Diffuse essential oils with distinct top notes such as Eucalyptus and Basil throughout the day to keep you productive at work. A quick breath of Peppermint can give you the boost to make it through a tough workout. Diffusing Lavender or Vetiver at night, or adding a few drops to your pillow, can help you prepare for the restful sleep you require to get through the ensuing day. Using essential oils aromatically can be the boost you need to get through the normal stresses of day-to-day life.

-  Diffuse a few drops in the morning, throughout the day, or right before going to bed.
-  Place a drop in your palm, rub the palms together, and inhale.
-  Drip 2–3 drops onto the floor of the hot shower, away from the water path, and breathe in.
-  Add to household surface cleaners, or to a load of laundry.
-  Add a couple of drops to pillows and bed linens.

Studies show convincing evidence that simply inhaling the aroma of an essential oil is effective for calming nervous or anxious feelings in a variety of settings.

Fight the Afternoon Slump

2 drops Lemongrass
4 drops Wintergreen
3 drops Wild Orange



Kick Back and Relax

3 drops Lavender
3 drops Vetiver
4 drops Cedarwood



Feel Good Blend

3 drops Bergamot
3 drops Wild Orange
1–2 drops Ylang Ylang
2 drops Spearmint



SET THE PACE

Natural energy boost for
your mind and body



Mito2Max[®]
Energy & Stamina Complex

34350001	60 Vegetable capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV

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



Sleep:

WHAT MANY OF US ARE MISSING

Jeff Dorsett, MSHS dōTERRA Research Scientist

Which is most important: Diet, Exercise, or Sleep?

Everyone knows that diet and exercise are key components of any healthy lifestyle. Another key pillar of health, equally important and arguably even more so, is sleep. Although the amount of sleep a person needs varies, experts recommend that adults get at least seven to eight hours of sleep every night¹. Unfortunately, about 33 percent

of Americans are not getting the recommend amount of sleep per night, and approximately one in five adults in the United States experience occasional sleeplessness or difficulty sleeping². There are many factors that can negatively impact how much (and how well) a person sleeps, from family (think newborn baby), to the conveniences of modern life (like 24-hour access to technology), to varying work schedules³, quality and age of mattresses and pillows⁴, and don't forget consumption of alcohol, nicotine, and caffeine. This list can go on and on, and far too often

sleep is the first thing that many of us neglect in order to meet the demands of our busy schedules.

Why Is Sleep So Important?

Sleep doesn't exist to just pass time or to keep us from working 24 hours a day. Sleep is important because it is inherently physically and mentally healing, and it allows for our bodies to not only recoup from the stress of everyday life, but also to recharge and refocus. Depriving your body of sleep

Tips for a Better Night's Sleep

1 Eat Well and Maintain a Healthy Exercise Routine – Eating a healthy diet and getting plenty of exercise keeps our weight in check, but it also helps with sleep. Eating high carbohydrate foods floods the muscles with glucose, causing involuntary muscle movements during sleep, which disrupts rest. Exercising too close to bedtime ramps up metabolism and body temperature and can make it difficult to fall asleep. If you get hungry before bed, try snacking on a hand full of nuts. Nuts provide protein and fat, which are not only satisfying, but are slowly digested, which can provide a calm sleep, and rich in magnesium, a mineral that helps to calm the nervous system.

2 Maintain a Rhythm – Try to maintain a regular sleep schedule, going to bed at the same time and waking up at the same time. Creating this rhythm helps regulate your body's internal clock and may help you sleep better.

3 Just Say No to Alcohol, Caffeine, Nicotine, and Electronics – All of these can make going to sleep difficult. Don't drink alcohol or caffeinated drinks too close to bedtime. Remove all electronics from the bedroom, including TVs, computers, and other electronic devices. Try to avoid bright light at least an hour before going to bed. Darkness will help your body begin producing melatonin, a hormone that naturally regulates sleep. To help keep your internal clock in balance, be sure to expose yourself to sunlight in the morning, which naturally tells your body to wake up.

4 Keep Cool – Make sure your bedroom is a quiet, dark, and relaxing environment, which is neither too hot, nor too cold. Your bed and pillows should be supportive, yet comfortable. If you experience shoulder, hip, or back pain in the morning, you can be sure you did not rest as well as you could have. It may be time for new bedding.

5 Wind Down – Your body needs time to shift into sleep mode, so spend the last hour before bed doing a calming activity such as reading or taking a warm bath. Certain drinks, such as chamomile tea, may be relaxing and non-stimulating.

6 Use Calming Essential Oils – Essential oils like Lavender and Bergamot are rich in linalool and linalyl acetate, compounds that have well-known relaxing properties. These oils can be diffused aromatically in the bedroom to create a calming and peaceful environment, perfect for getting a good night's sleep. They can also be used topically and taken internally to calm the nervous system, promote relaxation, and lead to a restful sleep. Try placing two to four drops of **Lavender** or **Bergamot** essential oil in a warm, herbal tea (Chamomile, Lemongrass, etc.), or another favorite uncaffeinated beverage about 30 minutes before going to bed, or add two to four drops of Lavender into an empty capsule and swallow about 30 minutes before bed.



Essential Oils for Sleep and Relaxation: Lavender • Vetiver • Serenity™ Calming Blend • Bergamot • Roman Chamomile

has been associated with many health risks and places a tremendous burden on virtually every organ system in your body. Lack of adequate sleep affects our ability to lose, or maintain, a healthy weight; influences how we feel, learn, and behave; and negatively impacts our cardiovascular health and overall wellbeing. Even more importantly, not getting enough sleep can reduce reaction time and interfere with our ability to drive³. The inability to drive

safely not only puts those in the car at risk, but also those with whom we share the road. In short, the less sleep you get, the less opportunity you give your body to heal and prepare itself for the following day, reducing overall quality of life.

So What Can I Do About It?

Of course, life will always find a way to present obstacles that are out of

our control, from a sick child to a last minute work project to a neighbor in need. Each of these will undoubtedly affect how we sleep. However, we must focus on what we can control, and fortunately there are several tips and techniques that you can apply to help ensure you are not only getting enough sleep but also getting quality sleep.

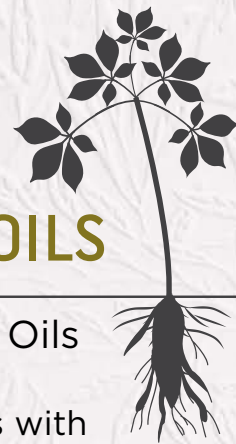
References:

- 1 "How Much Sleep Is Enough? - NHLBI, NIH." [Online]. Available: <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch>. [Accessed: 22-May-2015].
- 2 "Unhealthy Sleep-Related Behaviors --- 12 States, 2009." [Online]. Available: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6008a2.htm>. [Accessed: 22-May-2015].

- 3 "Insufficient Sleep Is a Public Health Epidemic | Features | CDC." [Online]. Available: <http://www.cdc.gov/features/dsleep/>. [Accessed: 22-May-2015].
- 4 S. Hogan, J. Edinger, G. Bieler, and A. Krystal, "Choosing the Best Mattress: An Experiment in Testing Whether Individuals Choose a Bed that Leads to Improved Sleep," RTI Press, Research Triangle Park, NC, Aug. 2011.

SPICE IT UP

WITH ESSENTIAL OILS



DIY: Transforming Your Spice Cabinet with Essential Oils

Did you know you can substitute most dry spices and herbs with essential oils? Compared to your ordinary dry herb collection, essential oils are far more potent and flavorful. With just one drop of essential oil added to your favorite recipe, you'll experience a burst of fresh flavor with unique health benefits

Creating Your Favorite Flavors with Essential Oils

Tip: Usually, one drop of essential oil is equivalent to two teaspoons of dried herbs. However, it's a good idea to start with less and gradually add more to taste. Dip a toothpick into the bottle and stir into your recipe until you reach the desired flavor.



ITALIAN SEASONING BLEND

Ingredients:

- Basil essential oil
- Marjoram essential oil
- Oregano essential oil
- Rosemary essential oil
- Thyme essential oil
- 2 tablespoons garlic powder or 1 garlic clove
- Chopped fresh garlic

Directions:

Mix all ingredients into a homemade spaghetti sauce.



HERBS DE PROVENCE BLEND

Ingredients:

- Thyme essential oil
- Marjoram essential oil
- Rosemary essential oil
- Lavender essential oil
- Fennel essential oil
- 2 teaspoons dried orange zest (optional)

Directions:

Add to soups, on chicken, or on roasted vegetables.



PUMPKIN PIE MIX

Ingredients:

- Cinnamon essential oil
- Ginger essential oil
- 2 teaspoons nutmeg
- Clove essential oil

Directions:

Combine all ingredients and mix into a pumpkin pie filling.



HERB OIL DIP

Ingredients:

- 1 teaspoon crushed red pepper
- 1 teaspoon ground black pepper
- Oregano essential oil
- Rosemary essential oil
- Basil essential oil
- 1 teaspoon granulated garlic
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt
- ¼ cup extra virgin olive oil (or as needed)

Directions:

1. Combine all ingredients, except olive oil, on a deep plate or bowl.
2. Pour olive oil over mixture.



CARDAMOM TEA

Ingredients:

- Cardamom essential oil
- Clove essential oil
- Cinnamon essential oil
- Ginger essential oil
- 2 tablespoons honey
- Milk

Directions:

Place all ingredients in three cups of water, heat, but do not boil, for half an hour and strain. Add honey and milk.

CARDAMOM

Used in Indian and Middle Eastern cuisine. Add to rice dishes, cookies, and teas.



CORIANDER

Commonly used to flavor cookies, pastries, breads, and curry dishes.



THYME

Delicious in herbed bread and flavored butters.



OREGANO

Great addition to pasta sauces, pizza, and chili.



CINNAMON/CASSIA

Use in homemade desserts, baking goods, and hot beverages.



BLACK PEPPER

Use to flavor your favorite savory dishes.



ROSEMARY

Mix into your wheat or white bread recipe, or make flavored olive oil.



CLOVE

Add to apple cider, fruit pies, and pineapple glazed ham.



BASIL

Excellent in pestos or pasta dishes.



JUNIPER BERRY

Often found in European dishes and used to make meat stews, sauces, marinades, juniper tea, and even chili.



GINGER

Add to savory and sweet sauces, baked goods, and vinaigrettes.



CILANTRO

Add to fresh salsa, or Pico de Gallo.



