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Natural Hydration

Original · Tropical · Herbal

dōTERRA® Spa Lip Balm

Natural formula made with plant oils, botanicals, and essential oils for more hydrated and softer lips.

ask Dr. Hill



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

Q: **A:**

**What is
EssentraTrim®†**

Slim & Sassy® TrimShake contains 125 milligrams of EssentraTrim, a patented ingredient extracted from the leaves and roots of the ashwagandha plant. Originally studied as an adaptogen for energy production, EssentraTrim has been shown to help control the release of the stress hormone cortisol. By influencing cortisol regulation, EssentraTrim may help control stress-induced appetite and cravings for unhealthy foods. It may also support healthy blood sugar and energy levels, helping you reach your health and fitness goals.

**It seems my
family is constantly
facing health issues
this time of year.
What do you do
to support your
immune system?**

While spring presents a totally different set of threats than winter, supporting your immune system remains the same. Immune system health begins with those little daily habits: proper nutrition, hygiene, and some essential oil help. All-season health begins with how you fuel your body. Along with eating a lot of whole, unprocessed foods, I don't miss a day without dōTERRA LifeLong Vitality Pack® supplements to support healthy cellular and immune system function.* If I am feeling a little rundown, I will add PB Assist®+ to the supplement regimen for a few days to support the health of the GI tract and fixed immunity.* Right after getting out of the shower, I like to rub a few drops of dōTERRA On Guard® protective blend on the bottoms of my feet. Practice basic hygiene, making sure to wash your hands before and after meals or whenever they come in contact with possible threats. Lastly, diffuse essential oils throughout the day; Lemon in particular is great for purifying the air to support overall health.

**Why does
dōTERRA
have so many
citrus oils?**

The breadth of an essential oil's spectrum of benefits is based on its chemistry. While most citrus oils have a large concentration of limonene and therefore have powerful cleansing and uplifting properties, and that characteristic citrus scent, their chemical compositions can vary dramatically. Grapefruit is composed almost solely of limonene, up to 98 percent, while Bergamot also contains large concentrations of linalyl acetate and beta-pinene, which provide calming and skin-purifying benefits that are distinct within the citrus oil family. Despite some chemical similarities, all the CPTG® citrus oils are unique and offer different options for your desired benefits.

**What's the
best way to use
dōTERRA products
to support my
health and
fitness goals?**

The foundation of a healthy lifestyle is proper nutrition and regular physical activity, and there are a number of dōTERRA products that can be a great complement to these daily behaviors. The dōTERRA LifeLong Vitality Pack should be part of everybody's healthy diet plans, but it is even more integral in providing the nutrients, essential fatty acids, and antioxidant support needed to support new health and fitness goals.* Slim & Sassy TrimShake is a great low-calorie meal replacement that includes 2.5g of dietary fiber and the patented ingredient EssentraTrim, to help fight hunger cravings. Don't forget your calming, energizing, and uplifting oils to help you stay motivated to maintain your healthy eating and exercise plans.

*Essentra Trim is a registered trademark of Nutra Genesis LLC

For Healthy Weight Management Try



Slim & Sassy TrimShake
item# 35200001 chocolate
item# 35180001 vanilla
item# 35440001 vegetarian



**Slim & Sassy
Metabolic Blend**
item# 31370001



Slim & Sassy Softgels
item# 34270001



Slim & Sassy Gum NEW!
item# 60200347

* 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.

Coriander

Aromatic Description:
Green, Floral, Herbaceous
Sourcing Origin: Russia
Plant Part: Seed

For centuries Coriander has been used to promote healthy digestion,* relaxation, and to help maintain a clear complexion. That's probably why coriander seeds were found in the Egyptian tomb of King Ramesses II. Even Hippocrates, the ancient Greek healer who became known as the "father of medicine" was said to have used and recommended coriander. While coriander is widely known for its use in the kitchen, it is clear that the benefits of Coriander oil reach far beyond the realm of cooking.

HOW TO USE

Aromatically

- ◆ Diffuse when you need help relaxing or falling asleep.
- ◆ Put a few drops in the palms of your hands, cup your hands over your nose, and inhale deeply for a relaxing sensation.

Internally

- ◆ Take a few drops internally after eating large meals to assist with digestion.*
- ◆ Use in cooking recipes, but remember a little goes a long way.
- ◆ Helps maintain a healthy insulin response.*

Topically

- ◆ Add a drop or two to your moisturizer and apply to the back of your neck or bottom of your feet to promote relaxation.
- ◆ Apply to sore muscles and joints or use with Fractionated Coconut Oil for a massage.

Fun Fact: Coriander (*Coriandrum sativum*), also known as cilantro, is a plant that is completely edible. Although the leaves and seeds are the parts most used.

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PARAGUAY

PETITGRAIN



Petitgrain comes from the leaf and twig of the bitter orange tree. dōTERRA is very specific about what we source, when we source it, how we source it, and which part of the plant we source. There are other types of Petitgrain: sweet orange, mandarin, lemon, and even grapefruit Petitgrain.

So why did we choose bitter orange? It comes down to the therapeutic benefit we see. There are distinguishable differences between them. For example, mandarin is a great flavoring agent but has hardly any

therapeutic benefit. Petitgrain is very similar to Lavender—you might even call it the "manly Lavender" because Petitgrain's smell is deeper and herbaceous. Comparing the chemistry of Lavender and Petitgrain, we see that Petitgrain has nearly four times less chemistry than Lavender. Petitgrain gives us the opportunity to have a more intense outcome because of the non-competitive nature of additional chemistry.

—Dr. David Hill

We live in a day when international discovery is more available and valuable for our well-being than ever before; specifically, finding ideal sources for different types of oils. dōTERRA has an established sourcing standard that positively impacts the entire oil industry, health-wise and economically. No longer are farmers being underpaid. Farmers have the assurance of reliable payment, as well as a premium for the oil that is sourced. dōTERRA's Co-Impact Sourcing® initiative has not only changed the oil industry, but also individual's lives in communities.



dōTERRA recently teamed up with several Petitgrain farmers in Paraguay to ensure we receive the highest quality, purest oil sourced from the bitter orange tree. Petitgrain belongs to the Rutaceae family and is believed to have originated in Southeast Asia. During the establishment of the New World in the 18th and 19th centuries, the Spanish Jesuits brought the bitter orange plant with them. Orange trees quickly spread throughout the forests and jungles of Paraguay. Various hybrids were cultivated.

Finding farmers that grew healthy crops of the bitter orange tree proved difficult at first. Once dōTERRA secured enough farmers for the needed amount, we began educating. At dōTERRA, we are uncompromising when it comes to purity and potency. Due to this strict standard, we have ongoing trainings for these farmers to ensure purity and potency for generations to come.

When dōTERRA went to Paraguay to identify farmers with whom we wanted to partner and source Petitgrain oil, run-down distillation facilities and collapsed wells were found. Since dōTERRA has started working in Paraguay with

these farming families, new interest has sparked in Petitgrain production and dōTERRA has been able to be the catalyst for revitalizing several Petitgrain production areas that are particularly in need of economic opportunity. "Through supplying technical assistance and training on methods for improving distillation practices and oil quality, as well as providing guaranteed long-term contracts to these partner farming families, dōTERRA Co-Impact Sourcing is truly able to provide sustainable opportunities in these impoverished areas," stated Tim Valentiner, dōTERRA Director of Strategic Sourcing. "This is always at the core of what we hope to accomplish through Co-Impact Sourcing."

Jared Moon, dōTERRA Strategic Sourcing Manager, has been managing sourcing efforts in Paraguay since 2016. "Having lived in Paraguay, it has been amazing to go back and work with rural farmers. This project has been near and dear to my heart because of the love I share with the people of Paraguay. I know a farmer with three kids in college. This farmer has a tiny house out in a rural area of Paraguay, but he is able to send his three kids to college due to the premium that we pay. By working with rural farmers and rural areas that are very impoverished, we'll be able to provide jobs for the farmers themselves as well as an incentive for their children to stay there and work the land these families have harvested for decades."



E A T I N G F O R RECOVERY

Exercise does not build your body; it fundamentally breaks it down. It is during rest and recovery that your body repairs the broken down tissue and initiates the physiological processes that result in a stronger and leaner body. While rest is key, one of the most important factors of the recovery process is how you fuel your body. Eating the right foods can help reduce soreness, restore normal central nervous system function, provide the nutrients necessary for repair and growth, and replenish glycogen stores so you have the energy for your next intense training session. Build that slim and sassy body by including these foods in your regular diet.

1 Blueberries, cherries, and other dark-colored fruits. The darker and brighter the fruit, the higher the concentration of antioxidants—substances that help prevent free radical damage and expedite the elimination of the waste products that are the result of intense exercise. Blueberries contain pterostilbene, anthocyanins, proanthocyanidins, resveratrol, flavonols, and tannins, which have been shown to support the normal inflammation process and may promote increased muscular energy. Research has suggested that adding blueberries to your post-workout protein shake can accelerate the recovery process and result in improved performance. Other studies have found that tart cherries may reduce delayed onset muscle soreness (DOMS) and increase natural production of melatonin, so that you get more and better sleep. For a dash of color, taste, and a major infusion of antioxidants, add a few blueberries or cherries to your post-workout protein shake. If you find it difficult to integrate dark-colored fruits into your diet, **Alpha CRS[®]+ Cellular Vitality Complex** contains a proprietary combination of botanical extracts that offer powerful antioxidant benefits.*

2 Whey protein. Speaking of that post-workout protein shake, whey protein, a by-product of cheese-making, is highly bioavailable, contains all the amino acids necessary to rebuild lean tissue, is very quickly absorbed, and can taste delicious when blended with some dark berries. Research suggests that consumption of whey protein after a workout can speed recovery and decrease post-workout strength loss. Whey protein is

also one of the best sources of cysteine, an amino acid that aids in the formation of antioxidant glutathione, providing an added boost of free radical fighting protection.

Slim & Sassy[®] TrimShake offers 8g of protein, primarily from fast-absorbing whey protein isolate; perfect for post-workout recovery or a nutritious snack.

3 Leafy Greens. There is never a reason to limit the consumption of leafy greens. Low in calories, high in vitamins and minerals, high in satiating fiber, low-glycemic, and rich in antioxidants, leafy greens are a highly available and versatile superfood that can support every recovery mechanism. Some less-known benefits of your favorite leafy greens; their high water content helps keep you hydrated, a single serving of spinach has more muscle-building iron than a 6-ounce hamburger patty; they contain high levels of potassium, which may keep cramps at bay; and they are excellent sources of calcium and magnesium, which are important in muscular development, energy production, and carbohydrate metabolism.* Add a handful of leafy greens or a serving of **TerraGreens[®]** to your post-workout shake. The more the better.

