

Bulgaria

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dōTERRA PRODUCT GUIDE, (see pages 38–55)



Always **on guard**

Safe for you, your family, and the environment.

dōTERRA On Guard®

Cleaner Concentrate

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



Rebuilding Bulgaria

At one time in Bulgaria, you would have driven through the Dobrich area and found an area bustling with industry. In fact, before the collapse of the Soviet Union in 1991, Bulgaria was a key industrial area for the Soviets and also home to some of the world's most preeminent essential oil research, development, and production. But today, as you pass empty factory after empty factory in many areas of Bulgaria, you quickly realize that Bulgaria's past is not reflected in the present.

This is not for lack of expertise in the country or lack of ideal farming conditions for many aromatic plants. The sandy soil and climate all contribute to a land that is rich in potential. Seasoned experts are also skilled in the art of farming and distilling some of the world's highest quality essential oils. To this day, the country remains an agricultural haven for growing a variety of aromatic plants, among them lavender, melissa, chamomile, and yarrow. However, without the support of the state to back essential oil farming, many Bulgarian farmers have abandoned essential oils to grow crops like wheat and corn, which are the focus of government funding and vast European Union subsidies.

Knowing the history of essential oils in Bulgaria, dōTERRA chose the Black Sea Town of Varna with a production center in nearby Dobrich as the location for new world-class headquarters. This new dōTERRA-owned farming and distillation company called Esseterre is helping begin a new chapter for the country.

A Unique Facility

For years, brokers have mostly managed the distilleries that remain in Bulgaria, which means they determined how much and when the farmers would get paid. Many farmers are not paid what they should be, and some are not paid for months or even years until the brokers have sold the oil.

What makes the Esseterre distillery unique is an on-site, state-of-the-art laboratory, including a gas chromatography–mass spectrometry (GC/MS) machine and a lounge where farmers can watch and wait while their crops are being distilled. "Having this technology on-site at the distillery allows us to not only confirm, while the farmer waits, that their plants produced the highest-quality oil, but also to pay farmers fairly and timely—in this case the same day or the next day," explains Tim Valentin, Director of Strategic Sourcing. "We also are enabled to reward bonuses to farmers that are doing the best work and growing plants that result in the highest quality oil. No other distillery in Bulgaria has this capability or priority like we do."

Other exciting developments have taken place at the distillery since completion just a few months ago. Not only was it ready for this year's lavender harvest in record time, but it has already had an impact on small-scale farmers. Before the distillery even had a chance to officially open, a melissa farmer came to Esseterre in a panic. He had taken his crop to be distilled at a different distillery nearby, but they had been unable to get a single drop of oil from it. Knowing that there was a new distillery with state-of-the-art equipment, he talked to the management team at Esseterre and begged them to do something. While they had not yet distilled any oil, the team fired



up the boilers for an initial test run and were able to obtain a good quantity of oil from his crop. Emily Wright says, "The oil they got was just beautiful. The farmer started crying from both excitement and relief. This story just shows the sophistication of our equipment, and also of our team there."



The Future of dōTERRA

Esseterre is primarily focusing this first season on Lavender and Melissa oil production, but farmers are capable and anxious to do even more. The distillery is planning to operate at least 200 days per year in order to facilitate a more efficient and optimal use of Bulgaria's abundant, high-quality aromatic plants. Among the crops that Esseterre will distill during the **lavender** and **melissa** off-seasons are blue chamomile, yarrow, fennel, coriander seed, juniper berry, and others. Esseterre has also established relationships with other farmers and distillation partners nearby for expanded capacity as needed.

Corey Lindley says, "Esseterre is a model farming and distilling operation we are very proud of, not only for its top-notch operations, but also for the way in which our Co-Impact Sourcing model is able to bring meaningful impact and opportunity to a part of the world that desperately needs it. This is how we will continue to ensure our supply chain and also ensure we continue to have access to the highest quality essential oils."

Under Special Management

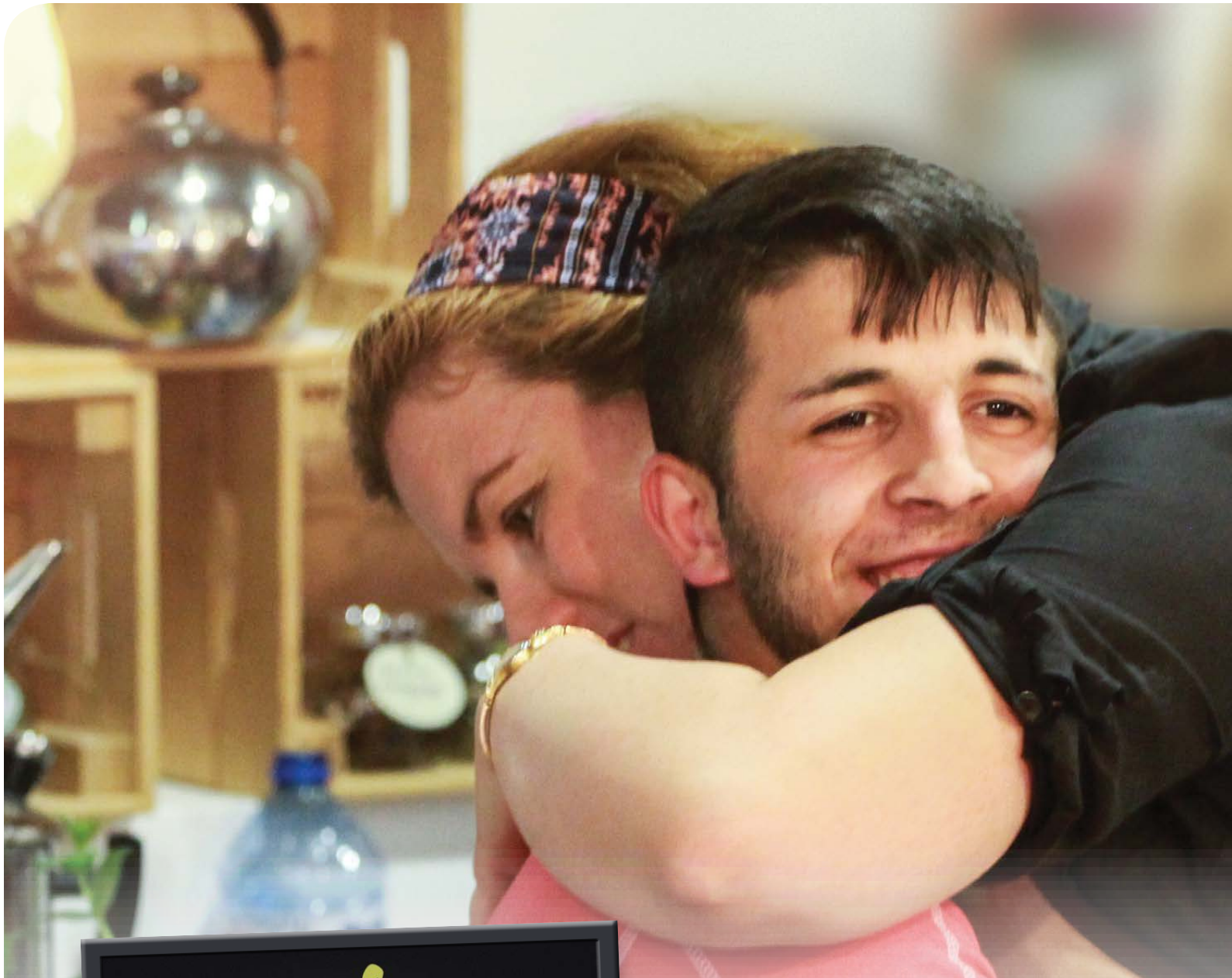
Part of the secret to Esseterre's success is the management team behind it. Determined that the distillery needed to be managed and operated by local Bulgarians, the team was carefully selected. Emily Wright explains, "We want to benefit the people and their heritage and help continue their legacy. The management there come from families that have farmed or distilled essential oils for generations. That legacy was dying, and now they get the chance to bring their heritage back to life."

Expert managers, distillers, farmers, and engineers make up the team. Along with impeccable industry-related skills, the Esseterre team, led by General Manager Plamen Nikolov, is characterized by a shared commitment and common vision to positively impact their own communities and the well-being of small-scale farmers Esseterre is partnering with in Bulgaria. Currently, the distillery directly employs 17 full-time staff. In addition, Esseterre employs upwards of 50 seasonal employees, not counting the hundreds of farmers and others that Esseterre will indirectly employ. There are also many more who are eager to join forces with Esseterre's mission and the dōTERRA Co-Impact Sourcing® approach.

While the concept of investing in Bulgaria has been in the works for more than one and a half years, **actual construction for the distillery was completed in only five months**, between February and June 2016.

The Esseterre distillery is among the largest in the country, housing 12 distillation units (soon to be 14 units later this year).





the social
Teahouse

and the dōTERRA

Since the collapse of the Soviet Union, Bulgaria has fallen on hard times. Nearly a quarter of its citizens are living at or below the poverty line and the country is currently experiencing one of the most extreme population declines in the world. This is mostly caused by a mass migration away from the country due to a lack of job opportunities and a decaying economy.

One demographic that is particularly suffering from this decline in both population and opportunity is the

disproportionate number of orphans in Bulgaria. Sadly, the needs in Bulgaria far outweigh the resources that are available in vastly underfunded state-run orphanage institutions. Once these children reach the legal age of 18, they can no longer stay at these institutions and are forced to leave.

“They are basically thrown out into society and they fail,” says Emily Wright, Founding Executive and Vice President of Marketing and Sales at dōTERRA. “They end up homeless. They don’t have

social development skills, trade skills, or any of the things they need to allow them to succeed.”

To help these youth, the dōTERRA Healing Hands Foundation has partnered with a local Bulgarian nonprofit organization known as The Social Teahouse. This organization opens its door to youth between the ages of 14 and 18 to help them prepare to leave state-run institutions through offering a three-year mentorship program that builds professional and personal skills.



Healing Hands Foundation™ in Bulgaria

These youth are also given access to internships, networking, and job opportunities that provide them with more access to the labor market. The goal is to prepare them to be able to develop careers, sustainable futures, and social integration when they enter society on their own. By learning the skills and competences needed, The Social Teahouse seeks to create a bridge to success between a child's time in the orphanages and their life after.

Earlier this year, the dōTERRA Healing Hands Foundation contributed a substantial donation to assist The Social Teahouse in completing the refurbishment and outfitting of their new head office, training facility, and operating teahouse. At this teahouse, the orphans are able to learn hands-on food preparation, catering, and business skills. The revenue they earn helps to cover costs for the training and mentoring initiatives of The Social Teahouse curriculum. The interns will

also learn skills linked to vegetable gardening, larger-scale farming, and distilling operations, in partnership with Esseterre, dōTERRA's new farming and distilling operation in Bulgaria.

The hope is to ultimately increase public awareness, create positive social engagement, and facilitate the opportunities that are much needed to alleviate the difficult transition that exists for far too many Bulgarian youth.

ask Dr. Hill



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

Q:

Why is the quality of essential oils so important?

A:

As essential oils are becoming more mainstream, this question becomes even more paramount. There is a finite supply of essential oils on the planet, far less in fact than the consumer demand. What this means is that many products out there are impure or even synthetic. The chemistry of an essential oil is greatly determined by its purity and harvesting location and methods, and a wide variety of contaminants or irregular chemistries can find their way into essential oils if they're never tested for purity. As a result, an oil may not offer its intended benefits, and may even pose unknown risk. The best essential oils are pure, all-natural, and have known chemical compositions.

What is the best way to use dōTERRA Touch® Blends?

The dōTERRA Touch line was developed with ease of use and ultimate safety in mind. The primary issue I hear from novice essential oil users is that they don't know how to apply them. The dōTERRA Touch blends are revolutionary in that they take the guessing game out of topical application. They are ideal for everybody, regardless of age or experience, because with precise pre-dilution you simply remove the cap and roll it on. Keep the dōTERRA Breathe® roll-on in your bedroom nightstand for a clearing, refreshing aroma, or keep a Lavender roll-on in your medicine cabinet to soothe minor skin irritations, or leave a Peppermint roll-on in your child's backpack so they can apply it to their temples for an energy boost throughout the day. The dōTERRA wTouch blends are the ideal grab-and-go essential oils and perfect for children and individuals with sensitive skin.

What are the benefits of adding Lemon essential oil in water vs. fresh lemon juice?

Lemon essential oil is cold-pressed from the rind while lemon juice comes from the pulp, resulting in two very dissimilar substances with unrelated properties. Chemically, Lemon essential oil is very high in limonene, much more so than lemon juice. In particular, the high concentration of limonene is why Lemon essential oils is so cleansing and can aid in digestive and respiratory function when consumed. Essential oils are also highly concentrated; even if the substances were identical in makeup, it would take a large amount of fresh lemon juice to match the potency of two drops of Lemon essential oil in water. Finally, Lemon essential oil may also be easier to ingest for those with sensitive stomachs because it does not contain citric acid, the component of lemon juice that makes it sour.

