

dōTERRA®

LIVING

SPRING 2018

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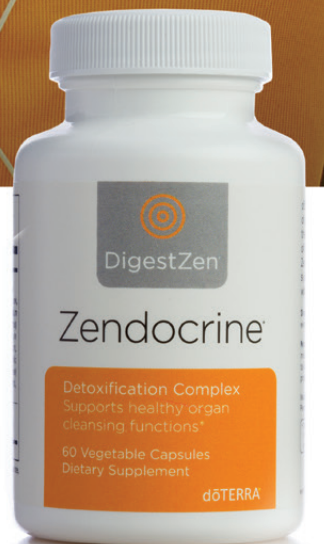
Spring Cleaning
with a whole new meaning.



Support the healthy cleansing and filtering functions of your liver, kidneys, colon, lungs, and skin.*

dōTERRA Zendocrine®
Detoxification Complex

35120001	60 veggie caps
\$32.67 retail	\$24.50 wholesale 24.5 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.

ask
Dr. Hill

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

Q:
What's the best way to use the new dōTERRA Oil Chemistry Handbook?

A:
The dōTERRA Oil Chemistry Handbook is going to be an invaluable tool for everybody, from the most experienced oil user who really wants to dig into the science, to someone who has just begun experiencing essential oils. It's a convenient way to find alternatives to your favorite oils, compare their benefits, learn about how they work, and discover new ways to use and share them. For instance, you're probably aware of Lavender's relaxing properties, but what if you don't like the smell of Lavender or have run out? Since benefits are linked to chemistry, the dōTERRA Oil Chemistry Handbook makes finding an alternative very simple by providing quick access to information about chemical structure, the properties of specific constituents, plus information on how this all relates to general oil properties and usability. First, look up the chemical information about Lavender in Part 2 of the book, and then you can find further information about its primary constituents, linalool and linalyl acetate, in Part 3 to discover that oils you may not be familiar with (such as Bergamot or Petitgrain) can provide similar benefits. You are going to want to have it with you everywhere. Have it saved on your desktop, bookmarked on the browser on your phone, and maybe even print off some physical copies so you can share it with friends and family.

Lemongrass is quickly becoming my new favorite oil. What benefits can I expect from using it internally?



Lemongrass is commonly used in cooking and is a staple "add-in" at every smoothie shop you go to, and many of its purported health benefits may be due to the chemical makeup of its volatile aromatic compounds. Lemongrass is primarily composed of monoterpene aldehydes, which are known to have a number of benefits when consumed.* Citral, the primary constituent of Lemongrass that is made up of the chemical isomers (compounds that have the same molecular formula but different chemical structure) geranial and neral, may support a healthy immune system, homeostasis of healthy cholesterol levels already in the normal range, digestive function, and hormonal balance when taken internally.* To reap these benefits, add a few drops of Lemongrass to a glass of water, tea, or to your favorite breakfast smoothie. Another really popular combination, which I use whenever I need some immediate digestive support, is 1-2 drops each of Lemongrass and Peppermint in a Veggie Cap.*

How is the AromaTouch Technique® different from a conventional aromatherapy massage?



As a chiropractor and the developer of the AromaTouch Technique, I have had the opportunity to spend countless hours doing both. Massage techniques are dedicated to manipulation of muscles to create relaxation and correction of muscle structure in the body. It is usually deep pressure, focused on a specific muscle or set of muscles, that constitutes a massage. I am very passionate about the AromaTouch Technique, not just because I developed it, but because I have experienced its benefits firsthand, both as a receiver and giver. The AromaTouch Technique was developed to promote homeostasis and overall well-being through consistent soft touch, rhythm, flow, and application of essential oils. As opposed to the musculoskeletal benefits of conventional aromatherapy massage, the AromaTouch Technique supports overall well-being and helps develop a personal connection that can have a wide-range of physical and emotional benefits. Its effects are powerful from so many different perspectives, and I am proud that through the efforts of my staff and all the certified trainers out there that its benefits are beginning to be scientifically validated and shared at such a rapidly increasing pace.

* 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.

Purify Cleansing Blend

Purify is a dōTERRA® essential oil blend comprised of select essential oils known for their cleansing, purifying, and protecting properties. This unique blend is a great way to eliminate odors in a natural way. Purify can be used in a variety of ways, from cleaning countertops to protecting against environmental threats. This essential oil blend is an ideal natural product that will add to any cleaning cabinet.