4 Wild caught fatty fish. There is a reason—many of them—why many American adults take fish oil daily, making it the most popular natural supplement. Along with the known cardiovascular, nervous, and immune system function supporting properties of omega-3 fatty acids, research suggests that they may assist protein metabolism and help alleviate the discomfort associated

with intense exercise. If the taste or cost of salmon or other fatty fish is off-putting, **xEO Mega[®]** offers similar benefits in a convenient gel capsule.*

5 Fermented foods. Yogurt, kefir, kimchi, and other fermented foods seem to be all the rage in current nutrition research as we continue to discover how important gut microbiota is for overall wellness. By supporting healthy proliferation of beneficial bacteria (probiotics), fermented foods improve nutrient absorption, support metabolism, and boost immune system function so that you wake up the day after a tough workout feeling better than before. If you don't enjoy the taste, supplementing with **PB Assist[®]+** may provide the probiotic support you need.*

6 Spices (turmeric, ginger, cinnamon). Antioxidant support is the name of the game when discussing exercise recovery. Recent research suggests that rhizome plants such as turmeric and ginger offer unique compounds that can support muscle and joint function and comfort.* Turmeric contains curcumin, which has been found to decrease inflammatory cytokines and delayed onset muscle soreness (DOMS).* Other studies have suggested that adding ginger and cinnamon to your diet may reduce recovery time and decrease muscular discomfort after strenuous exercise.* Add a pinch of spice to your protein shake or take your supplement regimen up a notch by including **Deep Blue Polyphenol Complex[®]**, which contains extracts of turmeric and ginger.



Eating the right foods can help reduce soreness, restore normal central nervous system function, provide the nutrients necessary for repair and growth, and replenish glycogen stores so you have the energy for your next intense training session.

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 any disease.

Essential Recipes

WITH JENNA RAMMELL

About Jenna

Jenna Rammell is a dōTERRA Blue Diamond Wellness Advocate who lives with her husband, Andrew, and three small children in Southern California. She is a blogger and home cook who enjoys sharing her recipes and life with her friends on Instagram @jennaskitchen. She has found great joy in substituting regular kitchen ingredients with her CPTG® essential oils, which enhance the flavor of food as well as offer incredible health benefits. You can find Jenna on Instagram or on her website thedailyessentialco.com

Citrus Beet Salad

Salad:

- 4 medium sized beets, cooked and cut in quarters
- ½ cup micro greens
- 1 cup cherry tomatoes, halved
- ⅛ cup feta cheese

Dressing:

- ⅓ cup olive oil
- 1 tablespoon white balsamic vinegar
- 1 tablespoon honey
- 2 drops Lime essential oil
- 2 drops Wild Orange essential oil
- Salt and pepper to taste

Directions: In a small bowl whisk together dressing and serve over salad.



Basil-Lime Hummus

Ingredients:

- 2 drops Basil essential oil
- 2 drops Lime essential oil
- 1 teaspoon paprika
- ½ teaspoon onion powder
- ⅓ teaspoon black pepper
- 2 15-oz cans chickpeas
- 2 cloves garlic
- ¼ cup tahini
- 1 teaspoon sea salt
- juice of 1 lemon
- ½ cup olive oil
- 1 tablespoon fresh basil (for color)

Directions: In a strainer drain chickpeas, reserving the liquid. Use a food processor to blend basil, garlic, tahini, chickpeas, seasoning, and essential oils. Pour the juice of 1 lemon (take out seeds) in to the mixture while continuing to blend. Pour in the olive oil and ¼ cup chickpea liquid until hummus reaches desired consistency, add more if needed. Serve with fresh veggies or pita.



Wild Orange-Rosemary Marmalade

Ingredients:

- 4 large seedless oranges
- 2 lemons
- 4 tablespoons organic raw honey
- 2 drops Wild Orange essential oil
- 2 drops Rosemary essential oil

Directions: Slice the orange and lemons in very thin half-moon slices; be sure to discard seeds but leave the skin on. Pour the sliced fruit and juice into a pot, add 8 cups of water, and bring the mixture to a boil, stirring frequently. Pour in honey and mix thoroughly.

Simmer for 20 minutes stirring occasionally. Once the mixture begins to solidify and become thick, stir it more consistently to keep from burning. Cover and let stand overnight at room temperature. Stir in essential oils and store in a mason jar.

Summer Dill Pasta Salad

Ingredients:

- 1 lb. farfalle pasta, cooked and strained
- 1 cup cherry tomatoes, halved
- 1 cucumber, peeled and quartered
- 1 cup fresh mozzarella cheese cubed

Dressing:

- ¼ cup olive oil
- ½ cup apple cider vinegar
- 3 tablespoons organic raw honey
- 2-3 drops Dill essential oil*
- 1 tsp yellow mustard
- ⅛ teaspoon fresh dill (optional)
- Salt and pepper to taste

Directions: In a small bowl, whisk dressing ingredients together thoroughly. Pour over salad ingredients, toss, and chill for 1-2 hours.

*Dill essential oil is part of the doTERRA Summer Satsation Kit (SKU# P008601)



LESVOS

Hope and Healing

IN TIMES OF CRISIS

The current refugee situation is the largest crisis in Europe since the World Wars. It is a crisis that has affected millions of individuals and families seeking a better life. With a vast majority coming from the Middle East, the Greek Island of Lesvos is a focus point for many of these refugees who come first to Turkey and then to Europe. Lesvos is one of the closest geographic points from Turkey—where many of these asylum seekers temporarily reside. Over 90,000 people—coming from Syria, Afghanistan, Iran, Iraq, and even Africa—have travelled to Lesvos from Turkey in the past year, which is more than the entire local population of 86,000.

Journey in Search of Hope

When the refugees arrive, they are often freezing and wet and have to be taken care of immediately. The volunteers who act as the initial contact for these individuals work around the clock to ensure that those refugees who are in the most need are tended to. These volunteers also act as spotters. They sit on the mountain side or walk the beaches all day watching for boats that are trying to make their way across the Strait of Mytilini between Turkey and Lesvos.

After being pulled from dingies, boats, rafts, and sometimes the sea itself, refugees who are not in immediate need of medical attention are taken to camp Moria. This is the starting point for refugees who are seeking asylum in Greece and Europe as a whole. Of the two refugee camps on Lesvos, (the other being Kara Tepe), Moria has a larger capacity. Currently, Moria is able to accommodate 2,500 people with plans to expand that to 5,000. Moria is where all refugees go to be processed, accounted for, and vetted. It's crowded and can sometimes be uncomfortable as people are emotionally drained and scared. Individuals spend a minimum of 25 days here while they are being vetted. If they are vetted successfully, they are relocated to the more communal, less restrictive Kara Tepe camp. It is here where refugees—most with just the clothes on their backs—begin to rebuild the lives they were forced to leave behind.

In Kara Tepe, refugee families have been set up in “pop up” houses. There is a little school, garden, and playground, which helps create a sense of community. Here, these people try to make a home for their families and do the best they can to support one another. They share the little food they have and they help one another cope and survive in their dire circumstances. Kara Tepe currently has capacity to house 1,100 people with plans to increase that number to 1,500 as soon as they are able.

“When you come from a place of abundance, and then find yourself face-to-face with those who have little or nothing, it can truly humble you, if you allow yourself to be humbled,” says Murray Smith, Managing Director, dōTERRA Europe.



Opportunity To Serve

In early December 2016, dōTERRA Europe organized a humanitarian trip to Lesvos with the dōTERRA Healing Hands Foundation™, where they provided relief to refugees in two main local camps. Working with Steffi de Pous, a volunteer and the founder of the non-governmental organization (NGO) Because We Carry, dōTERRA Europe and several Wellness Advocates spent time preparing meals, playing games, sorting clothing, and sharing oils with each of the refugees (termed "guests" by the people of Lesvos) throughout the 200 tents (1,100 people) of the Kara Tepe camp. Our Wellness Advocates also trained some of the translators who then went from tent to tent showing the families how Wild Orange

essential oil could help with mood and other benefits. All the refugees embraced and welcomed these wonderful gifts.

Because We Carry has been raising funds to erect a permanent community center, a place for the families of the second camp to come and gather as a community for activities, clothing distribution, and other needs, dōTERRA Europe, along with many Wellness Advocates in the region, came together to raise the necessary funds to finance the project in its entirety.

Further, dōTERRA Europe is working to create a permanent opportunity for European Wellness Advocates to serve in Lesvos on an ongoing basis. Since we now have a trusted partner on the ground and a sustainable project, more Wellness Advocates will be able to travel to Lesvos in order to serve these people, along with teaching how the oils can help these



dōTERRA Europe, along with many Wellness Advocates in the region, came together to raise the necessary funds to finance a community center where families can come and gather for activities, distribution of clothing, and other needs.

wonderful families in dire need of hope. There was also a promotion in Europe where Wellness Advocates could purchase oils and donate them directly to the Lesvos project. These oils included Wild Orange, Balance, dōTERRA On Guard®, Lavender, Melaleuca, and Purify.

Long term there will be other identified needs and opportunities to serve. We are excited, yet overwhelmed as the needs are endless.

Currently, there are estimated to be 60,000 refugees in Greece, and it is thought that approximately 10,000 of those are living in tents or temporary shelters.

Essential Delivery

By Dr. Gregory Woodfill, DO, FACCOG

The in-hospital model is usually the safest model for delivery of a child. However, the sterile environment can often be unappealing to expectant mothers, leading more women to attempt in-home deliveries. In-home delivery is an acceptable alternative for mothers who are low risk; however, this option may be harmful for both the baby and the mother in emergency situations. It should be the goal of the obstetric community to make the safety and the atmosphere of the hospital setting more desirable for expectant mothers. Changing the atmosphere in the hospital setting can reduce medical intervention, and provide a more desirable birthing experience.

Tips to Enhance Your Birth Experience

Know your surroundings. Meeting the staff that will be assisting you and visiting the laboring suits will help you feel more comfortable during your hospital stay.

Consider additional help. If it fits with your delivery plans, choosing a doula in addition to your physician or midwife can offer further support during and after birth.

Educate Yourself. Learn everything you can about laboring techniques and the different professionals who may be assisting you. Attending childbirth classes as well as reading books such as *What to Expect When You Are Expecting* and *Essential Oils for Pregnancy Birth & Babies* is also an important step.

Have goals for your delivery but try to be open to change. Sometimes the best plans might need to change in the laboring process.

