



DIY: Chocolate Delights
Infused with Essential Oils

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Essential Oil
from the Amazon

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doTERRA PRODUCT GUIDE (see pages 38-55)

Tune In with InTune



dōTERRA InTune

Focus Blend

41840001

10mL

\$46.00 retail

\$34.50 wholesale

34.5 PV

ask

Dr. Hill



DR. DAVID K. HILL, DC

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

Q:

What makes Copaiba different from Black Pepper or other essential oils high in caryophyllene?

A:

Copaiba is high in the sesquiterpene caryophyllene, which is also found in Clove, Black Pepper, Melissa, and several other essential oils. However, it is the breadth of its benefits that make Copaiba a unique essential oil. Like Black Pepper, it is effective as a surface cleaner and has high value as an antioxidant, but probably Copaiba's most researched and valued property is its benefits to your skin. Along with supporting overall health and having the ability to reduce the appearance of minor skin blemishes, there is evidence to suggest that topical application of Copaiba may have biological activity in supporting health at the cellular level and in tissue remodeling. Try adding a drop or two to your skin moisturizer to boost its soothing and health-supporting benefits, and enjoy the distinct woody aroma.

I am so excited about the new Rose Touch! What are some of your favorite ways to use it?

We are all excited about the newly released Rose Touch, it will provide an opportunity for many more people to experience this amazing and rare oil. The best thing about it is that the pre-diluted application model provides the perfect combination of Fractionated Coconut Oil and Rose essential oil to deliver the most benefit while minimizing waste. Rose is one of the best essential oils for skin health and it only gets better when combined with the amazing emolliating benefit of Fractionated Coconut Oil. My wife carries around a bottle of Rose Touch in her purse to use throughout the day for moisturizing and to apply directly to minor skin irritations, and sometimes she just likes to pop the cap and smell the relaxing aroma.

In a daily use model, how would Blue Tansy benefit me?

The most distinct characteristic of Blue Tansy essential oil is its concentration of bicyclic sesquiterpene chamazulene, which provides its blue-violet color, but it also contains several more commonly known constituents such as the monoterpene, sabinene. In a daily use model, Blue Tansy is great for skin care as experimental research has shown that chamazulene has a multitude of skin health benefitting properties. Sabinene rich oils have been reported to reduce the appearance of blemishes and chamazulene can be soothing. Add Blue Tansy to your lotion or daily skin toner, and don't be alarmed that it will change the color. For a soothing massage, try diluting it in Fractionated Coconut Oil and combining with a few drops of Lavender or Helichrysum and massaging into shoulders and neck.

Try these new dōTERRA essential oils



* 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.

Rose

Aromatic Description: Floral, dry sweet

Distillation Method: Steam

Sourcing Origin: Bulgaria

Plant Part: Flower

Rose oil, one of the most precious essential oils in the world, has one of the most labor-intensive production processes and yields very little oil per petal. Because of this, Rose oil commands a high price. dōTERRA Rose Touch combines Fractionated Coconut Oil with Rose essential oil. This provides the user with myriad applications and usage options that are both affordable and convenient.

How to use:

- ◆ Apply to the palms of your hands, cup your hands over your nose, and inhale deeply for an uplifting sensation.
- ◆ Apply to neck and wrists for a beautiful and romantic personal fragrance.
- ◆ Apply to pulse points to uplift mood throughout the day.
- ◆ Use on skin to aid in balancing moisture levels and reduce the appearance of skin imperfections.

Fun Fact: It takes approximately 252,000 individual petals (or 8,000 rose flowers) to produce one 5ml bottle of rose oil. This is the equivalent to 42 lbs. of rose petals.



COPAIBA

Essential oil of the Amazon

Brazil occupies roughly half of South America, covering a total area of 3,287,357 square miles. Within that area is 60 percent of the Amazon rainforest. Representing over half of the planet's remaining rainforests, the Amazon is comprised of the largest and most biodiverse area of tropical rainforest in the world, with an estimated 390 billion individual trees. Therein lie the trees from which we source Copaiba oleoresin, which is distilled to produce Copaiba essential oil.



Copaiba essential oil is so unique and effective because of its high level of beta-caryophyllene. Copaiba has the highest levels of beta-caryophyllene that we are aware of. Beta-caryophyllene, also known as BCP, is a terpene. In 2008, European scientists learned that beta-caryophyllene had cannabinoid-like properties. Like many other cannabinoids and terpenes, BCP targets the body's CB2 receptors, ignoring the CB1 receptors that are involved in supplying the high associated with cannabis and, more specifically, the THC cannabinoid. Thus Copaiba essential oil has the ability to deliver major benefits without giving you the high. For this reason Copaiba essential oil has become an invaluable part of the dōTERRA collection.

Copaiba essential oil can be found in items such as soaps, creams, lotions, and perfumes. Since the 16th century,

Copaiba has been used in traditional health practices. We now use it to help support the health of the cardiovascular, immune, digestive, nervous, and respiratory systems.* It's also a powerful antioxidant that promotes immune health.*

Copaiba essential oil is derived from the oleoresin of the copaiba tree, which can grow from 60 to 100 feet tall. The process of harvesting the copaiba oleoresin is similar to how one would tap a maple tree. A harvester will look for healthy trees that have large diameter trunks. They then drill a small hole approximately three feet from the ground. Once the hole has been drilled, the sawdust is cleaned off

and the oleoresin collector is put in place. The harvester will generally be able to collect some oleoresin immediately. Once the oleoresin has been collected from the initial tap, a plug is inserted into the hole and the harvester will return to the tree every few weeks to collect additional oleoresin.

The Amazon rainforest is very dense and nearly impossible to travel through with conventional vehicles. As such most travel for both personal and commercial purposes is done by boat. The complex network of smaller tributaries and larger rivers become the roads and highways by which goods are delivered.



dōTERRA utilizes a large network of harvesters that transport their copaiba oleoresin by boat from their different villages to Manaus. Once the oleoresin has been inspected, paid for, and collected in Manaus, we work with our distillation partner to steam distill the oleoresin and prepare it for final shipment to the US.

During a recent sourcing trip, Ben Platt, dōTERRA Strategic Sourcing Manager for the Americas, met a family of copaiba harvesters that were not a part of our current network. As they talked about copaiba, the harvester expressed frustration that he was getting pressured about the price for his copaiba oleoresin and that payment would frequently come much later than agreed upon.

"As I was talking with this family I quickly recognized that they were the type of people that dōTERRA prefers to work with. It was clear that they knew their copaiba harvesting area very well. It was also clear that they were hardworking, honest people that would harvest the copaiba in the sustainable manner that dōTERRA requires. We encouraged them to join our harvesting group and assured them that we would pay them on-time and at fair prices for their oleoresin. They were excited by this proposition and agreed to join our harvesting group. We are definitely glad that this family has joined the network of families that are now a key part of the dōTERRA Global Botanical Network. This experience goes to highlight the importance of our mission to source the world's most beautiful oils from some of the world's best people. We source great people as much as we source essential oils."

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CJ Huelsman



CJ HUELSAM once had the motivation and energy to work out, but over the past few years, bad habits crept in, leading to more snooze buttons, fewer workouts, and more junk food. The birth of his daughter in November 2015 made it challenging for CJ and his wife to find any spare time. Meals became “on the go” and time after work was time spent with family before putting the baby to bed. After working all day, the only thing CJ had the energy to do was sit, and maybe catch up on a TV show, before going to sleep. As a result, CJ ended up packing on a significant amount of weight.

While weight loss was the ultimate goal, CJ needed to address the underlying problems caused by poor health and lifestyle choices. Seeing his daughter become more and more active as she

learned to walk, run, and play became one of the main motivations for CJ to push his body in hopes to gain energy, reset bad habits, and ultimately lose weight. He says, “I don’t just want to watch her do these things. I want to be there with her and be the one who gets to show her all the exciting things that this beautiful world has to offer.”

CJ’s Story

Going over 250 pounds was the largest I’ve ever been, and as much as I kept convincing myself that I was going to make a change, I kept eating fast food and not working out. I’ve tried many times to jump-start a new healthy lifestyle, but it always seemed to burn bright in the beginning, and then burn out quickly.

My wife tried having multiple conversations with me about wanting to cut processed foods from our diet or quit sugar for a month, and I was onboard but I never fully committed. When she suggested I do the dōTERRA Slim and Sassy challenge, she appealed to my competitive nature, and suddenly we were both onboard and fully committed!

Breaking the Old Habits

When we first started the challenge my wife created a Facebook group to help keep me motivated. We invited friends, family, and other Wellness Advocates to join us on this journey. We posted progress updates, as well as what we found most helpful about each of the products we were using. We

reached out to others for suggestions, and the addition of community helped motivate me through the challenge.

The first month was the hardest, especially with the cravings. I craved something sweet at the end of a meal. A drop of Fennel, a large glass of water with some Slim and Sassy in it, or a bowl of fruit would help reprogram my cravings. We had to plan social outings well in advance to prepare ourselves for any temptations.

Alcohol was another tough one to cut back. I knew there were a lot of empty calories in beer, but I got so used to having one or two after getting home from work. It was hard going out with friends and only drinking water. I did find that sparkling water is a great replacement, or water with a drop of Peppermint and/or Lemon.

Trying to balance time was no easy task—time for work and time for family. My wife wakes up at 4:30 a.m. to work out, and I get up and make our TrimShakes for breakfast and lunch along with packing fruit, veggies, and some nuts. When she gets home, I head to work out at 6:45 a.m. and she gets our daughter up.

Steps to Change

Between a good night’s sleep with the dōTERRA Serenity® Softgels, taking the Mito2Max®, and getting to the gym, my wife and I found that we had more than enough energy in the morning and well into the day.



CJ’S TIPS FOR SUCCESS

1 Make it a Lifestyle—Everything changes for the long haul. It was never just a three-month stint for me. It was a three-month sprint, but once we got to the finish line we were never going to stop running.

2 Get Support—the guys I work out with encouraged me as well and talking with others about what I was doing helped me remember it for myself. The Facebook group with our friends and family, including other dōTERRA advocates, was great for sharing our thoughts and challenges and getting support.



Taking the dōTERRA Lifelong Vitality Pack® also added such an increase in energy in our lives! My daughter loves being outside and on the go, and it is wonderful to be able to keep up and catch every smile as she goes. **dōTERRA Slim & Sassy TrimShake** made a perfect post-workout treat that kept me full until lunch. I also carry a large stainless steel bottle with me all day now with water mixed with a few drops of the **Slim & Sassy Metabolic Blend** in it. Occasionally I add **Peppermint** to help me stay cool while I work outside. Halfway through the challenge, we decided to do an additional cleanse and loved it so much we kept the **DDR Prime®** and **PB Assist®+** in our supplement lineup.

I was so close to the weight loss goal and I feel very proud of what I accomplished in three months. True, the scale never hit the 204.5, but I did lose 8 percent body fat and gained in muscle. I sleep better, have more energy, and I'm much more aware of what I put into my body. Between exercise, nutrition, and supplements, I am excited for the continued transformation and the lifestyle that is here to stay.

3 Stay Committed—the first couple weeks were by far the hardest. The diet change was difficult. It was hard to turn down the sweets and snacks that were basically everywhere. But after a couple of weeks, my taste buds changed. I was never a big fan of cherry tomatoes, now they are like candy to me. It was almost like my body eventually re-set and realized how good natural food is and how great you feel after eating healthy food.

4 Don't Starve Yourself—talking to friends and family who had tried various other diets, a common reason for failing was from being too hungry and then caving on the vending machine. We made sure to give ourselves plenty of healthy food.

5 Plan Your Meals—if we didn't plan our meals for the week ahead of time we were doomed. Do the research, go to the store and prep as much as possible. If I don't have a lunch packed, I'm probably going to eat something bad instead. If we don't have dinner thought out when we get home, chances are pizza is getting delivered.

JAMIE MITCHELL

THE AUSTRALIAN WATERMAN

dōTERRA® Performance Advocate Jamie Mitchell grew up in a small town in the Northern New South Wales in Australia. Since his dad was a surfer, Jamie spent the majority of his childhood on the beach. For Jamie, the ocean became his playground, gym, office, home, and a way of life.