Ingredients: Lemon Peel, Siberian Fir Needle, Citronella Grass, Lime Peel, Melaleuca Leaf, and Cilantro Herb essential oils.

How to use:

Aromatically

- ◆ Place a few drops on a cotton ball and put it into the air vent of a room for a continual burst of clean and fresh air.
- ◆ Place a few drops on a cotton ball and insert them into shoes overnight.

Topically

- ◆ Combine with dōTERRA Fractionated Coconut Oil for soothing relief from irritated bug bites.

Other

- ◆ Add five drops into a small spray bottle filled with water. Perfect for wiping down countertops while leaving a fresh scent.
- ◆ Add a few drops to the rinse cycle when doing laundry to help eliminate odor.





Rise & Shine

MAKE-OVER
YOUR MORNING

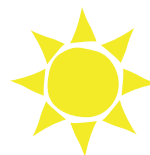
Do you have a hard time getting out of bed?
Do you often feel rushed, unproductive, and a bit cranky?
Here are a few ways to help you start your day
in a positive way.



WAKE UP EARLIER

Being rushed in the morning can hinder your mood the rest of the day.

Waking up earlier allows you to have extra time in the morning, so there's no need to rush. If you have a hard time getting up early, try going to bed earlier. The average adult needs about seven to nine hours of sleep per night for proper cognitive function. According to sleep.org, the best way to figure out when you should go to sleep is to count backwards eight hours from the time you need to wake up. However, the optimal bedtime is between 8:00pm and 12:00am. In other words, as Benjamin Franklin put it, "Early to bed, early to rise makes a man healthy, wealthy, and wise."



LET THE LIGHT IN

Having the sunshine light can make the waking up process a little easier and more natural. Open the curtains to let the light be your natural alarm clock. The Dawn Simulation Theory states that early morning light signals have a much greater effect on the body's biological clock than light signals given at other times during the day. If you wake up before dawn, try using a sunrise alarm or smart LED light bulbs.



EAT A HEALTHY BREAKFAST

Start your day off right with the most important meal of the day. You might consider making a **Slim & Sassy® TrimShake** smoothie bowl for breakfast. A healthy diet of fresh whole fruits and vegetables, and healthy proteins provides your body with the resources needed for energy production, growth, and other metabolic functions. And don't forget to take your vitamins! **dōTERRA Lifelong Vitality Pack®** is formulated with scientifically backed ingredients and potent levels of essential nutrients for long-lasting energy, mental clarity, and optimal health.



AVOID SCREEN TIME

Checking your phone the moment you get up can hijack your morning routine.

You may be tempted to check updates, but refrain. Checking one media outlet can trigger stress, as well as loss of time, and productivity. Instead of checking your phone first thing, consider more uplifting activities such as personal study, exercise, or fixing up a nutritious breakfast.



EXERCISE AND STRETCH

Your body and mind have been booted down all night. Wake up your body by taking a few minutes to stretch while diffusing your favorite essential oil blend. In addition, morning exercise can increase energy and overall productivity throughout the day not to mention starting your day with physical activity is a good way to keep your stress level down throughout the day.



START YOUR DIFFUSER

Prep your diffuser the night before with a few drops of **Citrus Bliss**, **dōTERRA Motivate**, or **Elevation**. When you awake in the morning, turn on your diffuser, take a few deep breaths, and allow the aroma of essential oils to energize and uplift your mood for a new day.



MAKE YOUR BED

Start your day by accomplishing at least one goal: making your bed. This one action will provide you with the adequate motivation to continue achieving your goals throughout your day. And if the day doesn't go as well as you'd hoped, at least you come home to a made bed.

SLIM & SASSY® SMOOTHIE BOWLS

GREEN SMOOTHIE

INGREDIENTS

- 1/2 avocado
- 2 frozen sliced bananas
- 1 cup frozen strawberries
- 1/2 cup frozen raspberries
- 1/4 cup frozen pineapple chunks
- 1/4 cup frozen mangos
- 3 handfuls spinach
- 1 handful kale
- 2 cups almond milk
- 1 tablespoon flaxseeds
- 1 tablespoon chia seeds
- 1 scoop **Slim & Sassy V-Shake**
- 1 scoop **TerraGreens®**

DIRECTIONS

1. Combine all ingredients in blender and puree until smooth.
2. Serve immediately in individual bowls.

Tip: Top with fresh fruit, granola, seeds, or honey.