Learn of natural and medical interventions that may assist you though labor and post-partum. These include hot tubs, showers, birthing chairs, birthing balls, massage, stretching, breathing techniques, hypnosis, epidural anesthetic, and IV anesthetic.

Use essential oils. Essential oil blends such as dōTERRA Balance®, Citrus Bliss®, Elevation, and dōTERRA Serenity as well as individual oils such as Peppermint or Lavender can greatly transform the atmosphere of your delivery suite.

- Topically apply DigestZen®, Wild Orange, Peppermint, or Ginger to ease common stomach upset during labor.
- Massage AromaTouch®, Geranium, Lavender, Lemon, Ginger, or Cypress on the feet and lower extremities to ease lower leg discomfort and water retention in labor and postpartum.
- Perform a perineal massage with a blend of coconut oil, Lavender, Frankincense, and Helichrysum to ease discomfort during and after delivery as well as to aid tissue in accommodating the baby.
- Use Deep Blue®, Marjoram, Black Pepper, Lemongrass, Ginger, and Lavender with massage to ease lower back discomfort.

Diffusing Essential Oils during Labor —Patient Favorites

- dōTERRA Emotional Aromatherapy™ Blends
- dōTERRA Balance®
- dōTERRA Serenity®
- 5 drops Serenity with 2 drops Peppermint
- Citrus Bliss®



Essential Oils for Perineal Support


Combine 1 tablespoon of coconut oil with 10 drops each of Frankincense, Helichrysum, and Lavender.



Low Back Massage Oils

- Deep Blue Rub
- Combine 6 drops Lavender, 6 drops Marjoram, 3 drops Black Pepper, 3 drops Ginger. If desired, add 6 drops Patchouli.



A close-up photograph of a woman with brown hair, wearing a white tank top, holding a newborn baby. The woman is looking down at the baby with a gentle expression. The baby is wearing a white onesie and is sleeping peacefully. The background is softly blurred, showing what appears to be a hospital room with some flowers.

When it comes to giving birth, there is no **“one size fits all.”** Every expectant mother has individual needs making her birthing process a personal and unique experience. Just remember that you are not limited, and you do have an option to make your hospital birthing experience safe, calming, and comfortable.



About Dr. Woodfill

Dr. Gregory L. Woodfill is a board certified Obstetrician and Gynecologist. He has previously served as Department Chairman of Obstetrics and Gynecology at Wythe County Community Hospital and as Division Chief of Obstetrics and Gynecology at Wilmington Health Associates.

He and his wife, Ashley, live in Wilmington, NC, where he practices, emphasizing in minimally invasive office procedures, advanced laparoscopy, and urogynecology. Together, they co-founded East Coast Oils (ECO), where they study the safe and effective use of essential oils, and direct research for the advancement of essential oils in professional healthcare settings and home use. He provides education for many healthcare providers and Wellness Advocates across the US.

Oregano — (*Origanum vulgare*)

Oregano is one of the most potent and powerful essential oils and has been used since ancient times in traditional health practices for its cleansing and immune-boosting properties.* Oregano originally came from warm climates in western and southwestern Eurasia and the Mediterranean region. It wasn't until after the Second World War that oregano found popularity in the United States. Due to the variety of uses, Oregano holds its position as one of the elites in essential oils.

Aromatic Description: Herbaceous, sharp, green, camphoraceous

Distillation Method: Steam

Plant Part: Leaf



HOW TO USE

Aromatically

- ◆ Diffuse two to three drops in the diffuser of your choice to help purify the air.

Internally

- ◆ Add one to two drops to a veggie capsule to support healthy respiratory and immune functions.*
- ◆ Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.

Topically

- ◆ Dilute Oregano essential oil with dōTERRA Fractionated Coconut Oil and apply to the skin.
- ◆ Apply diluted to distressed toenails.

Other ways

- ◆ Put 10 drops in a 16-ounce spray bottle with water for a surface cleaner.

FUN FACT:

The word "oregano" is actually derived from the Greek phrase, "joy of the mountains!"

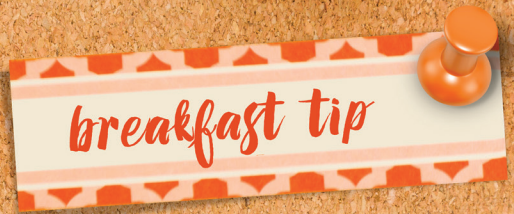
* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Easy Microwave Cleaner

1. Heat a cup of water with 3-4 drops of Lemon oil for 4 minutes, *(just to the point of steaming)*.
2. Let sit for about 5 minutes, then carefully take out the cup.
3. Wipe down the microwave and you're good to go!

"The steam with Lemon really helps get all the baked on stuff off without having to scrub really hard." - *Lauren Carney, TX*



On Guard Honey



"I have a honey glass jar that I fill with local raw honey and add 3-4 drops of doTERRA On Guard. I pack instant oatmeal to take to work with a couple of tea bags. I put a teaspoon of On Guard honey in my oatmeal mid-morning for breakfast and a teaspoon in my cup of tea. Great tasting, and it's a great way to keep my immune system strong especially during the high peak of seasonal threats." - *Sylvia Snow, WA*

Cara's Breakfast Shake

"This recipe reminds me of one of my favorite childhood treats, the Creamsicle, which makes me super happy!"

- *Cara Hofer, Canada*

Ingredients:

- | | |
|-------------------------|-----------------------------------|
| 1 banana | 1 cup almond milk |
| Few ice cubes | 1 scoop Slim & Sassy® V Shake* |
| 2 teaspoons chia seeds | 2 drops Wild Orange essential oil |
| 2 teaspoons hemp hearts | |



Mint Mojito Salt Soak



- 2 cups Epsom salt
- Fresh mint, finely diced
- Juice and zest of one lime
- 3-5 drops Peppermint essential oil
- 3-5 drops Spearmint essential oil
- 3-5 Lime essential oil

*In a small bowl, add salt, mint, and lime juice and zest. Stir everything together. Then add essential oils. Mix together until fragrance well combined. Add ½ cup of salt to your bath.

Spring Upcycle Projects

Bring spring into your home by infusing your creativity into these upcycle projects.

Wind Chime

What you need:

- fishing line
- empty essential oil bottles
- beads
- hot glue
- twine

Directions:

1. Wrap twine around both ends of a stick to use as your hanger.
2. Assemble the items you want on your wind chime.

Note: We chose to use empty essential oil bottles and beads that were lying around.

3. Using fishing line, hang the objects from the stick.

Tip: Using hot glue to apply the fishing line to your objects is easier and less time consuming than tying knots.

Note: Make sure your objects are made from glass or metal so they will make some sort of sound in the wind.

4. Use your imagination.

Flower Pot

Pot

What you need:

- empty supplement bottle
- twine

Directions:

1. Spray paint your supplement bottle.

Note: Get creative; it doesn't have to be plain white. Paint a design or write some words.

2. Wrap twine around the top of the bottle.

Note: The twine will hide the fact that it's a supplement bottle.

Flowers

What you need:

- paper
- scissors
- glue stick

Directions:

1. Draw a $\frac{1}{4}$ of an inch line down your paper and cut. This will be the center of your flower.
2. From another color, draw a 1 inch line down your paper and cut.
3. Take the 1 inch strip and cut $\frac{3}{4}$ inch lines down the length of the strip, making it resemble fringe.

4. Glue the two strips together, overlapping by about a half of an inch.

5. Place glue all the way down the two strips that are now glued together and roll.

6. Once dry, push your thumb down to the center, spreading the fringe to look like a flower.

Note: You can cut more strips of paper to use as stems and leaves.

Beehive

What you need:

- empty supplement bottle
- 50 feet of rope or twine
- hot glue

Directions:

1. Take your supplement bottle and drill 1-inch hole, an inch from the bottom of the bottle.

Note: This step is optional.

2. Glue a loop of rope at the top in the center of your bottle.

Tip: Keep the cap on your supplement bottle.

3. Take your rope and start wrapping it around the loop and down, cutting around the hole.

4. Once your first layer is done, start wrapping again about 2 inches below your starting point.

5. Once you finish your second layer, start another layer an inch below your second layer.

6. Repeat step 5 for your other layers until you get your desired look.

7. Take a 2-3 inch strip of rope, depending on how big you want your hole, and glue the ends together to make a circle. Then glue it around the hole.

Bunny

What you need:

- spray paint
- cotton ball
- 21 empty essential oil bottles
- painters tape
- hot glue

Directions:

Tip: Arrange your bottles how you would like your bunny to look before spray painting.

1. Wrap the essential oil bottles with tape, allowing only the bottom to show, and spray paint.

2. Arrange the bottles in rows and hot glue them together. Stack the rows on top of each other, hot gluing them as you go.

3. Take a cotton ball and glue it on to resemble a tail.



wind chime



beehive



flower pot



bunny

GUYS GUIDE TO FACIAL PRIDE

Pre-beard

You would be amazed what a healthy diet will do for your hair. By maintaining a good balance of vitamins like A, B, and E, you are actually creating a great environment that promotes hair growth.

Beard Growth

Facial hair doesn't always grow out evenly, so trim it every now and then. Lots of guys stop growing out facial hair and start shaving because it gets itchy. If a beard is what you want, fight through the itch with the help of dōTERRA essential oils.