MARJORAM

Try it in sauces and marinades.



FENNEL

Popular in Italian cuisine, meat dishes, marinades, and salad dressings.





ask Dr. Hill

DR. DAVID K. HILL, DC

Executive Vice President, Chief Medical Officer/Chairman, Scientific Advisory Committee

Q:

If someone is allergic to a certain plant, can they still use the essential oils that come from those plants?

A:

An allergy is the result of the immune system mistaking a substance as harmful and producing antibodies to fight it, resulting in various adverse side effects. An allergic reaction to a plant is caused by a plant's protein-containing materials (i.e. the actual seed, leaf, or fruit). Pure essential oils do not contain these complex molecules, which are the primary cause of allergies. While an allergic response is unlikely, this does not mean one can use essential oils irresponsibly without risk. Understanding the proper use of an essential oil is always recommended, regardless of the circumstances. If you have concerns about sensitivities or interactions with other treatment plans, please consult your physician or health-care professional for additional guidance.

How do chemical constituents in essential oils affect us?

The chemical constituents of an essential oil are analogous to the macronutrients in food. Just as the fructose (sugar) composition of a banana provides instant energy and has specific metabolic effects, essential oils rich in Limonene can provide a powerful boost to your immune system. The chemical constituents in an oil determine its potential benefits, what metabolites it will produce, and best practices for application.

Chemists have to date identified over 3,000 different molecules present in essential oils. Each of these amalgamations of carbon, hydrogen, and oxygen atoms have their own unique properties. These compounds are categorized based on their chemical makeup, which hints at their function and physiological activity. Oils high in terpene compounds (ending in "-ene") have different properties than those high in hydroxyl alcohols (ending in "-ol") or phenols or esters, and are therefore suitable for different purposes. Familiarity with the chemical building blocks of essential oils enables any user to practice aromatherapy more safely and effectively.

What's the difference between Cinnamon Bark and Cassia essential oils? Is one better than the other?

While often thought to be the same, Cinnamon Bark and Cassia essential oils have distinct differences along with some similarities. Although extracted from different species (Cinnamon Bark from *Cinnamomum zeylanicum*, and Cassia from *Cinnamomum cassia*) they are both widely referred to as cinnamon and often used for similar purposes. Cinnamon is distilled from the bark of the cinnamon tree while Cassia is distilled from the stems and bark of the cassia shrub.

Trans-cinnamaldehyde is the primary constituent in both, though the concentration is the primary chemical difference. Neither oil is better; however, the variance in aldehyde composition results in different ranges of benefits. I recommend Cinnamon Bark to support oral health and to purify the air, while Cassia elevates mood and promotes healthy digestive function.

The Doctor Recommends

Cassia for elevating mood and promoting healthy digestive function



Cinnamon Bark for supporting oral health and purifying the air



Veggie Caps for your custom essential oil dietary supplement program



Spearmint

Distillation Method: Steam

Sourcing Origin: India

Plant Part: Whole Plant

Spearmint, scientifically known as *Mentha spicata*, is a perennial plant that has been used for centuries for its health-supporting properties and pleasant flavor. Aside from its refreshing and commonly recognized flavor, Spearmint has a wide range of impressive benefits. You've most likely experienced spearmint flavor in candy, toothpaste, chewing gum, or tea. It's sweet, refreshing aroma helps evoke a positive mood. When taken internally, this essential oil has an ability to ease occasional stomach upset and support overall digestive health. Compared to Peppermint, Spearmint is a gentler option to use on children and those with sensitive skin.

HOW TO USE

💧 Aromatically

- For a boost of confidence, diffuse a few drops in the diffuser of your choice.
- To help keep away insects, add a drop to the shower for a refreshing aroma.

💧 Internally

- Add 1-2 drops to baked goods, beverages, and homemade chewing gum.
- Place 1-2 drops in a veggie cap for the occasional stomach upset.

💧 Topically

- Apply to toothbrush before brushing teeth for fresh breath.
- Massage over the heart, on the soles of the feet, or on the back of the neck during times of stress and tension.
- Add to lotion or coconut oil and apply to skin for a pleasantly soothing experience.

💧 Other

- Add a few drops to bathwater for a relaxing and cooling bath.

INTERESTING FACTS

- In the Middle Ages, spearmint was scattered on the floor to get rid of rodents and encourage good health.
- The name "spear" mint derives from the pointed leaf tips.



dōTERRA[®]

FOR ATHLETES

In the world of sports, essential oils have many benefits for athletes. A university with an NCAA Division I athletic program now works with dōTERRA to receive instruction on essential oils and the AromaTouch[®] Technique. All of their campus training facilities have implemented dōTERRA products into their training and physical therapy approaches with impressive results.



THE TRAINING

To help the trainers understand the benefits of dōTERRA products, the university welcomed more information and training on essential oils. The trainings focused on oils such as Deep Blue[®], dōTERRA Breathe[™], Lemongrass, White Fir, Lavender, and dōTERRA On Guard[®]. dōTERRA shared tips with the full staff of athletic trainers about how to dilute for sensitivity with Fractionated Coconut Oil, and the uplifting benefits of diffusing essential oils. The trainers, in particular the Coordinator of Football Performance, were impressed with the idea of first working oils such as White Fir and Lemongrass deep into the tissue with manipulation, and afterward applying the Deep Blue Rub.

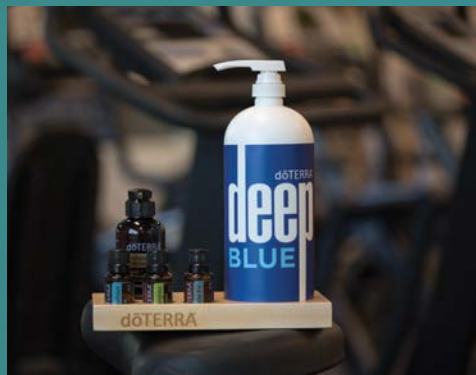
Another significant challenge many athletes face is how to manage stress effectively. Balancing the emotional and physical demands of a taxing schedule can be tricky for students. The trainers had a particular interest in learning about the AromaTouch[®] Hand Technique to help relieve some of that tension. Samples of Lavender and other oils were also given to the trainers. One trainer shared, "Athletes often ask us for something to help them relax and sleep better. It's not something you might always think about when dealing with sports. And I'm happy to be able to offer an athlete a natural solution first." As they began to use the products, many trainers came back with questions about how they could better benefit from the products, not only to help those who already had problems, but also how they could use them to keep their athletes healthy.



THE IMPACT

Not surprisingly, Deep Blue® is now a favorite of most of the athletes, from the gymnasts on the balance beam to the football players on the field. The runners especially love Deep Blue rub to quickly get the relief and support they need. They quickly feel the powerful effects of Deep Blue and it helps them to keep going during training and therapy. The head trainer for the track team says, “When they put on the rub, they feel the warmth for a long time. This helps our athletes feel better physically and mentally.” One football player added, “Deep Blue works so well! I use it before and after my workouts and it helps me finish my workout strong.”

During the initial product training session athletic trainers asked about the benefits of diffusing essential oils aromatically. Once trainers started setting up their Aroma Lite diffusers with a blend of dōTERRA



On Guard® and dōTERRA Breathe™ in the training rooms, athletes and trainers alike noticed a big difference in the smell and positive atmosphere. One trainer in particular came back after a recruiting trip and immediately noticed a change. He says, “The football training room has never smelled so good—I had to know what had changed.” Once he found out that the diffusers made the difference, he asked if there was any way he could get three diffusers for his home. Other trainers also implemented what they were learning at home—the head football trainer even uses the hand technique and Lavender to help his daughter relax and get a better night’s sleep.

THE BENEFITS

From the outset trainers were anxious to learn about the safety and benefits of essential oils, knowing that when they can pass along the benefits of a powerful, natural product to their athletes it makes a real difference. Over time, the trainers’ confidence in essential oils has grown as they have used the products themselves and seen the performance of their athletes improve. The Director of Sports Medicine says, “I love the changes I am seeing with all our teams as they continue to use the products and learn more. We’ve seen a difference in the general atmosphere of our training rooms and our athletes are experiencing the benefits of essential oils thanks to dōTERRA. The effect isn’t something I had expected but I’m very pleased with the result.”

TIPS TO IMPROVE ATHLETIC PERFORMANCE

PRE-AND POST-WORKOUT

Whatever sport you participate in, trainers recommend using different oils in both pre- and post-workouts.



Before any workout or therapy use Deep Blue rub, and then reapply post workout.



An AromaTouch® Hand Technique treatment before or after an event can help relieve tension.



Pre-workout some runners like to use Peppermint or dōTERRA Breathe essential oil for a feeling of clear airways. Apply four to five drops to the chest five minutes before exercise or an event.



For improved confidence, use dōTERRA Balance™ essential oil.



Post workout, place four drops of Lemon into 16 ounces of water and drink, then apply Lemongrass to calves.



Also try White Fir, Wintergreen, and Frankincense essential oils during post workout for muscle tension.

PRODUCTS USED: White Fir, Lemongrass, dōTERRA Breathe™, Lavender, Deep Blue®, Deep Blue rub, Fractionated Coconut Oil, Aroma Lite diffuser, AromaTouch® Kit, dōTERRA On Guard®, and dōTERRA Breathe Throat Drops.

ESSENTIAL

The term essential fatty acids (EFA) refers to a group of lipids that are vital for optimum health, but that must be provided through the diet because the body is incapable of synthesizing them. EFAs serve a number of significant functions within the body, including cell growth, brain development, muscle activity, immune function, joint health, and many others.

There is also a growing body of research concerning their influence on long-term health. As the science of nutrition continues to evolve, it is becoming clear that EFA intake is one the most important aspects of good nutrition.

OMEGA-3

There are a number of different polyunsaturated fatty acids, but there are two distinct types of long-chain omega-3s that have been shown to confer these amazing health benefits: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are found exclusively in oily fish and marine algae. The short-chain alpha linolenic acid (ALA), found in high concentrations in seeds and nuts, also serves many beneficial functions and actually converts (although not particularly effectively) to EPA and DHA in the body. Numerous clinical observations and longitudinal studies have displayed the cardio-protective effects of diets high in EFA intake, especially the long-chain omega-3s contained in marine life. These studies are so overwhelming that the Dietary Guidelines for Americans have been recently amended to include more seafood and the American Heart Association's newest strategic goals focus on increasing oily fish consumption.