HINT:

Flavors can vary depending on the ripeness of the fruit. If the recipe needs adjusting, use your best judgement on what else to add.

RASPBERRY COCONUT

INGREDIENTS

- 2 cups frozen raspberries
- 2 large frozen bananas
- 2/3 cup coconut milk
- 1 tablespoon honey
- 1 tablespoon chia seeds
- 1 scoop **Slim & Sassy Vanilla TrimShake**

DIRECTIONS

1. Combine all ingredients in blender and puree until smooth.
2. Serve immediately in individual bowls.

Tip: Top with fresh fruit, granola, seeds, or honey.

MANGO PINEAPPLE

INGREDIENTS

- 1 banana frozen
- 1 cup frozen mango
- 1 cup frozen pineapple
- 1/2 cup coconut milk (or milk of choice)
- 1 tablespoon honey
- 1 scoop **Slim & Sassy Orange Cream TrimShake***

*Available as a limited time offer item. You can also add 2–4 drops **Wild Orange** essential oil to **Slim & Sassy Vanilla TrimShake**.

DIRECTIONS

1. Combine all ingredients in blender and puree until smooth.
2. Serve immediately in individual bowls.

Tip: Top with fresh fruit, granola, seeds, or honey.



Upcycle and Reuse DIY: Macrame Plant Hanger

What You'll Need
Cording
Metal or wood ring
Beads (optional)

To Begin

1. To begin cut 8 strips of cording about 12 feet long.
Tip: You want your cording to be about four times the length of your finished product.
Hint: You can always cut down your cording, but you can't always add.
2. Take your 8 strips, fold them in half to make 16 strips, and tie them to your ring.
3. You're ready to begin.

The three most common macrame knots are: the square knot, the spiral knot, and the half-hitch knot. Use these three knots to make any design you desire. Get creative.



1 The Square Knot

1. Take 4 pieces of cording, lying parallel to each other.
2. Start by making a half knot.
Hint: The two outer cords will be your knotting cords and your inner cords will be what you tie your knot around.
3. Bring the far left knotting cord over your two middle cords and under your right knotting cord.
4. Take your far right knotting cord, place it under your two middle cords and over your left knotting cord, and pull tight.
5. Finish off the square knot by making another half knot in the opposite direction.

2 The Spiral Knot

1. Take 4 pieces of cording lying parallel to each other.
2. Start by making a half knot.
3. Bring the far left knotting cord over your two middle cords and under your right knotting cord.
4. Then take your far right knotting cord, place it under your two middle cords and over your left knotting cord, and pull tight.
5. Continue this step, over and over to create a spiral.

3 Half-Hitch Knot

1. Take your far right cord and place it over the other cords.
2. Take your next cord, closest to your far right cord, and take it up and over, then under the far right cord, making a loop.
3. Pull the loop tight.
4. Repeat, making two half-hitch knots per cord.

To Finish

1. Once your design is made, tie a knot with four strings next to each other, about 6 inches down.
2. Repeat with other 12 cords.
3. Now, take 2 cords from 2 partnering knots, knot those 4 cords together about 2-3 inches below the other.
4. Keep repeating until you reach your desired length.
5. Place plant inside plant hanger, and tie a knot at end.

Tip: By cutting the top off a supplement bottle or Slim & Sassy® TrimShake bottle and spray painting it, you can create your own style of planter.



FIVE STEPS TO BEING MORE PRODUCTIVE

The New Year is only just behind us, but many have already left their New Year's resolutions behind. Dr. Gail Matthews, a psychology professor at Dominican University in California says 25 percent of people abandon their New Year's resolutions after one week and 60 percent within six months. That doesn't mean you have to wait until next year to continue or even start a new goal. Why do we give up on our goals? What is stopping us from reaching our goals?

"The best time to plant a tree was 20 years ago. The second best time is now." – Chinese Proverb

We live in a world where instant gratification consumes us. If our internet search takes longer than one second, we complain about having slow internet. Imagine the current generation on dial-up! Goals take time, and time is something we may not have much of nowadays. How can we step back and slow down? What will help us achieve our goals, and how can we conquer our distractions?

TURN IT OFF



Phone, email, and social media are wonderful tools when used correctly. However, they can become one of our biggest distractions. Any free time that we can muster is usually spent browsing through different forms of social media. Turn off the notifications, put down your phone, and reach for your favorite focusing oil. This will help minimize common distractions when you need to be focused.