LEMON TIPS:



ONE

Add 1-2 drops to glass of water in the morning to rejuvenate and cleanse your body.

TWO

Add a couple drops to tea for an invigorating citrus flavor.

THREE

Add 1-2 drops to spoonful of raw honey; eat by itself or mix in warm water.

Cinnamon Bark

Plant Part: **Bark**

Distillation Method: **Steam**

Sourcing Origin: **Madagascar**

Cinnamon is considered one of the longest-existing spices in history. It was so highly prized among ancient nations that it was regarded as a gift fit for monarchs and even for the gods. Since then, cinnamon has become an extremely common and important spice around the world. Having a long history of culinary uses, the sweet-and-spicy flavor of cinnamon in many baked goods has been, and continues to be, enjoyed by most people.

As an essential oil, Cinnamon Bark has the ability to support healthy metabolic function, promote healthy circulatory function,* and has immune-supporting properties.* It can also aid in naturally repelling insects.

HOW TO USE

◆ Aromatically

- Use 3–4 drops in the diffuser of your choice for a warm, fragrant smell.
- Put 2–3 drops in a spray bottle with water for an effective cleaning spray.

◆ Internally

- Add 1 drop of Cinnamon Bark essential oil in hot water, tea, or hot chocolate and drink slowly to soothe your irritated throat.*
- During your nightly routine, add 1 drop to 2 ounces of water and gargle for an effective mouth wash.
- Add to your favorite baked goods or hot cereal.

◆ Topically

- Dilute with dōTERRA Fractionated Coconut Oil and create a warming massage for cold, achy joints.
- Make a warm and relaxing foot soak by mixing a few drops of Cinnamon Bark essential oil and Epsom salt to warm water.

FUN FACT:

“Cinnamon” is derived from the ancient Hebrew word *kinnāmōn*, which in turn originates from the Malay or Indonesian term *kayumanis*, meaning “sweet wood.”



Initial Goal:

Lose 26 lbs

End Result:

Lost 36 lbs in 3 months ‡



**SLIM &
SASSY**

Joseph Hulse Jr. had been overweight

from years of poor lifestyle choices, overeating, and a lack of exercise. At the time, he was working long hours trying to support a family while also attending graduate school. He says, "Life's demands have resorted my wife, three pre-school age children, and myself to eating on-the-go frequently." Poor lifestyle choices eventually took a toll on Joe's overall health, making it very difficult for him to accomplish his daily responsibilities. Due to lack of physical activity, excess weight, and weak core muscles, Joe developed lower back and neck pain. The pain made working out less desirable, and fatigue gave him an excuse not to change. But, he realized that he needed to push all the excuses out of the way and start making some serious lifestyle changes.

Joseph Hulse, Jr.

2016 SLIM & SASSY COMPETITION GRAND PRIZE WINNER

Journey to a Better Lifestyle

Overcoming Challenges

Having three young children and getting to the gym is tough, so I found a local gym with child care. There are days when I don't have time to exercise, so when that happens, I give myself a pass and plan for the next morning. Lifestyle is a journey of planning. Whatever you do, avoid criticizing yourself for missing a workout when time is not in your control. You can always stay accountable by asking a friend to meet you for workout or a walk.

Placing Value on Health

Exercise has been vital to my transformation. I have found the morning to be the best time for exercise, so I set a specific time to go to the gym, and I make it a priority. It became my outlet for reducing daily stress. I also made sure I was getting at least seven hours of sleep so I could have the energy to exercise the next day. Adequate sleep will bring mental clarity during workouts and when selecting food choices. Since I started the challenge, I've identified my eating triggers and really placed value on my health. Using dōTERRA products in my lifestyle change has made a remarkable improvement in my overall wellbeing.* It is incredible the improvement I feel with balancing family, work, and graduate school. I feel more energy keeping up with my three preschool-age children! My concentration and focus with the graduate studies are at an all-time high.

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

Incorporating dōTERRA Products

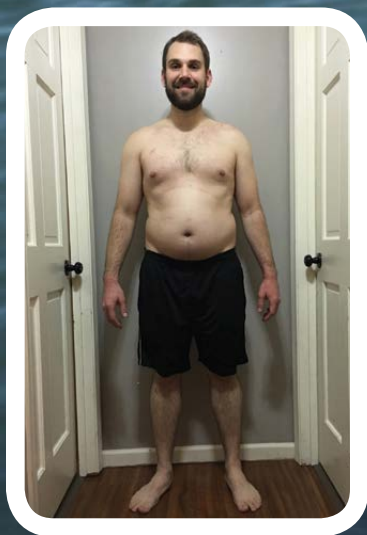
Each day I started with water and the **Slim & Sassy® Metabolic Blend** for a morning boost.* I used the **TerraGreens®** mix after a workout and changed my eating habits for healthy portions of lean meats, vegetables, and fruits. I reduced excess sugar and processed foods and focused on eating higher fiber foods. Each day I take the **dōTERRA Lifelong Vitality Pack®** supplements to support my daily intake of antioxidants.* I incorporated the **Slim & Sassy® Trim-Shake** for a low-calorie evening snack.

Exceeding Expectations

In the end, I exceeded my weight loss goal by 10 pounds, and more importantly, I have implemented a healthier lifestyle for myself and my family. I have dropped far more inches than expected, and I am under my waist size goal by three inches. With the change in body fat and improved posture, I am feeling healthy and energized, and I no longer get up struggling with neck and back pain. A primary goal was to change my family's nutritional habits. The new lifestyle has allowed me to set an example of healthy eating, and I cook more for my family! My wife and I are incorporating enjoyable physical activity in our own quality time. Being active has helped me keep and have fun running and dancing with my children. The lifestyle change has motivated many around me to begin their weight loss journey. I often get asked how I lost weight, and I am happy to share this experience with them.

‡Results vary based on diet and exercise. Typical loss may be less.

"I want to be an example for others to improve their nutrition and overcome weight loss obstacles. Most importantly, I want to have good health and longevity with my wife and to set an example of nutrition, hydration, and physical activity for my children as they continue to grow." -Joe



BEFORE

JOE'S TIPS TO SUCCESS

Value Yourself and Think Positive

1

Evaluate and reduce life stressors and trigger points to make healthier lifestyle choices. Make a mental decision that you are important enough to carve out time for yourself so you can have a better, healthier lifestyle. Self-reflect on what you consider fun and build your workouts around what you enjoy doing.

Find Motivation

2

Keep motivated by surrounding yourself with support and healthy reminders. Ask friends to help you stay motivated and to join you in activities and healthier eating habits. Place motivating messages of encouragement around your house. When the mind stays motivated, the body will follow.

Exercise

3

Focus on increasing your upper and lower body strength when beginning your lifestyle change. Increased muscle supports posture, mobility, and is the body's frame. As you begin to see results, don't stay complacent. Push yourself to achieve goals that you once would never create for yourself. Confidence will build, and you'll look forward to new achievements.

Create Awareness of Calories and Nutrition

4

Read food labels and choose whole foods that are unrefined with no added sugar. Familiarize yourself with serving sizes to maintain portion control. Clean out your pantry to remove unhealthy foods and create a shopping list of healthy foods and stick to that list.

Stay Hydrated and Well Nourished

5

Avoid drinking your calories and save your calories for eating nutritious foods. Eat high protein and high fiber food sources at every meal and increase your servings of plant-based foods. Take dōTERRA Lifelong Vitality Pack® supplements to support your nutritional needs.*

SLEEP EFFECTS

Exercise and Weight Management

Not seeing the results you want from all your hard work in the gym and dedication to your diet? The logical response is to ramp up the workout intensity or volume and cut out those last few calories, but the most effective measure may be to do nothing at all. Sleep is one of the most important factors in maintaining optimal metabolism, supporting normal endocrine function, and regulating appetite. If you are serious about your body, optimum health doesn't always begin in the gym or the kitchen, but often between the sheets.



Guidelines

Sleep requirements change over the course of an individual's life; therefore, guidelines are primarily based on one's age. *The National Sleep Foundation recommends up to 17 hours per day for newborns, and down to 6–8 for older adults. Advocates increased sleep time for those with particularly active lifestyles.* There are also a series of sleep hygiene recommendations that can help you get the most out of your bedtime. The latest guidelines suggest not napping during the day to maintain normal patterns, avoiding stimulants later in the day, and establishing a consistent bedtime routine. One of the most important factors to keep in mind is that experts almost universally agree that attempting to “catch up” on sleep is a losing proposition. Even if you may initially feel more rested, following sleep deprivation with longer bouts of sleeping ultimately affects your circadian rhythms and may make it more difficult to set a consistent regimen. Like healthy eating and exercise, the effectiveness of sleep is highly dependent on consistency.

Sleep Deprivation

Lack of sleep can have significant metabolic and endocrine effects that may reduce or even completely undo the success of your weight management efforts. Cortisol, the “stress hormone” secreted during times when the “fight or flight” response mechanism is initiated, is proving to be one of the most important factors in both fat loss and lean muscle tissue gain. In fact, one recent study found that participants on a professionally designed diet and exercise program found it impossible to lose weight when not reaching sleep recommendations¹. Cortisol levels influence body composition by inhibiting the processing of amino acids, obstructing growth hormone release, altering the proper regulation of blood sugar levels, and even making it more difficult to stick to diets.² A 2010 study found that those functioning on less than optimal levels of sleep had higher levels of cortisol throughout the day, and subsequently had less success in their weight management efforts.³ If you are experiencing an otherwise unexplainable uptick on the scale, it may be time to reevaluate your sleeping patterns.

Recent research suggests that sleep deprivation may also sabotage your dieting efforts. Sleeping less than six hours has been shown to increase hunger, increase cravings for sweets, and ultimately may lead to weight gain.^{4,5} Sleep-deprived individuals often exhibit several endocrine irregularities directly associated with appetite and weight regulation. Lack of sleep can increase the secretion of ghrelin, “the hunger hormone,” which regulates satiety

and reward perception accompanying specific foods. Sleep deprivation appears to increase caloric consumption through two separate mechanisms, by increasing the sensitivity of the brain's reward system for ingesting energy-dense foods and encouraging one to eat more in response to the extra energy expended while staying up as opposed to sleeping. If you are having difficulty sticking to your healthy diet goals, the culprit may be your sleeping patterns.

The amount and quality of sleep also may impact your workout performance. One recent study found that short-term sleep deprivation resulted in significantly decreased strength, power, and cardiovascular performance.⁶ After only a single night of less than adequate sleep, study participants exhibited characteristics similar to those suffering from overtraining, and the effects seemed to increase over time. Another study found that disturbed sleep patterns adversely affect cognitive function and reaction time, which can increase exercise accident risk.⁷ Furthermore, lack of sleep has been shown to be detrimental to exercise recovery, meaning you may need to exercise less and expend more effort on proactive recovery techniques to continue progressing and remain injury free.⁸ If you don't feel like working out today or notice your intensity and performance waning, the first step should not be toward a stimulant, but your bed.

Progressing toward your fitness goals requires a lot of dedication, hard work, and even more rest. *One of the most researched benefits of essential oils are their calming and relaxing properties.* Including essential oils in your bedtime routine may be the extra push you need. A few drops of *Lavender* on your bedsheets and diffusing your favorite calming and grounding blend as you prepare for rest will create the calming sleep environment your body requires for recovery.

Recommended Essential Oils and Blends

- Lavender • Vetiver • dōTERRA Peace®
- dōTERRA Serenity® Calming Blend



Flip to page 36 (the E.O. Wheel) for a complete list of essential oils with calming properties.

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Wake up on the right side



Clinically proven to **help you get refreshing sleep** without leaving you feeling groggy.

dōTERRA Serenity® *Restful Complex*

34390001	60 Softgels
\$26.00 retail	\$19.50 wholesale 17 PV

Petitgrain

Citrus plants have earned a powerful place in this world by their familiar scent, taste, and health benefits. Petitgrain essential oil is derived from the bitter orange tree originally from the Southern region of China; however, in the early 18th century, Spanish Jesuits brought it to Paraguay where it thrives and now grows wild. Its name comes from the French word Petitgrain meaning “little grains,” which refers to the small, unripe, bitter oranges that resemble cherries in size.

Like Lavender and Bergamot, Petitgrain has a calming and relaxing aroma. When consumed internally, Petitgrain can calm the nervous system* and promote a restful night’s sleep.*

Sourcing Origin: Paraguay

Distillation Method: Steam

Plant Part: Leaves and Twigs

How to Use

Aromatically

- ◆ Diffuse with Lavender and Bergamot before going to bed to promote feelings of relaxation.

Internally

- ◆ Add a few drops to herbal tea or other hot beverages to enhance the flavor and provide additional calming benefits.*
- ◆ Take 1-2 drops in a veggie cap for a dietary supplement.

Topically

- ◆ For a relaxing foot massage, combine a few drops with dōTERRA Fractionated Coconut Oil and rub on the bottom of your feet.
- ◆ Add a few drops to Fractionated Coconut Oil and apply to help reduce the appearance of skin imperfections.

Fun Fact Because of Petitgrain’s ability to enhance other fragrances, it has been used in the perfume, cologne, and cosmetic industry since the 18th century.