His fearless attitude, passion for the water, and competitive nature made him one of the world's elite ocean athletes. Throughout his career Jamie has had many victorious achievements, but his most memorable moments were winning 10 consecutive Molokai to Oahu World Championship Paddleboard races, and World Surf League Big Wave Event in Portugal, as well as surfing in the Eddie Aikau Big Wave Invitational in 2016. However, he says his biggest accomplishment in life is being a husband and being a father to his little girl.

WHAT COUNTRIES HAVE YOU SURFED, AND WHAT'S BEEN YOUR FAVORITE PLACE?

I have surfed in Australia, Fiji, Solomon Islands, Tahiti, Indonesia, Hawaii, Mexico, France, Spain, Portugal, Ireland, Morocco, South Africa, and Monaco.

But my favorite has always been and will be Hawaii.

IF YOU COULD GO ANYWHERE RIGHT NOW TO SURF, WHERE WOULD IT BE?

It would be somewhere I haven't been, so maybe Micronesia.

WHERE DO YOU DRAW YOUR INSPIRATION FROM?

I draw inspiration from lots of different people. I love watching athletes like—Roger Federer, Tiger Woods, Kelly Slater, and Michael Jordan who are able to thrive under pressure. I also draw inspiration from my family who sacrificed a lot for me to be where I am today. There are so many

people who are doing amazing things in the world so it's easy to be inspired.

WHAT GOES THROUGH YOUR HEAD AS YOU ARE RIDING THE BIG WAVE? WHAT ABOUT WHEN YOU WIPE OUT?

I just try to stay as calm as I can. I try not to overthink the situation and do what I have trained to do and have done many times over. As for wiping out, you have to stay calm and collected. Find your happy place and relax. If you fight and stress, you are basically killing yourself as you will lose your oxygen and deplete your levels, so it's all about conserving every bit of energy while underwater.

WHAT WOULD YOU SAY WAS YOUR MOST DANGEROUS EXPERIENCE?

What we do is very dangerous. My worst wipeout was in Western Australia a few years ago when I went over the falls with the lip of a wave, and hit so hard that I blacked out underwater. When I was able to make it to the surface, I had torn the MCL of my right knee, fractured my left elbow, and hurt my shoulder. So it wasn't a fun flight back home.

IS THERE A SPECIFIC TRAINING ROUTINE THAT YOU FOLLOW?

I love hot Yoga, so I try and do yoga 3–4 times a week. I still try and swim and do some breathing exercise 3–4 times a week, and, if I can fit it in, a few cardio workouts, but with a young daughter and my wife being 6 months pregnant, time is scarce these days. Our family loves eating a clean balanced diet.

HOW DID YOU HEAR ABOUT dōTERRA?

My wife Cassandra loves the oils and became a Wellness Advocate two years ago. Funny story, she walked into the house with an Every Oil Kit and I freaked out, not really knowing anything about essential oils. But it has become a huge part of our family's life, as well as a huge part of my every day health. I use the oils every day and especially when I'm travelling. They keep me healthy and ready to surf.

WHAT ARE YOUR FAVORITE dōTERRA PRODUCTS AND HOW DO YOU NORMALLY USE THEM?

I love so many products. But I came up with what I call a Surfer's Travelling Kit; Peppermint, Lemon, Oregano, dōTERRA On Guard®, DigestZen®, Deep Blue®, Melaleuca, Lavender, Peppermint and dōTERRA On Guard Beadlets, and dōTERRA Serenity® Softgels.

“Follow your dreams and don't let anyone tell you you can't do it.”

—Jamie—



| | |
|-----------------|--|
| Age | 40 |
| Hometown | Coffs Harbour NSW, Australia |
| Current Home: | Sunset Beach, Oahu, Hawaii |
| Family: | Husband to Cassandra and father to 1-year-old daughter Nevaeh. |
| Personal Motto: | "I believe good things come to those who work hard and give back." |

Chocolate and Oils



Chocolate Cake with Wild Orange Ganache

Ingredients:

2 cups granulated sugar
1 cup oil
2 eggs
1 teaspoon vanilla
1 cup of buttermilk
 $\frac{1}{2}$ cup cocoa
2 cups allpurpose flour
 $\frac{1}{2}$ teaspoon salt
2 teaspoons baking soda
1 cup hot water

Ganache:

1 cup semi-sweet
chocolate chips
 $\frac{1}{2}$ cup heavy cream
2 drops **Wild Orange** oil

Directions:

1. Preheat oven to 375° F.
2. Butter bundt pan, and dust with cocoa powder.
3. In large bowl, combine wet ingredients except for hot water.
4. In a separate bowl combine dry ingredients.
5. Slowly sift dry ingredients into the wet ingredients, stir until smooth.
6. Stirring slowly, add hot water. Once combined stop, do not over mix.
7. Bake for 30-35 minutes, or until a toothpick comes out clean.
8. While baking, combine ganache ingredients in a bowl. Microwave for 2 minutes, stirring every 30 seconds.
9. Allow cake to cool for 1 hour. Drizzle ganache over the cake.

Peppermint Mousse

Ingredients:

$\frac{1}{2}$ cup milk chocolate chips
 $\frac{1}{2}$ cup semi-sweet chocolate chips
1 $\frac{1}{2}$ cups heavy cream (separated)
2 drops **Peppermint** oil
3 tablespoons granulated sugar
 $\frac{1}{2}$ teaspoon vanilla

Directions:

1. Combine chips and $\frac{1}{2}$ cup heavy cream in bowl, and melt in the microwave for 2 minutes, stirring every 30 seconds. Refrigerate for 10 minutes.
2. Whip the remaining heavy cream with 3 tablespoons granulated sugar, $\frac{1}{2}$ teaspoon vanilla, and 2 drops Peppermint oil. Once peaks are formed, fold in chocolate mixture.
3. Serve immediately, or refrigerate.

Lavender Chocolate Disks

Ingredients:

$\frac{2}{3}$ cup bittersweet chocolate
1 teaspoon vanilla bean paste
1 drop **Lavender** oil

Directions:

1. Place parchment paper on a baking sheet.
 2. Melt chocolate in the microwave, stirring every 30 seconds.
 3. Once melted, stir in vanilla.
 4. Use a large spoon to dollop rounds onto parchment paper.
- Hint:** Leave room for mixture to expand.
5. Hit baking sheet on the counter, to flatten into disks.
 6. Garnish with walnuts, pistachios, honey, edible lavender, and edible rose petals, or as desired, and let rest to set



Cardamom Truffles

Ingredients:

1 small avocado
1 $\frac{1}{2}$ cup semi-sweet chocolate chips
 $\frac{1}{2}$ teaspoon vanilla bean paste
2 drops **Cardamom** oil
 $\frac{1}{2}$ cup walnuts (optional)

Directions:

1. Mash avocado until smooth.
 2. Melt chocolate chips in microwave, stirring every 30 seconds.
- Tip:** Set aside a $\frac{1}{2}$ cup of the melted chocolate for dipping.
3. Add avocado, vanilla, and Cardamom oil to melted chocolate and combine.
 4. Cover with plastic wrap and chill for a few hours.
 5. Using a cookie scoop, take the chocolate mixer and form a ball.
 6. Dip in the left over melted chocolate, and sprinkle with gold dust, cocoa, or sprinkles.

Chocolate Macarons

with Black Pepper Chocolate Ganache

Ingredients:

1 cup powdered sugar
 $\frac{1}{2}$ cup fine almond flour
2 tablespoons cocoa powder
2 large egg whites
(room temperature)
 $\frac{1}{2}$ teaspoon cream of tartar
Pinch of salt
5 tablespoons granulated sugar

Ganache:

$\frac{1}{2}$ cup semi-sweet chocolate
 $\frac{1}{2}$ cup heavy cream
2 drops **Black Pepper** oil

Directions:

1. Preheat oven to 375° F.
 2. Line baking sheet with parchment paper
 3. Sift together powdered sugar, almond flour and cocoa powder into large bowl, and discard any large pieces.
 4. Beat egg whites, salt, and cream of tartar until they form peaks. Add granulated sugar. Beat until stiff.
 5. Fold the dry ingredients into the egg whites.
- Hint:** Using a rubber spatula, fold until smooth, not runny.
6. Fill pastry bag and pipe batter into 1-inch circles.
 7. Tap baking sheet on the counter, until air bubbles come to the surface, and cookie mixture is flat.
 8. Let macarons sit for 30 minutes, then bake for 12 minutes.
 9. Combine ingredients for ganache. Microwave for 2 minutes, stirring every 30 seconds. Once combined, refrigerate for 20 minutes.
 10. Once cookies are cool, fill with ganache and refrigerate for 1 hour.

THE OUTREACH OF *Healing Hands*

A dōTERRA Healing Hands Foundation™ update in Bulgaria

During the 2016 dōTERRA One Convention, the founding executives announced that attendees had a unique opportunity—the chance to go on a sourcing incentive trip with the dōTERRA Healing Hands Foundation. Many people put their names into the raffle to determine who could go on one of the six planned trips to either Nepal, Guatemala, or Bulgaria.

Bulgaria is the focus of a Cō-Impact Sourcing® project to both help the struggling economy there by revitalizing the essential oil industry while sourcing quality oils. The dōTERRA Healing Hands Foundation is an integral part of the work happening. The first of the two trips planned for Bulgaria took place the first week in July, with a second group going one week later. Those participating in these trips knew they were in for something special.

Projects to Empower Communities

The main focus of both trips to Bulgaria was to provide a much-needed playground for a community center. Community centers in Bulgaria typically house a variety of functions, such as a post office, library, town hall, and a public meeting house and gathering area. Adding a safe play area for the children was a priority in this community. The volunteers went to work—they sanded the existing teeter-totters, sanded and refinished benches, and sanded and repainted the existing fence. Meanwhile, community members assembled the new





dōTERRA Healing Hands

FOUNDATION



playground. This is the third playground that dōTERRA has donated to local Bulgarian community centers. Beyond the playground, Wellness Advocates volunteered for a day at the Milk Canteen, an organization that provides meals to families with children between the ages of one to three at a subsidized cost with help from dōTERRA. Workers there estimate that they serve between 500-1000 children a day. The experience then finished off with dinner made by youth at the nonprofit organization, the Social Teahouse, which the dōTERRA Healing Hands Foundation helped refurbish in early 2016. The Social Teahouse works to help orphaned children learn personal and professional skills that help them leave the orphanages with access to the labor market.

Making it Possible

The volunteers took some time to go to the Bulgarian Esseterre Distillery, the operation that makes all the efforts to build up Bulgaria through industry and humanitarian projects possible. The distillery currently produces Lavender, Melissa, and Frankincense essential oils for dōTERRA.

Sarah Wimmer, a Wellness Advocate from Arizona, says of her experience, "It is amazing to see the whole process of creating an oil, and the care and precision that goes into each step of the process. From the field to the lab, dōTERRA has set a high expectation and standards of excellence that will only allow for the best of the best to be produced. I am honored to have been on this trip and to be a part of a company that gives back so much to communities."



INTRODUCING dōTERRA

SCIENCE



Do you have a curious little explorer or an inquisitive future scientist always asking questions about how the world works? Maybe you have a future chemist, doctor, or astronomer who loves learning and can't get enough science. Well dōTERRA has the program for you: dōTERRA Science for Kids!

Launched at the beginning of 2017, dōTERRA Science for Kids offers videos, educational modules, experiments, and activities to help kids (as well as their parents) explore the world around them and get excited about science. Promoting science education through all grade levels is a passion shared by the dōTERRA Science for Kids team and by Chief Medical Officer, Dr. David K. Hill, DC. For many years Dr. Hill has sought to combine his work with dōTERRA with his desire to promote science education for children. With the addition of the "Science for Kids" tab on the dōTERRA Science Blog, his wish started to take shape.