SLEEP, SLEEP, SLEEP



If you are practicing the "I'll sleep when I'm dead" concept, it may happen sooner than you think. Recommended sleep time for ages 18 to 64 is 7 to 9 hours. Productivity dramatically decreases when you are sleep deprived. Grab that Lavender and start diffusing. Warm up that kettle and have some herbal tea (Lavender, Bergamot, Chamomile, Lemongrass, etc.), or place the oils on the bottom of your feet or on your pillow. Sleep is one of the best times for your body to recover. Creating healthy sleep habits will improve the quality of your sleep, which in turn leads to more productive days.

MEDITATE



The benefits of meditation can be crucial to slowing down, achieving goals, and conquering distractions. Set apart a few minutes each day and really focus on your breathing. Find a quiet room and diffuse your favorite grounding blend. Studies show that individuals who incorporate meditation into their daily routine have significantly lower levels of stress. Daily meditation trains your mind to better focus on important things, keeping you on track for whatever you plan to accomplish.

Focus completely on your breathing for two minutes. Concentrate on each breathe going in and out. Immediately after, take all of your focus and place it on what you need to accomplish most.

WRITE IT DOWN



Do you have a goal in mind? Write it down! Dr. Matthews also concluded that those who write down their goals are 42 percent more likely to achieve them. Those who not only write down their goals, but also write down steps to accomplish those goals, are even more likely to achieve them. If you are serious about change and self-improvement, write it down, review consistently, and get to work.

INCREASE YOUR FITNESS



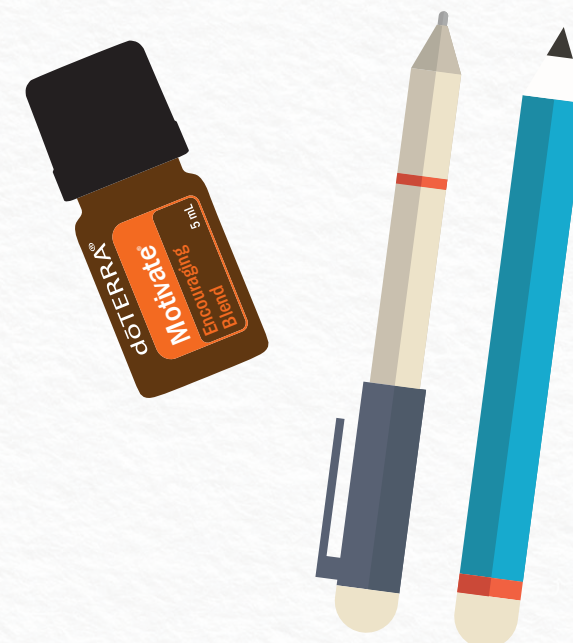
Believe it or not, exercise gives you endorphins. Endorphins make you happy, and happy people just don't give up on their goals. In fact, exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity. You might need some dōTERRA Motivate® to get you moving, but the benefits of exercise will keep you going.

If you do not work out a muscle, is it getting bigger or stronger? Of course not. The same applies to our own lives. If we are not pushing ourselves, are we growing or progressing? Let this year be different from past years. Improving ourselves should take effort. Just like a river, we have moments in our life that are fast and slow, but we

should never become stagnate. Stagnate water is full of debris and can become toxic to those around it. Do all you can to get moving even if it is just a little. Eventually your stream will turn into a river.

"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."
— Nora Roberts

If you have other ideas that will help you slow down, achieve goals, and conquer distractions, implement them! Be the change that you want to see. Let dōTERRA essential oils help you on that journey. Whether that change is in the home, at work, or personal, there is always room for improvement.



ESSENTIAL OILS & BLENDS FOR INCREASED FOCUS

Basil
Frankincense
Grapefruit
Peppermint

Rosemary
Spearmint
InTune®
dōTERRA Align

dōTERRA Anchor
dōTERRA Balance®
dōTERRA Motivate®
dōTERRA Peace®

#theoilgeek



Meet Cardin Lopez, also known as the Oil Geek. Cardin is an Alabama native who is currently living in Nashville. She calls herself a super geek because of her spiked interest and curiosity for many different things in life. Cardin built a successful Instagram following through sharing her daily experience and passion for a healthy lifestyle and dōTERRA essential oils.

"I love that dōTERRA products allow me to connect with others, and allow me to have an option for helping someone. When I know someone is experiencing a hardship or just having a bad day, I can offer a favorite oil as a comfort for them. I love being able to serve in any circumstance. I love being able to say, 'I can't do much, but this helps me and I think it will bring you some peace'."