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

dōTERRA® Essential Oils in the Classroom

Whether at a public school or homeschool, essential oils can have numerous benefits for kids as well as teachers. Jessa Johnson is a dōTERRA Wellness Advocate and a mother of two. Both of her boys have been attending the Castle Rock Christian Academy in Colorado since 2012. In 2014, shortly after joining dōTERRA, Jessa donated "clean hands spray" and diffusers with a bottle of dōTERRA On Guard® to every classroom and teacher. After noticing positive results, a majority of the classrooms at Castle Rock are now diffusing essential oils daily. One of the main differences they've noticed is the reduced number of absences for students and teachers. Out of 19 teachers, less than 14 leave days were used during the 2015/2016 school year—less than half the days used in prior years.

The school also took a non-toxic cleaning route with products that are safe for both kids and faculty members. They use **dōTERRA On Guard® Foaming Hand Wash** in preschool bathrooms and dōTERRA On Guard Cleaner Concentrate to clean tables and desks. Principal Torrence Jackson says, "Principals all over America know that safety is a number one concern in our schools. Thanks to the help of dōTERRA, our students can successfully learn in an environment that is pro-active about health and wellness."

Most of the faculty members personally use dōTERRA essential oils at home. "I've seen such an incredible change in my own family's immunity, focus, and overall health," says Jess Johnson. And Principal Jackson adds, "It is not an easy feat keeping up with the next generation of leaders! I am thankful to have a restful night's sleep with **dōTERRA Lavender oil.**"

Jenni Smith, the Preschool Director, was introduced to dōTERRA over two years ago. After using **dōTERRA On Guard** in her home, Jenni became a believer. She has been instrumental in introducing oils to the school. Because of her trust in the products at home, it was easy to implement them at school. She says, "One parent said after touring the school that it sealed the deal for her when she saw the dōTERRA diffuser!"

Shelly Martinez, preschool teacher and parent, uses **dōTERRA On Guard** and **Wild Orange** in her classroom every day to cleanse the air of "unpredictable" smells. She feels it also helps the kids stay focused.

Stacie Groves, third grade teacher and mom, diffuses Lime and **dōTERRA On Guard** daily in her classroom. "I let the kids take turns picking out oils and putting them in the diffuser themselves. They love it and ask for it daily."



Best Essential Oils for Classrooms



Cleansing:
 dotTERRA On Guard
 Protective Blend,
 and Purify



**Concentration
 and Focus:**
 Rosemary,
 Peppermint



Energizing:
 Wild Orange,
 Lemon, Lime,
 Grapefruit



Calming:
 Lavender,
 Spikenard,
 Bergamot

Nutritionally Inadequate: **WHAT'S A PARENT TO DO?**

Growing bodies can benefit from **supplementation** too!

Jeff Dorsett, MSHS; dōTERRA Research Scientist

As parents, one of the most important things that we can do for our children is setting an example through our good nutritional habits. As the old adage goes, *"The apple doesn't fall far from the tree."*

Preparing healthy meals based on fruits, vegetables, whole grains, and lean proteins (like beans, nuts, seeds, fish, and poultry), while avoiding over-processed, nutrient-poor foods, can help establish good nutritional habits in your child that can last a lifetime. **one-third** of children and adolescents consume fast food daily.



Multivitamins Can Help Fill Nutritional Gaps

Unfortunately, even the best efforts to prepare a balanced diet often fall short in providing the recommended levels of nutrients. Many children do not meet daily recommendations for several nutrients including vitamins A, C, E, and K and calcium and magnesium. Similar deficiencies are found for health-promoting nutrients without official recommended daily intakes, like omega-3 fatty acids (particularly DHA), and probiotics. For a variety of reasons, most kids simply do not consume these important nutrients on a regular basis.

This is where supplementation can really help bridge nutritional gaps in a child's diet, without adding significant calories. Our children aren't just little adults. They don't act or function the way adults do (anyone who has had a 3-year-old can attest to that!). But more importantly, their young bodies are still growing; their metabolisms and nutritional demands are different than those of an adult. Furthermore, excessive amounts of certain nutrients (such as iron) can be toxic in children. Children may have unique nutritional needs, so working closely with your child's pediatrician can help too. All of these factors should be considered before giving a child a supplement.

One way to address many of these needs is a daily multivitamin supplement specifically formulated for children. Unfortunately, many leading children's supplements deliver cheap, poorly absorbed forms of vitamins and minerals, and are often formulated with undesirable artificial colors, sweeteners, and/or flavors.

dōTERRA a2z Chewable™ tablets are a great tasting, concentrated source of your child's daily vitamins and minerals. Each serving delivers a balanced blend of B vitamins and is an excellent source of vitamins A, C, D, E, and K. This unique formula also delivers a comprehensive blend of botanical powders and extracts along with brain and nervous system supporting nutrients, to help support the nutritional needs of growing bodies.* **dōTERRA a2z Chewable** is a delicious and easy way to ensure that your kids get the nutrients they need from high quality sources without the artificial colors, flavors, and sweeteners so abundant in other children's vitamins.

Probiotics For Healthy Tummies

These days, it seems as though everyone is talking about probiotics and how they help maintain the health of the digestive and immune systems. Yogurt is a source of probiotics that most children enjoy. However, brands have a lot of added sugar and typically only deliver relatively small amounts of a single probiotic strain. In addition, some kids may be allergic to dairy.

One of dōTERRA's most recent dietary supplement offerings helps address the nutritional need for probiotics without the dairy, sugar, or unfamiliar taste of fermented foods. **PB Assist® Jr** is a powdered probiotic supplement designed with children in mind. It includes 5 billion live cells of a unique blend of six different probiotic strains, to support both digestive and immune health.* These probiotics have been blended into a delicious powder that can be poured directly into the mouth for a fun and tasty way to integrate probiotics into anyone's daily routine.

Mother Nature's Best Brain Food: Omega-3 Fatty Acids

Healthy eating and obtaining adequate nutrition is important for healthy growth and development, including healthy brain function, concentration, and learning. Arguably, there are no more important nutrients for the healthy growth and function of the brain and nervous system than omega-3 fatty acids, particularly docosahexaenoic acid (DHA). In fact, 60 percent of the brain is structural fat and DHA, which makes up more than 30 percent of gray matter (the information processing center of the brain). This gray matter structure is extremely important for signal transmissions in the brain, eyes, and nervous system. Unfortunately, the richest source of omega-3 fatty acids are often some of the most avoided by children: fish and seafood.

For kids who have distaste for fish and seafood, **dōTERRA IQ Mega®** provides a great way to get the important benefits of omega-3 fatty acids, without the "fishy" taste so typical of other fish oil supplements. **IQ Mega** combines the fresh orange flavor of **Wild Orange** essential oil with 1,000 mg of concentrated omega-3 fatty acids (including 400 mg of brain supportive DHA), without concerns about mercury, contaminants, or fishy aftertaste. It can be taken straight by the teaspoonful, blended into fruit and vegetable smoothies, or added to other healthy beverages or foods.

Supplementation It Just Makes Sense

As parents, it is important that we set good nutritional examples. We all know the importance of eating healthy, well-balanced meals. But it is often difficult to put anything on the dinner table, let alone making sure that every meal is nutritionally sound. This is why supplementation just simply makes sense.

Of course, getting nutrients from a healthy, well-balanced diet should continue to be strived for. But the reality is that most children simply do not eat as well as they should. Supplementation offers an affordable and convenient way to fill nutrient gaps. Great tasting, convenient, easy-to-use supplements like **dōTERRA a2z Chewable**, **IQ Mega**, and **PB Assist Jr** help to fill these gaps and promote a foundation for lifelong health and vitality.

References available upon request.

ABC's of Kids Supplements

- Always consult your child's pediatrician before giving your child any dietary supplement.
- Be on the lookout for products that have been specifically formulated with children in mind (e.g. dōTERRA a2z Chewable, IQ Mega, and PB Assist Jr).
- Carefully read and follow the instructions on the product label and keep all supplements out of the reach of children.



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

FALL UPCYCLE AND DIY PROJECTS



INDIAN

WHAT YOU NEED:

- empty essential oil bottle
- felt
- fringe
- burlap
- feathers
- suede cord

DIRECTIONS:

1. Cut out a piece of felt for the base of the Indian's outfit; wrap around the bottle and glue.
2. Glue fringe on top of the felt, in the middle of the body.
3. Cut a small piece of burlap gluing it at the top of the felt, barely covering the tip of the fringe.
4. Begin gluing small feathers to the top and sides of the lid and over the glue in various colors of suede cord.

THANKSGIVING FIGURINES

TURKEY

WHAT YOU NEED:

- empty essential oil bottle
- colored paper
- eyes

DIRECTIONS:

1. Cut all desired pieces.
2. Assemble the face, feathers, and wings. Glue them together and allow them to dry before applying to the bottle.
3. Once they are ready, apply with hot glue to the essential oil bottle.

PILGRIMS

WHAT YOU NEED:

- empty essential oil bottles
- felt
- colored paper
- yarn or embroidery floss
- hot glue

DIRECTIONS:

1. First get an idea of what you want your pilgrims to look like.
2. Once you have an idea, start with a base—we used black—and hot glue it to the bottle.
3. Cut out other desired pieces such as an apron, collar, shirt, bonnet, hat, etc. Hot glue them to desired areas.

Note: For the man's hat, cut a circle with a hole in the center for the essential oil bottle. This will allow the lid to act as the top of the hat.

4. Once the basics are finished you can add details. Tie a bow for the woman with yarn or embroidery floss, add a belt buckle with yellow felt or paper—whatever your heart desires.



TURKEY

WHAT YOU NEED:

- empty supplement bottle
- feathers
- spray paint
- hot glue gun

DIRECTIONS:

1. Spray paint the lid and bottle of an empty supplement bottle.
2. While the bottle dries, arrange feathers and glue them in place. Once they are stable, hot glue them to the back of your dried bottle.
3. Use your creativity for the face. You can utilize paint, felt, or paper. Cut your desired pieces out and apply them to the lid with hot glue, then glue the face to the bottle.

Note: Add whatever details you desire: more feathers in the front for wings, or feet to the bottom of the bottle. Use your imagination.

ESSENTIAL OIL BOTTLE PUMPKIN

WHAT YOU NEED:

- empty essential oil bottles
- green felt
- string
- hot glue
- spray paint
- painters tape

DIRECTIONS:

1. Wrap the bottles with tape, allowing only the bottom to show, and spray paint.
 2. Arrange the bottles in rows (3 on the bottom, then 4, then 5, then 4 and 3 on the top row) and hot glue them together.
 3. Take a lid and glue it to the top of the pumpkin for the stem.
- Tip:** You can spray paint the lid to resemble the color of a pumpkin stem.
4. Cut leaf shapes from the green felt and hot glue them on or around the "stem."
 5. Tie a short length of twine around the stem to resemble the vine.



COLORED WRAPPED WHEAT

WHAT YOU NEED:

- dried stalks of wheat
- embroidery floss
- scissors
- glue

DIRECTIONS:

1. Start with a few stalks of wheat.
2. Bunch the wheat together near the top; wrap the embroidery floss around the stalks.
3. Cover about 2 inches of the stalks with the floss and glue the loose thread to hold everything in place.
4. That's it!

Tip: Add a ¼ cup of carrier oil and 25–30 drops of Elevation to diffuse through the wheat stalks.



FALL DREAM CATCHER

Tip: Dip feathers or spray your dream catcher in dōTERRA Serenity® for a restful sleep environment.

WHAT YOU NEED:

- yarn
- beads
- acorn
- branches
- feathers
- scissors
- glue
- hemp or embroider floss

DIRECTIONS:

1. Begin with making your yarn moon. Glue the two embroidery hoops together at one spot and start wrapping the yard around; once the hoops' edges diverge, start a "figure 8" pattern.
2. Once your moon is finished, start weaving your dream catcher. Always enter the hoop from back to front, and then come through the loop you just made and pull tight. Once you've made a full circle start the same process but in the center of each line you have already created, never making knots, only loops. Continue until your heart is content, and end with a knot.
3. Then create your hanging accents. Put the hemp through the desired area on the outer circle of your moon and tie a knot. You can add whatever items you would like; beads, feathers, acorns, twigs. Wrap each item, securing it with hot glue or knots.



#doterra #essentialoils

What's trending @doTERRA? Here are some of our latest and most popular Instagram posts.

Gum stuck in hair? No worries. Add **Lemon** to save your hair from a cutting catastrophe.



♥ 3,032k



@rbosworth

Reward yourself with a good night's sleep. Try combining **Lavender** and **Cedarwood** essential oils in your diffuser for a dreamy effect.

♥ 2,991k

@moyeressentials

The **Daily Drop App** provides a convenient solution to essential oil education. You'll have short videos and simple challenges right at your fingertips.



♥ 2,584k



@Regrann from
@cateharringtonclifford

"When we change our thoughts, we change our experiences."

♥ 2,584k



@essentialmermaid

"My little one felt better from our hourly oiling, so she put on her biggest princess dress and lipstick. 20 minutes later she asked for more oils so she could nap. Thank you doTERRA for helping me not suck at this mom thing."