"My hope for the dōTERRA Science for Kids program is that children will discover that science is fun and fascinating, and that they'll share their enthusiasm with their parents," Dr. Hill explained when talking about the program. "As a science-based company, what better way for dōTERRA to give back than to help foster a love of science in the next generation?"

Local Community Outreach

From there dōTERRA Science for Kids has continued to grow, incorporating community outreach initiatives into the program. Since the program's start in January, dōTERRA Science for Kids team members have already presented in several Utah elementary school classrooms, teaching about the plant life cycle and providing a fun, easy experiment for students to participate in. It's a great opportunity for dōTERRA to give back to the community by volunteering in classrooms while also helping ignite students' curiosity and desire to learn more.

Additionally, dōTERRA Science for Kids hosted its first two dōTERRA Science for Kids Summer Day Camps at the dōTERRA global campus. With presentations by dōTERRA scientists Nicole Stevens and Cody Beaumont and dōTERRA Facilities Manager Rusty Keller this camp provided kids an opportunity to explore the wetlands and grounds surrounding dōTERRA and the onsite manufacturing facility. Each presentation encouraged participants to ask questions and to use the scientific method to find answers. Kids got to learn more about science while dōTERRA volunteers got to help the kids explore and participate in a unique opportunity. Future dōTERRA Science for Kids camps, featuring dōTERRA scientists with different specialties, are already in the planning stages, and the dōTERRA Science for Kids team is eager to make these camps available to more participants in the upcoming months.



The dōTERRA Science for Kids team hopes to expand into new schools, to increase summer day camp possibilities, and to explore new options that will help kids gain a passion for science.

While the program is just beginning, dōTERRA Science for Kids has made significant progress in its first few months. Currently the focus is on local schools and community efforts, but as the program continues growing the dōTERRA Science for Kids team hopes to expand into new schools, to increase summer day camp possibilities, and to explore new options that will help kids gain a passion for science. The program is even looking into junior high and high school presentation options in addition to volunteering with established science programs.

How to Get Involved

With all of these awesome efforts, you may be wondering how you can get involved. A great place to start is by using and sharing the online materials dōTERRA Science for Kids has already produced. Do you have a child curious about how memory, emotions, or even senses work? Or maybe you need some direction in helping your kids

understand nutrition and why it's so important. dōTERRA Science for Kids can help as you work with your kids to assist them in learning about the world around them. Your inner child might even learn a thing or two as you participate in simple and enlightening experiments with the children in your life.

To learn more about dōTERRA Science for Kids or to find your kid's next science experiment, check out the "Science for Kids" section on the dōTERRA Science Blog. With units spanning a variety of topics, dōTERRA Science for Kids provides the perfect boredom buster, allowing kids to learn and have fun at the same time. If you have any questions about the dōTERRA Science for Kids program or if you have suggestions for future units to include online send them an email at scienceforkids@doterra.com. The dōTERRA Science for Kids program is just beginning, but it's off to a great start that has endless possibilities the dōTERRA Science for Kids team can't wait to share with you.

THE CHANGES OF

FALL

By Dr. Brannick Riggs, MD



Wow! Can you believe that it is fall again? F. Scott Fitzgerald said in *The Great Gatsby*, "Life starts all over again when it gets crisp in the fall." Growing up in Tucson, Arizona, meant the crisp temperatures of fall were 80-90

degrees. No matter where we live and no matter the temperature drop, fall means it is time for the kids to go back to school. It means that our kids who have been playing outside every day with a few of the neighborhood kids are now going to be in classrooms with 30 other children, and going to recess with hundreds of others. It means more stress in our homes as we try to stay on top of homework assignments, class projects, and extra-curricular activities. It also means that we begin dealing with some seasonal environmental threats as the weather changes and we start to spend more time indoors.

How might we use dōTERRA products to deal with the changes that fall brings?

Supporting Healthy Brain Activity



School stresses the brain as we are constantly presented with new information and try to assimilate that into our brains. No matter the level of learning, from "new math" to calculus, from letter recognition to writing a haiku, we need our brain to function optimally. Essential fatty acids have been shown to

support healthy brain function. While Omega-6 fatty acids are important, we have a diet rich in these and do not need any help in consuming more. The optimal consumption of Omega-6 to Omega-3 fatty acids are a 1:1 ratio. Therefore, we often need a good daily supplement to increase our Omega-3 fatty acids to obtain that balance. **IQ Mega®** or **xEO Mega®** can help balance our ratio in fatty acids, thereby supporting healthy brain development in kids and brain function in adults.*

Promoting Feeling of Calmness



My mother was an elementary school teacher while I was growing up. She would often comment that on windy days, children came in from recess out of control. It became very difficult to promote a learning environment in her classroom for the rest of the day. She had a theory that the wind disrupts the ionic field around the body, causing kids to feel very unsettled. As I think about what I know now, I would have recommended diffusing **Lavender**, **Cedarwood**, or **Petitgrain** on those days to promote feelings of calmness and relaxation. **dōTERRA Balance®** and **dōTERRA Serenity®** could also be used for their grounding effects.

Maintaining a Healthy Gut



Recent studies have shown gut microbes shape the architecture of sleep and stress reactivity of the hypothalamic-pituitary-adrenal axis. This means that the type of bacteria we have in our gastrointestinal tract changes how well we sleep, how we react to stress, and how healthy our hormonal system is. They influence memory, mood, and cognition, and are clinically and therapeutically relevant to a

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

range of disorders. It is important for us to eat the right kinds of foods to support a healthy gut microbiome. This is not always easy to do with the schedule of family activities and school lunches. **PB Assist® Jr.** is like candy in my house. My kids have a tube every day and would have several if we would let them. They love it and I feel confident that I am helping support the brain function for memory and cognition needed for the rigors of school.*

Getting Quality Sleep



Sleep becomes especially important as we try to learn new information and retain that information for recall. **Several studies have shown that lack of sleep leads to worsening memory.** Children ages 6 to 13 need 9 to 11 hours of sleep per night. Teenagers ages 14 to 18 need slightly less, about 8 to 10 hours. Adults need anywhere from 7 to 9 hours of sleep. This is often difficult as we lay down at night after finishing homework, studying for a test, or working on a group assignment for class. Our brains seem to want to continue working on the problem at hand despite needing to sleep. **Petitgrain, Vetiver,** and **Lavender** oil applied to bedding or pillows as well as applying to the bottom of the big toe,

where, in Eastern Medicine, the pineal gland is connected, can help prepare for a restful night's sleep. There is nothing better as a parent than to take a few moments at the end of the day and sit on the edge of the bed rubbing oils into your children's feet and talking about their day. This not only promotes sleep, but promotes good relationships in your home as well.

Supporting Healthy Immune System



Of course, fall and winter are the times of the year we are concerned about environmental threats. Previous articles have mentioned the **dōTERRA On Guard®** products. These are especially important as children are now in classrooms with 20-30 other students. As children are not the best at hygiene, problems spread quickly in that environment. Taking **dōTERRA On Guard beadlets** daily can support your child's healthy immune system.* **dōTERRA On Guard Foaming Hand Wash** cleans and softens skin while providing protection from the common threats found in the fall and at school. If your children are too young to take the beadlets, you may include the **dōTERRA On Guard** oil to rotate into your nightly rub routine with your children.

Fall is a beautiful time of year with the amazing color changes of leaves, the crisp air of morning or evening walks, sweaters, bonfires, and being thankful. Summer is fun, but the fall grounds us, allowing us to reconnect with those most important in our lives over a cup of peppermint hot chocolate.



#ShareAromaTouch

“Never underestimate the valuable and important difference you make in every life you touch. For the impact you make today has a powerful rippling effect on every tomorrow.” —Anonymous

Each of us has our plate filled with all the things we need to do each day. We are often wrapped up in how “we don’t have time” or “we’re too busy.” We may wonder if we are truly able to make a positive impact on another’s life when we have such busy schedules. There are many times when we are too busy and don’t have time to share, but we shouldn’t hesitate to use the time we do have to make an impact in the lives of others. So what can we do when we only have a few minutes to serve those around us? Sharing the AromaTouch® Hand Technique is a powerful act of service that doesn’t require much time. We have been touched with how many of you have already taken this to heart and have been constantly using the AromaTouch Technique to make a positive impact on those around you. We are honored to share your stories and see the impact you have made on “every tomorrow.”



Lifting the Burdens

When I made it home last night, I found my sweet hubby fully dressed, tucked tightly under our comforter. Taking the lion’s share of the weight at home while I build our business has taken a toll on him. His focus has been on making sure our five little ones are well cared for and, as a result, has neglected what his body needs. At the time, I didn’t know exactly what was wrong, so I decided to support his entire body using our tried and true AromaTouch Technique. I managed to convince him to roll out of bed and onto my massage table. Forty minutes later, he was completely relaxed and sleeping deeply. I love that the AromaTouch Technique oils are the catch-all net that help support the body while also relaxing and balancing it. This morning my hubby was up and out of bed before me so I’m guessing he is feeling much better!

—Alicia Simon

The Power of Touch

The power of touch is profound. It soothes, nourishes, and heals; it is a fundamental part of our life. Today I went to visit my 102-year-old grandma who—unless she bounces back like she has for years—is most likely transitioning into the final days of her life here on earth and on to her everlasting life up in heaven. She is still as sweet as ever, but you could tell this time was a little different. She’s a little less energetic and there are other signs, but I went with the intent to give her an AromaTouch Hand Technique along with a foot massage with my essential oils. This lady has done so much for me, so this was a final act of service that I could give her: a caring touch to let her know that she means the world to me. She didn’t say much, but would exclaim, ‘Oh, you don’t know how good that feels!’ over and over. I know the oils are doing something for her, but the touch—that’s what it was all about today. Remember the power of touch!

—Becca Dallain

Bonding Experience

My 9-year-old son had a really hard day on Monday. I won’t go into detail, but there were other kids and hurt feelings. I told him he would feel better if he would let me give him an AromaTouch Hand Technique. He was skeptical, but he let me do it anyway. I got out my Wild Orange oil. It is such an uplifting scent. I took extra time and care in his AromaTouch Hand Technique to show him that I cared. By the time I was finished, he was much calmer. We cuddled some (I’m so glad he still likes to cuddle!) I jokingly said, ‘Can you admit your mommy was right and that the oils helped a teeny tiny bit?’ He smiled a small smile and replied, ‘No, they helped a lot!’ I had forgotten what a bonding experience it is to apply essential oils to my kids!

—Sarah DeGross

Would you like to share more of your stories with us? Tag us on Instagram with @sharearomatouch and use the hashtag #sharearomatouch or email us your story along with photos at sharearomatouch@doterra.com.

Elevate the “Scentses”

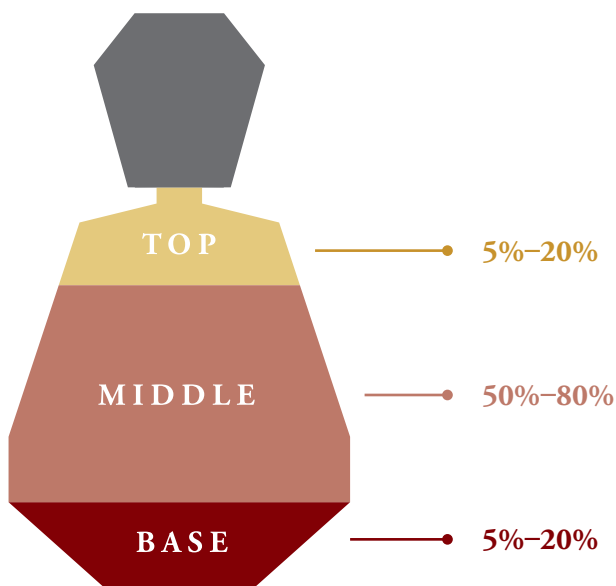
Essential Oils & Perfumes

Throughout history, perfumery has been used for and associated with many things. Essential oils have been a part of perfumery since early 2000 BC, when they were used by the ancient Egyptians. They used them as a status symbol for superiority, used by aristocrats, politicians, athletes, and royalty. Oils were also specifically sought after for their health benefits. These powerful aromatic fragrances played a major part in ritual, beauty, and commerce, just as they do today. Here is a simple guide to creating and customizing your own toxin-free essential oil fragrance.