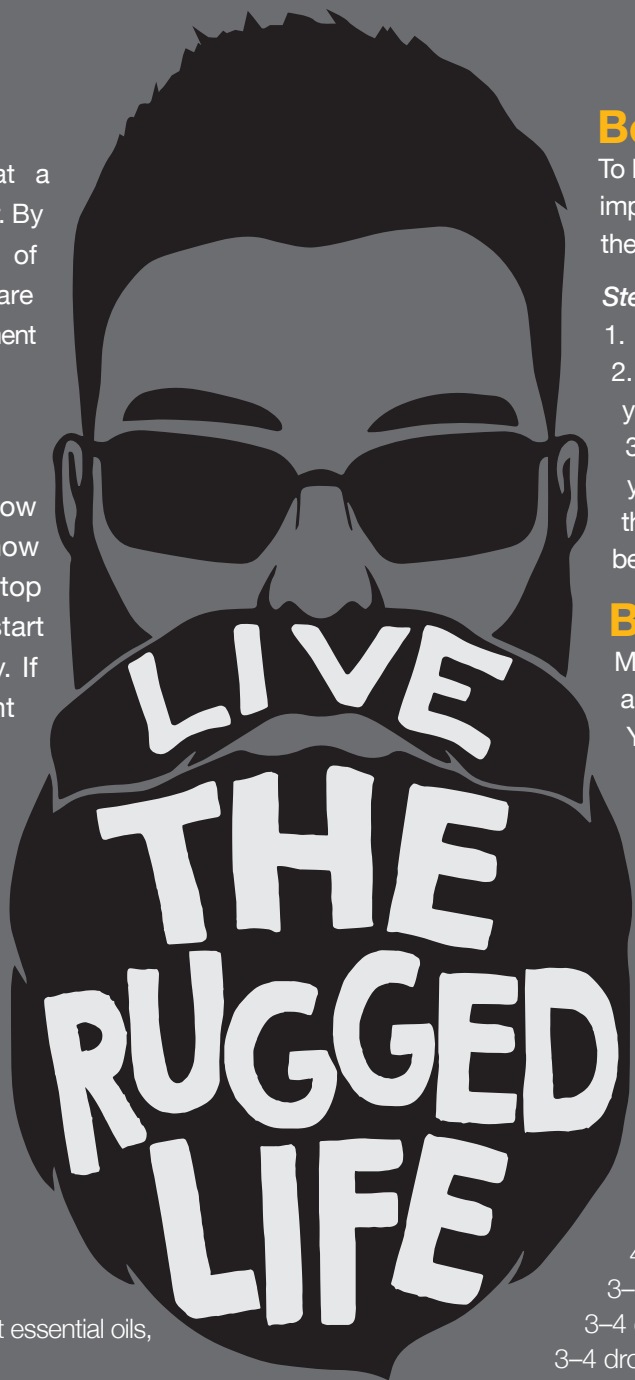
Beard Balm

Ingredients:

- 2 teaspoons Beeswax
- 1 teaspoon Shea Butter
- 3 teaspoons Fractionated Coconut Oil
- ½ teaspoon Vitamin E oil
- 2 drops Cedarwood essential oil
- 2 drops Melaleuca essential oil
- 2 drops Rosemary essential oil

Directions:

1. Combine all ingredients, except essential oils, in glass container.
2. Place jar in saucepan with 1–2 inches of boiling water.
3. Stir ingredients until melted and thoroughly combined.
4. Remove from heat and let rest 3 minutes.
5. Add essential oils and stir.
6. Pour mixture into empty tin or glass jar with lid.
7. Let balm rest 1–2 hours.



Beard Care

To keep your beard soft and shiny, it is important you use essential oils to condition the beard and keep up its shine.

Steps to a soft and shiny beard

1. Apply beard oil once per day
2. Pour a few drops of essential oils into your hands.
3. Work the oils through your beard until you've reached the hair tips, making sure that you evenly spread the oil over your beard and the underlying skin.

Beard Maintenance

Make sure and wash your beard a few times a week. Don't even think of using bar soap. You'll dry out your beard and the skin underneath. Instead, use shampoo. Make sure to follow up with some essential oils after your beard is dry. Trimming your beard every two months is recommended to maintain a healthy beard. Shaving your neck and around your beard will keep you looking fresh.

Beard Oil

Ingredients:

- 1 ounce Fractionated Coconut oil
 - 4–5 drops Rosemary essential oil
 - 3–4 drops Frankincense essential oil
 - 3–4 drops White Fir essential oil
 - 3–4 drops Cedarwood essential oil
- Small bottle with an eyedropper or cap

Directions:

1. In your bottle, add Fractionated Coconut oil.
2. Add Rosemary, Frankincense, White Fir, and Cedarwood essential oils.
3. Place the cap on tightly and shake well.
4. Using your hands or eyedropper, apply a few drops and massage into the beard.
5. Brush the beard for the finishing touch.

LIVE THE SMOOTH LIFE

Wet Your Beard Thoroughly

Hair absorbs water, especially warm water. After several minutes your hair becomes weaker, which is better for shaving. Showering before shaving is the best way to ensure your beard is properly moistened. This will also help your razor blade last longer. If a shower is not possible, rinse your face, then apply a warm moistened towel for at least a couple of minutes.

Use Shaving Cream

The main purpose of shaving cream is to lubricate your face so that the razor will glide easily and smoothly. The best scenario is to leave the shaving cream on your face for at least a minute before you begin cutting, so that the beard is as soft as possible. We recommend using a shaving brush, because it helps create a rich, creamy lather with the shaving cream that stays close to the skin. It also exfoliates, which reduces the chance of blemishes and razor bumps. Apply the shaving cream in a circular motion ending in an upward stroke to help lift the hair up and away from the face.

Shaving Cream

Ingredients:

1/3 cup shea butter
1/3 cup coconut oil
1/4 cup Fractionated Coconut Oil
5 drops Sandalwood essential oil
5 drops Peppermint essential oil
5 drops Melaleuca essential oil

Directions:

1. Place all ingredients except for essential oils in double boiler.
2. Once melted, remove from heat and let sit 3 minutes.
3. Add essential oils and stir until combined.
4. Let shaving cream rest until hard.

Tip: Put it in the refrigerator to speed up the cooling process.

5. Using mixer, whip shaving cream until light and fluffy.
6. Place in container of choice.



Use Quality Razor

Always use a good quality, sharp razor blade. A dull blade is harmful to the skin and is an underlying factor to razor burn and shaving rash. Make sure your razor is up to date. When shaving, always make sure to shave with the grain. Start with the sides, then the mustache area, and last the chin. The chin hairs are the toughest, so this allows them the most time to soften under the shaving cream. Rinse your blade under hot water before you begin to shave and after every few passes.

Dry and Soothe After Shaving

Once finished, when the skin is most vulnerable, rinse the face with warm water and apply HD Clear® to cleanse the pores. After, pat dry with a clean towel. Make sure not to rub, just pat.

Finish Off with Aftershave Lotion

Due to the irritating nature of shaving, it is important to always follow up with an aftershave lotion. The ingredients in Razor Relief Serum are great for most skin types. It is important to find an aftershave that works with you. Experiment with dōTERRA essential oils to find your own serum.

Razor Relief Serum

Ingredients:

1/2 cup Fractionated Coconut Oil
1/4 cup rosewater (can be purchased at health food stores)
5 drops Frankincense essential oil
5 drops Lavender essential oil
5 drops Melaleuca essential oil
5 drops Helichrysum essential oil
5 drops Myrrh essential oil

Directions:

1. Place Fractionated Coconut Oil and rosewater in glass spray or pump bottle.
2. Add essential oils and shake.
3. To use, spray directly on skin or place 2-3 pumps in palms and rub on affected skin.

Lavender • *Lavendula angustifolia*

Lavender is one of the most aromatic and highly versatile plants in the world. Known for its sweet-floral aroma and calming properties, lavender is a popular component used in many personal care products, aromatherapy, and even in the culinary world.

PRIMARY BENEFITS OF LAVENDER OIL

- Soothes occasional skin irritations and minor burns
- Lavender reduces anxious feelings, helps ease tension, and promotes peaceful sleep

Lavender has many uses, but it is primarily valued for production of essential oil. Lavender's ability to calm and soothe the mind and body is one of its most notable qualities. During Roman times, lavender flowers were sold for 1,000 denarii, which was the equivalent of a farmer's monthly wage.

dōTERRA LAVENDER ESSENTIAL OIL SOURCING

The Black Sea climate zone of Bulgaria produces some of the world's best lavender. It's sunny and dry climate during harvest coupled with dry, well-drained, sandy soils are ideal for this aromatic plant. For these reasons, dōTERRA chose Eastern Bulgaria as the place to make reality a vision of creating a world-class production center for some of its most valued oils. Visit our official YouTube channel to learn more about the sourcing of this beautiful essential oil.

Facts

- Lavender is a flowering plant of the mint family.
- Lavender is one of the key herbs found in the Herbes de Provence seasoning mix used to flavor fish, meats, and vegetable stews.



Lavender hand scrub

Mix 1 ½ cups of Epsom Salt, sea salt, or sugar with 1 cup almond oil, 20 drops Lavender essential oil, and 3-5 teaspoons vitamin E oil in a bowl. Place in a container with a tight fitting lid. Massage about a teaspoon of scrub into hands, then rinse lightly.



Lavender syrup

Heat 2 cups each sugar and water, stir to dissolve. Add 2-3 drops of Lavender essential oil. Pour into a bowl; cover. Chill up to 2 weeks. Swirl syrup in ice tea or other refreshing beverages or drizzle over pancakes.



Lavender honey butter

Mash together a stick of softened butter with 1 drop of Lavender essential oil, ½ teaspoon vanilla, and 2-3 tablespoons of honey. Spread butter on warm biscuits, scones, or toasted whole grain bread.



Lavender bath oil

Combine 15 drops of Lavender essential oil with 4 oz. dōTERRA Fractionated Coconut Oil, jojoba, or sweet almond oil in container of choice. When ready to use, pour 1 tablespoon into the warm bath water.

SPRING BACK

A close-up photograph of a person sitting on the ground, wearing dark grey athletic leggings and a dark top. The person's legs are bent, and they are holding a pair of pink and grey headphones. The background is a soft-focus outdoor setting with greenery and a bright sky.

References

Wagner A, Keusch F, Yan T, Clarke P. The impact of weather on summer and winter exercise behaviors. *Journal of Sport and Health Science*. 2016. <http://dx.doi.org/10.1016/j.jshs.2016.07.007>.

INTO FITNESS

Whether it is the cold weather or the hustle and bustle of the holidays, the reality is that people exercise less during the winter. According to a recent study, those who report exercising for at least 30 minutes three or more days a week drops from October through February each year; that number steadily rises throughout the spring and peaks in July.⁽¹⁾ As the temperature rises and the white of winter is replaced with the green of spring, don't forget to proceed with caution when getting back into your normal exercise routine. Jumping back in after a long layoff could leave you over-trained or even injured. Be smart about your return to the gym and you'll spring back into fitness in no time.

When awaking from your exercise hibernation, it is not only your muscles and cardiovascular system that need to get warmed up, but your central nervous system (CNS) and connective tissues. The CNS, which includes your brain and spinal cord, controls most of the functions of the body and mind and is directly responsible for the communication that results in muscular action.

While not training, its efficiency in recruiting motor units decreases, and you lose function and strength not from decreased muscular mass or fitness, but the inability to transmit muscular impulses. Training hard after a layoff may overload the CNS, resulting in overall body fatigue, decreased coordination, and increased risk for injury.

Exercise not only strengthens muscles, but connective tissue as well. Tendons and ligaments serve to hold structures, bones, and muscles together and keep them stable. Lack of mechanical work can weaken these structures, resulting in increased risk for injury.