♥ 2,584k



Snack Thyme! Melt some butter and add **1 drop Thyme** and **1 drop Wild Orange** (adjust according to taste) and enjoy with some artisan bread. This would also be amazing on cooked vegetables.

♥ 2,254k

Follow us on Instagram @doTERRA and post a photo of your doTERRA essential oil routine tagging @doTERRA for the chance to be featured on our official Instagram page.

THE POWER OF Orange

The tasty array of **orange-colored fruits and vegetables** contain an abundance of antioxidants, vitamins, fiber, and phytonutrients that are good for your skin, eyes, and heart.

Beta-carotene: The best-known nutrient in orange foods is beta carotene, a powerful antioxidant that gives sunny fruits and vegetables their brilliant color. Experts say beta-carotene is not only good for eye health, it can also delay cognitive aging and protect skin from sun damage.

Vitamin A: Beta carotene is a precursor for vitamin A, which is commonly referred to as retinal, retinol, and retonic acid. Vitamin A is important for night vision, as an antioxidant that can neutralize the damaging free radicals in the body, and as a crucial part of the health of your immune system.

Vitamin C: Orange foods are full of vitamin C, an antioxidant that boosts the immune system, protects against cardiovascular disease, and helps rebuild collagen in the skin.

Get your fill of orange fruits and vegetables in these delicious recipes.



CARROT SALAD *with yogurt and Coriander*

Ingredients

- 1 cup walnut halves
- 1 tablespoon grapeseed oil
- 2 teaspoons sugar
- Kosher salt and freshly ground black pepper
- ½ cup Greek yogurt
- 2 tablespoons Sherry vinegar
- 1 teaspoon honey
- 1 drop Coriander essential oil
- 1 pound small carrots, assorted colors if desired, scrubbed, very thinly sliced lengthwise on a mandoline
- 6 medium radishes, cut into thin wedges
- 2 scallions, thinly sliced on a sharp diagonal

Directions:

1. Preheat oven to 375 degrees Fahrenheit. Toss walnuts and oil on rimmed baking sheet. Bake until walnuts are lightly toasted and fragrant, 6–8 minutes. Immediately sprinkle with sugar and season and toss to coat.
2. Whisk yogurt, vinegar, honey, and Coriander essential oil in small bowl. Season with salt and pepper. Cover and chill.
3. Place carrots in colander set in bowl of ice water. Let sit until carrots start to curl, about 2 minutes. Lift colander from water and drain carrots; pat dry.
4. Combine carrots, radishes, scallions, and dressing in large bowl and toss to coat; sprinkle with walnuts.

PEACH CAPRESE

with wild orange, honey, balsamic reduction

Ingredients

- 2–3 ripe peaches, sliced
- 4 ounces fresh mozzarella, sliced
- ¼ cup balsamic vinegar
- 1 tablespoon honey
- 3 drops Wild Orange essential oil
- Fresh basil, for garnish

Directions

1. In small saucepan over medium heat, whisk together balsamic vinegar, honey, and Wild Orange essential oil until combined.
2. Bring mixture to a boil. Decrease heat to low and simmer, stirring occasionally, until mixture is reduced by about half.
3. Carefully stack peaches and mozzarella. Lightly drizzle with balsamic reduction and garnish with basil.





PERSIMMON TARTS

Ingredients

Tart Dough:

- 1¼ cups all-purpose flour
- ¼ cup finely ground almonds
- ½ cup powdered sugar
- ¼ tsp salt
- 5 ounces unsalted butter, cold
- 1 egg yolk

For the filling:

- 2½ ounces unsalted butter
- ⅔ cup powdered sugar
- 1 egg
- ⅔ cup finely ground almonds
- 1 tablespoon flour
- Pinch salt
- 3–4 drops Lemon essential oil
- 10 Fuyu persimmons
- ¼ cup honey
- Pomegranate arils, optional

Directions

To make the tarts:

1. Place finely ground almonds, flour, sugar, and salt in food processor, and pulse until well-blended.
2. Add cold cubed butter and pulse until mixture is in small pea-sized pieces.
3. Add egg yolk and pulse in long 5-second bursts until dough begins clumping together.
4. Take dough out of food processor and knead lightly to incorporate any extra flour.
5. Press dough in an even layer along bottom and sides of greased 6-inch tart pans. Freeze shells for 15 minutes.
6. Spray tops of tart dough with nonstick spray, then press a sheet of foil onto each shell, shiny side down. Fill foils with dry beans, rice, or pie weights.
7. Bake tart shells at 375 degrees Fahrenheit for 15 minutes. Allow tarts to cool before adding filling.

To assemble the tarts:

1. Combine butter and powdered sugar in bowl of food processor and process until smooth. Add egg, almond, flour, salt, and Lemon Essential oil, and blend in long pulses until well-combined.
2. Scoop two big spoonfuls of almond mixture into bottom of each pre-baked tart shell and spread in an even layer.
3. Bake tarts at 375 degrees Fahrenheit for 12–15 minutes until filling just starts to set.
4. Use mandolin to slice persimmons into paper-thin slices. Arrange in rosette shape in tart shells, pressing down slightly to embed them into filling layer.
5. Lower oven temperature to 350 degrees Fahrenheit, and bake tarts for 10–15 minutes, until filling is set and persimmon slices are.
6. Drizzle each tart with honey and top with pomegranate arils.



CURRIED BUTTERNUT SQUASH SOUP

Ingredients

- 2 tablespoons coconut oil
- 2 pounds butternut squash, peeled, seeded, and cut into small ½-inch pieces
- 1 medium yellow onion, chopped
- 4 garlic cloves, pressed or chopped
- 2–3 tablespoons Thai red curry paste
- 2–3 drops Coriander essential oil
- 1 teaspoon ground cumin
- ¼ teaspoon sea salt
- 1 teaspoon red pepper flakes
- 1 tablespoon fresh lime juice
- 4 cups vegetable broth
- 1 cup full fat coconut milk

Directions

1. Heat oil in large pot over medium heat. Once oil is heated, add squash, onion, garlic, curry paste, Coriander essential oil, cumin, salt, and red pepper flakes to skillet. Stir to combine.
2. Cook, stirring occasionally, until onion is translucent.
3. Add vegetable broth. Bring mixture to boil, reduce heat, and simmer until squash is soft.
4. Remove from heat and let cool. Working in batches, transfer contents from pan to blender. Securely fasten the lid and purée mixture until smooth.
5. Transfer puréed soup to serving bowl and repeat until contents are smooth.
6. Stir lime juice and coconut milk into blended soup and serve.

FINDING PASSION

with aromatouch®



Kimberly Moore is a dōTERRA Wellness Advocate and an AromaTouch Technique certified mother of 10 kids. She had owned a daycare for 25 years in the city when her husband accepted a position as a full-time pastor in a little country church. They now love the country life and all that comes with it, including their chickens, goats, sheep, cats, pigs, and one grand dog. In December of 2013, not long after their move, Kimberly met Micki Brogery at a flea market. It was Micki's passion that brought Kimberly into dōTERRA® when she brought a bottle of Vetiver essential oil to her home late one evening. That night and that oil sparked Kimberly's own passion, and forever changed her life. Shortly after joining dōTERRA, Kimberly completed the AromaTouch Technique training. She says she had never thought about becoming an instructor until she received an AromaTouch Technique kit in the mail from her upline. She says, "They sent me the kit as a gift when I hit Gold, and a card that said, 'We hope that now you are Gold you will become an AromaTouch Technique instructor.'" Shortly after receiving the kit, she headed to Georgia to meet Dr. Hill and become a certified instructor. She says, "It has been two and a half years since my certification and I am so very glad I did it. What an opportunity I have been given to help others be able to give a blessing to someone else."

"It has been two and a half years since my certification and I am so very glad I did it. What an opportunity I have been given to help others be able to give a blessing to someone else."

LIKE MOTHER, LIKE DAUGHTER

During her AromaTouch Technique journey, Kimberly developed a special bond with her daughter, Mercedes, who came into their lives from an orphanage when she was 11 months old. Kimberly says, “She was a poor, neglected, sweet baby girl who came to us with just the clothes she had on and a bottle.” Mercedes is now a 13-year-old with a true servant’s heart who isn’t afraid of hard work and is always willing to jump in and help others. “She is truly my right hand girl. I absolutely love the time we spend training others; it’s an amazing experience being able to change lives together. We often travel several hours to teach classes and doing that makes my heart happy. Through these trips, we’ve even gotten to see some firsts together, like Lake Michigan.”

After watching her mom giving the AromaTouch Technique to others and seeing how happy it made them, Mercedes realized that’s exactly what she wanted to do—help people and cheer them up. So she asked her mom if she could be trained. She says, “My mom told me I had to be 18, but I could learn and help her, and that’s just what I did!”

Mercedes likes to help her mom by passing her the oils when she is doing the demonstration, or setting up the table. She says, “There are times when I’m a partner fill in, or I’ll be the one that my mom does the demonstrations on when we don’t have enough people in the class.”

Kimberly mentions, “My favorite moment just recently happened when Mercedes and I had the privilege to teach a blind girl the technique. It was rewarding to know that anyone has the ability to learn. I love seeing each person who receives this blessing be changed, physically and mentally, along with the gratitude they have for it.”

In addition to helping others, Kimberly continues to experience the benefits of the AromaTouch Technique in her own family. “Being able to give my littles the AromaTouch Technique has been a huge blessing. In addition, having the ability to teach my older kids to give the AromaTouch Technique has made me feel immense gratitude. I would say to everyone, get certified! It is life changing for a lot of people. Even if you have no plans of giving anyone but family the AromaTouch Technique, it would be worth it.”

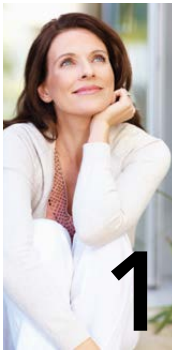


“You can give anyone an AromaTouch even if they are just feeling sad. Oh, and you may get to meet Dr. Hill, the man who made up the AromaTouch Technique. He is so awesome and super nice.” —MERCEDES

40 LIFESTYLE TIPS &

DESIGN YOUR PROGRAM.

Consider your body type and what choices you are making. Think about what you like and where a good starting point is for you, and don't compare it with where others start. This is for you.



1

PREPARING MEALS can help you take charge of what you eat, along with taking away the temptation of going out.



2



3

THINK POSITIVE. Come up with positive affirmations that you can repeat to yourself every morning in the mirror.



START SMALL. Don't set out to start a rigorous regimen right from the beginning. Motivation fluctuates and you can get overwhelmed early on if you take too much on, so start small.

4



FILL IN YOUR NUTRITIONAL GAPS with the doTERRA Lifelong Vitality Pack®.

5

DIFFUSE WILD ORANGE to uplift your mind and body throughout the day.



6

DETOX YOUR HOME by using natural cleaning solutions and personal care products.



7



LAUGHTER IS THE BEST MEDICINE.

Even seven minutes of laughter can increase your energy and resting heart-rate.

8

9



STAY HYDRATED. Divide your weight in pounds by two and drink that many ounces of water daily.

KEEP TRACK of when you exercise and for how long. Writing down what you do shows you how hard you're working. Looking back and seeing how much you've done can create an inspiring sense of accomplishment.



10

11

THINK OF HOW YOU FEEL AFTER EATING.

The more junk food you eat, the more energy-drained and uncomfortable you will feel. Eating healthier can give you boosts of energy and make you feel better.



APPLY PEPPERMINT ESSENTIAL OIL to your chest for an invigorating pick-me-up before a workout.

12



13

DON'T WORRY if you're not seeing quick results. It normally takes about eight weeks for results to really kick in visually. Remember, you can't do it all in one sitting.



TAKE ONE STEP AT A TIME. Even if it's just taking the stairs over the elevator, that's one step closer to a healthier lifestyle. Baby steps are still steps in the right direction.

14

SHUT IT DOWN. The LED lights from technology can disturb the sleep hormone melatonin. A good night's sleep is essential for your productivity the next day, so put away technology and get some rest.



15

16



USE MITO2MAX® as a healthy, longterm alternative to caffeinated drinks and supplements for increased energy and vitality.*



17

SQUEEZE IN SOME MEDITATION. Find a quiet place for 15 minutes to clear your mind and let go of stress.

LOOK GOOD, FEEL GOOD. Sometimes it's the little things that help the most. Get some nice workout clothes—something you feel pretty in.



18

ADD GINGER ESSENTIAL OIL to your water for added boost in late afternoons.



19

HAVE FUN. When it comes to exercise, find something you really enjoy doing.



20

ESSENTIAL OIL USES

21 THINK SMALLER PORTIONS.

Serving sizes have increased recently and are often too much for a healthy diet. One suggestion is to use a smaller plate or bowl to enable healthy portions.



21

22

POP IN A PEPPERMINT BEADLET before going on a run to open airways and promote clear breathing.*



23

RE-CONNECT WITH NATURE. A study at the University of Michigan showed that after just one hour in nature, people's attention spans improved.