RATIO

One of the most significant aspects of EFA intake is the omega-3 to omega-6 ratio. The conventional "Western" diet includes an excess of omega-6s and a deficiency of omega-3s. Present in nearly all processed and restaurant-cooked foods, recent statistics suggest that vegetable-derived omega-6s account for up to 20 percent of calories consumed by the average adult.¹ Furthermore, corn-fed beef and pork, one of the primary sources of protein in the western diet, is high in arachidonic acid, an omega-6 more pro-inflammatory than vegetable oils. While they do have their own set of benefits, unlike omega-3s, many omega-6s are pro-inflammatory, can block absorption of omega-3s or decrease efficiency of ALA to EPA conversion, and have even been shown to contribute to the progression of several non-communicable health issues.² Current evidence suggests that a 1:1 (omega-6 to omega-3) ratio is ideal for optimum health, but the average in industrialized nations is 16:1 and is often much higher.³ Also, of the average 1.6g of omega-3s that the typical American consumes daily, over 1.4g comes from plant-sourced ALA. ALA has been shown to be inferior to EPA and DHA in assisting neurological development and in influencing many markers of health, and is not as easily converted in the body to EPA and DHA as once thought.⁴ Contemporary study is making it abundantly clear how important it is to get your daily intake of marine-sourced long-chain polyunsaturated fats.



Dr. Damian Rodriguez is a member of the dōTERRA education department. Prior to joining dōTERRA, he worked in public health and as a strength coach and nutritionist for professional and collegiate athletes. He holds both a doctorate in Health Sciences with an emphasis in obesity and an M.S. in Human Movement from A.T. Still University, as well as numerous professional certifications in exercise and nutrition. Dr. Rodriguez is a lifelong athlete who has competed in everything from powerlifting to triathlons and is very passionate about educating the public about healthy lifestyle habits.

Fatty Acids

OMEGA-6

SUPPLEMENTATION

Although focusing on whole, unrefined foods and limiting ingestion of processed vegetable oils will go a long way toward a better EFA ratio, actually consuming enough omega-3s can be quite a challenge. Fatty fish is the best source of EPA and DHA, but due to the risk of exposure to toxic pollutants such as mercury, it is generally recommended that no more than 2–3 servings a week are consumed. Marine algae, another excellent source, is not a common component in most cuisines and can be cost-prohibitive. Walnuts, flaxseeds, and canola oil are excellent sources of ALA, but lack significant concentrations of the other two omega-3s. All of these sources are also very energy dense, so those on calorie-restricted diets may seek other options. An omega-3 dietary supplement is a very convenient solution to a complex problem, and fish oil is a rapidly growing segment of nutrition supplementation. According to the National Institutes of Health, as of 2012 nearly 8 percent of U.S. adults take a daily fish oil supplement, making it the most popular natural product in the industry.

XEO MEGA®

As effective as fish oil supplementation is, there is a better alternative with an even wider spectrum of health benefits. Four xEO Mega softgels provide 950mg of marine-derived omega-3 EFAs, and another 210mg from plant-based sources, along with other micronutrients and antioxidants—sufficient to meet the entirety of your daily needs. Also, the included essential oils work synergistically to support the digestion process, immune system function, and enhance the antioxidant benefits. Furthermore, the astaxanthin, vitamin E, and vitamin D content promote healthy response to oxidative stress. The combination is formulated to work with Microplex MVP™ to naturally benefit health in a manner which no simple fish oil and multivitamin supplement can match. Your body requires EFAs to regulate bodily functions, counter oxidative stress, maintain overall wellness, and perform at its best every day. Balancing a diet including moderate amounts of vegetable oils and regular servings of oily fish, along with xEO Mega daily, ensures that you will meet the recommended guidelines for EFA consumption.



(xEO Mega) is formulated to work with Microplex MVP to naturally benefit health in a manner which no simple fish oil and multivitamin supplement can match.



1. Simopoulos AP. The importance of the ratio of omega-6/omega-3 essential fatty acids. *Biomedicine & Pharmacology*. 2002;56(8):365-379. [http://dx.doi.org/10.1016/s0753-3322\(02\)00253-6](http://dx.doi.org/10.1016/s0753-3322(02)00253-6).

2. Calder PC. N-3 polyunsaturated fatty acids, inflammation, and inflammatory disease. *The American Journal of Clinical Nutrition*. 2006;83(6):S1505-S1519.

3. Ratnayake WMN, Gilani GS. Nutritional and health effects of dietary fats. *Pakistan Journal of Nutrition*. 2004;3(4):205-212. <http://dx.doi.org/10.3923/pjn.2004.205.212>.

4. De Lorgeril M, Salen P. Alpha-linolenic acid and coronary heart disease. *Nutrition, Metabolism and Cardiovascular Diseases*. 2004;14(3):162-169. [http://dx.doi.org/10.1016/s0939-4753\(04\)80037-1](http://dx.doi.org/10.1016/s0939-4753(04)80037-1).

AromaTouch® Website

RENOVATION



We are very happy to announce the launch of our newly remodeled AromaTouch website! This program has been spreading rapidly and to follow this momentum, we wanted to be able to give everyone a website to go to for everything AromaTouch. Here are some of the new updates that you can see with this website:

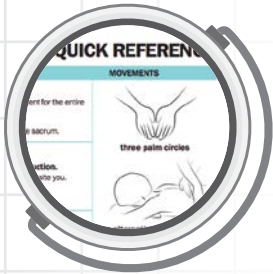


Step-By-Step Video Clips

This website now has step-by-step clips so that it is easier than ever to go back and re-learn steps or just refresh on each movement in the AromaTouch and Hand Techniques. Remember, practice always makes perfect!

Hand Technique Suggested Oils

The Hand Technique is an easy way of giving an individual an essential oil experience. Additionally, the Hand Technique allows the freedom of applying specific essential oils to address personal needs. We have suggested a few oils for you and why they would be beneficial when used in the AromaTouch Hand Technique.



Quick References

With the AromaTouch Technique and the Hand Technique, we have created Quick Reference Forms so that you can have the details of each movement with you wherever you go.

Q&A

With the new AromaTouch website, we now have a Q&A section for the AromaTouch and the Hand Technique. This can help those who are learning about the techniques get a better understanding before attending a training or receiving a technique themselves.



Events Calendar

Our events calendar is now better than ever! You can now filter events by country and then by state or province. This way you can see events specifically in your area to make your event search much easier.

We can't wait for all of you to have a chance to look through the website and sign up to get certified at an event! Help us keep the momentum around the program moving forward by spreading joy and wellness through AromaTouch!



AromaTouch® Corporate Employee Training

Since you have shown us the impact you can have through sharing AromaTouch with others, we recently implemented Employee AromaTouch Trainings.

These have helped our employees gain experience with AromaTouch as well as learn how to give the technique to others.

“I have always wanted to be AromaTouch certified and it has been really cool to have this opportunity for the employees. I had a great experience being able to give and receive my first ever AromaTouch. The instructor was very prepared, helpful, and patient with everyone. This is something I plan to use throughout my life.”

—Kody S.

“Bliss is the best word to describe the feelings I felt during the AromaTouch Technique process. The pure oils come together to create a feeling of serenity. My favorite part was the feeling of Deep Blue mixed with Peppermint soothing your body to a relaxing state.”

—Jared B.

“The AromaTouch Technique is a great way to relax, re-center, and experience essential oils. Going through the training was unique because you get to experience the technique for yourself, and then give one to someone else and pass along the benefits of essential oils. You leave ready to take on the world and knowing that you were able to help someone else at the same time.”

—Courtney F.

Make Over Your Laundry Room

Doing laundry may not always be the most exciting way to spend your time, but it is a task everyone has to face on a weekly or perhaps even daily basis. You can enhance your laundry routine with the cleansing power of essential oils along with a few handy tips.

1. Delicates, sweaters, and cotton T-shirts should be turned inside out to prevent pilling. Dark, fade-prone clothes should also be turned inside out as abrasion from rubbing against other clothes can cause fibers to fray, making clothes look faded.
2. When drying pillows, add a tennis ball or two to the dryer to prevent matting.
3. Add ½ cup of white vinegar and 4–6 drops of Melaleuca essential oil to the wash cycle to naturally brighten your whites.
4. Install labeled baskets for family members to pick up their laundry.
5. Utilize the narrow space between the washer and dryer to store a rolling storage cart or a laundry sorting bin.
6. Place stuffed animals in a laundry bag and wash on a gentle/delicate cycle. After washing, remove from the bag and hang dry.
7. Before putting socks in the washing machine, attach pairs together using a lingerie bag, safety pins, or sock clip. When you fold laundry, place any unmatched socks into a “missing sock drawer” or create a lost sock board.
8. Throw a dry towel into your dryer with your wet laundry to save time and energy.

DIY FABRIC SOFTENER

INGREDIENTS

- 1 64-ounce bag of Epsom salt
- 40 drops Lavender essential oil
- 30 drops Melaleuca essential oil
- 20 drops Lemon essential oil

INSTRUCTIONS

Pour Epsom salt into a large glass or stainless steel bowl. Add essential oils and stir well to combine. Store in a glass jar. Use ½ cup for medium to large loads in the wash cycle at any temperature and ¼ cup for small loads.



DIY BLEACH FOR CLEANING

(makes 1 quart)

INGREDIENTS

- 2 cups hydrogen peroxide (3 percent solution)
- 2 tablespoons lemon juice OR ½ teaspoon citric acid
- 2 cups water
- 10 drops Lemon essential oil

INSTRUCTIONS

Store in dark or covered bottles, as exposure to light will weaken the solution. Lasts up to 1 month in a clear bottle, 2–3 months in a dark bottle.

ESSENTIAL OILS IN LAUNDRY ROUTINE

—Natural, safe, and effective solutions

Add 4 drops of Lemon to a water bottle to pre-treat some stains.

Use the dōTERRA On Guard® Laundry Detergent to add the benefits of dōTERRA On Guard to every load.

Add 2 drops of your favorite essential oil to the rinse cycle for lasting benefits:

- Add Citrus Bliss® to your towels for an uplifting scent after each shower.
- Add Wild Orange to your workout clothes for an energizing scent during your next workout.
- Add Purify to your dish towels for added purifying benefits.
- Add Melaleuca for its cleansing properties.

Add 2-4 drops of Lavender to unscented dryer sheets or a clean washcloth to further infuse a fresh scent into your laundry.