Exercising after a long layoff is much like stretching a cold rubber band that has not been in use; with its flexibility and strength compromised, it is more likely to snap. Follow these basic principles when coming back from an extended period of detraining:

Ease Back into Training

Unless there is some firm deadline to get back into peak shape, start off slowly and progressively build up intensity. Giving your body time to readapt will not only decrease the risk for soreness and CNS overtraining, but provide the opportunity to rebuild connective

tissue strength and work capacity, and will allow for sustainable progress. Train like you are a novice. If you are a runner, start back up with some easy tempo runs; easy enough that you'll be able to repeat it with a day of rest. If you are more into weight training, start off with full-body workouts, focusing on compound lifts (movements involving more than one joint, ie. squats or bench press) with submaximal loads and keep the amount of total work low. Slowly ramp up the load, intensity, and volume with each subsequent workout. Although adaptations will be slower, by progressively working up to your past intensity levels you'll eliminate the possibility of overtraining and be more likely to stick to the program.

Monitor Exertion

If you haven't gotten around to opening the box and reading the directions of that fancy new heart rate monitor watch you got for Christmas, this may be the ideal time. Whether it be perceived or through objective measurements such as that heart rate monitor or a wearable activity tracker, really focus on monitoring effort to maximize efficiency and minimize injury risk. One of the best ways to utilize heart rate measurements is to monitor progress. Try completing the first workout maintaining a specific, somewhat low, heart rate level, and increase it slightly or try to perform more overall work with each subsequent training session. If you are using an activity tracker, set a specific goal for calories burned during the workout and slightly increase it each workout. Jot down the various measurements in a notebook, as well as how you felt during the workout and the following day so you have a good frame of reference for how much further to push yourself in the next session.

Don't Exercise in Pain

No axiom has been more destructive (literally) to well-laid exercise programs and healthy bodies than "no pain, no gain." The physical exertion necessary to force your body into improving isn't always comfortable, and neither is your body the next day, but pain is how your body tells you that something isn't right. If you are in serious pain, don't feel guilty about taking a day (or two) off and treating yourself to a massage including Deep Blue® Rub. Two days off is better than two months.

The biggest factor in reaching any health or fitness goal is consistency. You can't complete the next workout if your muscles are too sore to function, you are suffering from CNS overtraining, or nursing an injury. Ease back into training, monitor exertion, and be cognizant of pain and you'll be ready for swimsuit season in no time.

Earth Day: Environment

7 Things You Can Do to Make a Difference

Taking steps to become more environmentally friendly is easier than you might think. There are little things you can do every day to make a big difference.

1. Use a Reusable Shopping Bag

Plastic grocery bags take anywhere from 15–1,000 years to decompose, and only about 1–2 percent of plastic bags are recycled in the USA. Paper bags are not much better. According to *USA Today*, it takes four times as much energy to produce paper bags compared to plastic bags, and 85 times as much energy is needed to recycle them. One of the best things you can do is invest in high-quality reusable bags to avoid the need for use of disposable plastic or paper bags.

2. Reduce Food Waste

According to the US Environmental Protection Agency (EPA), about 95 percent of the food we throw away ends up in landfills or combustion facilities. Here are a few simple things you can do to reduce food waste in your home:

- Carefully plan your shopping and grocery lists. When you go grocery shopping, make sure you don't buy too much food.
- Store fruits and vegetables in the right places for maximum freshness. Freeze, dehydrate, and can excess fruits and vegetables.
- If you have leftovers, save them so you can enjoy them later.
- You can also donate excess food to food banks and local charities for people in need.

3. Repurpose and Reuse

Find creative ways to repurpose empty containers or other old items. Reuse empty essential oil bottles to create your own blends. Make crafts using recycled material. It's a great way to engage your family in creative projects while teaching them about the environment.

4. Try Organic Gardening

Aside from knowing exactly where your food comes from and other amazing health benefits, growing your own organic garden also helps the planet in many ways, including saving time, fuel, and reducing waste. You can compost certain foods and turn it into nutrient-rich fertilizer for your garden. New to gardening? Check out this blog post (bit.ly/2jXRrZa) to help you get started.

5. Buy a Water Bottle

Instead of buying plastic water bottles, purchase a quality water bottle that you can reuse every day. Double-wall, vacuum-installed, stainless steel water bottles keep your water cool up to 12 hours. You could also purchase a simple glass water bottle—both options are safe for essential oil use.



ental Responsibility



6. Use Fewer Chemicals

Replacing toxic chemicals with more eco-friendly agents will remove some hazards from your home and help the earth. Use essential oils, dōTERRA On Guard® Cleaner Concentrate, and other natural cleaning agents such as baking soda, vinegar, and salt.

7. Recycle When Possible

Each city and state has specific rules and regulations for what can or cannot be recycled, and how items need to be sorted. Be sure to check with your city to find recycling plants and scrap yards, and also to find out what the rules and regulations are in your area.

dōTERRA Product Recycling Guide

- Essential oil bottles: dark glass
- Dark supplement bottles: number 1 PETE plastic
- White supplement bottles: number 2 HDPE plastic
- Peppermint beadlets: number 1 PETE plastic

Note: Plastics #1 and #2, made from polyethylene terephthalate (PETE) and high-density polyethylene (HDPE), are the most commonly accepted plastics for recycling. Check with your local recycling program, and pay attention to the type of plastic you're recycling. Make sure all plastic you recycle is 100 percent clean before placing it in your recycling bin.

Did you know this issue of the dōTERRA Living Magazine is made with FSC-certified paper? With its “FSC-Certified” label, the Forest Stewardship Council defines a strict set of standards that paper products must meet in order to prove they are truly environmentally and socially responsible. FSC-certified paper typically is composed of virgin tree fibers but it can be just as eco-friendly as recycled paper.

BODY CLEANSE MAKEOVER



Spring is a perfect time to not only refresh your home, but to also cleanse and reboot your body and mind.

Healthy from the Inside Out

What is a toxin?

A “toxin” is any substance that causes harm to the body and “toxic load” is the accumulation of those toxins that burden the bodies systems and organs. Toxins can be inhaled in the air we breathe, ingested through food we eat, or absorbed when something is applied to the skin. Toxins come from countless sources, many of which we are not even aware of. Environmental threats, chemicals, and radiation are three of the most common categories. Excessive exposure to toxins can leave the body tired, bloated, and weak.

THE KEY PLAYERS IN REDUCING TOXIC LOAD

Enzymes

Enzymes help cause biochemical reactions in the body and are crucial in processes like metabolism and detoxification. Fresh, raw foods naturally contain enzymes. However, when food is cooked and processed, these enzymes can be destroyed. Think of enzymes as workers on a factory line. The fewer workers you have, the less productive your line is. Slow downs and back-logs can occur. But the more workers you have, the more efficient and productive your line is. With **DigestZen TerraZyme**® you will get the enzymes you need to aid in digestion and support your gastrointestinal tract’s overall health.*

Antioxidants

You need antioxidants to fight free radicals. We can get antioxidants naturally from the foods we eat—especially fruits and vegetables. **DDR Prime**® contains a blend of essential oils that promotes a healthy response to free radicals while supporting healthy cellular function.*

Probiotics & Prebiotics

The digestive system is also home to trillions of bacteria, called microflora. The majority of these bacteria reside in the large intestine. These bacteria assist in digestion, produce essential nutrients, breakdown substances, and participate in immune messaging. To maintain the health of the digestive system, it is crucial that we have enough friendly bacteria.

PB Assist®+ Helps to establish healthy microflora colonization, improving long term gut health.*

PB Assist+ is a blend of both pre-and probiotics. Prebiotics are substances, like fiber, that foster an optimal environment for microbial colonization and activity in the gut. Probiotics are bacteria that live in the gastrointestinal tract and are known to provide health benefits. **PB Assist**+ employs a unique double-layer capsule that provides prebiotic fiber in the outer capsule and a time-release inner capsule with active probiotic cultures.*

This unique system allows the probiotics to be released in the intestines where they will have the maximum benefit.*

Detoxifiers & Cleansers

The body’s natural filtering and waste management system is capable of managing a certain amount of exposure to toxic influencers. But in our modern world, the body’s filtering system can be significantly challenged.

Zendocrine® Complex contains whole-food extracts that provide targeted support for specific organs. It aids with healthy cleansing and the filtering functions of the liver, kidneys, colon, lungs, and skin.*

Zendocrine Detoxification Blend softgels contain *Tangerine, Juniper Berry, Cilantro, Geranium* and *Rosemary* essential oils and are key in supporting natural detoxification. **Zendocrine** also helps cleanse those organs of harmful free radicals, allowing them to function properly.*

GX Assist® supports natural detoxification by creating an unfriendly environment for toxins in the digestive tract.* The proprietary essential oil blend helps purify and cleanse the digestive system while the caprylic acid supports overall digestive health and microbial balance.*

Lemon essential oil helps support overall gastrointestinal health and provides a refreshing, invigorating aroma.*

30-DAY RENEWING AND CLEANSE PLAN

Phase 1: Activate (10 days)

DigestZen TerraZyme® – Take one right when you wake up, one with each meal, and one before you go to bed, for a *total of three*.

Zendocrine® Complex and Zendocrine Detoxification Blend - Take one capsule with breakfast and one capsule with dinner, for a *total of two*.

Lemon essential oil – Take one to two drops in 8 oz. of water five times per day, *totaling ten drops*.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Phase 2: Reset (10 days)

Continue to take **DigestZen TerraZyme®**, **Zendocrine Complex**, and **Lemon essential oil** as directed

Take *one* **GX Assist** softgel with dinner

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Phase 3: Renew (10 days)

Continue to take **DigestZen TerraZyme®**, **Zendocrine Complex**, and **Lemon essential oil** as described in the previous two phases.

Take *one* **DDR Prime®** softgel with breakfast and dinner for a *total of two* softgels per day

Take *three* **PB Assist®+** capsules with dinner

Note: This cleanse is recommended 1–2 times a year.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



1. Drink plenty of water (recommended 1/2 of your body weight in oz.)



2. Exercise at least 3 times a week



3. Refrain from processed foods



4. Incorporate fresh fruits and vegetables



5. Avoid eating late



6. Choose natural cleaning and personal care products



7. Diffuse essential oils



8. Support your body's natural defensive functions by taking LLV Daily



* 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.

Benefits of Essential Oils

AND THE AROMATOUGH® TECHNIQUE

The dōTERRA® mission states that we want to have “an oil in every home.” dōTERRA moved this mission forward by providing people with the opportunity to experience the benefits of the world’s greatest essential oils. The AromaTouch® Technique is one of the way you can share those benefits with others. Since October 2015, when the dōTERRA Spa in Pleasant Grove, Utah, was opened to the public, we have been providing the opportunity for anyone to come and receive their own essential oil experience through the AromaTouch Technique. So if you are visiting dōTERRA corporate campus, stop by the Spa and get an AromaTouch Technique by one of our expert technicians.