TREAT YOURSELF when you accomplish a goal, whether it's shopping or simply making time to relax.

24



25



25 AVOID CRASH DIETS!

Although these diets may assist you in dropping a few pounds, it

comes at a price. Sacrificing good nutrition will result in burning fewer calories and gaining weight even quicker than before the diet.

26



EATING A HEALTHY AND NUTRITIOUS BREAKFAST will wake up your metabolism and provide you with more energy for the day.

NEVER STOP LEARNING. Whether it's for a personal development or a career path, continually learning and developing new skills stimulates your brain activity and is beneficial to your health and well-being.

27

ADD A COUPLE OF DROPS OF LEMON OR GRAPEFRUIT ESSENTIAL OIL to your water bottle, and sip during your workout to help keep your metabolism humming.*

28



29 LISTEN TO YOUR BODY.

When starting a new workout routine, it's very important to know what you're capable of.



29



30

TAKE YOUR TIME EATING. Your brain takes a few minutes to register when your stomach is full; eating more slowly can benefit you in eating less. Wait 15 minutes before dishing up for seconds.

SERVE OTHERS. When we are constantly thinking of ourselves, we have too much time to think of our failures. Helping others allows us to take attention off ourselves.



31

REPLACE SUGARY SNACKS with sweet fruits and veggies to help satisfy a sweet tooth.



32

33 BUILD GRADUALLY. Start exercising at a reasonable pace and increase as soon as you stop feeling challenged.

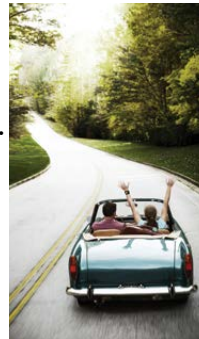


34 APPLY SERENITY ESSENTIAL OIL BLEND to the back of your neck for a sense of escape or utilize its calming and renewing aroma at bedtime.

34



35 TRAVEL SOMEWHERE. The memories and experiences you make while exploring new places will make you a happier person in the long run.

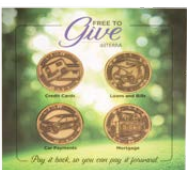


36 READ LABELS. Pay attention to what you are putting into your body. A simple rule to go by is if you don't recognize it, don't eat it.



36

TACKLE YOUR DEBT. Enroll in the doTERRA® Free to Give Program, and be rewarded for your accomplishments.



37

38 START TAKING doTERRA ON GUARD® SOFTGELS a week before flying or going on a trip for immune-supporting benefits.*



38



39 USE SLIM & SASSY® BLEND as part of your diet to help support healthy metabolic function.*

39

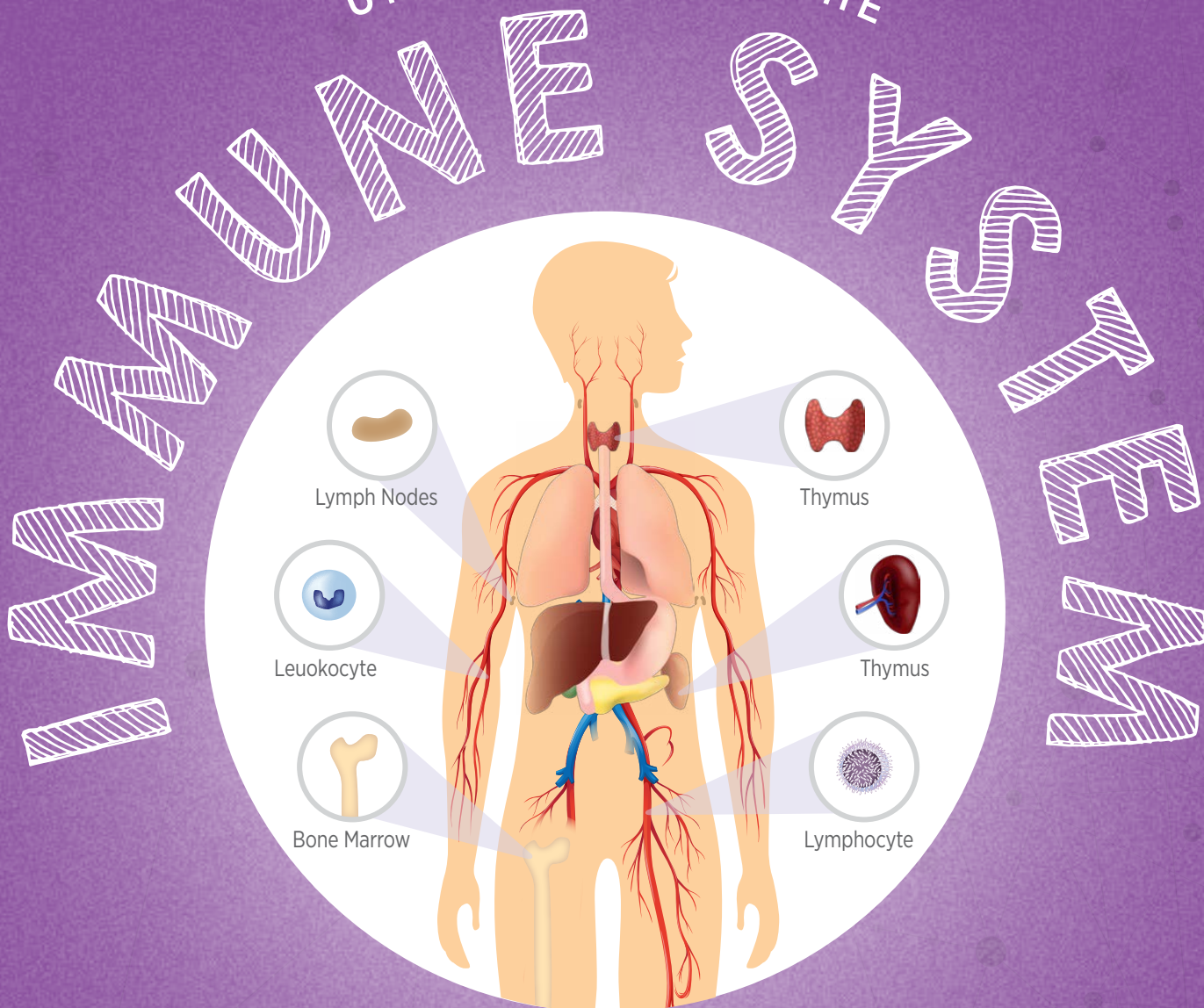
EAT WITH OTHERS. There are many emotional benefits in eating with others, but in addition mindless eating is more likely to occur when eating in front of the TV or computer.



40

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

UNDERSTANDING THE



By James Geiger, MD

What is Your Immune System?

With the responsibility of protecting your body from illness and disease, your immune system is one of the most important components of your overall health. This complex network of cells, tissues, and organs works together to fight off fungi, bacteria, parasites, and other microbes while maintaining healthy tissue. While we are just beginning to understand how this intricate communication works, modern science has helped us identify lifestyle behaviors that support its proper function.

The immune system isn't a single entity, but a collection of structures and processes that protect us against disease or other potentially dangerous foreign bodies. The

main components of the immune system are the lymph nodes, spleen, bone marrow, lymphocytes, thymus, and leukocytes. Lymph nodes are the bean-shaped structures that store and help transport the cells that fight infection. The spleen contains the white blood cells, assists with blood circulation, and helps dispose of old and damaged cells. Bone marrow, the yellow tissue inside bones, produces white blood cells. The two types of lymphocytes, B and T-cells, are the white blood cells that actually defend the body against bacteria, toxins, and infections. The thymus is the leaf-shaped organ where the T-cells mature. Lastly, leukocytes are another type of white blood cell, responsible for identifying and eliminating pathogens. We are exposed to countless potentially harmful microbes on a day-to-day basis,

when functioning properly, the immune system distinguishes these threats from our healthy tissue and attacks them.

Following the healthy lifestyle behaviors outlined by dōTERRA's lifestyle wellness pyramid is the first step in supporting optimal immune system function.

Supporting Your Immune System

Nutrition: While there is no specific food, nutrient, or supplement that has been proven to directly improve the immune system on its own, its function depends on the vitamins and minerals provided by a balanced diet of whole fruits, vegetables, grains, and lean proteins. Malnourishment and micronutrient deficiencies can result in altered immune responses and increased risk for illness. In

particular, in vitro studies have demonstrated that deficiencies of minerals zinc, selenium, and iron and vitamins A, B6, C, and E may be correlated with altered immune responses.⁽¹⁾

Supplementing your diet with specific vitamins, minerals, and probiotics may build up and fortify the immune system.⁽²⁾ Microplex VMz[®] food nutrient complex is rich in vitamin D3, which has been shown to support a healthy immune system.^{(3)*} PB Assist[®]+ probiotic defense formula contains six strains of microorganisms which support the healthy functioning of the immune system by maintaining balance and proliferation of beneficial bacteria.* Additionally, some essential oils such as Oregano may help maintain a healthy immune system when taken internally.* Add 2-3 drops to a veggie capsule or try dōTERRA On Guard[®]+ softgels for daily immune support.* Taken daily, along with a healthy balanced diet, these supplements can be your first line of defense in preserving immune system health.

Exercise: While recent research has shown that failure to exercise can temporarily decrease healthy immune response and make you more susceptible to illness, exercise contributes to overall health and well-being, subsequently contributing to the maintenance of a healthy immune system.⁽⁴⁾ It is believed that regular exercise may also directly promote immune system health by promoting improved circulation, allowing the components of the immune system to move freely and do their job more effectively. The natural support of energy production and healthy circulation provided by taking Mito2Max[®] energy and stamina complex can help you make physical activity a part of your daily life, contributing to a healthy immune system.

Sleep: Both quantity and quality of sleep are important for maintaining a healthy immune system. The effectiveness of rest is dependent on the circadian biological

clock, which regulates the timing of periods of sleepiness and wakefulness throughout the day. It is important that we get enough sleep and that we follow a consistent schedule of activity and rest periods. If we are sleep deprived, our T-cells, lymphocytes that play a central role in cell-mediated immunity, decrease the presence of pro-inflammatory cytokines.⁽⁵⁾ Furthermore, sleep influences the interaction between antigens, any substance that the body must produce antibodies to fight off, and T helper cells such as interleukin-12, in a process known as immunological memory. In one study, researchers found that the length and quality of sleep the previous night affected the production of antigen-specific T-cells in response to a hepatitis A vaccination.⁽⁶⁾ With each interruption in your sleep pattern comes a decrease in your body's ability to respond to the intruders it needs to fight off to stay healthy. Put a few

drops of Lavender in the diffuser and enjoy its relaxing aroma as you hit the sheets. A peaceful environment can promote a restful night's sleep to keep that immune system ticking.

Healthy lifestyle behaviors not only influence how you look and feel, but your body's ability to ward off harmful invaders. Support your immune system by cleaning up that diet, adding some immune-supporting supplements and oils to your daily routine, getting up off the couch, and getting into a consistent sleeping pattern.

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Essential Oils for BEGINNERS

New to essential oils? Here is a simple guide to help you get started in your essential oil journey.

START WITH THE BASICS

Lemon

PROPERTIES: Cleansing, revitalizing, uplifting



- ◆ Add to a spray bottle of water to clean tables, countertops, and other surfaces.
- ◆ Use to remove gum, glue, or any other sticky residues.
- ◆ Add to your favorite desserts or beverages for zesty flavor.
- ◆ Take internally to support healthy digestion.*
- ◆ Diffuse to purify air and create an uplifting, refreshing aromatic experience.

Lavender

PROPERTIES: Soothing, calming



- ◆ Diffuse or add a few drops to your pillow or feet to prepare for a restful night's sleep.
- ◆ Apply topically to help reduce the appearance of blemishes.
- ◆ Add a few drops to a warm bath to help soak away stress.
- ◆ Consume 1-2 drops to help calm the nervous system.*

Peppermint

PROPERTIES: Cooling, energizing, natural bug repellent



- ◆ Take internally to help alleviate occasional stomach upset.*
- ◆ Apply a few drops to the back of your neck to cool off.
- ◆ For a clearing, refreshing aroma, diffuse at night by your bedside.
- ◆ Rub on head and neck for a soothing sensation when feeling tense.
- ◆ Add to shampoo or conditioner for a stimulating scalp massage.

Frankincense

PROPERTIES: Renewing, beautifying, rejuvenating, grounding



- ◆ Take internally to support healthy cellular and immune function.*
- ◆ Apply topically to help reduce the appearance of skin imperfections.
- ◆ Diffuse during meditation for a sense of relaxation and balance.

Melaleuca (Tea Tree)

PROPERTIES: Soothing, cleansing



- ◆ Combine 1-2 drops with your facial cleanser or moisturizer for added cleansing properties, or apply to skin after shaving.
- ◆ Apply to fingernails and toenails to keep nails looking clean and healthy.
- ◆ Use as an effective surface cleaner.
- ◆ Add a few drops to shampoo or massage into the scalp.
- ◆ Add to toothpaste or swish with water for a quick and easy mouth rinse.

dōTERRA Breathe[®] Respiratory Blend



- ◆ Apply topically to the chest to breathe deeply.
- ◆ For a clearing aroma, diffuse at night by your bedside.
- ◆ Apply diluted to your upper lip and inhale to invigorate and clear your senses.
- ◆ Apply topically for an invigorating lift when you stay home from the office on a cold, rainy day.