Add a drop of your favorite oil to a damp cloth and place on top of clothing when ironing.



UPCYCLE AND REUSE

Use empty Slim & Sassy® TrimShake containers to store powdered laundry detergent, clothespins, or homemade dryer balls (visit doterrablog.com for a DIY).

Use empty 10mL roll-on bottles for stain spot treatment.

Put your loose pocket change into empty LLV bottles.

Add a couple drops of Lemon, Melaleuca, or Purify essential oil to a used dryer sheet for cleaning baseboards.



dōTERRA® GUY'S GUIDE TO TIN FOIL DINNERS

Preparing a tin foil dinner is simple, delicious, and fun—whether you are venturing out in the great outdoors, or staying at home. Here are a few tips and recipes for making tasty tin foil dinners your family will love.

USEFUL TIPS:

1. Use heavy duty foil to avoid ripping.
2. Place the food on the shiny side of the tin foil to help food cook faster and more evenly.
3. Use cooking spray on the foil before adding your ingredients.
4. Cut up your meat and vegetables into small bite-size pieces to expedite the cooking process.
5. Place meat on the bottom. Softer vegetables like bell peppers and onions should be placed in the middle of the meal (not near the tinfoil) to prevent burning.
6. Add more seasoning than normal. Mix in seasoning into your meat and your vegetables. You can also add a few slices of butter, or drizzle olive oil on the top of your meat and vegetables for additional flavor and moisture.
7. Double wrap your dinner, especially if your food is heavy, or if you plan to eat directly from the pack.
8. Make sure to cook in the coals and not the flames to avoid burning your dinner. The bed of coals needs to be big enough so all the dinners can be cooked at the same time. You can place a few coals on the top. When cooking at home, you can throw your dinner in the oven or on a grill.



How to Wrap and Seal Your Dinner

1. Tear off a sheet of foil large enough (at least 12 inches long) to cover and seal your dinner.
2. Place the food in the middle of the foil.
3. Bring the long sides together in the center and tightly fold them together toward the food. Leave 1–2 inches between the food and the end of the fold.
4. Tightly roll up the shorter sides, again leaving an inch or so of space between the end of the fold and the food.

Create the Perfect Tin Foil Dinner

Note: The ingredients can be adjusted according to your desires.

CHOOSE a PROTEIN



Salmon



Ground Beef



Chicken



Steak



Sausage



Shrimp

SELECT VEGGIES



Mushrooms



Carrots



Onions



Peppers



Potatoes



Peas

ESSENTIAL OILS



Marjoram



Rosemary



Thyme



Lemon



Basil



Oregano

OPTIONAL SAUCES



Steak Sauce



BBQ Sauce



Soy Sauce



Cream Soup



Cheese

Simple Vegetable Ground Beef Dinner

Makes 4 servings

Ingredients:

- | | |
|---|--------------------------|
| 1 pound ground beef | 2 sweet potatoes, diced |
| 2 large potatoes, diced | 2 medium-size carrots |
| 1 large onion, chopped | 1 clove garlic, minced |
| 2 large zucchinis, diced | Salt and pepper to taste |
| 1 drop Lemon essential oil
(for one individual meal) | Heavy duty tin foil |

Directions:

1. Mix salt and pepper into raw meat. Divide meat into fourths and put each portion on flat sheet of foil.
2. Pile desired amount of vegetables on each meal.
3. Season vegetables with salt and pepper and mix in essential oils.
4. Wrap each meal in tinfoil, making sure it is sealed.
5. Place dinners close to or directly on hot coals.
6. Cook for approximately 40–60 minutes, flipping halfway through.

Create a Dessert

CHOOSE a FRUIT



Peaches



Apples



Bananas

CHOOSE a TOPPING



Brown Sugar



Marshmallow



Cinnamon



Chocolate

Cinnamon Apples

Makes 4 servings

Ingredients:

- 4 Granny Smith apples, cored and sliced
- 4 tablespoons brown sugar
- 1 teaspoon ground cinnamon or
- 1 drop Cinnamon essential oil

Directions:

1. Mix apple slices with brown sugar and ground cinnamon or Cinnamon essential oil in bowl.
2. Divide apple slices into equal portions on piece of foil; double wrap.
3. Place in the coals of a campfire; cook 10–15 minutes, until softened.

Essential Recipes from Japan

About Coco

Native to Hiroshima, Japan, Satoko Kojo, also known as “Coco,” rediscovered her passion for cooking when she was introduced to dōTERRA essential oils.

Self-taught and driven by her passion, Coco opened an organic raw vegan restaurant in Hiroshima. While operating her restaurant, she held cooking classes and promoted health related workshops for green smoothies and ayurveda cooking.

She also worked in the kitchen of 長春素食, a five-star vegan restaurant in Taipei, and was featured in a magazine based in Hiroshima. While there, she hosted her own radio show and two television shows about health, wellness, and nutrition.

Today, Coco is living her dream in Taipei, where she continues to hold cooking classes and workshops, and provides recipes for various cafes and shops.

“I use Wild Orange to make wonderful raw desserts. I use Grapefruit for flavoring water, raw green smoothies, and desserts.”

Top with fresh kiwi slices and crushed walnuts



Raw Avocado Cake

Crust Ingredients:

3-4 pitted dates
¼ cup shredded coconut
¼-½ cup almonds
½-1 teaspoon water
Pinch of sea salt
1 teaspoon melted extra virgin coconut oil
1 drop dōTERRA **Lemon, Lime, Wild Orange, or Grapefruit** essential oil

Directions:

1. Grind first five ingredients in food processor until it turns into a dough.
2. Add extra virgin coconut oil and essential oil, then grind into a mixture until it holds together when pressed in your hand. Press into the bottom of a mini springform pan.

tip Use a springform pan that has a bottom you can separate from the mold. Prepare two sets and use one bottom to press the crust evenly.

3. Put mixture in the fridge while preparing the filling.

Filling Ingredients:

1 large avocado
4 tablespoons agave syrup or 3 tablespoons maple syrup
3 tablespoons water
1-1 ½ teaspoon pure vanilla extract (optional)
1-2 drops dōTERRA **Lemon, Lime, Wild Orange, or Grapefruit** essential oil
5-6 tablespoons melted extra virgin coconut oil

Directions:

1. Blend first 5 ingredients in a blender until completely smooth and creamy. Make sure to give it enough air so it becomes very creamy.
2. Add coconut oil and essential oils and blend again.
3. Take crust out of the fridge and pour in the filling.
4. Return to the fridge and chill until firm (about 8 hours).

Raw Marinara Sauce

Ingredients (A):

- 1 medium tomato
- *Less than 1 drop **Oregano** essential oil
- *Less than 1 drop **Basil** essential oil
- *Mix in essential oils by using a toothpick until you reach the desired flavor.

Ingredients (B):

- 1 medium tomato
- 10 cherry tomatoes
- 1/3-1/4 fresh red paprika
- 3 cloves of garlic
- 1 teaspoon of Himalayan Pink Salt or sea salt
- 4 tablespoons extra virgin olive oil
- 1-2 pieces dried tomatoes (not the ones marinated in oil and salt, just simply sundried)
- 1/2 teaspoon of mixture (A)

Pasta Ingredients

Zucchini of your choice of color

Directions:

1. Prepare the pasta by using a veggie spiral slicer.
2. Blend (A) in a high speed blender very well. Set aside.
3. Blend all of (B) in a high speed blender until creamy, and add 1/2 teaspoon of (A) and blend again.
4. Pour sauce over the pasta.



Raw Healthiest Brownie

Ingredients:

- 1 cup pitted dates
- 2 cups shredded coconut
- 1 teaspoon or tablespoon raw maca powder (optional)
- Pinch of salt
- 1 drop dōTERRA **Cinnamon Bark** or **Wild Orange** essential oil or both

Directions:

1. Grind all ingredients in a high speed food processor until it turns into dough.
2. Roll between the palms of your hands into a small ball shape.

tip If you like chocolate, add 1-2 tablespoons raw cocoa powder or as much as you like, and a drop of dōTERRA Peppermint essential oil instead of Cinnamon.

Raw Coco Bites

Ingredients:

- 1 cup raw walnuts
- 3-5 pitted dates
- 1 1/2 tablespoons raw cocoa powder or to your liking
- 1 drop of **Wild Orange** essential oil
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon cacao nibs
- Pinch of sea salt or Himalayan Pink Salt

Directions:

1. Soak raw walnuts in water overnight.
2. Rinse several times, or until water becomes clear.
3. Grind ingredients in high speed processor until it turns into a dough.
4. Shape it as you like and put it in the fridge until chilled.

Photos: Ryuji Pepe Sekihiro



ESSENTIAL OIL

Topical Application

Dr. David K. Hill, DC

DILUTE *-or-* NOT TO DILUTE

Anyone who has topically applied dōTERRA Deep Blue® Soothing Blend before and after a workout knows how quickly and intensely it works. But the cooling sensation can sometimes be a little strong for small children or people with sensitive skin. Diluting essential oils in a carrier oil before application is an excellent way to reduce sensitive skin reactions to certain essential oils, but will it reduce its effectiveness? The answer may surprise you. Recent research suggests diluting essential oils for topical applications not only does not reduce effectiveness, but may actually have certain advantages.

LIPOPHILICITY

The skin is one of the largest organs in the body, by both surface area and weight. Although it regulates several aspects of physiology and manages sensory reception, it is primarily a protector. The skin acts as a barrier to protect internal organs from variations in temperature, pressure and mechanical impacts. It also acts as a defender against unwanted foreign agents such as viruses and bacteria, and it does so with amazing proficiency. For thousands of years it was thought that the skin was essentially impermeable, but modern research has revealed that it is not particularly effective at keeping out water and lipid-soluble substances.⁽¹⁾ How essential oils permeate the skin when applied topically is a fascinating process, and one of the most important concepts in understanding how essential oils influence our health. Essential oils are lipophilic, meaning they are attracted to and are soluble in fatty substances. Diluting essential oils in a carrier before applying accentuates this property, providing a number of benefits.