FRAGRANCE NOTES

Essential oils can be separated into three categories or notes: base, middle, and top. It is important to remember that when you are blending, top notes are the first thing you smell and last a relatively short amount of time. Top notes make up between 5–20 percent of the perfume blend. Middle notes are the next group of oils you will smell. Once the top note wears off, middle notes start to become more prominent; this can happen anywhere from 20–60 minutes after application. These are known as the body, bouquet, or heart of the fragrance and make up between 50–80 percent of the perfume blend. After an hour or two, you will begin to smell the base notes. Base notes are the oils that last the longest and are usually floral or woody scents. Base notes, like top notes, make up between 5–20 percent of the perfume. When creating your own natural perfume fragrance, adding alcohol or carrier oils such as Fractionated Coconut Oil, can help tone down overpowering oils and even prolong the life of your custom fragrance.



TOP

| | | |
|------------|-------------|-------------|
| Basil | Lemon | Spearmint |
| Bergamot | Lemongrass | Tangerine |
| Clary Sage | Lime | Melaleuca |
| Coriander | Wild Orange | Wintergreen |
| Eucalyptus | Peppermint | |
| Grapefruit | Petitgrain | |

MIDDLE

| | | |
|---------------|---------------|--------------|
| Black Pepper | Juniper Berry | Rosemary |
| Cardamom | Lavender | Spikenard |
| Cilantro | Marjoram | Thyme |
| Cypress | Melissa | Siberian Fir |
| Douglas Fir | Oregano | Yarrow |
| Fennel, Sweet | Roman Cham- | |
| Geranium | omile | |

BASE

| | | |
|---------------|--------------|-------------|
| Arborvitae | Copaiba | Patchouli |
| Blue Tansi | Frankincense | Rose |
| Cassia | Ginger | Sandalwood |
| Cedarwood | Helichrysum | Vetiver |
| Cinnamon Bark | Jasmine | Ylang Ylang |
| Clove Bud | Myrrh | |

COMMON AROMATIC SCENT PROFILES

Floral: Geranium, Lavender, and Ylang Ylang
Oriental: Ginger, Patchouli, and Frankincense
Woody: Cedarwood, Sandalwood and Vetiver
Fresh: Bergamot, Grapefruit, Wild Orange

BLENDING HOW TO

When you are ready to create your own essential oil perfume blend remember, the middle is the heart but the base ties it all together. So, choose your favorites from the base and middle oils first, and then “top” it off. For example, let’s say you want a blend that is both woody and masculine but is versatile enough to be light and feminine. You would want to choose oils from the base and middle note sections that have deep, rich aromas but are still fresh and clean like Cedarwood, Sandalwood, and Juniper Berry. Next you will want to choose one or more oils from the top note section that are consistent with the theme but also give the blend that extra kick, like Siberian Fir and Grapefruit. Now, you want to blend them. Add 4 drops Cedarwood, 5 drops Sandalwood, 4 drops Juniper Berry, 5 drops Grapefruit, and 2 drops Siberian Fir to your bottle (we liked the 10mL amber bottle for this blend). Once you have the oils in the bottle, cap and shake to combine. Make sure the blend is what you were going for, then top off with dōTERRA Fractionated Coconut Oil.

RECOMMENDED DIY FRAGRANCES

For Him- *The Nomad*

Top

- ◆◆◆◆ Spearmint
- ◆◆◆◆ Lime
- ◆◆◆◆ Grapefruit
- ◆◆◆◆ Eucalyptus

Base

- ◆◆◆◆ Patchouli

Middle

- ◆◆◆◆◆ Black Pepper
- ◆◆◆◆◆ Cypress

Carrier

Top off with dōTERRA® Fractionated Coconut Oil (or carrier oil of choice).

Optional

Substitute Peppermint for Spearmint for a spicier fragrance.



FOR HER- *The Traveler*

Top

- ◆◆◆ Wild Orange
- ◆◆◆◆◆ Lime

Base

- ◆◆◆◆ Frankincense

Middle

- ◆◆◆ Juniper Berry
- ◆◆◆ Cinnamon Bark

Carrier

Top off with dōTERRA Fractionated Coconut Oil (or carrier oil of choice).

Optional

1-2 drops dōTERRA Rose, Neroli, or Jamine Touch

STORAGE TIP:

To be sure that your unique essential oil perfume lasts, store in a cool dry place in a dark glass container.

GUY'S GUIDE TO A SLEEKER RIDE AUTO CARE

EXTERIOR

BUG REMOVER

Depending on where you live and drive, you may notice a lot of dead bugs on the front of your car. Scrubbing those off may lead to paint chipping. The sooner you can remove those bugs, the better. Spray the area with water and lay a damp cloth over the dried bugs. Place a bucket with warm water and dryer sheets to the side. After a few minutes, remove the damp cloth. Dip your dryer sheets in the warm water and rub those bugs away. Wash your car like usual. Make sure to add car wax after you have cleaned the car to prevent future issues with your paint.

TIRE CLEANER

Mix 2 parts baking soda and 1 part water together to form a paste. Add 4-6 drops of **Lemon** essential oil. Work the paste into the tires with a scrub brush. Let it sit for several minutes. Then, rinse off.

DEGREASER

Mix 2 cups of warm water, 1 tablespoon of baking soda, and 20 drops of your favorite citrus oil in a spray bottle. Spray on grease and wipe away with a damp towel.

Clean your tools and your car

1. It has probably been a while since you last cleaned your tools and nobody likes dirty tools. Use the degreaser recipe for a nice shine.
2. Cars have many areas where grease can build up. Make sure to use the degreaser to keep your car working and looking great. For those of you restoring cars, the degreaser is great on most parts.

WINDOW CLEANER

Hard water from sprinklers can be difficult to get off windows. Add 8 ounces of vinegar to a spray bottle with 6 drops of **Lemon** essential oil. Shake to mix, then spray onto windows and allow it to sit for a few moments before drying with a cloth.

Every guy's knowledge of cars is different. Some know just enough to have a clean car, others could build a car from the ground up. Wherever you are, **dōTERRA** essential oils can help.

INTERIOR

NATURAL AIR FRESHENER

Driving can spawn a multitude of changing moods. Controlling that can make an unpleasant drive enjoyable. All you need is felt, scissors, string, and essential oils. Cut your felt into desired shape and cut a hole for the string. Tie the string and felt together and add 4-6 drops of **Peppermint** essential oil (or favorite oil) onto the felt. Hang near a vent for a natural air freshener.

SURFACE CLEANER

Mix together equal parts white vinegar and water with 4-6 drops of **Purify** essential oil. Spray the area and allow the mixture to soak for a few moments before wiping dry with a clean rag.

CARPET AND UPHOLSTERY DEODORIZER

In a mixing bowl, combine 15-20 drops of your favorite essential oil with 1 cup baking soda. Sprinkle the mixture over the carpet in your car. Leave it there for at least 10-15 minutes or while you clean the rest of your car. Then vacuum it up.

NATURAL SHINE

For a detailed shine make sure to combine 1 cup of Fractionated Coconut oil and 5 drops of **Lemon** essential oil in a spray bottle. Spray and wipe all the surfaces that you want to shine, including leather.

Why Supplement?

By Dr. Damian Rodriguez, DHSc, MS

Dietary supplementation is one of the most hotly debated topics in nutrition, and that isn't likely to end anytime soon. Depending on the study you are examining or the person you ask, supplements are either absolutely critical for optimum health or are not likely to make a tangible impact on your health. What is not disputable is the fact that the average Western diet promotes nutrient deficiencies, which have a definitive impact on countless markers of health. Whether you are an elite athlete or Joe Average just looking for convenient and cost-effective ways to improve your daily well-being, there are few easier ways to accomplish this than by integrating dōTERRA Lifelong Vitality Pack® (LLV) into your daily routine—and dōTERRA scientists have gathered the clinical data that explains why.

Let's examine why people take dietary supplements. According to data collected from the 2007–2010 National Health and Nutrition Examination Survey (NHANES), most regular users of supplements state that they do so to maintain overall health, to sustain bone health, and to support heart health. Interestingly, the use of dietary supplements tends to increase with age, as recent research suggests that approximately 33% of those aged 20–39 take daily supplements while 67% of U.S. adults over the age of 60 do. The most common daily supplement? As of 2012, the National Institutes of Health reported that 31% of American adults take a full spectrum multivitamin/multimineral, with an essential fatty acid supplement (such as xEO Mega®) ranking as the most common “specialty supplement” at nearly 20%. This

makes sense, as our concerns regarding bone and heart health tend to increase with the natural aging process and recent research suggests that full spectrum multivitamin/multimineral and omega-3 supplementation may be of benefit when addressing these issues.

Designed to be the perfect complement to a balanced, whole food diet, LLV is a product that everybody should be familiar with. Consisting of Microplex VMz® Food Nutrient Complex, xEO Mega® Essential Oil Omega Complex, and Alpha CRS® Cellular Vitality Complex, LLV has a number of clinically supported health benefits.

Accepted for publication in the *Journal of Dietary Supplements*, a two-month clinical trial showed that those who supplement their normal diet with LLV may experience significant improvements in several biomarkers of cardiovascular health, antioxidant status, inflammation levels, and blood glucose regulation.* Measured via blood sample, participants in the LLV clinical trial showed improvements in LDL/HDL cholesterol ratio, fasting insulin, and triglycerides.* Furthermore, they reported improved subjective measures of well-being, such as mental clarity, energy, motivation, and overall happiness.*

While there is no ignoring that the foundation of health is a healthy, balanced, whole food diet, there are a few reasons we could all benefit by integrating LLV into our daily lives.

NUTRIENT DEFICIENCIES

According to the Centers for Disease Control (CDC), as much as 95% of American adults do not meet

recommended dietary allowances (RDA) for vitamins D and E, with approximately half of American adults also deficient in magnesium, vitamin A, calcium, and vitamin C. Even more alarming, as a side effect of the contemporary Western diet rich in highly processed foods, omega-6/omega-3 ratio is typically 16:1 (or more) while recommendations suggest, for optimum health, that we aim for closer to 1:1. The best solution is to change dietary behaviors, but that is often much easier said than done. LLV with breakfast and an evening meal can be a convenient and cost-effective means to address this issue.

CELLULAR HEALTH

Research has shown that daily multivitamin supplementation may improve cellular health in otherwise healthy individuals. The Physician's Health Study II, a randomized, double-blind, placebo-controlled trial involving nearly 15,000 participants over 14 years, found strong data to suggest that those who committed to daily supplementation





had fewer nutrient deficiencies and negative markers of cellular health. If you want to support health and well-being at the most fundamental level, there is evidence that daily supplementation is one way to do it.

SUBJECTIVE MEASURES OF HEALTH

Health isn't all about the numbers. Stress, energy levels, and genuine contentment are vitally important for our physical and emotional health. Several recent studies, including the LLV clinical trial, suggest that daily supplementation may improve these subjective measures of well-being.

The first step toward a lifetime of health and vitality is toward the kitchen, but it isn't confined to what's in the refrigerator. On your way out of the kitchen, don't forget to visit the pantry, or wherever you have your LLV stored. There is no easier way to ensure that your cells have the essential nutrients and metabolic factors they need for daily optimal performance and for the rest of your life. For more information about the importance of dietary supplementation and the LLV clinical trial, please visit the dōTERRA Science Blog.

For research references email:
scienceblog@doterra.com

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

ORANGE SPICE

DIFFUSER BLEND

🔴🔴 CINNAMON

🟡🟡 CLOVE

🟢🟢 CARDAMOM

🟠🟠🟠🟠 WILD ORANGE

Wild Orange

Aromatic Description: Sweet, fresh, citrus

Distillation Method: Cold pressed/expressed

Plant Part: Rind (peel)

Sourcing Origin: Dominican Republic

Wild Orange (*Citrus sinensis*) can be found in all of our dōTERRA On Guard® collection due to its high levels of the monoterpene Limonene. This chemical constituent gives Wild Orange the ability to purify and refresh. It also supports healthy immune system function.* *Citrus sinensis* is an evergreen tree, also commonly referred to as the Sweet Orange tree.