Deep Blue[®] Soothing Blend



- ◆ Apply on feet and knees before and after exercise.
- ◆ Make your muscles happy after your workout by applying to targeted areas.
- ◆ Massage on your lower back after a day of sitting at the desk or doing manual labor.

DigestZen[®] Digestive Blend



- ◆ Take a couple of drops internally to promote healthy digestion.*
- ◆ Add to water or tea and consume to help maintain a healthy gastrointestinal tract.*
- ◆ Reduce bloating, gas, and indigestion.*

dōTERRA On Guard[®] Protective Blend



- ◆ Add two to three drops in a Veggie Capsule or take directly for an immune boost before traveling or during seasonal changes.*
- ◆ Diffuse in your home or office during fall and winter months.
- ◆ Add to water and use as a natural surface cleaner.



BASIC E. O. TERMINOLOGY

ESSENTIAL OILS

Natural aromatic compounds extracted from seeds, bark, stems, roots, flowers, and other parts of plants. Essential oils contain natural and unique properties that can have powerful benefits on your health and overall wellness.

CPTG® (CPTG CERTIFIED PURE THERAPEUTIC GRADE®)

dōTERRA® quality protocol in which each batch of oil undergoes a multi-phase chemical composition inspection.

CARRIER OIL

A lipid-based substance used to dilute essential oils. dōTERRA Fractionated Coconut Oil is an excellent carrier oil option because of its long shelf-life and light, non-greasy texture.

DISTILLATION

The process of extracting essential oil from plant material.

COLD PRESS DISTILLATION/EXPRESSION

Most commonly used method for obtaining citrus oils. This process uses a mechanical press to squeeze essential oils from plant parts.

STEAM DISTILLATION

The most common distillation method. This process uses low-heat pressurized steam to circulate through plant parts and extract oils.

METHODS OF USE

- A AROMATIC**— Essential oils that can be used aromatically. Diffusion is one of the most popular ways to enjoy the aromatic benefits of essential oils.
- T TOPICAL**— Essential oils that can be used topically, which means you can apply them directly on the skin or mix them with carrier oils or other personal care products.
- I INTERNAL**— Essential oils that can be used internally. You can add oils to beverages, take them in dōTERRA Veggie Caps, take dōTERRA essential oils supplements, or use them in your favorite recipes.

SKIN SENSITIVITY

- D DILUTE**— A category of essential oils that should be mixed with a carrier oil. The carrier oil will help “carry” the essential oils onto the skin.
- N NEAT**— A category of essential oils that can be applied topically without dilution because of their extremely mild chemistry.
- S SENSITIVE**— A category of essential oils that should be diluted for young or sensitive skin.

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

Aromas of Fall Inside Your Home

Fall is a beautiful time of the year. It's the season of vibrant colors, family gatherings, and wonderful aromas of home-baked pumpkin spice goodies. You can diffuse essential oils to capture your favorite seasonal scent in your own home without turning on the oven or burning toxic candles.

Autumn Meadows

- ◆◆◆◆ Douglas Fir
- ◆◆ Cypress
- ◆◆ Patchouli
- ◆◆ Juniper Berry

Spooky Boo

- (Halloween)
- ◆◆ Clove
- ◆◆◆ Frankincense
- ◆◆◆ Patchouli
- ◆◆ Spikenard

Orange Cinnamon Buns

- ◆◆◆◆ Wild Orange
- ◆◆◆ Cinnamon
- ◆◆◆ Cardamom

Ginger Snaps

- ◆◆◆◆ Ginger
- ◆◆ Cassia
- ◆◆ Cinnamon

Warm Pumpkin Spice

- ◆◆◆ Cinnamon
- ◆◆◆ Ginger
- ◆◆ Clove
- ◆◆ Cardamom

Evening by the Fire

- ◆◆◆ Douglas Fir
- ◆◆◆ Frankincense
- ◆◆ Sandalwood
- ◆◆ Lavender
- ◆◆◆◆ Wild Orange

Fall Harvest

- ◆◆◆◆ Cedarwood
- ◆◆◆ Cassia
- ◆◆◆ Wild Orange
- ◆◆ Juniper Berry



IDEA NOTEBOOK

JODIE'S CREAMY BLACK BEAN CARDAMOM DIP —Jodie Myers, California

Ingredients:

- 1 can of organic black beans
- ½ organic, ripe, large avocado (or 1 small avocado)
- ¼ cup of fresh salsa
- Fresh cilantro
- ⅛ tablespoon of finely chopped fresh jalapeño pepper (or less, if you prefer non-spicy)
- ½ cup chopped organic cilantro
- Smoked salt to taste & for smokey flavor
- 1-3* drops of Cardamom Oil
- 2-5* drops of Lemon Oil

- 2-5* drops of Lime Oil
- Water as needed to smoothen
- 1 tablespoon extra virgin olive oil (optional)

Preparation:

1. Rinse off the black beans until the water is clear.
2. Add all ingredients into your food processor or mixer. I use a bowl and hand-held blending gadget.
3. Blend, taste, add oils, water, and olive oil if necessary; repeat.

*With the essential oils, always start with one drop, taste and add more as necessary and to make it perfect for your pallet.



"I enjoy this with pita bread chips, corn or bean chips, fresh vegetables, and even with my friend eggs"

VENT DIFFUSER

Put a few drops of essential oil on clothespins and clip them to the underside of all your floor vents. When your heating or air conditioning runs, air will flow over the clothespins and **your whole house will smell great!** Refresh with more drops of essential oil as needed. You can also clip the clothespin to your car's vents. When you turn on your AC/heat/fan and air comes out of your car's vents, the air will blow over and around the clothespin and circulate the essential oils throughout your car.



AROMATIC AUTUMN

Make essential oil infused autumn centerpieces. Place colorful dry autumn leaves, pine cones, and small gourds in a clear glass vase or container. Add a few drops of your favorite fall-time essential oils, and you'll have a beautiful display.



INTUNE BOOKMARK

What You Need

- Thick cardstock paper
- Mod Podge with sponge brush (optional)
- Craft canvas tags
- Glue
- Exacto knife or box cutter
- InTune Blend

Directions

1. Using an X-Acto knife or a box cutter, cut out the shape of your bookmark.

Note: We cut the bookmark from the back of the old notebook

2. Decorate your bookmark to your liking.

Note: We cut out and attached essential oil labels from empty bottles

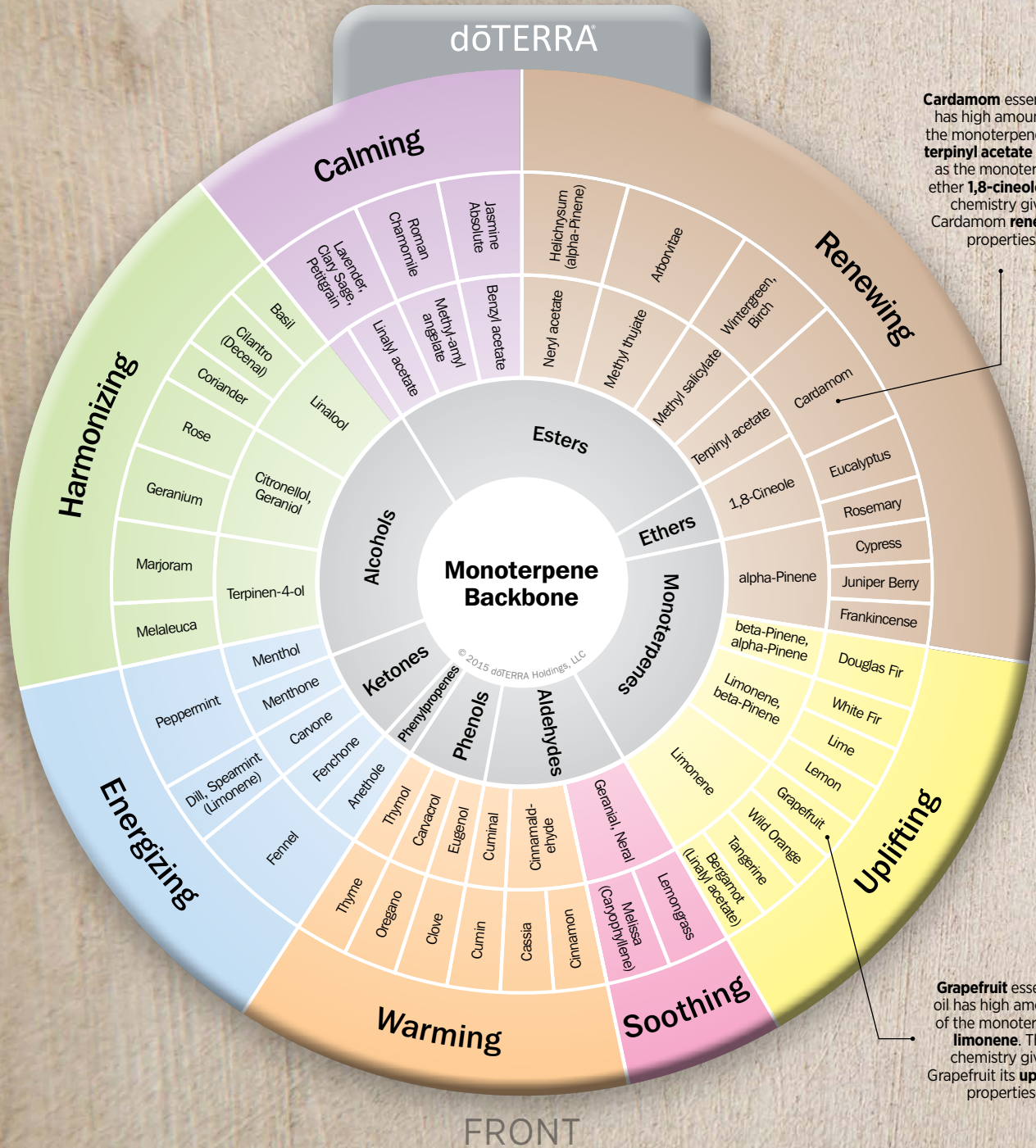
3. Apply Mod Podge to seal bookmark for extra protection.
4. Glue on canvas tag to the top of bookmark.
5. Let everything dry completely.
6. Add InTune® to the canvas piece and place finished bookmark inside the book.



STALE LAUNDRY HACK

Ever forget to move a washed load of clothes to the dryer? Add 3-5 drops of Lemon or Purify to the laundry and re-wash. Your laundry will smell fresh and clean again.

dōTERRA Essential Oil Properties Wheel

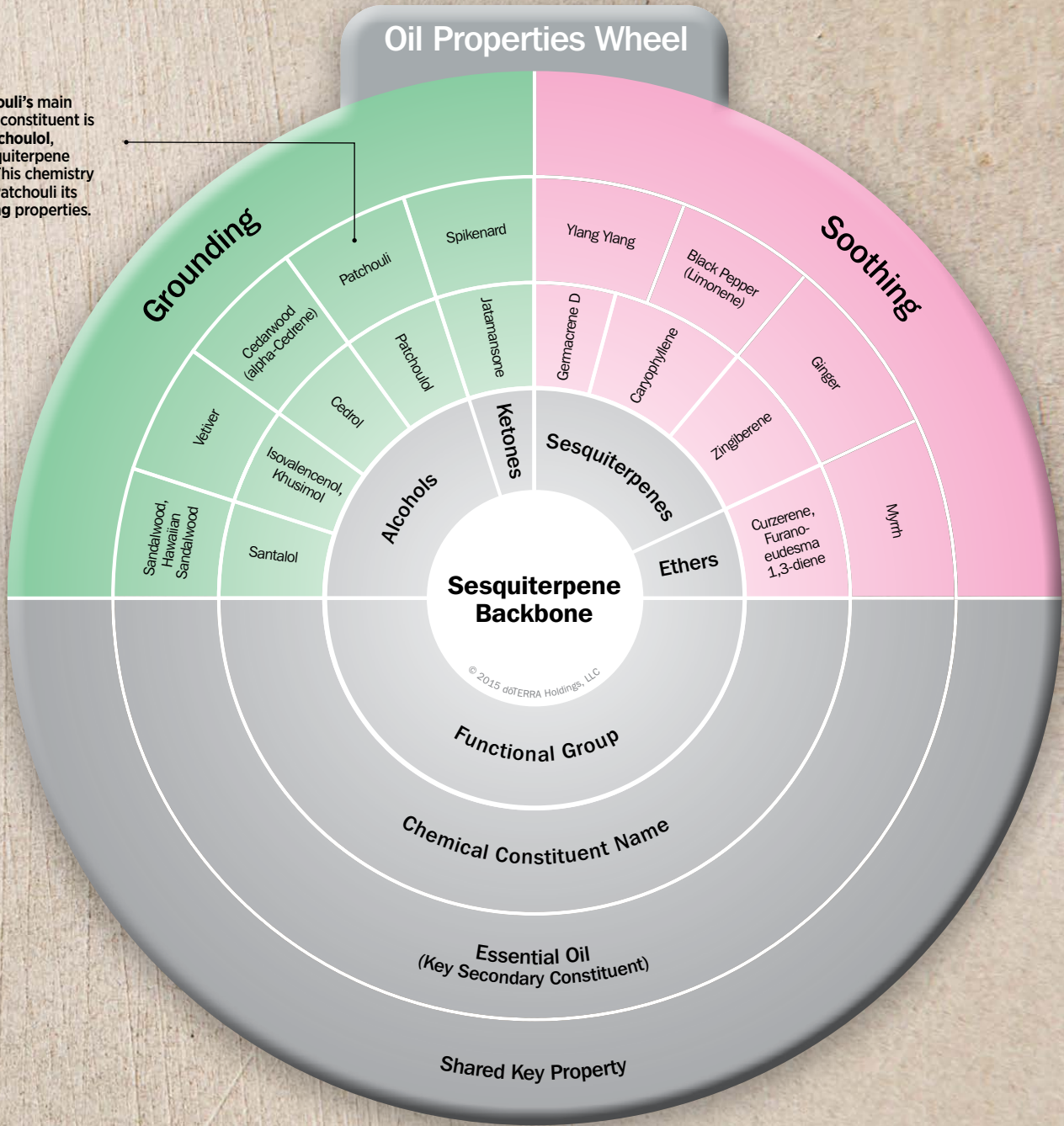


FRONT

This wheel is divided between two sides: **monoterpenes** (oils that have a 10 carbon backbone) and **sesquiterpenes** (oils that have a 15 carbon backbone). The oils are further organized by **functional group** with the top one or two **chemical constituents** listed under each oil. Finally, the oils are grouped according to their **shared key properties**.