BENEFITS OF DILUTION

Dilution is one of the most important aspects of effective topical application; it is also one of the most misunderstood. When used properly, carrier oils have been shown to improve essential oil topical application through several different pathways. Evaporation is the primary issue in topical application, as body heat and the skin present a formidable barrier. One of the most important benefits of dilution is that it slows the flashing off of

the volatile aromatic compounds, largely through one of the fundamental laws of fluid dynamics: decreasing the surface area of a substance exposed to air reduces the rate of evaporation. When diluted, essential oil chemical constituents have been shown to pass through the epidermis more efficiently than when applied neat.⁽²⁾ **Furthermore, another study showed that dilution may expedite the process, as varying levels of specific constituents were detected in exhaled air in as quickly as 20 minutes when using a carrier while a neat application resulted in no detection for up to two hours.**⁽³⁾





Introducing dōTERRA® TOUCH KIT

You can now find dōTERRA's most popular essential oils in a base of dōTERRA Fractionated Coconut Oil for easy-to-use application. For more information, see page 38.

Understanding proper dilution is an important factor in safe and effective essential oil use. Foremost, any substance that has a near-neutral pH, such as dōTERRA® Fractionated Coconut Oil, is incapable of altering the chemical makeup of an essential oil. Proper dilution, with an appropriate carrier, will not change the effectiveness. One of the most common concerns is the use of essential oils on those with sensitivity considerations, especially children. Although sensitivities are rare when proper usage guidelines are followed with neat application, by decreasing the rate of evaporation and therefore further limiting exposure, dilution allows for an even greater margin of safety. Dilution requires you use less oil for the same effect. When trying a new oil or when applying warmer oils such as Oregano or Thyme, dilution can decrease the risk for a hypersensitive reaction, reduce waste, and provide an ideal environment to discover which essential oils work best for your situation.

Along with improving application efficiency, there are also secondary benefits to using dōTERRA Fractionated Coconut Oil as a carrier. It has a light emollient effect and is excellent for your skin. Unlike other vegetable-based oils, it does not leave an unpleasant greasy residue or interfere with the valuable properties of the essential oil it is carrying. dōTERRA Fractionated Coconut Oil is also very stable, so you don't have to be concerned that it will go rancid after a few uses. Learning to use dōTERRA Fractionated Coconut Oil appropriately as a carrier will improve the experience for your entire family.

Despite the growing body of evidence regarding the benefits of dilution, both methods of topical application have their place in the developing model of effective essential oil use.

Many of the dōTERRA essential oils can be used safely and effectively neat, but proper dilution can be used appropriately at any time and may even offer some advantages.



References

1. Jager W, Buchbauer G, Jirovetz L, Fritzer M. Percutaneous absorption of lavender oil from a massage oil. *Journal of Cosmetic Science*.1992;43(1):49-54.

2. Bronaugh RL, Wester C, Bucks D, Mailbach HI, Sarason R. In vivo percutaneous absorption of fragrance ingredients in rhesus monkeys and humans. *Food and Chemical Toxicology*. 1990;28(5):369-373. [http://dx.doi.org/10.1016/0278-6915\(90\)90111-y](http://dx.doi.org/10.1016/0278-6915(90)90111-y).

3. Price S, Price L. *Aromatherapy for health professionals*. 2012. Churchill Livingstone Elsevier: Edinburgh. 130.

Lemongrass

Growing and harvesting quality Lemongrass is no easy task, but for some small groups of family farmers in Southern India, it is their passion and way of life. When it is time to harvest the lemongrass, these farmers hike five miles up a steep mountain and spend about seven days harvesting a 100-acre plantation—by hand. Once they are finished, they take the harvested lemongrass and walk five miles down the mountain while balancing a large bundle of lemongrass on their heads.

With every drop of dōTERRA® Lemongrass essential oil, you will experience a refreshing aroma that relaxes your mind and helps you keep a more positive outlook on life. The subtle citrus flavor of Lemongrass is often used in Asian cuisine and herbal teas, and when taken internally, Lemongrass delivers many benefits to your digestive system. A few drops of Lemongrass an ideal component in massage therapy.

Sourcing Origin: Southern India

Distillation Method: Steam

Plant Part: Leaf

HOW TO USE

Aromatic

- Diffuse indoors or outdoors to keep away mosquitoes and bugs
- Diffuse to overpower feelings of nervousness and eliminate mental fatigue
- Place 1 drop in the palm of your hand, rub hands together, and inhale softly for up to 30 seconds or longer as desired

Internal

- Add a few drops of Lemongrass to foods and beverages to add flavor and provide dietary support
- Add a couple drops in cooking
- Take in a dōTERRA Veggie Cap to promote healthy digestive function

Topical

- Rub or spritz on skin before going outside for a natural bug repellent
- Apply to muscles and joints for a soothing sensation



IDEA NOTEBOOK

BEVERAGE TIP

Homemade Ginger Ale

Ingredients

- 12 ounces of sparkling or carbonated water
- Squeeze of lemon
- 2 tablespoons honey, agave, or maple syrup (add more for sweeter taste)
- 1-2 drops Ginger essential oil

Directions:

- Combine and mix all ingredients, add ice, and enjoy!



UPCYCLING TIP

Reusing Empty Oil Bottles

Use empty essential oil or supplement bottles to store salt, pepper, sugar, or dry herbs. Empty supplement bottles also work great for storing small items such as paper clips, safety pins, wall tacks, loose pocket change, sewing material, and craft items. Use acrylic or spray paint to give your bottles a custom look.

What you need

- Empty 15mL essential oil bottle
- Ink cartridge from partially used ballpoint pen

Tip: An ink cartridge taken from a Bic ballpoint pen works the best. You can buy them at any local store.

Direction

1. Remove the ink cartridge from the pen and cut it long enough to fit the length of 15mL oil bottle.
2. Insert the ink cartridge into the 15mL bottle through the plastic opening.

BOTTLE PEN



IN-HOME SPA TIP

Spearmint Foot Soak

What you need

- 10 cups hot water
- ½ cup Epsom salt
- 10 drops Spearmint essential oil
- 5 drops Ylang Ylang essential oil

Directions:

1. Stir essential oils and Epsom salt into hot water.
2. Soak feet for about 30 minutes.



Fall Diffuser Blend

- 5 drops **Spearmint essential oil**
- 3-5 drops **Cardamom essential oil**
- 4 drops **Wild Orange essential oil**

Diffuse in the diffuser of choice for a pleasant fall aromatic experience.



➔ share your tip!

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

PRODUCT GUIDE

ESSENTIAL OIL SINGLES

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

 <p>ARBORVITAE ESSENTIAL OIL <i>Thuja plicata</i></p> <p>A T N</p> <p>49360001 5 mL \$29.33 retail \$22.00 whl 22 PV</p>	 <p>BASIL ESSENTIAL OIL <i>Ocimum basilicum</i></p> <p>A T I N</p> <p>30010001 15 mL \$26.67 retail \$20.00 whl 20 PV</p>	 <p>BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i></p> <p>A T I S</p> <p>30790001 15 mL \$36.67 retail \$27.50 whl 27.5 PV</p>	 <p>BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i></p> <p>A T I S</p> <p>41040001 5 mL \$29.33 retail \$22.00 whl 22 PV</p>	 <p>CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49350001 5 mL \$34.66 retail \$26.00 whl 26 PV</p>
 <p>CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i></p> <p>A T I D</p> <p>30020001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i></p> <p>A T S</p> <p>49300001 15 mL \$17.33 retail \$13.00 whl 13 PV</p>	 <p>CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>41850001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>	 <p>CINNAMON ESSENTIAL OIL <i>Cinnamomum zeylanicum</i></p> <p>A T I D</p> <p>30030001 5 mL \$28.00 retail \$21.00 whl 21 PV</p>	 <p>CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i></p> <p>A T I N</p> <p>30420001 15 mL \$48.67 retail \$36.50 whl 36.5 PV</p>
 <p>CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i></p> <p>A T I D</p> <p>30040001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>	 <p>CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>30780001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>	 <p>CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i></p> <p>A T N</p> <p>30050001 15 mL \$20.67 retail \$15.50 whl 15.5 PV</p>	 <p>DOUGLAS FIR ESSENTIAL OIL <i>Pseudotsuga menziesii</i></p> <p>A T N</p> <p>31590001 5 mL \$30.00 retail \$22.50 whl 22.5 PV</p>	 <p>EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i></p> <p>A T S</p> <p>30060001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>
 <p>FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i></p> <p>A T I S</p> <p>41290001 15 mL \$20.00 retail \$15.00 whl 15 PV</p>	 <p>FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i></p> <p>A T I N</p> <p>30070001 15 mL \$93.00 retail \$69.75 whl 69.75 PV</p>	 <p>GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i></p> <p>A T I S</p> <p>30090001 15 mL \$36.00 retail \$27.00 whl 27 PV</p>	 <p>GINGER ESSENTIAL OIL <i>Zingiber officinale</i></p> <p>A T I S</p> <p>30080001 15 mL \$52.00 retail \$39.00 whl 39 PV</p>	 <p>GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i></p> <p>A T I N</p> <p>30100001 15 mL \$21.33 retail \$16.00 whl 16 PV</p>
 <p>HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i></p> <p>A T I N</p> <p>30410001 5 mL \$100 retail \$75 whl 75 PV</p>	 <p>JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i></p> <p>A T I N</p> <p>49290001 5 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i></p> <p>A T I N</p> <p>30110001 15 mL \$28.00 retail \$21.00 whl 21 PV</p>	 <p>LEMON ESSENTIAL OIL <i>Citrus limon</i></p> <p>A T I N</p> <p>30120001 15 mL \$13.33 retail \$10.00 whl 10 PV</p>	 <p>LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i></p> <p>A T I S</p> <p>30130001 15 mL \$13.33 retail \$10.00 whl 10 PV</p>
 <p>LIME ESSENTIAL OIL <i>Citrus aurantifolia</i></p> <p>A T I S</p> <p>30870001 15 mL \$17.33 retail \$13.00 whl 13 PV</p>	 <p>MARJORAM ESSENTIAL OIL <i>Origanum majorana</i></p> <p>A T I N</p> <p>30140001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>MELALEUCA ESSENTIAL OIL <i>Melaleuca alternifolia</i></p> <p>A T I N</p> <p>30150001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>MELISSA ESSENTIAL OIL <i>Melissa officinalis</i></p> <p>A T I N</p> <p>30850001 5 mL \$153.33 retail \$115.00 whl 115 PV</p>	 <p>MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i></p> <p>A T I N</p> <p>30160001 15 mL \$69.33 retail \$52.00 whl 52 PV</p>
 <p>OREGANO ESSENTIAL OIL <i>Origanum vulgare</i></p> <p>A T I D</p> <p>30180001 15 mL \$32.00 retail \$24.00 whl 24 PV</p>	 <p>PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i></p> <p>A T I N</p> <p>30890001 15 mL \$39.33 retail \$29.50 whl 29.5 PV</p>	 <p>PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i></p> <p>A T I S</p> <p>30190001 15 mL \$27.33 retail \$20.50 whl 20.5 PV</p>	 <p>ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i></p> <p>A T I N</p> <p>30800001 5 mL \$44.00 retail \$33.00 whl 33 PV</p>	 <p>ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i></p> <p>A T I N</p> <p>30200001 15 mL \$18.67 retail \$14.00 whl 14 PV</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)