How to use:

Aromatically

- ◆ Add Wild Orange with Clary Sage for a refreshing invigorating aroma.
- ◆ Place a few drops into your diffuser to purify the air and invoke feelings of energy.

Internally

- ◆ Combine 5-8 drops of Wild Orange with your French toast batter in the morning for an extra dose of flavor.
- ◆ Add a few drops in your water or in a capsule to support a healthy immune system.*

Topically

- ◆ Add a few drops with Fractionated Coconut Oil for a soothing massage.
- ◆ Add 1-2 drops Wild Orange with the Hand & Body Lotion to clean and leave your skin feeling soft and smooth.

Other ways

- ◆ Make an all-purpose cleaner by adding 1 cup of warm water, 1 cup of white vinegar, and 25 drops of Wild Orange into a spray bottle.

Fun Fact:

Most citrus fruit essential oils, including Wild Orange, Grapefruit and Lemon, are made up of more than 90% Limonene. It is the remaining minor components that determine the pronounced difference between their aromas.

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“ I like to use **Deep Blue® Rub** every day because it really helps with muscle recovery. It's like saying thank you to your muscles after a long day. ”

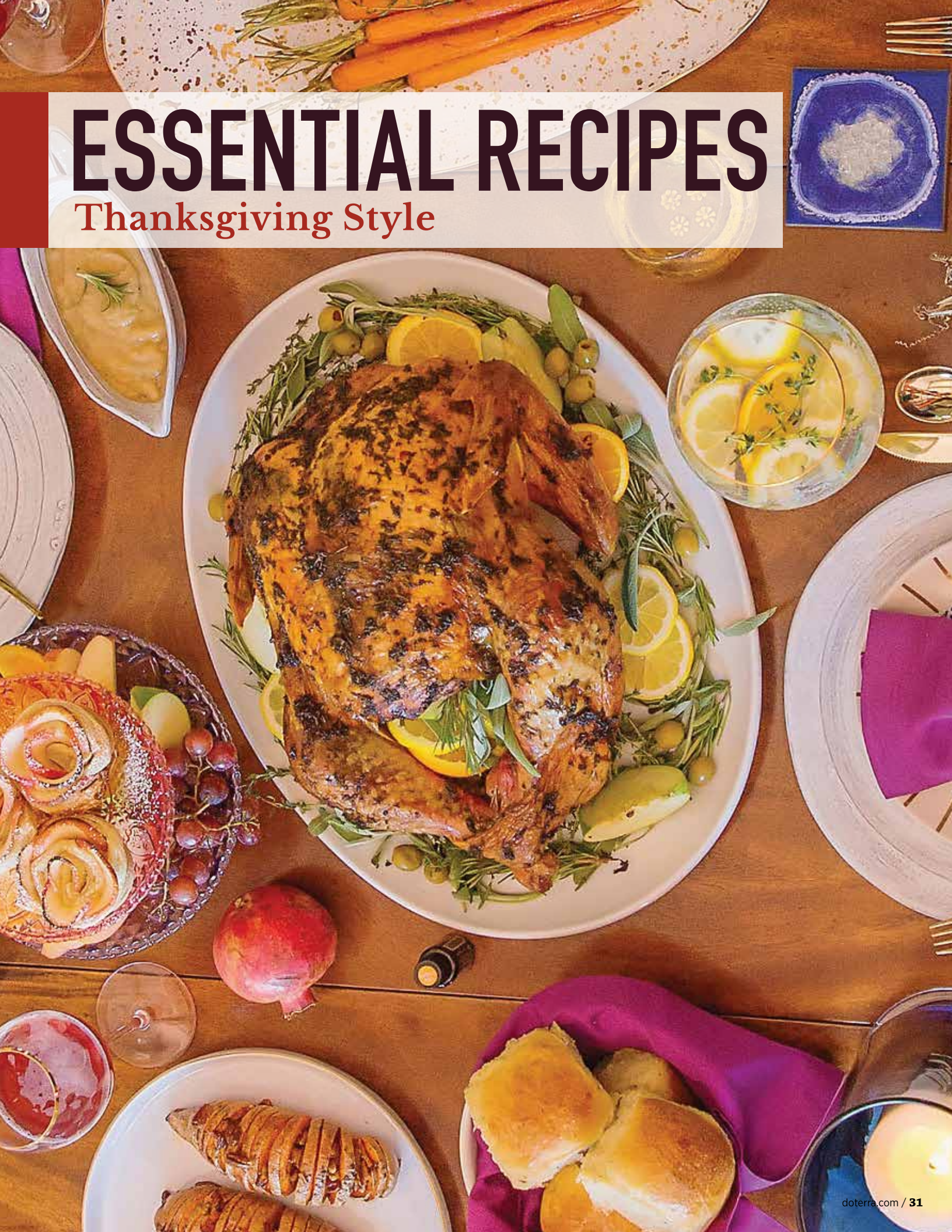
– LAUREN LOVETTE,
New York City Ballet



DEEP BLUE® RUB
SOOTHING LOTION

ESSENTIAL RECIPES

Thanksgiving Style



Citrus & Herb Butter Roasted Turkey

Ingredients: Citrus & Herb Butter

4 drops Wild Orange essential oil
3 drops Lemon essential oil
3 cloves garlic, minced
4 tablespoons chopped fresh sage
3 tablespoons chopped fresh rosemary
3 tablespoons chopped fresh thyme
pinch of salt and pepper
1 stick unsalted butter, room temperature

For the Turkey

14–16 pound turkey, thawed
½ large orange, cut in two wedges
1 lemon, cut in quarters
½ large granny smith apple, cut in two wedges
1 garlic head, cut in half
5 sprigs of sage
5 sprigs of thyme
2 sprigs of rosemary

Instructions: For the Butter

1. In a small bowl, combine all ingredients and stir together thoroughly. Set aside.

Instructions: For the Turkey

- Preheat oven to 500 degrees Fahrenheit.
 - Rinse turkey inside and out. Pat skin dry and place in a roasting rack inside a large roasting pan. Stuff the cavity of the bird with the orange, lemon, apple, garlic, and herbs.
 - Tuck wing tips under the turkey.
 - Use fingers to carefully loosen skin around the entire bird. Take ¼ of the butter mixture and rub it, thoroughly, under skin making sure to coat as much of the turkey as possible. Brush remaining butter mixture over skin, making sure to cover the entire turkey.
 - Sprinkle breast and legs with salt and pepper and tie legs together with kitchen twine.
 - Roast turkey on the lowest rack at 500 degrees for 30 minutes. Turn oven down to 350 degrees and insert probe thermometer into the thickest part of the breast. Cook until thermometer reads 160 degrees.
- Note:** Cooking time depends on the size of the turkey.
- Remove from oven and cover with foil. Let turkey rest for approximately 30 minutes before carving.



Honey Thyme Roasted Carrots

Ingredients:

2 pounds carrots peeled, tops removed
¼ cup apricot preserves
2 tablespoons honey
2 tablespoons olive oil
1 tablespoon butter, melted
1 teaspoon balsamic vinegar
1 teaspoon garlic powder
½ teaspoon ground mustard
½ teaspoon ground cumin
1 teaspoon dried thyme
1 drop Thyme essential oil
1 teaspoon salt
¼ teaspoon black pepper

Instructions:

- Preheat oven to 375 degrees Fahrenheit.
- Grease a baking sheet. Add carrots to center of pan. Set aside.
- In a medium bowl, whisk together ingredients and pour over carrots. Toss until evenly coated. Lay carrots in a single layer. Bake for 30–45 minutes, until fork tender. Stir after 20 minutes. Garnish with fresh parsley if desired.



Apple Cream Cheese Rose Tarts

Ingredients:

2 apples
3 drops Lemon essential oil
½ cup cream cheese, softened
½ cup powdered sugar
1 teaspoon vanilla
2 drops Cinnamon essential oil
2 sheets puff pastry

Instructions:

- Preheat oven to 375 degrees Fahrenheit.
- Core and thinly slice apples.
- Combine apple slices, Lemon essential oil and water in a bowl to keep apples from browning. Pat apple slices dry and set aside.

- Roll out puff pastry. Cut 4 even strips.
- In a bowl, cream together cream cheese, powdered sugar, vanilla, and Cinnamon essential oil.
- Spread cream cheese mixture on top half (long way) of puff pastry slices.
- Arrange and layer apple slices on cream cheese mixture, cut side facing down.
- Fold bottom half of plain puff pastry on top of cream cheese mixture and apple slices. Starting at one end, roll them up. Place in greased muffin tins.
- Bake for 40 minutes.

Sweet & Spicy Cranberry Sauce

Ingredients:

- 10-ounce bag fresh or frozen cranberries
- 1 jalapeno, diced
- ½ cup water
- ½ cup honey or white sugar
- 3 drops **Wild Orange** essential oil

Instructions:

1. Combine ingredients, excluding Wild Orange essential oil, into a saucepan.
2. Bring up to boil and then lower temperature to a simmer for 10 minutes, stirring occasionally.
3. Remove from heat and let cool. Add Wild Orange essential oil. Store in refrigerator until ready to serve.



Healthy Pumpkin Pie

Ingredients:

- 1 15-ounce can pumpkin puree
- 1 13.5-ounce can full-fat coconut milk
- ½ cup rolled oats
- 2 tablespoons ground flax
- ½ cup brown sugar
- 3 teaspoons ground cinnamon
- 1 drop **Cinnamon** essential oil
- 2 drops **Clove** essential oil
- 2 drops **Ginger** essential oil
- ½ teaspoon salt
- 1 egg
- 1 tablespoon pure vanilla extract
- 1 par baked pie crust

Instructions:

1. Preheat oven to 400 Fahrenheit.
2. Blend all ingredients together until smooth. Pour into a par baked pie crust in a 10-inch round pan.
3. Bake for 27 minutes

Note: It will look underdone at this time, don't worry. Refrigerate at least 5 hours uncovered. Pie will thicken and "set."

4. Top with fresh whipped cream.

Rosemary Dinner Rolls

Ingredients:

- 2 ¼ teaspoon active dry yeast
- ½ cup warm water
- 3 tablespoons sugar, divided
- ½ cup warm milk
- 1 large egg
- 3 tablespoons butter, melted
- 2 tablespoons chopped fresh rosemary
- 2 drops **Rosemary** essential oil
- 1 ½ teaspoon salt
- 1 egg for brushing rolls, whisked
- 3 ¾ cups all-purpose flour, then more as needed

Instructions:

1. In the bowl of an electric stand mixer whisk together yeast, warm water, and ¼ teaspoon granulated sugar. Rest for 5 minutes
2. Set mixer with hook attachment and mix in remaining sugar, warm milk, egg, melted butter, fresh rosemary, Rosemary essential oil, and salt on low speed.
3. Add 2 cups flour and mix on low speed until combined. Slowly add in remaining flour until dough pulls away from the side of the bowl. Dough should be a little sticky.
4. Knead for 7–10 minutes until smooth and elastic.
5. Remove from mixer and cover bowl with a cloth for 1 hour or until doubled in size.
6. Place dough on clean workspace and divide into 12 equal parts. Roll each part into a smooth ball and place into a greased 9x11 baking pan.
7. Cover and let rise for 1 hour or until doubled in size.
8. Preheat oven to 350 degrees.
9. Gently brush tops of rolls evenly with 1 tablespoon whisked egg. Bake in preheated oven until tops are golden brown, about 23–26 minutes.



For a complete list of recipes and
tablescape inspiration visit:
doterra.com/us/en/blog



dōTERRA®

Essential Oils: The Ongoing Research

Although the last decade has seen exponential growth in essential oil research, the science and health worlds are only beginning to scratch the surface in understanding the biological activity of those gifts of the Earth that humans have used for millennia for their health benefits.