Familiarizing yourself with the basic chemistry of dōTERRA essential oil can help you fully understand when and how to use each oil to achieve the best results and benefits.

Patchouli's main chemical constituent is **patchoulol**, a sesquiterpene alcohol. This chemistry gives Patchouli its grounding properties.






































BACK

The shared key properties provide a starting point for understanding how to use the oils. The combination of these different groupings enables individuals to begin to understand the characteristics and properties of dōTERRA's amazing essential oils.

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 applications.

 <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>ERGAMOT 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 BARK 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 (Tea Tree) 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>PEPPERMINT BEADLET</p> <p>31570001 125 ct. \$15.33 retail \$11.50 whl 11.5 PV</p>	 <p>PETITGRAIN NEW! ESSENTIAL OIL <i>Citrus Aurantium</i></p> <p>A T I N</p> <p>49520001 15 mL \$34.66 retail \$26.00 whl 26 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>	 <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>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>SPIKENARD NEW! ESSENTIAL OIL <i>Nardostachys jatamansi</i></p> <p>A T I N</p> <p>49510001 5 mL \$66.00 retail \$49.50 whl 49.5 PV</p>

THYME
ESSENTIAL OIL
Thymus vulgaris

A T I D

30220001 15 mL
\$36.67 retail | \$27.50 whl
27.5 PV

VETIVER
ESSENTIAL OIL
Vetiveria zizanoides

A T I N

30430001 15 mL
\$46.00 retail | \$34.50 whl
34.5 PV

WHITE FIR
ESSENTIAL OIL
Abies alba

A T N

30250001 15 mL
\$26.67 retail | \$20.00 whl
20 PV

WILD ORANGE
ESSENTIAL OIL
Citrus sinensis

A T I N

30170001 15 mL
\$14.00 retail | \$10.50 whl
10.5 PV

WINTERGREEN
ESSENTIAL OIL
Gaultheria fragrantissima

A T S

31620001 15 mL
\$25.33 retail | \$19.00 whl
19 PV

YLANG YLANG
ESSENTIAL OIL
Cananga odorata

A T I N

30240001 15 mL
\$47.00 retail | \$35.25 whl
35.25 PV

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)

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.

AROMATOUGH®
MASSAGE BLEND

T N

31200001 15 mL
\$34.67 retail | \$26.00 whl
26 PV

dōTERRA BALANCE®
GROUNDING BLEND

A T N

31010001 15 mL
\$26.67 retail | \$20.00 whl
20 PV

dōTERRA BREATHE®
RESPIRATORY BLEND

A T S

49370001 15 mL
\$26.66 retail | \$20.00 whl
20 PV

CITRUS BLISS®
INVIGORATING BLEND

A T N

31020001 15 mL
20.00 retail | \$15.00 whl
15 PV

CLARYCALM®
MONTHLY BLEND
FOR WOMEN

A T N

35270001 10 mL
\$32.67 retail | \$24.50 whl
24.5 PV

DEEP BLUE®
SOOTHING BLEND

T S

31380001 10 mL
\$85.33 retail | \$64.00 whl
64 PV

DIGESTZEN®
DIGESTIVE BLEND

A T I N

31030001 15 mL
\$41.33 retail | \$31.00 whl
31 PV

ELEVATION
JOYFUL BLEND

A T N

31040001 15 mL
\$49.33 retail | \$37.00 whl
37 PV

HD CLEAR®
TOPICAL BLEND

T N

49400001 10mL
\$28.00 retail | \$21.00 whl
21 PV

IMMORTELLE
ANTI-AGING BLEND

T N

37140001 10mL
\$92.67 retail | \$69.50 whl
69.5 PV

INTUNE®
FOCUS BLEND

A T N

41840001 15 mL
\$46.00 retail | \$34.50 whl
34.5 PV

dōTERRA ON GUARD®
PROTECTIVE BLEND

A T I S

31100001 15 mL
\$42.67 retail | \$32.00 whl
32 PV

dōTERRA ON GUARD®
BEADLET

31580001 125 ct.
\$20.00 retail | \$15 whl
15 PV

PASTENSE®
TENSION BLEND

A T N

31350001 10 mL
\$24.67 retail | \$18.50 whl
18.5 PV

PURIFY
CLEANSING BLEND

A T N

31060001 15 mL
\$24.00 retail | \$18.00 whl
18 PV

dōTERRA SERENITY®
RESTFUL BLEND

A T N

31090001 15 mL
\$40.00 retail | \$30.00 whl
30 PV

SLIM & SASSY®
METABOLIC BLEND

A T I S

31370001 15 mL
\$32.67 retail | \$24.50 whl
24.5 PV

TERRASHIELD®
OUTDOOR BLEND

A T N

31190001 15 mL
\$12.67 retail | \$10.50 whl
10.5 PV

TERRASHIELD®
SPRAY BOTTLE

31160001 30 mL bottle
\$26.00 retail | \$19.50 whl
17 PV

WHISPER®
BLEND FOR WOMEN

A T N

31080001 5 mL
\$32.00 retail | \$24.00 whl
24 PV

ZENDOCRINE®
DETOXIFICATION
BLEND

A T I S

31460001 15 mL
\$32.67 retail | \$24.50 whl
24.5 PV

ESSENTIAL OIL KITS



dōTERRA TOUCH® KIT

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

- dōTERRA Breathe®
- Deep Blue®
- DigestZen®
- Frankincense
- Lavender
- Melaleuca (Tea Tree)
- dōTERRA On Guard®
- Oregano
- Peppermint

60200333	160 PV
\$225.33 retail	\$169.00 wholesale

dōTERRA BREATHE®
TOUCH BLEND

T | N or S

60200192	10 mL roll-on
\$17.33 retail	\$13.00 whl
13 PV	

FRANKINCENSE
TOUCH BLEND

T | N or S

6020224	10 mL roll-on
\$60.67 retail	\$45.50 whl
45.5 PV	

OREGANO
TOUCH BLEND

T | N or S

60200227	10 mL roll-on
\$21.00 retail	\$15.75 whl
15.75 PV	

DEEP BLUE®
TOUCH BLEND

T | N or S

60200145	10 mL roll-on
\$55.67 retail	\$41.75 whl
41.75 PV	

LAVENDER
TOUCH BLEND

T | N or S

60200225	10 mL roll-on
\$18.33 retail	\$13.75 whl
13.75 PV	

dōTERRA ON GUARD®
TOUCH BLEND

T | N or S

60200142	10 mL roll-on
\$28.00 retail	\$21.00 whl
21 PV	

DIGESTZEN®
TOUCH BLEND

T | N or S

60200223	10 mL roll-on
\$27.00 retail	\$20.25 whl
20.25 PV	

MELALEUCA (TEA TREE)
TOUCH BLEND

T | N or S

60200226	10 mL roll-on
\$16.67 retail	\$12.50 whl
12.5 PV	

PEPPERMINT
TOUCH BLEND

T | N or S

60200228	10 mL roll-on
\$18.00 retail	\$13.50 whl
13.5 PV	



dōTERRA EMOTIONAL AROMATHERAPY™ KIT

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

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

21140001	150 PV
\$212.00 retail	\$159.00 wholesale

dōTERRA MOTIVATE®
ENCOURAGING BLEND

A | T | S

31740001	5 mL bottle
\$30.67 retail	\$23.00 whl
23 PV	

dōTERRA CHEER®
UPLIFTING BLEND

A | T | S

31720001	5 mL bottle
\$33.33 retail	\$25.00 whl
25 PV	

dōTERRA PASSION®
INSPIRING BLEND

A | T | S

31760001	5 mL bottle
\$56.00 retail	\$42.00 whl
42 PV	

dōTERRA CONSOLE®
COMFORTING BLEND

A | T | N

31730001	5 mL bottle
\$49.33 retail	\$37.00 whl
37 PV	

dōTERRA FORGIVE®
RENEWING BLEND

A | T | S

31750001	5 mL bottle
\$26.67 retail	\$20.00 whl
20 PV	

dōTERRA PEACE®
REASSURING BLEND

A | T | N

31710001	5 mL bottle
\$37.33 retail	\$28.00 whl
28 PV	

dōTERRA EMOTIONAL AROMATHERAPY™ TOUCH

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



21850001		
\$133.33 retail	\$100.00 wholesale	100 PV

dōTERRA MOTIVATE® TOUCH
ENCOURAGING BLEND
A T S
60200149 | 10 mL roll-on
\$20.00 retail | \$15.00 whl
15 PV

dōTERRA PASSION® TOUCH
INSPIRING BLEND
A T S
60200150 | 10 mL roll-on
\$36.67 retail | \$27.50 whl
27.5 PV

dōTERRA FORGIVE® TOUCH
RENEWING BLEND
A T S
60200148 | 10 mL roll-on
\$17.33 retail | \$13.00 whl
13 PV

dōTERRA CHEER® TOUCH
UPLIFTING BLEND
A T S
60200146 | 10 mL roll-on
\$21.67 retail | \$16.25 whl
16.25 PV

dōTERRA CONSOLE® TOUCH
COMFORTING BLEND
A T N
60200147 | 10 mL roll-on
\$32.00 retail | \$24.00 whl
24 PV

dōTERRA PEACE® TOUCH
REASSURING BLEND
A T N
60200151 | 10 mL roll-on
\$24.00 retail | \$18.00 whl
18 PV



AROMATOUCH® TECHNIQUE KIT

This kit contains 5 mL bottles of the eight CPTG® oils used in the AromaTouch Technique, as well as the AromaTouch presentation box. Includes dōTERRA® Fractionated Coconut Oil (4 oz).

- | | | |
|----------------------|-------------------|-------------|
| dōTERRA Balance® | dōTERRA On Guard® | Wild Orange |
| Lavender | AromaTouch | Peppermint |
| Melaleuca (Tea Tree) | Deep Blue® | |

20570001		
\$133.33 retail	\$100.00 wholesale	100 PV



FAMILY ESSENTIALS KIT top seller

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

- Ten 5 mL bottles of essential oils and blends

Lavender	Oregano	DigestZen®
Lemon	Frankincense	dōTERRA On Guard®
Peppermint	Deep Blue®	
Melaleuca (Tea Tree)	dōTERRA Breathe®	

• Lists of suggested uses for each oil

20560001	ten 5 mL bottles	
\$166.67 retail	\$125.00 wholesale	115 PV

PRODUCT GUIDE

ESSENTIAL USAGE

TOPICAL USE



FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical use.

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

31640001	3.8 oz	
\$16.00 retail	\$12.00 wholesale	12 PV



HAND & BODY LOTION

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

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

37510001	6.7 fl. oz./200mL	
\$20.00 retail	\$15.00 wholesale	13 PV

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



AROMATIC USE



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		
\$62.66 retail	\$47.00 wholesale	20 PV



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		
\$119.93 retail	\$89.95 wholesale	40 PV



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		
\$173.27 retail	\$129.95 wholesale	40 PV



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		
\$119.93 retail	\$89.95 wholesale	40 PV

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
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SINGLE REFILL

38010001	\$24.67 retail	\$18.50 wholesale	18.5 PV
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TWIN PACK REFILL

38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV
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dōTERRA ON GUARD® top seller PROTECTIVE BLEND



With its unique aroma, dōTERRA On Guard offers a fragrant, natural, and effective alternative to synthetic options for internal 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® BEADLETS

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 needed most.