AromaTouch Customer Experience

“This was my very first dōTERRA AromaTouch Technique experience and I loved it! I couldn’t help but think that everyone needs to experience this, especially during the bleak mid-winter time. It was the perfect combination of relaxation and rejuvenation. It balanced calming my mind and body without putting me into a coma that I couldn’t get out of the rest of the day. I love that the touch experience can be done before work to help grasp composure for the day or after work to quiet all the craziness before heading home. I’m already thinking of all the people I know who are so hard to buy special gifts for that would appreciate this as a gift.”
—Emily Olson, UT

“When I received the Aromatouch Technique, I enjoyed the different strokes and smooth movements. The pressure was light and very relaxing! I was a little apprehensive about using all of the oils together and what it would smell like when combined but I was pleasantly surprised at how well they blended together! I was very impressed with the customer service at the spa. The staff were extremely knowledgeable and helpful. I will definitely be visiting again!” —Cindy Nengas

Meet our dōTERRA SPA Technicians

Why do you love performing the technique and what is your favorite step in the AromaTouch Technique?



I love the benefits the AromaTouch Technique provides for my customers as well as the benefits it provides me from giving it! I can’t help but leave a treatment feeling more in tune with myself and focused on my desire to help others. The dōTERRA Balance® and Lavender steps of the technique are my favorite part because it sets the tone for the whole technique and helps them let go of their worries and really relax.—Erica Riley

What makes the AromaTouch Technique so unique and why is it so important to use the dōTERRA essential oils?



Each step in the AromaTouch Technique creates a unique experience. You are able to smell the wonderful aroma of each oil as it is spread with the application of light, calming touch to emphasize the benefits of each oil. The powerful combined aroma as you complete the technique and the experience the customer receives by the end is amazing! Although the movements would be the same if you were to use other oils, the benefits you would normally receive from the aroma would be nothing compared to what the dōTERRA CPTG oils provide through this technique.
—Christina Bedford

What makes the AromaTouch Technique special to you?



I love that I can explain each of the oils used in the technique to my clients and get to help them love the essential oils as much as I do! Using the eight essential oils in this technique brings so much natural healing to the body which is amazing. It is such an enjoyable technique to give because it is completely different than regular bodywork. It is much more light and soothing than the normal deep pressure used in other modalities.—Lorin Smith

To anyone who has not received an AromaTouch Technique yet, why would you recommend receiving it?



From my personal experience, I have realized that the AromaTouch Technique is very precise. With such precision, you know that the treatment is very purposeful and effective. I would recommend receiving an AromaTouch Technique because I love how relaxing the sessions are. That deep relaxation allows the oils to really do their magic and bring about the benefits that they each offer separately and combined. One of my clients, who receives regular massages, after receiving her first AromaTouch Technique said she had never felt so relaxed in her entire life!—Rachel Heinz

Would you like to attend one of Dr. Hill's "General AromaTouch Technique Certification" courses? Check out the Dr. Hill AromaTouch event schedule at:

doterra.com/US/en/aromatouch-technique-dr-hill-training-events



20% OFF an AromaTouch® Technique Session

Coupon Valid through December 31, 2017. Limited to one person, per visit. Must present coupon at time of service. May not duplicate. No cash value. May not be combined with any other offer. Only valid at dōTERRA® Spa in Pleasant Grove.

Address: 549 S 1300 W #200, Pleasant Grove, UT 84062
(Located in the south building, connected to the Product Center)

Phone: 801-342-4261

Email: doterraspa@doterra.com

Essential Oil Matching Game

Let's see if you can find a match.
Draw a line from a botanical to a corresponded essential oil.



Answer Key: 1. Oregano 2. Sandalwood 3. Frankincense 4. Spikenard 5. Marjoram 6. Cardamom 7. Lemongrass 8. Cedarwood 9. Vetiver

Spring Clean



Non-toxic formula
safe for the entire family

dōTERRA On Guard®
Cleaner Concentrate

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



SPREAD
YOUR
WINGS
AND

FLY



Hi! I'm Liz Freeman. I grew up in the Wasatch Mountains in Park City, Utah, and I am an artist in sky sports. I am a professional skydiver and wingsuit BASE jumper. I have a Bachelor's degrees in Environmental Science and Spanish from the University of Utah. I started skydiving in 2009 at Skydive Utah. In 2011, I moved to Hawaii to work at Skydive Hawaii as a camera flyer. One summer, an old friend from Utah came to visit and taught me to fly a wingsuit. I was super scared because I had lost a boyfriend to a wingsuit skydiving accident in Moab. However, my first flight was so peaceful, I felt connected to him. I continued to fly and train until I had 1,000 skydives. A friend (now my boyfriend) who is a BASE

jumping instructor offered to teach me. BASE is an acronym for Building, Antenna, Span (bridge) and Earth. BASE jumping is different from skydiving because it is classified as parachuting from a fixed object. Wingsuit BASE jumping is when someone flies a wingsuit off a fixed object, generally a cliff. It takes years of practice to fly a wingsuit off a mountain. Opportunity, experience, and new friends led to more opportunities and soon I found myself in Italy, wingsuit BASE jumping off massive granite walls. I have jumped in Italy, Switzerland, France, and China and all over the western USA. Currently, I have 4,500 parachute jumps. Some people treat BASE jumping like a wild, daredevil sport. I take a very methodical approach and try to eliminate as much risk as possible by training and learning from the best pilots out there.

“Mountain flying is my passion. It makes me feel alive.”

LIZ FREEMAN

LIZ FREEMAN

28 year-old professional sky diver, wingsuit BASE jumper, and dōTERRA essential oil enthusiast

• **Parachute Jumps Completed: 4,500**
• Switzerland • France • China • Western USA

ō: Why do you do it?

Liz: I never had great ambition to be a skydiver or wingsuit BASE jumper, but once I tried it, I can't imagine doing anything else. Mountain flying is my passion. It makes me feel alive. I feel a sense of super-heightened awareness after a great wingsuit BASE jump. Plus, I get to explore the planet in a unique way. The friends you meet and fly with are pretty great, too. I guess this sport makes you appreciate life more.

ō: Do you remember what your first jump was like?

Liz: Oh yes, I did my first BASE jump in 2012 off of the Perrine Bridge in Twin Falls, Idaho. On the drive up from Salt Lake City I was so freaked out. My stomach had butterflies. Climbing over the bridge railing was the scariest part. I kept asking my friend if I was going to be OK. He laughed and tried to encourage me because how much can you promise someone they will be OK BASE jumping? Once I was over the railing, I leaned over the 500ft edge and I just wanted to jump! I took a deep breath, stepped off, and deployed my parachute. It was exhilarating! Best four seconds of my life! I don't think I stood up on my landing, but I didn't care. All the small stuff didn't matter anymore and I felt a surge of personal achievement. My first wingsuit BASE jump was with my best friend (also a wingsuit pilot) in northern Italy. It was the ultimate girls' trip. I would not be the woman I am today without her.

ō: What was the most dangerous jump you have ever done?

Liz: I try to avoid dangerous jumps. I like technical flights because it challenges me and the exit points tend to be less crowded.

One of my favorite wingsuit jumps is in Moab. It's definitely more of a "black diamond" wingsuit BASE jump. Only a handful of pilots jump it. It's always a special experience to fly there. The jumps in France are extreme as well, but in a different giant, steep, jagged rock way. Vive le France!

ō: What is the wingsuiting experience like?

Liz: My friends and I assess the winds every minute, because strong winds could be dangerous and we need to hike down. If the weather is clear, we gear up and high five, with a "See ya at the bottom!" When I was a baby bird, I never wanted to jump last. Recently, I started enjoying the silence on top of a mountain. It puts you in Zen place before you fly. There is a customary countdown before jumping that calms the mind. Everything slows down and I count; "3, 2, 1, see ya!" I push off and it's fighter jet time! I have never felt more focused than I do when I wingsuit. Ultimate state of concentration. I only feel the adrenaline rush when I land.

ō: If you could jump at one place in the world where you haven't already, where would it be?

Liz: I have always wanted to go to Norway; it has some of the largest cliffs in the world to fly. Some of them are twice the size of the Wasatch Mountains with pristine fjords. Makes it look like heaven on earth!

ō: What do you normally do to prepare for a jump, both mentally and physically?

Liz: Most of the wingsuit jumps I do take some preparation, whether its driving to the

middle of the desert or hiking 4000 vertical feet in the mountains. First, I always hydrate and get a good night's sleep before early morning adventures. Prior to the jump, I apply essential oils, have a cup of coffee, and eat a banana. It takes a couple hours to hike to most of the exit points with our packs on. When we reach the top, I always take in the environment and express gratitude to the universe for such an amazing world.

ō: What are your favorite dōTERRA products and how do you normally use them?

Liz: I have a routine I practice before every jump, which includes applying essential oils. I use dōTERRA On Guard® and Elevation oil blends to help keep me going on those long hikes. A calm mind is a focused mind, so I typically apply dōTERRA Serenity® and Past Tense® Tension Blend on the neck to quiet the mental chatter. When my body is sore from hiking, I use Deep Blue® Rub from Deep Blue products. It's magic to tight muscles and a stiff neck! When needed, I use the dōTERRA Breathe® essential oil in my diffuser. Doesn't everybody do this?

ō: What advice would you give to someone who wants to try BASE jumping/wingsuit flying?

Liz: A great mentor can change the game for a baby bird. I had the best teachers because they really wanted me to succeed and fly well. My teachers were always patient but brutally honest with me. It's a personal progression. Everyone is different. I think if you want to BASE jump or fly a wingsuit, you need to start at the foundation of human flight. First step, come skydiving!

dōTERRA®

Essential Oils

In your daily routine

Most people who try dōTERRA essential oils end up falling in love with them. Every day we hear personal stories from dōTERRA Wellness Advocates from all over the world who are experiencing powerful benefits from using dōTERRA essential oils and products.

As a personal chef I use my oils in the kitchen every day, for both my family and my clients. I also use them to clean and freshen the air as well as cleanse surfaces. I keep **Lavender** close at hand in case of minor cuts or burns. I have created some amazing recipes using my oils. My favorite is roasted sweet potato hummus.

—Mary Madden-Malnor, MI



“What don’t I use them for? I am absolutely in love with essential oils and share that love as often as I can. The proof is in the pudding—you can’t deny how amazing they are!”