In continuing to grow its stake as the science leader in the essential oil industry, dōTERRA is proud to announce that its scientists have published 17 studies in peer-reviewed scientific journals to date in the 2017 calendar year and several more are in various levels of completion.

dōTERRA Research Group

Working closely with their rapidly growing list of over 140 medical facilities and research institutions, the dōTERRA research group is committed to developing quality essential oils, discovering new models of use, and pursuing further understanding of how essential oils impart their health benefits. dōTERRA science experts have employed a variety

of analytical, biological, biochemical, and biomedical methodologies in examining essential oils in ways revolutionary within the industry. For instance, dōTERRA is the first to produce peer-reviewed research examining the biological activity of many essential oils in a human skin model. As of yet, the list of examined essential oils ranges from Arborvitae to Vetiver, and many in between, and research involving all of the current lineup of CPTG Certified Pure Therapeutic Grade® oils is planned in the near future.

BioMAP® System

Much of the recently published research has employed the BioMAP HDF3CGF system, which uses a cell culture of human dermal fibroblasts (cells within the dermis layer of skin responsible for generating connective tissue and playing a primary role in tissue remodeling). This system consists of three components: the cell culture, a stimulus, and a set of biomarker (protein) readouts, which provide data about how



exposure to the outside stimuli (in this case, essential oils) influence the cell culture. Using this unique system allows dōTERRA scientists to examine the activity of oils in vitro, but in an environment closely mimicking real human conditions. After growing the cell cultures, the cells are introduced to factors that induce activity in a way that parallels the changes occurring in cells found in a living person. Often, when foreign stimuli are introduced, fibroblasts multiply rapidly, which can lead to a change in the cellular composition of a tissue and have implications for its health and proper function. The fibroblasts themselves also secrete structural proteins into the extracellular matrix (ECM), which is the space surrounding the cells. While these proteins are normally found in healthy individuals, an excess of ECM proteins can make a tissue that is normally flexible become rigid, a characteristic that can influence normal function. Using these protein biomarkers, dōTERRA scientists are able to quantitatively analyze the rate of cell division, observe alterations in cellular metabolism, and examine other biological activities relevant to tissue remodeling, gene expression, and overall cellular health. The BioMAP system provides the ideal environment to investigate the why and the how regarding the health benefits provided by essential oils, and the dōTERRA research group is excited about how the collected data can be used to progress current usage models.

Ongoing Research

While dōTERRA scientists are specifically interested in the efficacy and safety of essential oils and their active components in topical applications, research involving aromatic use, nutritional supplements, and personal care products is also underway. Other recent publications have put the mood-enhancing properties of CPTG® Bergamot essential oil to the test—in a very stressful environment—and have examined the health benefits of the dōTERRA Lifelong Vitality Pack® in a two-month long clinical trial. The work has just begun.

So far we've looked at some of your favorite single CPTG essential oils and even at a dōTERRA proprietary blend, examining their ability to promote protective cellular responses, support proper inflammatory responses, and induce healthy structural remodeling. The results are even more remarkable than we expected (hint, hint: Melaleuca showed a powerful ability to support tissue remodeling processes), providing further evidence of the power of volatile aromatic compounds in supporting various biomarkers of health and showing why dōTERRA CPTG essential oils are the most tested and the most trusted in the industry. For more information about the ongoing research, reviews of all the individual studies (including citations so that you may read the studies in their entirety on your own), and news from the amazing dōTERRA research group, please visit the dōTERRA Science Blog.

Idea Notebook

Autumn Pinecone Firestarter

WHAT YOU NEED

Soy wax or beeswax
Pinecones
Cinnamon essential oil
Clove essential oil
Wild Orange essential oil
String for dipping into wax
Colored crayons (optional)
Salt (optional)

Tip: Depending on the salt, the flames of the starters will burn a certain color (Epsom salts, white flame; table salt, yellow flame; salt substitute, violet flame).

***Note:** After you are done dipping your pinecone into the wax, leave 1 inch of wax-covered string to serve as a wick for easier lighting.

INSTRUCTIONS

Cut the string long enough to use for dipping the pinecone into the wax and tie a knot at the top of the pinecone.* In a double boiler or a metal bowl resting in pot of water, melt 2-3 crayons along with enough wax to coat your pine cone. Add essential oil; the more drops you put in, the stronger the scent will be. Holding the string, dip the pinecones and set them on wax paper to dry. Keep dipping and drying to create a thick layer of wax on the pinecones. Coat with salt immediately after the last wax coat, if desired.



Cranberry Mustard Sauce

INGREDIENTS

2/3 cup finely chopped onion
2 tablespoons vegetable oil
6 tablespoons of packed brown sugar
2-3 drops **Wild Orange**
32 ounces whole cranberry sauce
2/3 cup prepared mustard

INSTRUCTIONS

In a large skillet over medium heat, sauté onions in oil until tender. Add brown sugar. Stirring frequently, cook about 1 minute or until sugar dissolves. Add cranberry sauce, mustard, and essential oil; stir until well blended. Remove from heat and cool. Serve as a condiment or use as a sauce or marinade for grilling (especially delicious on pork chops). Store in airtight container in refrigerator.



Essential Oil Foot Spray

INGREDIENTS
2 tablespoons witch hazel
2 tablespoons sweet almond oil
10 drops **Lavender** essential oil
10 drops **Myrrh** essential oil
10 drops **Sandalwood** essential oil

INSTRUCTIONS

Add all the ingredients to a small spray bottle and shake well. Mist over clean feet for an all-day cleansing and moisturizing protection. Store in the refrigerator and use within 2 weeks.



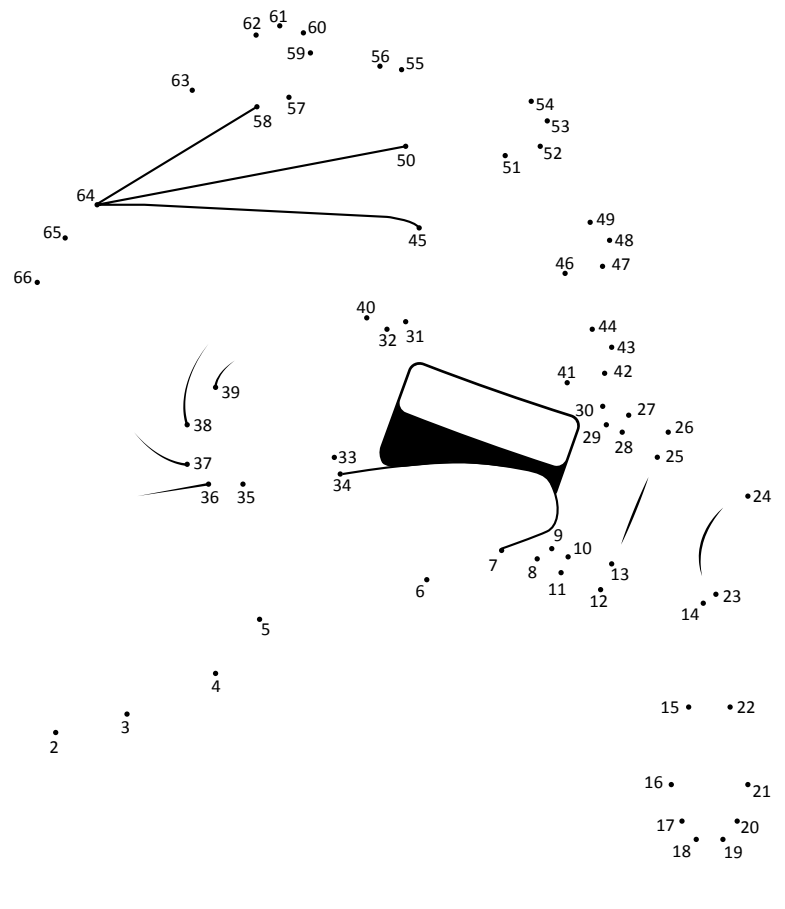
ō Wall Décor

"I recently made this wall hanging for my wife for her birthday. It is a simple idea, but also great use of empty dōTERRA essential oil bottles". —Sean and Melinda Maniates, Colorado



➔ **SHARE YOUR TIP!**

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



CONNECT THE DOTS

dōTERRA

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>BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i></p> <p>A T I S</p> <p>30790001 15 mL \$36.67 retail \$27.50 whl 27.5 PV</p> |  <p>BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i></p> <p>A T I S</p> <p>41040001 5 mL \$29.33 retail \$22.00 whl 22 PV</p> |  <p>BLUE TANSY NEW! ESSENTIAL OIL <i>Tanacetum annuum</i></p> <p>A T N</p> <p>60203383 5 mL \$126.67 retail 95.00 whl 95 PV <small>May stain surfaces, clothing, skin.</small></p> |
|  <p>CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49350001 5 mL \$34.67 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>COPAIBA NEW! ESSENTIAL OIL <i>Copaifera spp.</i></p> <p>A T I N</p> <p>60202178 15 mL \$46.67 retail \$35.00 whl 35 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>31630001 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 \$180.00 retail \$135.00 whl 135 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 ESSENTIAL OIL <i>Citrus aurantium</i></p> <p>A T I N</p> <p>49520001 15 mL \$34.67 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 \$60.00 retail \$45.00 whl 45 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>SANDALWOOD, HAWAIIAN ESSENTIAL OIL <i>Santalum paniculatum</i> A T I N 41860001 5 mL \$82.33 retail \$61.75 whl 61.75 PV</p> |  <p>SIBERIAN FIR NEW! ESSENTIAL OIL <i>Abies sibirica</i> A T I S 60203125 15 mL \$26.66 retail \$20.00 whl 20 PV</p> |  <p>SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i> A T I S 31610001 15 mL \$38.67 retail \$29.00 whl 29 PV</p> |  <p>SPIKENARD ESSENTIAL OIL <i>Nardostachys jatamansi</i> A T N 49510001 5 mL \$66.00 retail \$49.50 whl 49.5 PV</p> |  <p>TANGERINE NEW! ESSENTIAL OIL <i>Citrus reticulata</i> A T I D 49440001 15 mL \$18.75 retail \$15.00 whl 15 PV</p> |
|  <p>THYME ESSENTIAL OIL <i>Thymus vulgaris</i> A T I D 30220001 15 mL \$36.67 retail \$27.50 whl 27.5 PV</p> |  <p>VETIVER ESSENTIAL OIL <i>Vetiveria zizanioides</i> A T I N 30430001 15 mL \$46.00 retail \$34.50 whl 34.5 PV</p> |  <p>WILD ORANGE ESSENTIAL OIL <i>Citrus sinensis</i> A T I N 30170001 15 mL \$14.00 retail \$10.50 whl 10.5 PV</p> |  <p>WINTERGREEN ESSENTIAL OIL <i>Gaultheria fragrantissima</i> A T S 31620001 15 mL \$25.33 retail \$19.00 whl 19 PV</p> |  <p>YLANG YLANG ESSENTIAL OIL <i>Cananga odorata</i> A T I N 30240001 15 mL \$47.00 retail \$35.25 whl 35.25 PV</p> |

PROPRIETARY ESSENTIAL OIL BLENDS

dōTERRA's essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only CPTG Certified Pure Therapeutic Grade® essential oils.