Passions

Arts, language, history, connecting with people, great tea, books, yoga, spirituality, and motherhood!

Favorite Essential Oil

Citrus Bliss is always close by for me. It just makes me so happy and relaxed.

Essential Oil Daily Routine

I feel like building a daily routine around the essential oil lifestyle has become such a joyful experience for me! I really look forward to my common daily practices to begin and end my day, every day. I love to wake up and fill the diffusers in my home, then take my supplements, and fill up my water and add a few drops of Tangerine. I use the new Essential Skincare—which is so amazing and invigorating! I have a meditation and prayer practice that I like to implement each morning and night, and I add my favorite essential oils like dōTERRA Arise or Arborvitae to my palms and deeply inhale as I begin and end the practice. I love the ritual of rolling essential oils onto my five-year-old's feet before school, and the peace that brings me every day. Citrus Bliss is always close by for me. It just makes me so happy and relaxed.



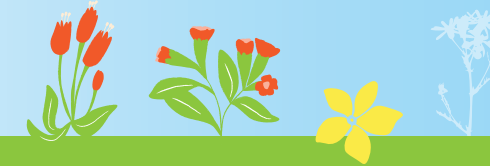
Favorite Quote

"You have never really lived until you've done something for someone who can never repay you."

— John Bunyan



WAYS TO stress less THIS SPRING



Stress is part of life—there's no denying it. What matters, though, is how we deal with it. Springtime is a renewing time of year for the great outdoors, and it only makes sense to renew yourself, too. Here are 31 ways to reconnect and find peace right now.

S M T W T F S

		Keep a gratitude journal 1	Diffuse Lavender or Vetiver 2	Turn off all devices for the day 3	Stretch in the morning and evening 4	Work on a personal or house project 5
Listen to music you love 6	Enjoy a peaceful walk outside 7	Learn something new 8	Plan your morning ahead of time 9	Cut out or reduce caffeine 10	Perform a random act of kindness 11	Get a 30 minute massage 12
Focus on the positive things in everyday life 13	Eat a more balanced diet 14	Cut out negative self-talk 15	Go for a run 16	Commit to taking dōTERRA Lifelong Vitality Pack® 17	Spend time with loved ones 18	Be selective of your time: learn to say no 19
Take a yoga class 20	Take time to breathe deeply 21	Play with your pet 22	Give an AromaTouch® Hand Technique 23	Improve your sleep schedule 24	Reach out to someone who has been on your mind 25	Read a book for 20 minutes 26
Stop multitasking 27	Communicate your needs 28	Get outside and garden or plant flowers 29	Take a day to de-clutter and clean 30	Think about what you achieved today 31		

Cleaning the Air in Your Home

With pollution being an ever-present issue in modern times, most people probably assume they are safer when indoors. On average, most people spend about 90 percent of their time indoors. However, most homes have air pollution two to five times greater than the air outside. But don't despair—by making small and simple changes around your home, the air quality can dramatically improve.

Three Deadly Pollutants

Three deadly pollutants have the potential to harm your family's health the most. They are carbon monoxide, secondhand smoke, and radon gas. Combat the first by installing a carbon monoxide detector to alert you if gas is present. As for secondhand smoke, the Surgeon General states that no amount of secondhand smoke is safe. Ask smokers to take it outside to keep the air in your home clean. Finally, your home may be harboring a silent killer. Radon gas is the leading cause of death among nonsmokers, and the second leading cause of lung cancer. Odorless, invisible, and naturally occurring, radon testing is the only way to catch this deadly gas.

Using the Green Approach

The following five plants will help naturally purify the air in your home. Each is NASA-certified as plants that can remove harmful compounds from the air.

1. Peace Lily—Possesses the ability to improve air quality indoors by 60 percent. It also helps keep shower curtains and tiles free from mildew, and can absorb the vapors from alcohol and acetone.

2. Eucalyptus—The leaves are filled with tannins that can raise healthy fluids in the body's air passages. Breathing the scent of this plant promotes feelings of clear breathing. dōTERRA Eucalyptus oil comes from eucalyptus leaves. The oil's ability to promote feelings of clear breathing and relaxation are two of the main reasons eucalyptus makes a great houseplant.

3. English Ivy—This is the perfect plant for pet-lovers and office workers alike. It has the ability to clean the air of airborne fecal matter and benzene, a chemical commonly found in office equipment that makes focusing difficult.