 <p>SANDALWOOD ESSENTIAL OIL <i>Santalum album</i></p> <p>A T I N</p> <p>30210001 5 mL \$82.33 retail \$61.75 whl 61.75 PV</p>	 <p>SANDALWOOD HAWAIIAN ESSENTIAL OIL <i>Santalum paniculatum</i></p> <p>A T I N</p> <p>41860001 5 mL \$82.33 retail \$61.75 whl 61.75 PV</p>	 <p>SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i></p> <p>A T I S</p> <p>31610001 15 mL \$38.67 retail \$29.00 whl 29 PV</p>	 <p>THYME ESSENTIAL OIL <i>Thymus vulgaris</i></p> <p>A T I D</p> <p>30220001 15 mL \$36.67 retail \$27.50 whl 27.5 PV</p>	 <p>VETIVER ESSENTIAL OIL <i>Vetiveria zizanioides</i></p> <p>A T I N</p> <p>30430001 15 mL \$46.00 retail \$34.50 whl 34.5 PV</p>
 <p>WHITE FIR ESSENTIAL OIL <i>Abies alba</i></p> <p>A T N</p> <p>30250001 15 mL \$26.67 retail \$20.00 whl 20 PV</p>	 <p>WILD ORANGE ESSENTIAL OIL <i>Citrus sinensis</i></p> <p>A T I N</p> <p>30170001 15 mL \$14.00 retail \$10.50 whl 10.5 PV</p>	 <p>WINTERGREEN ESSENTIAL OIL <i>Gaultheria fragrantissima</i></p> <p>A T S</p> <p>31620001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>YLANG YLANG ESSENTIAL OIL <i>Cananga odorata</i></p> <p>A T I N</p> <p>30240001 15 mL \$47.00 retail \$35.25 whl 35.25 PV</p>	 <p>PEPPERMINT BEADLET</p> <p>31570001 125 ct. \$15.33 retail \$11.50 whl 11.5 PV</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 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</p> <p>T N</p> <p>31200001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>	 <p>dōTERRA BALANCE™ GROUNDING BLEND</p> <p>A T N</p> <p>31010001 15 mL \$26.67 retail \$20.00 whl 20 PV</p>	 <p>dōTERRA BREATHE™ RESPIRATORY BLEND</p> <p>A T S</p> <p>49370001 15 mL \$26.66 retail \$20.00 whl 20 PV</p>	 <p>CITRUS BLISS® INVIGORATING BLEND</p> <p>A T N</p> <p>31020001 15 mL 20.00 retail \$15.00 whl 15 PV</p>	 <p>CLARYCALM® MONTHLY BLEND FOR WOMEN</p> <p>A T N</p> <p>35270001 10 mL \$32.67 retail \$24.50 whl 24.5 PV</p>
 <p>DEEP BLUE® SOOTHING BLEND</p> <p>T S</p> <p>31380001 10 mL \$85.33 retail \$64.00 whl 64 PV</p>	 <p>DIGESTZEN® DIGESTIVE BLEND</p> <p>A T I N</p> <p>31030001 15 mL \$41.33 retail \$31.00 whl 31 PV</p>	 <p>ELEVATION JOYFUL BLEND</p> <p>A T N</p> <p>31040001 15 mL \$49.33 retail \$37.00 whl 37 PV</p>	 <p>HD CLEAR® TOPICAL BLEND</p> <p>T N</p> <p>49400001 10 mL \$28.00 retail \$21.00 whl 21 PV</p>	 <p>IMMORTELE ANTI-AGING BLEND</p> <p>T N</p> <p>37140001 10 mL \$92.67 retail \$69.50 whl 69.5 PV</p>
 <p>INTUNE® FOCUS BLEND</p> <p>A T N</p> <p>41840001 15 mL \$46.00 retail \$34.50 whl 34.5 PV</p>	 <p>dōTERRA ON GUARD® PROTECTIVE BLEND</p> <p>A T I S</p> <p>31100001 15 mL \$42.67 retail \$32.00 whl 32 PV</p>	 <p>PASTTENSE® TENSION BLEND</p> <p>A T N</p> <p>31350001 10 mL \$24.67 retail \$18.50 whl 18.5 PV</p>	 <p>PURIFY CLEANSING BLEND</p> <p>A T N</p> <p>31060001 15 mL \$24.00 retail \$18.00 whl 18 PV</p>	 <p>dōTERRA SERENITY™ CALMING BLEND</p> <p>A T N</p> <p>31090001 15 mL \$40.00 retail \$30.00 whl 30 PV</p>
 <p>SLIM & SASSY® METABOLIC BLEND</p> <p>A T I S</p> <p>31370001 15 mL \$32.67 retail \$24.50 whl 24.5 PV</p>	 <p>TERRASHIELD® OUTDOOR BLEND</p> <p>A T N</p> <p>31190001 15 mL \$12.67 retail \$9.50 whl 9.5 PV</p>	 <p>WHISPER™ BLEND FOR WOMEN</p> <p>A T N</p> <p>31080001 5 mL \$32.00 retail \$24.00 whl 24 PV</p>	 <p>ZENDOCRINE® DETOXIFICATION BLEND</p> <p>A T I S</p> <p>31460001 15 mL \$32.67 retail \$24.50 whl 24.5 PV</p>	 <p>dōTERRA ON GUARD® BEADLET</p> <p>31580001 125 ct. \$20.00 retail \$15 whl 15 PV</p>

PRODUCT GUIDE

dōTERRA TOUCH™ KIT

NEW!

Striking the proper balance between protecting sensitive skin while still maximizing the absorption of beneficial essential oils is not just a matter of science, but also of art. dōTERRA Touch has achieved that balance.

Featuring eight of our most popular oils in a base of Fractionated Coconut Oil, Touch Kit makes application simple with 9mL roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they're ready to use so that you can immediately start to benefit from essential oils.



dōTERRA TOUCH™ KIT T | N or S

- dōTERRA Breathe™
- Deep Blue®
- DigestZen®
- Frankincense
- Lavender
- Melaleuca
- dōTERRA On Guard®
- Oregano
- Peppermint

21190001	160 PV
\$225.33 retail	\$169.00 wholesale

dōTERRA EMOTIONAL AROMATHERAPY™ KIT

NEW!

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each delicate blend contains pure, therapeutic-grade essential oils that can be used aromatically or topically to help balance and brighten your changing moods. Just a few drops of these naturally complex, fragrant blends can elicit profound emotional responses to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.



dōTERRA EMOTIONAL AROMATHERAPY™ KIT

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

21140001	150 PV
\$212.00 retail	\$159.00 wholesale



CORRECT-X

CORRECT-X® ESSENTIAL OIL OINTMENT

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

- Petroleum free
- Includes plant-based ingredients that protect skin from water and dirt
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

60110001	15 mL/.5 oz
\$16.00 retail	\$12.00 wholesale 10 PV



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

36100001	6.7 oz tube
\$19.33 retail	\$14.50 wholesale 14.5 PV

FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical uses.

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

30260001	3.8 oz
\$16.00 retail	\$12.00 wholesale 12 PV



AROMATIC USE

LOTUS DIFFUSER

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

- Features three settings—1, 2, and 3 hours,
- Covers up to 330 square feet
- Provides a decorative piece to any home or office

33160001	40 PV
\$119.93 retail	\$89.95 wholesale



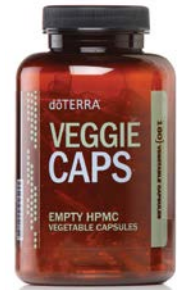
INTERNAL USE

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
\$5.33 retail	\$4.00 wholesale 0 PV



dōTERRA CLOUD™ DIFFUSER NEW!

dōTERRA Cloud™ is a waterless diffuser that contains state-of-the-art, patent pending technology which provides substantial mist diffusion with minimal noise output.

- Optional LED white light
- Three customized settings for mist output, run time, and pause time
- Covers 600 sq. ft.

33330001	40 PV
\$119.93 retail	\$89.95 wholesale



PETAL DIFFUSER

The dōTERRA® Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. It has a relaxing mist and soft white ambient light, and can cover up to 100 square feet. This convenient diffuser is stable, light, and easy to use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet

33150001	20 PV
\$62.66 retail	\$47.00 wholesale



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	40 PV
\$119.93 retail	\$89.95 wholesale



AROMA-ACE DIFFUSER

Output volume control allows you to choose the intensity of your aromatherapy experience

- Preserves the natural essence and complete benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of dōTERRA On Guard® Protective Blend

33030001	40 PV
\$173.27 retail	\$129.95 wholesale

OIL HOLDER NOZZLE 2-PACK

33330000	0 PV
\$12.67 retail	\$9.50 wholesale

PRODUCT GUIDE

dōTERRA ON GUARD® PRODUCTS

dōTERRA ON GUARD® FOAMING HAND WASH

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

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

ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001	\$30.00 retail	\$22.50 wholesale	18.5 PV
----------	----------------	-------------------	---------

SINGLE REFILL

38010001	\$24.67 retail	\$18.50 wholesale	18.5 PV
----------	----------------	-------------------	---------

TWIN PACK REFILL

38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV
----------	----------------	-------------------	---------



dōTERRA 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		
\$42.67 retail	\$32.00 wholesale	32 PV	

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean teeth with the added benefit of dōTERRA 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 benefits of dōTERRA On Guard essential oil blend

38910001	4.2 oz		
\$11.33 retail	\$8.50 wholesale	5 PV	

dōTERRA 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 dōTERRA On Guard Protective Blend*
- Formulated with all-natural organic cane juice and brown rice syrup

34050001	30 drops		
\$19.33 retail	\$14.50 wholesale	14.5 PV	

dōTERRA ON GUARD® LAUNDRY DETERGENT

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

- Contains 10 mL of dōTERRA 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

38980001	32 fl oz		
\$32.67 retail	\$24.50 wholesale	20 PV	

dōTERRA ON GUARD® BEADLET

dōTERRA On Guard Beadlets provide an easy and convenient way to obtain the unique benefits of dōTERRA On Guard Protective Blend.