| | | | | |
|---|--|---|--|---|
|  <p>AROMATOUCH® MASSAGE BLEND T N 31200001 15 mL \$34.67 retail \$26.00 whl 26 PV</p> |  <p>dōTERRA BALANCE® GROUNDING BLEND A T N 31010001 15 mL \$26.67 retail \$20.00 whl 20 PV</p> |  <p>dōTERRA BREATHE® RESPIRATORY BLEND A T S 60200190 15 mL \$26.66 retail \$20.00 whl 20 PV</p> |  <p>CITRUS BLISS® INVIGORATING BLEND A T N 31020001 15 mL 20.00 retail \$15.00 whl 15 PV</p> |  <p>CLARYCALM® MONTHLY BLEND FOR WOMEN A T N 49480001 10 mL \$32.67 retail \$24.50 whl 24.5 PV</p> |
|  <p>DEEP BLUE® SOOTHING BLEND T S 60200143 5 mL \$42.67 retail \$32.00 whl 32 PV</p> |  <p>DEEP BLUE® SOOTHING BLEND T S 60200144 10 mL \$85.33 retail \$64.00 whl 64 PV</p> |  <p>DIGESTZEN® DIGESTIVE BLEND A T I N 31030001 15 mL \$41.33 retail \$31.00 whl 31 PV</p> |  <p>ELEVATION JOYFUL BLEND A T N 31040001 15 mL \$49.33 retail \$37.00 whl 37 PV</p> |  <p>HD CLEAR® TOPICAL BLEND T N 49400001 10 mL \$28.00 retail \$21.00 whl 21 PV</p> |
|  <p>IMMORTELE ANTI-AGING BLEND T N 37140001 10 mL \$92.67 retail \$69.50 whl 69.5 PV</p> |  <p>INTUNE® FOCUS BLEND A T N 41840001 10 mL \$46.00 retail \$34.50 whl 34.5 PV</p> |  <p>dōTERRA ON GUARD® PROTECTIVE BLEND A T I S 31100001 15 mL \$42.67 retail \$32.00 whl 32 PV</p> |  <p>dōTERRA ON GUARD® BEADLET 31580001 125 ct. \$20.00 retail \$15 whl 15 PV</p> |  <p>PASTTENSE® TENSION BLEND A T N 31350001 10 mL \$24.67 retail \$18.50 whl 18.5 PV</p> |
|  <p>PURIFY CLEANSING BLEND A T N 31060001 15 mL \$24.00 retail \$18.00 whl 18 PV</p> |  <p>dōTERRA SERENITY® RESTFUL BLEND A T N 49530001 15 mL \$40.00 retail \$30.00 whl 30 PV</p> |  <p>SLIM & SASSY® METABOLIC BLEND A T I S 31370001 15 mL \$32.67 retail \$24.50 whl 24.5 PV</p> |  <p>TERRASHIELD® OUTDOOR BLEND A T N 31190001 15 mL \$12.67 retail \$9.50 whl 9.5 PV</p> |  <p>TERRASHIELD® SPRAY BOTTLE 31600001 30 mL bottle \$26.00 retail \$19.50 whl 17 PV</p> |
|  <p>WHISPER® BLEND FOR WOMEN A T N 31080001 5 mL \$32.00 retail \$24.00 whl 24 PV</p> |  <p>ZENDOCRINE® DETOXIFICATION BLEND A T I S 31460001 15 mL \$32.67 retail \$24.50 whl 24.5 PV</p> | <p>APPLICATION METHODS A Can be used aromatically T Can be used topically I Can be used internally SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)</p> | | |

* 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.

PRODUCT GUIDE

TOUCH BLENDS



JASMINE NEW!
TOUCH BLEND



| | |
|-----------------|---------------|
| 60201812 | 10 mL roll-on |
| \$56.00 retail | \$42.00 whl |
| 42 PV | |



NEROLI NEW!
TOUCH BLEND



| | |
|-----------------|---------------|
| 60201817 | 10 mL roll-on |
| \$62.67 retail | \$47.00 whl |
| 47PV | |



ROSE NEW!
TOUCH BLEND



| | |
|-----------------|---------------|
| 60201813 | 10 mL roll-on |
| \$100.00 retail | \$75.00 whl |
| 75w PV | |

TOUCH BLEND KITS



dōTERRA TOUCH® KIT

Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, this 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



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



DEEP BLUE®
TOUCH BLEND



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



DIGESTZEN®
TOUCH BLEND



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



FRANKINCENSE
TOUCH BLEND



| | |
|-----------------|---------------|
| 60200224 | 10 mL roll-on |
| \$60.67 retail | \$45.50 whl |
| 45.5 PV | |



LAVENDER
TOUCH BLEND



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



MELALEUCA (TEA TREE)
TOUCH BLEND



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



OREGANO
TOUCH BLEND



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



dōTERRA ON GUARD®
TOUCH BLEND



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



PEPPERMINT
TOUCH BLEND



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



dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

The dōTERRA Emotional Aromatherapy Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10 mL roll-ons for convenient and gentle topical application. These proprietary blends provide targeted emotional health benefits for the entire family. By following the dōTERRA 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



| | |
|-----------------|---------------|
| 60200149 | 10 mL roll-on |
| \$20.00 retail | \$15.00 whl |
| 15 PV | |



dōTERRA PASSION® TOUCH
INSPIRING BLEND



| | |
|-----------------|---------------|
| 60200150 | 10 mL roll-on |
| \$36.33 retail | \$27.25 whl |
| 27.25 PV | |



dōTERRA FORGIVE® TOUCH
RENEWING BLEND



| | |
|-----------------|---------------|
| 60200148 | 10 mL roll-on |
| \$17.33 retail | \$13.00 whl |
| 13 PV | |



dōTERRA CHEER® TOUCH
UPLIFTING BLEND



| | |
|-----------------|---------------|
| 60200146 | 10 mL roll-on |
| \$21.67 retail | \$16.25 whl |
| 16.25 PV | |



dōTERRA CONSOLE® TOUCH
COMFORTING BLEND



| | |
|-----------------|---------------|
| 60200147 | 10 mL roll-on |
| \$32.00 retail | \$24.00 whl |
| 24 PV | |



dōTERRA PEACE® TOUCH
REASSURING BLEND



| | |
|-----------------|---------------|
| 60200151 | 10 mL roll-on |
| \$24.33 retail | \$18.25 whl |
| 18.25 PV | |

ESSENTIAL OIL KITS



New packaging available October 2017.

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
- Passion
- Console
- Cheer
- Forgive
- Peace

| | | |
|-----------------|--------------------|--------|
| 21140001 | | |
| \$212.00 retail | \$159.00 wholesale | 150 PV |



dōTERRA MOTIVATE®
ENCOURAGING BLEND



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



dōTERRA PASSION®
INSPIRING BLEND



| | |
|-----------------|---------------|
| 60200150 | 10 mL roll-on |
| \$36.33 retail | \$27.25 whl |
| 27.25 PV | |



dōTERRA FORGIVE®
RENEWING BLEND



| | |
|-----------------|---------------|
| 60200148 | 10 mL roll-on |
| \$17.33 retail | \$13.00 whl |
| 13 PV | |



dōTERRA CHEER®
UPLIFTING BLEND



| | |
|-----------------|---------------|
| 60200146 | 10 mL roll-on |
| \$21.67 retail | \$16.25 whl |
| 16.25 PV | |



dōTERRA CONSOLE®
COMFORTING BLEND



| | |
|-----------------|---------------|
| 60200147 | 10 mL roll-on |
| \$32.00 retail | \$24.00 whl |
| 24 PV | |



dōTERRA PEACE®
REASSURING BLEND



| | |
|-----------------|---------------|
| 60200151 | 10 mL roll-on |
| \$24.33 retail | \$18.25 whl |
| 18.25 PV | |



INTRODUCTION TO ESSENTIAL OILS KIT TOP SELLER

Perfect for beginners, the Introduction to Essential Oils Kit is everything you need to get started experiencing immediately the life-changing benefits of dōTERRA® essential oils. The kit includes:

- Three 5 mL bottles of essential oils
Lavender Lemon Peppermint
- List of suggested uses for each oil

| | |
|-----------------|--------------------|
| 60200330 | three 5 mL bottles |
| \$26.67 retail | \$20.00 wholesale |
| | 15 PV |



New packaging available October 2017.

AROMATOUCH® TECHNIQUE KIT

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

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

| | | |
|-----------------|--------------------|--------|
| 20570001 | | |
| \$133.33 retail | \$100.00 wholesale | 100 PV |



New packaging available October 2017.

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 Frankincense
Lemon Deep Blue®
Peppermint dōTERRA Breathe®
Melaleuca (Tea Tree) DigestZen®
Oregano dōTERRA On Guard®
- List of suggested uses for each oil

| | |
|-----------------|--------------------|
| 60200331 | ten 5 mL bottles |
| \$166.67 retail | \$125.00 wholesale |
| | 115 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.

PRODUCT GUIDE

ESSENTIAL USAGE

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 |

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 fl oz |
| \$16.00 retail | \$12.00 wholesale 12 PV |



dōTERRA® SPA 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.

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

AROMATIC USE



PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. 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 | |
| \$62.67 retail | \$47.00 wholesale 20 PV |



LUMO DIFFUSER NEW!

Transform any room into a serene or uplifting environment by diffusing CPTG® essential oils with a custom-designed, nature-inspired, ultrasonic diffuser.

- Seven lighting color options
- Customizable output—2 or 5 hours continuous, 10 hours intermittent (4 minutes on/4 minutes off)
- Coverage of up to 540 square feet

| | |
|-----------------|---------------------------|
| 60203080 | |
| \$87.50 retail | \$70.00 wholesale 40 PV |



AROMA LITE DIFFUSER

Small and compact, the Aroma Lite diffuser silently purifies and humidifies the air and has an optional night light, making it perfect for travel or nighttime use.

- 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 |



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
Healing Hands
FOUNDATION

Through the dōTERRA Healing Hand Foundation™, a \$20.00 donation is made with every purchase of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion.



dōTERRA® SPA ROSE HAND LOTION

dōTERRA SPA Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. Known for its skin-beneficial properties, Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin

- 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

| | |
|-----------------|------------------|
| 37520001 | 3.3 fl oz/100 mL |
| \$20.00 | 0 PV |



dōTERRA HOPE™ TOUCH

dōTERRA Hope Touch is a distinct essential oil blend combining the fresh scent of Bergamot with Ylang Ylang and Frankincense, then sweetened slightly with the warming aroma of Vanilla Bean Absolute.

- 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

| | |
|-----------------|---------------|
| 60200879 | 10 mL roll-on |
| \$20.00 | 0 PV |

dōTERRA ON GUARD® PRODUCTS



dōTERRA ON GUARD® TOP SELLER PROTECTIVE BLEND

A T I S

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

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

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

| | | | |
|-----------------|----------------------|------|--|
| 39000001 | 10 samples, 2 g each | | |
| \$4.67 retail | \$3.50 wholesale | 0 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 sugar 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

| | | | |
|-----------------|-------------------|-------|--|
| 39020001 | 32 fl oz | | |
| \$36.67 retail | \$27.50 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® NEW! SANITIZING MIST

The dōTERRA On Guard blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® essential oils provide an uplifting citrus spice aroma. Spray hands with On Guard Sanitizing Mist daily to purify hands and prevent the spread of bacteria. The convenient mist makes sanitizing hands quick and easy, perfect for traveling, school, work, and on the go families.