—Lynn Selzler-Schager

When I first started using essential oils, I thought it would be overkill to incorporate them into every aspect of my life. But, here I am, a year later, and there isn’t one aspect of my life where I don’t use the oils. They are the best and most effective solution. I have started my weight loss journey with the **Slim & Sassy®** line and kept my seasonal threats at bay with **TriEase®**. I have replaced so many other things with essential oils—it’s just so amazing to me!

—Megan Carnachan, NY

We would love hear from you!
Email living@doterra.com with
your dōTERRA essential oil routine.



I love to add a few drops of Wild Orange to my morning shower. The sweet scent is so lovely, it's a great start to my day.

–Sarah Struss, Canada

I take doTERRA **Lifelong Vitality Pack**,[®] **DDR Prime**,[®] **Zendocrine**,[®] and **DigestZen Terrazyme**[®] supplements daily. I consume **Lemon**, **Grapefruit**, and **Slim & Sassy** oils in my water throughout the day. I diffuse oils daily while at work and at home. The oil I pick depends on my mood or the outlook of my day. I was introduced to doTERRA in Oct 2015, and my life has improved tremendously as a result.

–Mystina Vogel, SC

I love doTERRA essential oils. Each morning, I use an oil that best fits my need such as **Cheer**,[®] **Forgive**,[®] or **Passion**.[®] Twice daily, I use **Slim & Sassy** blend dropped into 4 oz. of water. In the evening/night, I choose an oil to help me wrap up my busy day such as **Peace**[®] or **Lavender**. These are just a few oils that I use on a daily basis.

–Tina Lewicke, FL

I am a volunteer with an organization called **Joined Forces Yoga**. We teach yoga classes to active military on base/post. Our classes are completely free. We provide all the equipment and instructors; everyone is on a 100 percent unpaid, volunteer basis. I am at U.S. Army Base Ft. Campbell every week and use my doTERRA essential oils in the classes there. I'm always amazed at how much the soldiers love the oils. I pick different oils depending on what the vibe is when we arrive, but doTERRA **Serenity**[®] is a surprise favorite. I also like to use **Peace**[®] and just straight **Lavender**. I see our time with the soldiers as a rare chance to find some grounding and calm in an otherwise high stress environment.

–Kristin Benton, TX

I use **Lemon** in my laundry every day and **Wild Orange** when mopping and cleaning the floors. They leave the house smelling fabulous!

–Natasha Warsky-Bullington, FL

Every morning, when I wake up, I diffuse doTERRA **On Guard**[®] throughout the house. I put **Lemon** in my water to cleanse my system. I use **DigestZen**[®] on my son's tummy, then doTERRA **On Guard**[®] blend on our feet when we go out. I have been doing this for almost eight months now—since my son was born. We love doTERRA!

–Abbigayle Williams, KY












I have incorporated these AMAZING gifts of the earth into every aspect of my life. doTERRA has given me healthy solutions and has changed my life. All of my daily routines include doTERRA. My skincare, my hair products, personal hygiene and bath products are doTERRA. All of my supplements and vitamins are doTERRA. My cleaning products and routine are doTERRA. The oils diffused at home, work, and in the car are doTERRA. I cook with the oils and use the **Slim & Sassy** products. I aromatically, topically and internally use many oils and blends daily. **I LIVE and LOVE doTERRA.**

–Deborah Bosco, PA

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>CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49350001 5 mL \$34.66 retail \$26.00 whl 26 PV</p>
 <p>CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i></p> <p>A T I D</p> <p>30020001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i></p> <p>A T S</p> <p>49300001 15 mL \$17.33 retail \$13.00 whl 13 PV</p>	 <p>CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>41850001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>	 <p>CINNAMON BARK ESSENTIAL OIL <i>Cinnamomum zeylanicum</i></p> <p>A T I D</p> <p>30030001 5 mL \$28.00 retail \$21.00 whl 21 PV</p>	 <p>CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i></p> <p>A T I N</p> <p>30420001 15 mL \$48.67 retail \$36.50 whl 36.5 PV</p>
 <p>CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i></p> <p>A T I D</p> <p>30040001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>	 <p>CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>30780001 15 mL \$34.67 retail \$26.00 whl 26 PV</p>	 <p>CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i></p> <p>A T N</p> <p>30050001 15 mL \$20.67 retail \$15.50 whl 15.5 PV</p>	 <p>DOUGLAS FIR ESSENTIAL OIL <i>Pseudotsuga menziesii</i></p> <p>A T N</p> <p>31590001 5 mL \$30.00 retail \$22.50 whl 22.5 PV</p>	 <p>EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i></p> <p>A T S</p> <p>30060001 15 mL \$18.67 retail \$14.00 whl 14 PV</p>
 <p>FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i></p> <p>A T I S</p> <p>41290001 15 mL \$20.00 retail \$15.00 whl 15 PV</p>	 <p>FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i></p> <p>A T I N</p> <p>30070001 15 mL \$93.00 retail \$69.75 whl 69.75 PV</p>	 <p>GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i></p> <p>A T I S</p> <p>30090001 15 mL \$36.00 retail \$27.00 whl 27 PV</p>	 <p>GINGER ESSENTIAL OIL <i>Zingiber officinale</i></p> <p>A T I S</p> <p>30080001 15 mL \$52.00 retail \$39.00 whl 39 PV</p>	 <p>GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i></p> <p>A T I N</p> <p>30100001 15 mL \$21.33 retail \$16.00 whl 16 PV</p>
 <p>HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i></p> <p>A T I N</p> <p>30410001 5 mL \$100 retail \$75 whl 75 PV</p>	 <p>JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i></p> <p>A T I N</p> <p>49290001 5 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i></p> <p>A T I N</p> <p>30110001 15 mL \$28.00 retail \$21.00 whl 21 PV</p>	 <p>LEMON ESSENTIAL OIL <i>Citrus limon</i></p> <p>A T I N</p> <p>30120001 15 mL \$13.33 retail \$10.00 whl 10 PV</p>	 <p>LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i></p> <p>A T I S</p> <p>30130001 15 mL \$13.33 retail \$10.00 whl 10 PV</p>
 <p>LIME ESSENTIAL OIL <i>Citrus aurantifolia</i></p> <p>A T I S</p> <p>30870001 15 mL \$17.33 retail \$13.00 whl 13 PV</p>	 <p>MARJORAM ESSENTIAL OIL <i>Origanum majorana</i></p> <p>A T I N</p> <p>30140001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>MELALEUCA (Tea Tree) ESSENTIAL OIL <i>Melaleuca alternifolia</i></p> <p>A T I N</p> <p>30150001 15 mL \$25.33 retail \$19.00 whl 19 PV</p>	 <p>MELISSA ESSENTIAL OIL <i>Melissa officinalis</i></p> <p>A T I N</p> <p>30850001 5 mL \$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 NEW! 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>SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i></p> <p>A T I S</p> <p>31610001 15 mL \$38.67 retail \$29.00 whl 29 PV</p>	 <p>SPIKENARD NEW! ESSENTIAL OIL <i>Nardostachys jatamansi</i></p> <p>A T N</p> <p>49510001 5 mL \$66.00 retail \$49.50 whl 49.5 PV</p>

THYME
ESSENTIAL OIL
Thymus vulgaris

A T I D

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

VETIVER
ESSENTIAL OIL
Vetiveria zizanioides

A T I N

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

WHITE FIR
ESSENTIAL OIL
Abies alba

A T N

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

WILD ORANGE
ESSENTIAL OIL
Citrus sinensis

A T I N

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

WINTERGREEN
ESSENTIAL OIL
Gaultheria fragrantissima

A T S

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

YLANG YLANG
ESSENTIAL OIL
Cananga odorata

A T I N

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

APPLICATION METHODS A Can be used aromatically T Can be 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)

PROPRIETARY ESSENTIAL OIL BLENDS

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

AROMATOUGH®
MASSAGE BLEND

T N

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

dōTERRA BALANCE®
GROUNDING BLEND

A T N

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

dōTERRA BREATHE®
RESPIRATORY BLEND

A T S

60200190 | 15 mL
\$26.66 retail | \$20.00 whl
20 PV

CITRUS BLISS®
INVIGORATING BLEND

A T N

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

CLARYCALM®
MONTHLY BLEND
FOR WOMEN

A T N

49480001 | 10 mL
\$32.67 retail | \$24.50 whl
24.5 PV

DEEP BLUE®
SOOTHING BLEND

T S

60200143 | 5 mL
\$42.67 retail | \$32.00 whl
64 PV

DEEP BLUE®
SOOTHING BLEND

T S

60200144 | 10 mL
\$85.33 retail | \$64.00 whl
64 PV

DIGESTZEN®
DIGESTIVE BLEND

A T I N

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

ELEVATION
JOYFUL BLEND

A T N

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

HD CLEAR®
TOPICAL BLEND

T N

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

IMMORTELLE
ANTI-AGING BLEND

T N

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

INTUNE®
FOCUS BLEND

A T N

41840001 | 10 mL
\$46.00 retail | \$34.50 whl
34.5 PV

dōTERRA ON GUARD®
PROTECTIVE BLEND

A T I S

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

dōTERRA ON GUARD®
BEADLET

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

PASTTENSE®
TENSION BLEND

A T N

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

PURIFY
CLEANSING BLEND

A T N

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

dōTERRA SERENITY®
RESTFUL BLEND

A T N

49530001 | 15 mL
\$40.00 retail | \$30.00 whl
30 PV

SLIM & SASSY®
METABOLIC BLEND

A T I S

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

TERRASHIELD®
OUTDOOR BLEND

A T N

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

TERRASHIELD®
SPRAY BOTTLE

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

WHISPER®
BLEND FOR WOMEN

A T N

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

ZENDOCRINE®
DETOXIFICATION BLEND

A T I S

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

ESSENTIAL OIL KITS



dōTERRA TOUCH® KIT

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

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

60200333	160 PV
\$225.33 retail	\$169.00 wholesale

dōTERRA BREATHE®
TOUCH BLEND

T | N or S

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

FRANKINCENSE
TOUCH BLEND

T | N or S

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

OREGANO
TOUCH BLEND

T | N or S

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

DEEP BLUE®
TOUCH BLEND

T | N or S

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

LAVENDER
TOUCH BLEND

T | N or S

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

dōTERRA ON GUARD®
TOUCH BLEND

T | N or S

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

DIGESTZEN®
TOUCH BLEND

T | N or S

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

MELALEUCA (TEA TREE)
TOUCH BLEND

T | N or S

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

PEPPERMINT
TOUCH BLEND

T | N or S

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



dōTERRA EMOTIONAL AROMATHERAPY™ KIT

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

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

21140001	150 PV
\$212.00 retail	\$159.00 wholesale

dōTERRA MOTIVATE®
ENCOURAGING BLEND

A | T | S

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

dōTERRA CHEER®
UPLIFTING BLEND

A | T | S

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

dōTERRA PASSION®
INSPIRING BLEND

A | T | S

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

dōTERRA CONSOLE®
COMFORTING BLEND

A | T | N

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

dōTERRA FORGIVE®
RENEWING BLEND

A | T | S

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

dōTERRA PEACE®
REASSURING BLEND

A | T | N

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

dōTERRA EMOTIONAL AROMATHERAPY™ TOUCH

The dōTERRA Emotional Aromatherapy Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10mL Roll-Ons for convenient and gentle topical application. These proprietary blends provide targeted emotional health benefits for the entire family. By following the 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
A T S
60200149 | 10 mL roll-on
\$20.00 retail | \$15.00 whl
15 PV