- Helps support and maintain a healthy immune system*
- 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 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 Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DEEP BLUE® PRODUCTS

DEEP BLUE® top seller SOOTHING BLEND



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

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, 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® 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

LITER BOTTLE New!

50210001	1 liter	
\$252.00 retail	\$189.00 wholesale	160 PV

DEEP BLUE POLYPHENOL COMPLEX®

Now Deep Blue has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional 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 occasional aches and discomfort*

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



dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND



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

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca (Tea Tree), Lemon, Ravensara, and Cardamom essential oils
- Provides cooling, invigorating vapor

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 the dōTERRA Breathe essential oil blend can be used anytime, anywhere.

- Provides cooling, invigorating vapor
- Quick, convenient delivery system
- Provides a cooling, soothing effect

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

dōTERRA SERENITY® PRODUCTS



dōTERRA SERENITY™ SOFTGELS RESTFUL COMPLEX NEW!

dōTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel to help you get the refreshing sleep you need without leaving you feeling groggy and sleepy the next day.*

- Relieves occasional sleeplessness*
- Promotes healthy relaxation and sleep*
- Helps make a difference in the quality and the ease of going to sleep*
- Encourages restful sleep*

34390001	60 vegetarian softgels
\$26.00 retail	\$19.50 wholesale 17 PV



dōTERRA SERENITY® RESTFUL BLEND New Formula



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

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

31090001	15 mL bottle
\$40.00 retail	\$30.00 wholesale 30 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 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

dōTERRA 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

dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

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

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

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

dōTERRA 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

dōTERRA 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

SHAMPOO/CONDITIONER SAMPLES 10 COMPANION SETS

36390001	\$11.33 retail	\$8.50 wholesale	0 PV
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PROTECTING SHAMPOO 2-PACK

36240001	\$32.67 retail	\$24.50 wholesale	19.5 PV
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SMOOTHING CONDITIONER 2-PACK

36250001	\$38.67 retail	\$28.00 wholesale	23 PV
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SHAMPOO AND CONDITIONER

36260001	\$37.33 retail	\$28.00 wholesale	23 PV
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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SKIN CARE



HD CLEAR® TOPICAL BLEND



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

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Wood, Melaleuca (Tea Tree), 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 (Tea Tree), Eucalyptus, Geranium, and Litsea
- 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

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 (Tea Tree), 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 reduce the appearance of fine lines and wrinkles

37410001	30 g/1 fl oz
\$37.33 retail	\$28.00 wholesale 28 PV



FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca (Tea Tree) 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 and provide healthy looking skin.

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, Hawaiian 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-looking 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

PERSONAL CARE



NATURAL DEODORANT

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

- Cypress, Melaleuca (Tea Tree), 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

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



CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is an all-natural topical ointment using powerful CPTG® essential oils that assist 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 (Tea Tree), Cedarwood, and Lavender

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

PRODUCT GUIDE

dōTERRA® SPA



REFRESHING BODY WASH NEW!

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

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

37460001	8.45fl oz/250 mL
\$17.00 retail	\$12.75 wholesale 10 PV

REPLENISHING BODY BUTTER NEW!

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

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil is purifying to the skin and provides uplifting aromatic benefits
- Frankincense essential oil is rejuvenating to the skin and has a balancing effect on emotions

37470001	6oz/170g
\$23.33 retail	\$17.50 wholesale 15 PV

DETOXIFYING MUD MASK NEW!

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

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils—known for their cleansing and smoothing benefits
- Shea butter provides moisturization and balances the skin
- Malachite extract is rich in copper and provides detoxifying benefits

37490001	4oz/113.4g
\$19.33 retail	\$14.50 wholesale 12 PV

HAND AND BODY LOTION NEW!

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

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

37510001	6.7 fl oz./200mL
\$20.00 retail	\$15.00 wholesale 13 PV

HAND AND BODY LOTION 3-PACK NEW!

45394036	
\$50.67 retail	\$38.30 wholesale 30 PV

CITRUS BLISS® HAND LOTION NEW!

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

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

37500001	2.5 fl oz/75mL
\$9.27 retail	\$6.95 wholesale 5 PV

BODY SCRUB NEW!

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

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin
- Natural sugar cane gently exfoliates skin

37480001	8oz/226g
\$26.00 retail	\$19.50 wholesale 15 PV

LIP BALM NEW!

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

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

ORIGINAL NEW!

37530001	0.16oz/4.5g
\$8.67 retail	\$6.50 wholesale 5 PV

TROPICAL NEW!

37540001	0.16oz/4.5g
\$8.67 retail	\$6.50 wholesale 5 PV

HERBAL NEW!

37550001	0.16oz/4.5g
\$8.67 retail	\$6.50 wholesale 5 PV

LIP BALM VARIETY 3-PACK NEW!

37570001	
\$20.00 retail	\$15.00 wholesale 10 PV

MOISTURIZING BATH BAR NEW!

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

- Bergamot essential oil purifies and soothes skin
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Jojoba seed oil deeply moisturizes

37450001	4 oz/113g
\$9.00 retail	\$6.75 wholesale 5 PV

dōTERRA SPA BATH BAR 3-PACK NEW!

37560001	
\$19.33 retail	\$14.50 wholesale 10 PV

CITRUS BLISS®

INVIGORATING BATH BAR

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

36130001	4 oz
\$9.32 retail	\$6.99 wholesale 5 PV

dōTERRA SERENITY®

CALMING BATH BAR

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

36140001	4 fl oz tube
\$9.32 retail	\$6.99 wholesale 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
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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

CHILDREN'S HEALTH

dōTERRA A2Z CHEWABLE™ New Flavor

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2z Chewable tablets provide 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*
- New watermelon flavor

34500001	60 tablets
\$26.00 retail	\$19.50 wholesale 15 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 dōTERRA a2z Chewable tablets

35320001	150 mL
\$46.00 retail	\$34.50 wholesale 30 PV

PB Assist® Jr NEW!

PB Assist Jr is a powdered probiotic supplement designed for children or adults who have trouble swallowing pills. Five billion live cells have been blended into a delicious powder that can be poured directly into the mouth for a fun and tasty way to integrate probiotics into anyone's daily routine.*

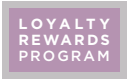
- 5 billion live cells of 6 different probiotic strains
- Strains specifically selected for their benefits among children
- Microencapsulated to help probiotics survive until they reach the intestines
- Supports healthy functioning of the digestive and immune systems *
- Tastes great

34510001	30 Sachets
\$32.67 retail	\$24.50 wholesale 20 PV



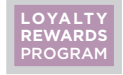
* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DAILY VITALITY



dōTERRA LIFELONG VITALITY PACK® DIETARY SUPPLEMENTS INCLUDING ALPHA CRS®+ MICROPLEX VMz® AND xEO MEGA®

20640001	\$106.00 retail	\$79.50 wholesale	60 PV
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dōTERRA DAILY NUTRIENT PACK® MICROPLEX VMz® AND xEO MEGA®

20650001	50 PV
\$79.33 retail	\$59.50 wholesale



MICROPLEX VMz® FOOD NUTRIENT COMPLEX

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

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

34200001	120 vegetable capsules
\$46.00 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 vegetarian-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



PERSONALIZED WELLNESS PROGRAM



Customize and Save

With the purchase of one dōTERRA Lifelong Vitality Pack® or one dōTERRA Daily Nutrient Pack® via the Loyalty Rewards Program, choose up to 3 additional targeted supplements at a significant savings.

BUY 1 LIFE LONG VITALITY OR DAILY NUTRIENT PACK



\$79.50
wholesale
60 PV

OR



\$59.50
wholesale
50 PV

AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



Microplex VMz®
\$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



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



MADE WITH VEGETARIAN SOFTGELS



DIGESTTAB® CHEWABLE TABLETS

DigestTab® 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 relieve occasional sour stomach*
- Provides 200 mg of calcium per tablet

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

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

DIGESTIVE HEALTH



**DIGESTZEN 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



**DIGESTZEN PB ASSIST®+
PROBIOTIC DEFENSE FORMULA**

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

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

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



**DIGESTZEN 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



**ZENDOCRINE®
DETOXIFICATION BLEND**



Support your body's natural detoxification systems with Zendocrin.*

- Features a proprietary blend of Tangerine, 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



SPECIALIZED 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



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

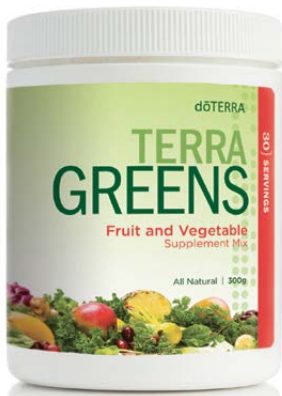


DEEP BLUE POLYPHENOL COMPLEX®

Now Deep Blue® has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional 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 occasional 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, Slim & Sassy 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



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 of Amino Up Chemical Co., Ltd

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

SLIM & SASSY®



SLIM & SASSY® top seller
METABOLIC BLEND



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

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

31370001	15 mL bottle
\$32.67 retail	\$24.50 wholesale 24.5 PV



SLIM & SASSY® SOFTGELS

Slim & Sassy Softgels contain the 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*

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



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® 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® 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



*Essentra Trim is a registered trademark of Nutra Genesis LLC

†Solathin is a registered trademark of Cyvex Nutrition

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ENROLLMENT KITS



NATURAL SOLUTIONS

- **15 mL bottles:** Lavender, Lemon, Peppermint, Frankincense, Melaleuca (Tea Tree), Wild Orange, dōTERRA On Guard®, DigestZen® Digestive Blend, dōTERRA Serenity® Calming Blend, dōTERRA Breathe® Respiratory, dōTERRA Balance® Grounding Blend, AromaTouch® Massage Blend
- **10 mL roll-on bottle:** PastTense® Tension Blend
- **Other Products:** dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, PB Assist®, dōTERRA OnGuard® Collection: Beadlets, Toothpaste, Hand Wash w/2 Dispensers Wooden Box, Aroma Lite Diffuser, dōTERRA Breathe® Vapor Stick, Deep Blue® Rub, dōTERRA Salon Essentials® Shampoo and Conditioner, Correct-X®

60200543	\$219.90 Savings
\$733.33 retail	\$550.00 wholesale 400 PV



CLEANSE AND RESTORE

Cleanse & Restore, dōTERRA Lifelong Vitality Pack®, PB Assist+®, GX Assist®, Zendocrine® Softgels, Zendocrine® Complex, DDR Prime®, DigestZen TerraZyme®, Lemon 15 mL, Wellness Advocate Introductory Packet

60200541	\$81.50 Savings
\$326.67 retail	\$245.00 wholesale 175 PV



AROMATOUCH DIFFUSED

AromaTouch® Technique Kit, Petal Diffuser, Enrollment Packet, Wellness Advocate Introductory Packet

60200547	\$32.00 Savings
\$200.00 retail	\$150.00 wholesale 100 PV



HOME ESSENTIALS

- **15 mL bottles:** Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Breathe®, DigestZen®, dōTERRA On Guard®
- **5 mL bottle:** Deep Blue®
- **Other Products:** Petal Diffuser, Wellness Advocate Introductory Packet

41180001	\$86.25 Savings
\$366.67 retail	\$275.00 wholesale 225 PV



FAMILY WELLNESS

- **10 mL roll-ons:** Emotional Aromatherapy Touch Cheer, Emotional Aromatherapy Touch Peace, dōTERRA Breathe® Touch Blend, Deep Blue® Touch Blend, DigestZen® Touch Blend, Frankincense Touch Blend, Lavender Touch Blend, Melaleuca (Tea Tree) Touch Blend, dōTERRA On Guard® Touch Blend, Peppermint Touch Blend
- **Other Products:** dōTERRA Lifelong Vitality Pack®, PB Assist® Jr., dōTERRA a2z Chewable™, Wellness Advocate Introductory Packet

60200542	\$99.25 Savings
\$366.67 retail	\$275.00 wholesale 225 PV



FAMILY ESSENTIALS KIT® AND BEADLETS

Family Essentials Kit, Peppermint Beadlets, dōTERRA On Guard® Beadlets, Wellness Advocate Introductory Packet

60200540	\$36.50 Savings
\$200.00 retail	\$150.00 wholesale 110 PV

For additional enrollment kit options visit doterra.com

dōTERRA®

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

PRESRT. STD
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SALT LAKE CITY, UTAH

dōTERRA® SPA

Detoxifying Mud Mask

Indulge your skin
in revered gifts from
the Earth

- CPTG® Essential Oils
- Natural Earth Clays
- Purifying Minerals
- Nourishing Botanicals



dōTERRA SPA Detoxifying Mud Mask delivers a luxurious and aromatic spa treatment that pampers the skin and enlivens the senses.

dōTERRA SPA
Detoxifying Mud Mask

37490001	4 oz
\$19.33 retail	\$14.50 wholesale 12 PV



dōTERRA®

CPTG Certified Pure Therapeutic Grade®