- Kills 99.9% of germs and bacteria
- Infused with moisturizing fruit extracts
- dōTERRA On Guard Protective Blend provides an invigorating citrus spice aroma

| | | | |
|-----------------|-----------------|------|--|
| 60201944 | 0.9 fl oz/27 mL | | |
| \$7.50 retail | \$6 wholesale | 5 PV | |

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

dōTERRA ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

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

SINGLE REFILL

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

TWIN PACK REFILL

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

dōTERRA ON GUARD®+ 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® 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 | |

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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, Ylang Ylang, Helichrysum, and Osmanthus essential oils
- Apply as part of a soothing massage

| | |
|-----------------|---------------------------|
| 60200143 | 5 mL bottle |
| \$42.67 retail | \$32.00 wholesale 32 PV |

| | |
|-----------------|---------------------------|
| 60200144 | 10 mL roll on |
| \$85.33 retail | \$64.00 wholesale 64 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 |

32-OUNCE BOTTLE

| | |
|-----------------|-----------------------------|
| 50210001 | 32 fl oz/946 mL |
| \$252.00 retail | \$189.00 wholesale 160 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 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 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

| | |
|-----------------|---------------------------|
| 60200190 | 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

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



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

- Features Lavender, Cedarwood, Ho Wood, 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

| | |
|-----------------|---------------------------|
| 49530001 | 15 mL bottle |
| \$40.00 retail | \$30.00 wholesale 30 PV |

HAIR CARE



dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

dōTERRA 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 dōTERRA 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 |

| | |
|-----------------|---------------------------|
| 60201185 | 32 fl oz |
| \$60.00 retail | \$45.00 wholesale 35 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 |

| | |
|-----------------|---------------------------|
| 60201225 | 32 fl oz |
| \$66.67 retail | \$50.00 wholesale 40 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

| | |
|-----------------|---------------------------|
| 49050001 | 30 mL |
| \$46.67 retail | \$35.00 wholesale 35 PV |



SHAMPOO/CONDITIONER SAMPLES 10 COMPANION SETS

| | | | |
|-----------------|----------------|------------------|------|
| 36390001 | \$11.33 retail | \$8.50 wholesale | 0 PV |
|-----------------|----------------|------------------|------|

dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

Get the all-in-one benefits of a flexible hold, health, and shine for your hair with dōTERRA 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 fl oz |
| \$24.00 retail | \$18.00 wholesale 15 PV |



PROTECTING SHAMPOO 2-PACK

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

SMOOTHING CONDITIONER 2-PACK

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

SHAMPOO AND CONDITIONER

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

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dōTERRA® SPA



REFRESHING BODY WASH

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

REPLENISHING BODY BUTTER

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 | 7 oz/198 g | |
| \$23.33 retail | \$17.50 wholesale | 15 PV |

DETOXIFYING MUD MASK

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

HAND AND 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/200 mL | |
| \$20.00 retail | \$15.00 wholesale | 13 PV |

HAND AND BODY LOTION 3-PACK

| | | |
|-----------------|-------------------|-------|
| 60200498 | | |
| \$50.67 retail | \$38.00 wholesale | 30 PV |

CITRUS BLISS® HAND LOTION

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/75 mL | |
| \$9.27 retail | \$6.95 wholesale | 5 PV |

BODY SCRUB

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

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

LIP BALM

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

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

TROPICAL

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

HERBAL

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

LIP BALM VARIETY 3-PACK

| | | |
|-----------------|-------------------|-------|
| 37570001 | | |
| \$20.00 retail | \$15.00 wholesale | 10 PV |

MOISTURIZING BATH BAR

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/113 g | |
| \$9.00 retail | \$6.75 wholesale | 5 PV |

dōTERRA SPA BATH BAR 3-PACK

| | | |
|-----------------|-------------------|-------|
| 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/113 g | |
| \$9.32 retail | \$6.99 wholesale | 5 PV |

dōTERRA SERENITY® CALMING BATH BAR

- dōTERRA Serenity essential oil blend promotes relaxation and a restful sleeping environment
- Jojoba seed oil is highly regarded in the cosmetic industry and known for its quick absorption and ability to deeply moisturize
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

| | | |
|-----------------|------------------|------|
| 60201092 | 4 oz / 113 g | |
| \$9.00 retail | \$6.75 wholesale | 5 PV |

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
- 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 | SAVE \$40.00 RETAIL |
| \$61.33 retail | \$46.00 wholesale 40 PV |

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

| | |
|-----------------|---------------------------|
| 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 Verage Cleanser, Toner, Immortelle Hydrating Serum, and Moisturizer for beautiful, healthy-looking skin.

| | |
|-----------------|---------------------------|
| 42690001 | SAVE \$74.00 RETAIL |
| \$112.67 retail | \$84.50 wholesale 70 PV |

VERÁGE® TONER

Verage 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
- Easy mist application

| | |
|-----------------|---------------------------|
| 37390001 | 50 mL/1.7 fl oz |
| \$29.33 retail | \$22.00 wholesale 22 PV |

VERÁGE® CLEANSER

Smooth skin begins with Verage 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 mL / 2 fl oz |
| \$33.33 retail | \$25.00 wholesale 25 PV |

VERÁGE® IMMORTELLE HYDRATING SERUM

Experience the age-defying effects of Verage 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

| | |
|-----------------|---------------------------|
| 37400001 | 15 mL/.5 fl oz |
| \$86.67 retail | \$65.00 wholesale 65 PV |

VERÁGE® MOISTURIZER

Verage 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

| | |
|-----------------|---------------------------|
| 37410001 | 30 mL/1 fl oz |
| \$37.33 retail | \$28.00 wholesale 28 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
- Bamboo silk 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 |

* 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.

PRODUCT GUIDE

New formulas coming soon!

FACIAL CLEANSER NEW FORMULA!

dōTERRA Facial Cleanser contains CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca and Peppermint, known for their ability to purify and tone skin and support a healthy complexion. Natural cleansers of Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin looking clean, fresh, and smooth..

| | |
|-----------------|-----------------------------|
| 60201753 | 4 fl oz/118 mL |
| \$22.00 retail | \$16.50 wholesale 16.5 PV |

INVIGORATING SCRUB NEW FORMULA!

Experience fresh, renewed skin with dōTERRA Invigorating Scrub. Grapefruit and Peppermint CPTG® essential oils make exfoliating a refreshing aromatic experience while jojoba esters polish your skin. Botanicals of Mandarin Orange Extract, Jasmine Extract, and Greater Burdock Extract tone, smooth, and hydrate skin.

| | |
|-----------------|---------------------------|
| 60201773 | 2.5 oz/70 g |
| \$24.00 retail | \$18.00 wholesale 18 PV |

PORE REDUCING TONER NEW FORMULA!

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 while innovative fruit and plant extracts tone and balance the skin, increase hydration, and visibly reduce the appearance of pores to support a healthy-looking complexion.

| | |
|-----------------|---------------------------|
| 60201772 | 4 fl oz/118 mL |
| \$25.33 retail | \$19.00 wholesale 19 PV |

BRIGHTENING GEL NEW!

CPTG® essential oils of FCF Bergamot, Juniper Berry, and Melissa combine with natural extracts, vitamins, and cutting edge ingredient technologies to brighten and even skin tone. dōTERRA Brightening Gel is a gentle and effective way to noticeably brighten the skin by reducing the appearance of dark spots and hyperpigmentation without the harsh chemicals used in other brightening products. Can be used as an all-over facial product or to target dark spots..

| | |
|-----------------|-----------------------------|
| 60201777 | 1 fl oz/30 mL |
| \$46.00 retail | \$34.50 wholesale 34.5 PV |



TIGHTENING SERUM NEW FORMULA!

Featuring CPTG Certified Pure Therapeutic Grade® essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking skin.

| | |
|-----------------|-----------------------------|
| 60201752 | 1 oz |
| \$66.00 retail | \$49.50 wholesale 49.5 PV |

ANTI-AGING EYE CREAM NEW!

dōTERRA Anti-Aging Eye Cream combines clinically proven ingredients with CPTG® essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protect skin from the future signs of aging. The unique steel rollerball applicator cools and soothes under-eye skin helping reduce the appearance of puffiness and dark circles while gently applying cream to targeted areas.

| | |
|-----------------|---------------------------|
| 60201776 | 0.5 fl oz/15 mL |
| \$60.00 retail | \$45.00 wholesale 45 PV |

ANTI-AGING MOISTURIZER

NEW FORMULA!

dōTERRA Anti-Aging Moisturizer combines cutting-edge ingredients with the CPTG® essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturize and soften skin while providing anti-aging benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturizing the skin, helping to keep skin looking young and vibrant and helping reduce future visible signs of normal aging.

| | |
|-----------------|-----------------------------|
| 60201751 | 1.7 fl oz/50 mL |
| \$46.00 retail | \$35.50 wholesale 35.5 PV |

HYDRATING CREAM NEW FORMULA!

The intensive moisture your skin has been waiting for. dōTERRA's Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles and aiding with skin barrier renewal for suppler, younger-looking skin. Its rich formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to rejuvenate the look of mature skin, as well as to help reduce the visible signs of aging due to both natural and environmental causes. Probiotics nourish skin's natural biome, helping restore skin's natural health and beauty. Perfect for day or night use.

| | |
|-----------------|-----------------------------|
| 60201774 | 1.7 fl oz/48 g |
| \$46.00 retail | \$34.50 wholesale 34.5 PV |

IMMORTELLE 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.

- Reduces the appearance of fine lines and wrinkles
- Helps reduce the appearance of aging skin

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

| | |
|-----------------|-------------------------|
| 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 fl oz |
| \$16.00 retail | \$12.00 wholesale 10 PV |

WOMEN'S HEALTH



LOYALTY
REWARDS
PROGRAM

WOMEN'S HEALTH KIT

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

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

PHYTOESTROGEN ESSENTIAL COMPLEX

dōTERRA® Women Phytoestrogen Essential 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 ESSENTIAL 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

| | |
|----------------|-----------------------------|
| 49480001 | 10 mL roll on |
| \$32.67 retail | \$24.50 wholesale 24.5 PV |

CHILDREN'S HEALTH

dōTERRA a2Z CHEWABLE™

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 over 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

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

| | |
|----------------|---------------------------|
| 34420001 | 30 sachets |
| \$32.67 retail | \$24.50 wholesale 20 PV |



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DAILY VITALITY

LOYALTY REWARDS PROGRAM



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

| | | |
|-----------------|-------------------|-------|
| 21480001 | | |
| \$106.00 retail | \$79.50 wholesale | 60 PV |

LOYALTY REWARDS PROGRAM



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

| | | |
|-----------------|-------------------|-------|
| 60201121 | | |
| \$116.00 retail | \$89.50 wholesale | 60 PV |



MICROPLEX VMz® FOOD NUTRIENT COMPLEX

dōTERRA Microplex VMz is a food nutrient 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*

| | | |
|----------------|------------------------|---------|
| 35350001 | 120 vegetable capsules | |
| \$52.67 retail | \$39.50 wholesale | 39.5 PV |



xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from 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*

| | | |
|----------------|-------------------|---------|
| 35360001 | 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, inca 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*

| | | |
|----------------|-------------------|---------|
| 34480001 | 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*

| | | |
|----------------|------------------------|---------|
| 35370001 | 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 dōTERRA LIFELONG VITALITY PACK OR dōTERRA DAILY NUTRIENT PACK



\$79.50 wholesale
60 PV

OR



\$89.50 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



DigestZen 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 |



**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 |



**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.

- Supports the body's natural ability to rid itself of unwanted substances.*
- Promotes healthy liver, lung, kidney, colon, and skin function*

| | |
|-----------------|-----------------------------|
| 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™

| | | |
|----------------|-------------------|-------|
| 34410001 | 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

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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® METABOLIC GUM

There is one drop of Slim & Sassy essential oil blend in each piece of sugar-free gum. Slim & Sassy metabolic oil blend helps manage cravings throughout the day while supporting healthy metabolism.

- Promotes healthy metabolism
- Helps manage hunger cravings
- Sugar free with natural sweeteners
- Long lasting flavor

| | |
|-----------------|-------------------------|
| 60200347 | 32 pieces |
| \$11.33 retail | \$8.50 wholesale 5 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 |

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†Essentra Trim is a registered trademark of Nutra Genesis LLC
 ‡Solathin is a registered trademark of Cyvex Nutrition

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 Blend, 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 On Guard® Collection: Beadlets, Toothpaste, Hand Wash w/2 Dispensers, Softgels, Wooden Box, Lumo Diffuser, dōTERRA Breathe® Vapor Stick, Deep Blue® Rub, DigestZen TerraZyme®, 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 |



New packaging available October 2017.

EMOTIONAL AROMATHERAPY DIFFUSED KIT

- **5 mL bottles:** dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Passion®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Peace®
- **Other Products:** Lumo Diffuser, Wellness Advocate Introductory Packet

| | |
|-----------------|-----------------------------|
| 21310001 | \$??? Savings |
| \$195.00 retail | \$145.00 wholesale 145 PV |



New packaging available October 2017.

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

* 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.

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dōTERRA®

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1 800 411 8151
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dōTERRA ESSENTIAL SKIN CARE



Anti-Aging Eye Cream

Looks like
Father Time
just went on
vacation.



dōTERRA Essential Skin Care *Anti-Aging Eye Cream*

| | | |
|----------------|--------------------|-------|
| 60201776 | 0.5 fl. oz. | |
| \$60.00 retail | \$145.00 wholesale | 45 PV |



dōTERRA®

CPTG Certified Pure Therapeutic Grade®