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

31580001	125 beadlets		
\$20.00 retail	\$15.00 wholesale	15 PV	

dōTERRA ON GUARD® CLEANER CONCENTRATE

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

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend

38140001	12 fl oz		
\$19.33 retail	\$14.50 wholesale	10 PV	

dōTERRA ON GUARD+ SOFTGELS

dōTERRA 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.* dōTERRA 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 support and maintain a healthy immune system*
- Protects the body against seasonal threats*
- Supports healthy circulation and respiratory function*

35420001	60 vegetarian softgels		
\$32.67 retail	\$24.50 wholesale	21 PV	



dōTERRA ON GUARD® WHITENING TOOTHPASTE SAMPLES

The amazing benefits of dōTERRA 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		
\$4.66 retail	\$3.50 wholesale	0 PV	

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

SKIN CARE



HD CLEAR® TOPICAL BLEND



Used as a spot treatment or an over-all application, HD Clear Topical Blend promotes a clear 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 complexion
- Promotes clear-looking skin by targeting the site of blemishes

49400001	10 mL roll on
\$28.00 retail	\$21.00 wholesale 21 PV

HD CLEAR® KIT

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

42700001	40 PV
\$61.33 retail	\$46.00 wholesale

HD CLEAR® FACIAL LOTION

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 fl oz
\$45.33 retail	\$34.00 wholesale 34 PV

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 fl oz
\$28.00 retail	\$21.00 wholesale 21 PV

VERÁGE™ SKIN CARE COLLECTION

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

42690001	70 PV
\$112.66 retail	\$84.50 wholesale

VERÁGE™ TONER

Veráge Toner combines CPTG® essential oils with nourishing plant extracts to create a tightened, toned appearance of 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
\$29.33 retail	\$22.00 wholesale 22 PV

VERÁGE™ CLEANSER

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 g / 2 fl oz
\$33.33 retail	\$25.00 wholesale 25 PV

VERÁGE™ IMMORTELLE HYDRATING SERUM

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 hydration

37400001	15 mL/.5 fl oz
\$86.66 retail	\$65.00 wholesale 65 PV

VERÁGE™ MOISTURIZER

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 g / 1 fl oz
\$37.33 retail	\$28.00 wholesale 28 PV



PRODUCT GUIDE

FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to soothe skin irritation and protect skin from environmental elements.

37010001	4 oz
\$22.00 retail	\$16.50 wholesale 16.5 PV

PORE REDUCING TONER

Formulated to visibly reduce the appearance of pores, dōTERRA® Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin

37020001	4 fl oz
\$23.33 retail	\$17.50 wholesale 17.5 PV

HYDRATING CREAM

Packed with emollient-rich ingredients to provide intense moisture without leaving an oily residue, dōTERRA® Hydrating Cream is designed to assist in the rejuvenation of mature skin, restore balance to the skin, and help reduce the visible signs of aging to reveal a more youthful and glowing appearance.

37160001	1.7 oz
\$46.00 retail	\$34.50 wholesale 34.5 PV

TIGHTENING SERUM

Featuring CPTG essential oils of Frankincense, Hawaii Sandalwood, and myrrh in generous proportion, dōTERRA® Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration.

37040001	1 oz
\$66.00 retail	\$49.50 wholesale 49.5 PV



ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG essential oils of Lavender, Jasmine, Geranium and Frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging - improving skin tone, reducing the appearance of wrinkles as well as helping to keep skin looking young and vibrant.

37030001	1.7 oz
\$46.00 retail	\$34.50 wholesale 34.5 PV

INVIGORATING SCRUB

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

37050001	2.5 oz
\$24.00 retail	\$18.00 wholesale 18 PV

IMMORTELE ANTI-AGING BLEND

A proprietary blend of powerfully renewing, rare essential oils, used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin. This essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum and Rose, helps sustain smoother, more radiant and youthful skin.

37140001	10 mL roll on
\$92.67 retail	\$69.50 wholesale 69.5 PV



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

37340001	2 tubes—1.7 oz each
\$80.00 retail	\$60.00 wholesale 60 PV

dōTERRA® BREATHE PRODUCTS



dōTERRA BREATHE RESPIRATORY BLEND



Enhanced with the powerful respiratory benefits of Cardamom, Breathe is a remarkable blend of essential oils that promotes feelings of clear airways and easy breathing.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom essential oils
- Promotes feelings of easy breathing
- Helps minimize the effects of seasonal threats

49370001	15 mL bottle
\$26.66 retail	\$20.00 wholesale 20 PV



dōTERRA BREATHE RESPIRATORY DROPS

The respiratory benefits of selected CPTG® essential oils from the dōTERRA 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
\$19.33 retail	\$14.50 wholesale 14.5 PV



dōTERRA BREATHE VAPOR STICK

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of dōTERRA's proprietary Breathe essential oil blend can be used anytime, anywhere to promote clear breathing and soothe nasal airways.

- Maintains feelings of clear airways and breathing
- Quick, convenient delivery system
- Provides a cooling, soothing effect to nasal airways

34290001	.4 oz
\$11.33 retail	\$8.50 wholesale 5 PV



DEEP BLUE® PRODUCTS



DEEP BLUE® top seller SOOTHING BLEND



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

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

31050001	5 mL bottle	
\$42.67 retail	\$32.00 wholesale	32 PV
31380001	10 mL roll on	
\$85.33 retail	\$64.00 wholesale	64 PV



DEEP BLUE® RUB SAMPLES

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

- 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	
\$6.67 retail	\$5.00 wholesale	0 PV



DEEP BLUE NEW! POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement, which contains powerful polyphenols clinically tested to help with soreness and discomfort.*

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function*
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol and other polyphenols to soothe aches and discomfort*
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

34360001	60 Vegetable capsules	
\$79.33 retail	\$59.50 wholesale	59.5 PV

DEEP BLUE® RUB SOOTHING LOTION

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

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

38900001	4 fl oz	
\$39.00 retail	\$29.25 wholesale	29.25 PV

HAIR CARE

dōTERRA 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	70 PV	
\$103.33 retail	\$77.50 wholesale	

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

36220001	8.34 fl oz	
\$26.00 retail	\$19.50 wholesale	19.5 PV



PROTECTING SHAMPOO 2-PACK

36240001	\$32.67 retail	\$24.50 wholesale	19.5 PV
-----------------	----------------	-------------------	---------

SMOOTHING CONDITIONER 2-PACK

36250001	\$38.67 retail	\$28.00 wholesale	23 PV
-----------------	----------------	-------------------	-------

SHAMPOO AND CONDITIONER

36260001	\$37.33 retail	\$28.00 wholesale	23 PV
-----------------	----------------	-------------------	-------

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	
\$24.00 retail	\$18.00 wholesale	15 PV

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	
\$46.67 retail	\$35.00 wholesale	35 PV

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
- Smooths hair and provides an anti-static effect with nanotechnology

36230001	8.34 fl oz	
\$30.67 retail	\$23.00 wholesale	23 PV

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

PRODUCT GUIDE

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 nutrients, botanicals, and humectants
- Features cruciferous vegetable extracts to promote the appearance of healthy skin

3610001	6.7 fl oz tube
\$19.33 retail	\$14.50 wholesale 14.5 PV

3-PACK

3611001	Three 6.7 oz tubes
\$39.93 retail	\$29.95 wholesale 25 PV

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

3613001	4 oz
\$9.32 retail	\$6.99 wholesale 5 PV

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 to lips
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

3619001	.15 oz
\$6.33 retail	\$4.75 wholesale 4 PV



dōTERRA 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

3614001	4 fl oz tube
\$9.32 retail	\$6.99 wholesale 5 PV

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.

3617001	3.3 oz
\$20.00 retail	\$20.00 wholesale 0 PV

NATURAL DEODORANT

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

- Cypress, Melaleuca, Cedarwood and Bergamot essential oils provide purifying benefits, helping to reduce underarm odor
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens and artificial colors and fragrances

3742001	1.7 oz
\$11.33 retail	\$8.50 wholesale 5 PV



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 nutrients, botanicals, and humectants

3620001	2.5 fl oz tube
\$8.67 retail	\$6.50 wholesale 5 PV



DIETARY SUPPLEMENTS



DDR PRIME®

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

- Provides antioxidant protection against oxidative stress*
- Supports a healthy response to free radicals*

DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

41510001	30 mL bottle
\$73.33 retail	\$55.00 wholesale 55 PV

DDR PRIME SOFTGELS™

41740001	60 capsules
\$73.33 retail	\$55.00 wholesale 55 PV



MITO2MAX® ENERGY & STAMINA COMPLEX

Mito2Max is a healthier, long-term alternative to caffeine for increased energy and vitality.

- Promotes better microcirculation with Oligonal® lychee fruit extract, quercetin, and other standardized plant extracts
- Potent, full spectrum of mitochondrial energy cofactors supporting cellular aerobic capacity and energy production*
- Free of stimulants; not habit forming

34350001	60 Vegetable capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV



Oligonal is a registered trademark or Amino Up Chemical Co., Ltd

DEEP BLUE POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement, which contains powerful polyphenols clinically tested to help with soreness and discomfort.*

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function*
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol and other polyphenols to soothe aches and discomfort*
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

34360001	60 Vegetable capsules
\$79.33 retail	\$59.50 wholesale 59.5 PV



TERRAGREENS®

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
- Includes naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

60120001	300 g
\$37.33 retail	\$28.00 wholesale 20 PV

TRIEASE® SEASONAL BLEND SOFTGELS

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 immune response when combined together.*

- Promotes clear breathing and healthy respiratory function*
- Cleanses the body's systems*
- Supports healthy immune system function*

49310001	60 Softgels
\$30.00 retail	\$22.50 wholesale 20 PV



CHILDREN'S SUPPLEMENTS

dōTERRA a2z CHEWABLE®

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

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

35330001	60 tablets
\$26.00 retail	\$19.50 wholesale 30 PV

IQ MEGA®

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

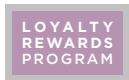
- Provides 1,000 mg of concentrated, pure Omega 3 oils per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with a2z chewable

35320001	150 mL
\$46.00 retail	\$34.50 wholesale 15 PV



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

DAILY VITALITY



**dōTERRA® LIFELONG VITALITY PACK™
DIETARY SUPPLEMENTS
INCLUDING ALPHA CRS®+
MICROPLEX MVp™ AND xEO MEGA®**

20640001 | \$106.00 retail | \$79.50 wholesale | 60 PV

Vegan Lifelong Vitality coming soon.