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

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

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

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

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



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



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

20570001		
\$133.33 retail	\$100.00 wholesale	100 PV



FAMILY ESSENTIALS KIT top seller

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

- Ten 5 mL bottles of essential oils and blends
Lavender Frankincense
Lemon Deep Blue®
Peppermint dōTERRA Breathe®
Melaleuca (Tea Tree) DigestZen®
Oregano dōTERRA On Guard®

- List of suggested uses for each oil

21400001	ten 5 mL bottles	
\$166.67 retail	\$125.00 wholesale	115 PV

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./200mL
\$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	
\$62.66 retail	\$47.00 wholesale 20 PV



AROMA-ACE DIFFUSER

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

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

33030001	
40 PV	\$173.27 retail \$129.95 wholesale



AROMA LITE DIFFUSER

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

33130001	
\$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



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 New Formula!

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./100mL
\$20.00	0 PV



dōTERRA® HOPE TOUCH New!

dōTERRA Hope Touch benefits Operation Underground Railroad and 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

37510001	10 mL roll-on
\$20.00	0 PV

dōTERRA ON GUARD® PRODUCTS

dōTERRA ON GUARD® FOAMING HAND WASH

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

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

ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070001	\$30.00 retail	\$22.50 wholesale	18.5 PV
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SINGLE REFILL

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

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



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

31100001	15 mL bottle
\$42.67 retail	\$32.00 wholesale 32 PV

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

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

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

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

dōTERRA ON GUARD® PROTECTING THROAT DROPS

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

- Helps calm and soothe occasional dry, scratchy throats
- Features the immune-supporting properties of dōTERRA On Guard Protective Blend
- Formulated with all-natural organic cane 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® CLEANER CONCENTRATE

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

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

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

dōTERRA ON GUARD®+ SOFTGELS

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support.* dōTERRA On Guard+ is a great way to strengthen and maintain healthy immune function when needed most.

- Helps support and maintain a healthy immune system*
- Supports healthy circulation and respiratory function*

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



dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

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

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

39000001	10 samples, 2 g each
\$4.66 retail	\$3.50 wholesale 0 PV

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

DEEP BLUE® PRODUCTS

DEEP BLUE® top seller SOOTHING BLEND



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

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

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 SAMPLES

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

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

38950001	Ten 2 mL samples	
\$6.67 retail	\$5.00 wholesale	0 PV

DEEP BLUE® RUB SOOTHING LOTION

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

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

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

LITER BOTTLE New!

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

DEEP BLUE POLYPHENOL COMPLEX®

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

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function*
- Includes proprietary, standardized extracts of Ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort*

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



dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND



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

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

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 NEW!

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

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

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



dōTERRA SERENITY® RESTFUL BLEND New Formula



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

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

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

HAIR CARE



dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

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

36280001	70 PV
\$103.33 retail	\$77.50 wholesale

dōTERRA SALON ESSENTIALS® PROTECTING SHAMPOO

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

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable

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

60201185	32 fl oz New!
\$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 New!
\$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
- Provides extended protection and hydration to your scalp and hair

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

dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

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

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

36270001	4 oz
\$24.00 retail	\$18.00 wholesale 15 PV

SHAMPOO/CONDITIONER SAMPLES 10 COMPANION SETS

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

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

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

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

SKIN CARE



HD CLEAR® TOPICAL BLEND



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

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Wood, Melaleuca (Tea Tree), Eucalyptus, Geranium, and Litsea
- Helps balance complexion
- Promotes clear-looking skin by targeting the site of blemishes

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

HD CLEAR® KIT

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

42700001	40 PV
\$61.33 retail	\$46.00 wholesale

HD CLEAR® FACIAL LOTION

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

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

49410001	50 mL/1.7 fl oz
\$45.33 retail	\$34.00 wholesale 34 PV

HD CLEAR® FOAMING FACE WASH

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

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

49420001	50 mL/1.7 fl oz
\$28.00 retail	\$21.00 wholesale 21 PV

VERÁGE® SKIN CARE COLLECTION

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

42690001	70 PV
\$112.66 retail	\$84.50 wholesale

VERÁGE® TONER

Veráge Toner combines CPTG essential oils with nourishing plant extracts to create a tightened, toned appearance of skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

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

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

VERÁGE® CLEANSER

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

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

37380001	60 mL / 2 fl oz
\$33.33 retail	\$25.00 wholesale 25 PV

VERÁGE® IMMORTELE HYDRATING SERUM

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

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

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

VERÁGE® MOISTURIZER

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

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

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



FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca (Tea Tree) and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to soothe and provide healthy looking skin.

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

PORE REDUCING TONER

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

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

HYDRATING CREAM

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

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

TIGHTENING SERUM

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

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



ANTI-AGING MOISTURIZER

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

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

INVIGORATING SCRUB

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

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

IMMORTELE ANTI-AGING BLEND

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

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



REVEAL FACIAL SYSTEM

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

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- 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

PERSONAL CARE



NATURAL DEODORANT

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

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

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



CORRECT-X® ESSENTIAL OIL OINTMENT

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

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

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

PRODUCT GUIDE

dōTERRA® SPA



REFRESHING BODY WASH NEW!

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

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

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

REPLENISHING BODY BUTTER NEW!

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

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

37470001	7oz/198g
\$23.33 retail	\$17.50 wholesale 15 PV

DETOXIFYING MUD MASK NEW!

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

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

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

HAND AND BODY LOTION NEW!

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

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

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

HAND AND BODY LOTION 3-PACK NEW!

60200498	
\$50.67 retail	\$38.30 wholesale 30 PV

CITRUS BLISS® HAND LOTION NEW!

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

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

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

BODY SCRUB NEW!

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

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

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

LIP BALM NEW!

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

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

ORIGINAL NEW!

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

TROPICAL NEW!

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

HERBAL NEW!

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

LIP BALM VARIETY 3-PACK NEW!

37570001	
\$20.00 retail	\$15.00 wholesale 10 PV

MOISTURIZING BATH BAR NEW!

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

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

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

dōTERRA SPA BATH BAR 3-PACK NEW!

37560001	
\$19.33 retail	\$14.50 wholesale 10 PV

CITRUS BLISS® INVIGORATING BATH BAR

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

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

dōTERRA SERENITY® CALMING BATH BAR NEW!

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

WOMEN'S HEALTH



WOMEN'S HEALTH KIT

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

35250001	\$92.67 retail	\$69.50 wholesale	60 PV
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PHYTOESTROGEN ESSENTIAL COMPLEX

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

- Includes a standardized soy extract with genistein, a powerful phytoestrogen*
- Supports healthy hormonal balance*
- Supports healthy bones, heart, breast tissue, and other body structures*

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



BONE NUTRIENT 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™ New Flavor

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

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection*
- New watermelon flavor

34500001	60 tablets
\$26.00 retail	\$19.50 wholesale 15 PV

IQ MEGA®

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

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

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

PB Assist® Jr NEW!

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

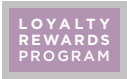
- 5 billion live cells of 6 different probiotic strains
- Strains specifically selected for their benefits among children
- Microencapsulated to help probiotics survive until they reach the intestines
- Supports healthy functioning of the digestive and immune systems*
- Tastes great

34420001	30 Sachets
\$32.67 retail	\$24.50 wholesale 20 PV



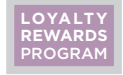
* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DAILY VITALITY



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

21480001	\$106.00 retail	\$79.50 wholesale	60 PV
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dōTERRA DAILY NUTRIENT PACK® MICROPLEX VMz® AND xEO MEGA®

21490001	50 PV
\$79.33 retail	\$59.50 wholesale



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
\$46.00 retail	\$39.50 wholesale 39.5 PV



xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

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

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 LIFE LONG VITALITY OR DAILY NUTRIENT PACK



\$79.50
wholesale
60 PV

OR



\$59.50
wholesale
50 PV

AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



Microplex VMz®
\$20.00
10 PV



xEO Mega®
\$20.00
10 PV



Mito2 Max®
\$20.00
10 PV



Deep Blue Polyphenol Complex®
\$20.00
10 PV



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

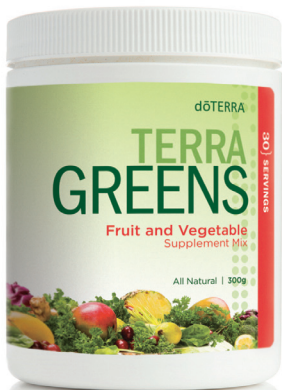


DEEP BLUE POLYPHENOL COMPLEX®

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

* 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

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® New! 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, dōTERRA Balance® Grounding Blend, AromaTouch® Massage Blend
- **10 mL roll-on bottle:** PastTense® Tension Blend
- **Other Products:** dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, PB Assist®, dōTERRA OnGuard® Collection: Beadlets, Toothpaste, Hand Wash w/2 Dispensers Wooden Box, Aroma Lite Diffuser, dōTERRA Breathe® Vapor Stick, Deep Blue® Rub, TerraZym, dōTERRA Salon Essentials® Shampoo and Conditioner, Correct-X®

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



CLEANSE AND RESTORE

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

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



AROMATOUCH DIFFUSED

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

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



HOME ESSENTIALS

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

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



FAMILY WELLNESS

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

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



FAMILY ESSENTIALS KIT® AND BEADLETS

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

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

For additional enrollment kit options visit doterra.com

dōTERRA®

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Pleasant Grove, UT 84062
1 800 411 8151
doterra.com

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dōTERRA®

Exfoliating Body Scrub

Gently *exfoliates, polishes,*
and *purifies the skin* with
natural sugar cane and
essential oil.



dōTERRA SPA
Exfoliating Body Scrub

37480001	8 oz
\$26.00 retail	\$19.50 wholesale 15 PV



dōTERRA®

CPTG Certified Pure Therapeutic Grade®