**MICROPLEX MVp™
FOOD NUTRIENT
COMPLEX**

An all-new formula with more bioavailable ingredients designed to provide just the right amounts of vitamins, minerals, and polyphenols that your body needs each and every day

- Naturally balanced, comprehensive array of vitamins and minerals to give you just what you need. Nothing more and nothing less*
- Highly bioavailable chelated minerals*
- Potent, antioxidant polyphenol extract blend*
- All-new whole foods blend
- Also features the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach*

34320001 | 120 Vegetable Capsules
\$52.67 retail | \$39.50 wholesale | 39.5 PV



**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*

34310001 | 120 Softgels
\$66.00 retail | \$49.50 wholesale | 49.5 PV



**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
\$66.00 retail | \$49.50 wholesale | 49.5 PV



**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 immune function*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend*

34180001 | 120 Vegetable Capsules
\$92.67 retail | \$69.50 wholesale | 69.5 PV





**dōTERRA DAILY NUTRIENT PACK™
MICROPLEX MVP™ AND XEO MEGA®**

20650001	50 PV
\$79.33 retail	\$59.50 wholesale

LOYALTY
REWARDS
PROGRAM

PERSONALIZED WELLNESS PROGRAM

LOYALTY
REWARDS
PROGRAM

**Customize
and Save**

With the purchase of one Lifelong Vitality Pack or one Daily Nutrient Pack via the loyalty rewards program, choose up to 3 additional targeted supplements at a significant savings.

BUY 1 LIFELONG VITALITY OR DAILY NUTRIENT PACK



\$59.50
wholesale
50 PV

OR



\$79.50
wholesale
60 PV

**AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS
AT REDUCED PRICES**



Microplex MVP™
\$20.00
10 PV



xEO Mega®
\$20.00
10 PV



Mito2 Max®
\$20.00
10 PV



Deep Blue Polyphenol Complex™
\$20.00
10 PV



TerraZyme®
\$20.00
10 PV



PB Assist®+
\$20.00
10 PV



Kids Kit (IQ Mega® & A2Z)
\$25.00
10 PV

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

DIGESTIVE HEALTH



DIGESTZEN® 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
- Eases feelings of queasiness*
- Helps reduce bloating, gas, and occasional indigestion*

31030001	15 mL bottle
\$41.33 retail	\$31.00 wholesale 31 PV



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
\$26.00 retail	\$19.50 wholesale 15 PV



DIGESTTAB™ NEW! CHEWABLE TABLETS

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

- Helps provide relief from occasional heartburn and indigestion, while promoting the overall health of the gastrointestinal tract*
- Use with or between meals as needed, for relief from occasional stomach upset, indigestion, and heartburn
- Helps relief from occasional sour stomach*
- Provides 200 mg of calcium per tablet

34380001	100 chewable tablets
\$18.67 retail	\$14.00 wholesale 10 PV



TERRAZYME® DIGESTIVE ENZYME COMPLEX top seller

DigestZen 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
\$50.00 retail	\$37.50 wholesale 37.5 PV



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 and microfloral balance*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula*

35040001	60 softgels
\$34.67 retail	\$26.00 wholesale 26 PV



PB ASSIST®+ PROBIOTIC DEFENSE FORMULA

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

- Delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth*
- Time-release double capsule designed to protect sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity*

35160001	30 vegetable capsules
\$46.00 retail	\$34.50 wholesale 34.5 PV



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



**ZENDOCRINE®
DETOXIFICATION BLEND**



Support your body's natural detoxification systems with Zendocrin.

- Features a proprietary blend of Tangerine Peel, Rosemary, Geranium, Juniper Berry and Cilantro essential oils
- Supports the body's natural ability to rid itself of unwanted substances*
- Can be used individually or in combination with Zendocrin Detoxification Complex

31460001	15 mL bottle
\$32.67 retail	\$24.50 wholesale 24.5 PV



ZENDOCRINE SOFTGELS

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

34280001	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale 21.5 PV



**ZENDOCRINE®
DETOXIFICATION COMPLEX**

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

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

35120001	60 vegetable capsules
\$32.67 retail	\$24.50 wholesale 24.5 PV



WOMEN'S HEALTH



WOMEN'S HEALTH KIT

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

35250001	\$92.67 retail	\$69.50 wholesale	60 PV
-----------------	----------------	-------------------	-------

**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*
- Supports healthy hormonal balance*
- Supports healthy bones, heart, breast tissue, and other body structures*

35260001	60 capsules
\$52.67 retail	\$39.50 wholesale 39.5 PV



**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
\$23.33 retail	\$17.50 wholesale 12 PV



**CLARYCALM®
MONTHLY BLEND FOR WOMEN**



dōTERRA ClaryCalm helps women manage the emotional mood swings 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
- Apply to skin for a cooling, soothing, effect
- Calming aroma

35270001	10 mL roll on
\$32.67 retail	\$24.50 wholesale 24.5 PV

PRODUCT GUIDE

SLIM & SASSY®

SLIM & SASSY TRIMSHAKE

Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients. TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise.* Includes the patented weight-management ingredient EssentraTrim® to help reduce food cravings and overeating.* Includes Solathin®, a special protein extract that supports increased feelings of satiety.* Blends well with nonfat dairy, almond, rice, and soy milk or water.

35180001	vanilla		
\$52.67 retail	\$39.50 wholesale	25 PV	
35200001	chocolate		
\$52.67 retail	\$39.50 wholesale	25 PV	

SLIM & SASSY TRIM KIT

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

40770001	1 Chocolate, 1 Vanilla		
\$200 retail	\$150 wholesale	125 PV	
35280001	2 Chocolate		
\$200 retail	\$150 wholesale	125 PV	
35290001	2 Vanilla		
\$200 retail	\$150 wholesale	125 PV	
60130001	2 V Shake		
\$200 retail	\$150 wholesale	125 PV	

SLIM & SASSY 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			
\$52.67 retail	\$39.50 wholesale	25 PV	

SLIM & SASSY® SOFTGELS

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

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

34270001	60 vegetarian softgels		
\$46.00 retail	\$34.50 wholesale	30 PV	

 **MADE WITH VEGETARIAN SOFTGELS**



SLIM & SASSY top seller METABOLIC BLEND

A T I S

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		
\$32.67 retail	\$24.50 wholesale	24.5 PV	



SLIM & SASSY CONTRŌL INSTANT MIX

Slim and Sassy contrōl is available in a powdered mix that you can take at any time during the day to help control your appetite.* Contrōl contains a revolutionary ingredient made from spinach extract called Appethyl™, which has been clinically shown to significantly reduce appetite for up to 6 hours.*

- Helps promote appetite control and manage portion sizes*
- Helps maintain healthy food intake*
- Along with a sensible program of diet and exercise, may help to promote and maintain healthy weight-loss over time*

34150001	30 sachets		
\$79.33 retail	\$59.50 wholesale	50 PV	



SLIM & SASSY CONTRŌL™ BARS

Contrōl is also available in a tasty bar. Convenient for people who are always on the go, Contrōl delivers the appetite-controlling power of Appethyl™ to help you in your quest to manage your weight and your overall well-being.*

- Helps promote appetite control and manage portion sizes*
- Helps maintain healthy food intake*
- Along with a sensible program of diet and exercise, may help to promote and maintain healthy weight-loss over time*

EssentraTrim is a registered trademark of NutraGenesis, LLC. Solathin is a registered trademark of Cyvex Nutrition. Appethyl is a trademark of Greenleaf Medical AB

34330001	10 apple cinnamon bars		
\$36.67 retail	\$27.50 wholesale	20 PV	
34340001	10 lemon bars		
\$36.67 retail	\$27.50 wholesale	20 PV	
34370001	10 apricot bars		
\$36.67 retail	\$27.50 wholesale	20 PV	

CONTRŌL BAR 3-PACK

20900001	10 bars of each flavor		
\$99.33 retail	74.50 wholesale	50 PV	

ENROLLMENT KITS



FAMILY PHYSICIAN AND SLIM & SASSY® KIT top seller

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

- 5 mL bottles of essential oils and blends: Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue®, dōTERRA Breathe™, DigestZen®, dōTERRA On Guard®
- Lists of suggested uses for each oil
- 15 mL Slim & Sassy®

40490001	Ten 5 mL bottles, one 15 mL bottle
\$184.50 retail	\$150.00 wholesale 110 PV



HOME ESSENTIALS KIT

- 15 mL bottles of Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Breathe™, DigestZen®, dōTERRA On Guard®
- 5 mL bottle of Deep Blue®
- Petal diffuser

41180001	225 PV
\$366.57 retail	\$275.00 wholesale

NATURAL SOLUTIONS KIT

- 5 mL bottles of Serenity, DigestZen®, Purify, Melaleuca, Oregano, AromaTouch®, Frankincense, dōTERRA Breathe, dōTERRA Balance®
- 10 mL bottles of PastTense®, HD Clear®, ClaryCalm®
- 15 mL bottles of Citrus Bliss®, Lavender, Lemon, Peppermint, Slim & Sassy®, Lemongrass
- dōTERRA On Guard® Collection: dōTERRA On Guard Protective Blend (15 mL), dōTERRA On Guard Beadlets, dōTERRA On Guard Toothpaste, dōTERRA On Guard Hand Wash w/2 Dispensers
- Other Products: Life Long Vitality, DigestZen® TerraZyme®, HD Clear® Foaming Face Wash, Deep Blue® Rub, Fractionated Coconut Oil (4 oz), Sample Vials, Aroma Lite Diffuser, Wooden Box

20520001	400 PV
\$733.33 retail	\$550.00 wholesale



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

Except as indicated, all words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC.

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

breathe™

VAPOR STICK

Just Breathe

Instantly feel the power of Breathe essential oil blend soothing nasal airways while providing a cooling effect both topically and aromatically.



Breathe Vapor Stick

To Order:	34290001	5 PV
	\$11.33 retail	\$8.50 wholesale



dōTERRA®

CPTG Certified Pure Therapeutic Grade®