4. Boston Fern—Great for anyone who suffers from occasional dry skin. This plant acts as a natural humidifier. It helps restore moisture to the air, especially in the cold winter months. It also removes traces of formaldehyde, commonly found in surface cleaners.

5. Spider Plant—Do not let its name fool you, this plant is anything but creepy. Within two days the spider plant can remove almost 90 percent of toxins in your home. It gets rid of harmful substances like mold and dust allergens, but its real power is the ability to absorb formaldehyde and carbon monoxide.

Other Easy Ways to Clean Your Air

Some simple things you might not think of can also improve the pollution in your home. These include:

- 1 Take your shoes off as soon as you get home.** Chances are that at some time during the day your shoes walked across the grass in the park, into a public bathroom, or across the sidewalk. In all of these places your shoes picked up a number of contaminants, such as e-coli, pesticides, or formaldehyde. When you wear shoes in your home, you run the risk of infecting your family with any of these toxins.
- 2 Use the correct cleaners.** Using natural cleaners such as the **dōTERRA On Guard® Cleaner**, or making your own cleaning products, will reduce the amount of harmful gases in your home. (See page 37 for DIY essential oil cleaning products).
- 3 Vacuum regularly.** Dust mites are a normal occurrence in any home, but they hold onto bacteria and unsavory smells. Frequent vacuuming will reduce the amount of dust mites.
- 4 Change your air filter at least every three months.** This will keep dust mites and bacteria away, and is especially important if you have pets. To ensure moisture does not take over your home and aid in the growth of mold, run fans in your bathroom and open your windows frequently.
- 5 Diffuse essential oils.** Certain essential oils and blends such as **Purify**, **dōTERRA On Guard®**, **Juniper Berry**, **Lemon**, **Lime**, and **Melaleuca** (Tea Tree) contain powerful cleansing properties.

Many of us spend a great deal of time indoors, at work or in our homes. By adding a plant or two and making other simple changes, air quality in your surroundings can improve radically.





How to Become a *Diffuser Blend* *Master*

One of the easiest and most effective ways to enjoy essential oils is through diffusion. Placing a few drops of oil in an essential oil diffuser can immediately alter the atmosphere of your home, office, hotel room, or any indoor area, as the potent aroma of essential oils travel through the air.

The beauty of using an essential oil diffuser is that it gives you the ability to combine and blend several oils—thus creating a new aroma that offers the benefits of more than one essential oil, while producing a custom, unique aroma.



BLENDING OILS FROM DIFFERENT CATEGORIES

- Mint oils blend well with woody, herbaceous, earthy, and citrus oils
- Floral oils blend well with woody, spicy, and citrus oils
- Herbaceous oils blend well with woody and mint oils
- Spicy oils blend well with woody, floral, and citrus oils
- Citrus oils blend well with woody, spicy, floral, and mint oils

Learn more about the chemistry and the science of blending essential by downloading *The dōTERRA Essential Oils Chemistry Handbook* found on doterra.com/US/en/ebooks



STEP 1 - CHOOSE YOUR BLEND TYPE

Decide what effect you want from your diffuser blend. Do you want to promote feelings of relaxation? Do you want something invigorating or motivating? Are you trying to create a specific environment? Once you determine the goal of your diffuser blend, it will be much easier to choose your oils. Whether you need to create an environment of focus and motivation while you study for a test, or want to fill your room with a calming aroma before bedtime, choosing the right oils for your diffuser blend can help you create a specific atmosphere.

STEP 2 - SELECT AN OIL GROUP

Next, select a group of oils that fit the description you want to achieve. If you want a relaxing diffuser blend, choose oils that are known for their calming properties. If you want something that creates an uplifting environment, choose essential oils with a bright, refreshing aroma.

Whether you need to create an environment of focus and motivation while you study for a test, or want to fill your room with a calming aroma before bedtime, choosing the right oils for your diffuser blend can help you create a specific atmosphere.

STEP 3 - PAIRING

Once you've selected a group of oils that you think will help you achieve the desired effect, you can begin pairing them together. Take the lids off of 2-4 essential oil bottles and hold them directly under your nose. This will give you a good idea of what the oils smell like together. Switch out different oils to see which combination you like best. While oils of the same kind (citrus, floral, mint, etc.) typically pair well together, you don't have to stay within a specific oil category when creating your diffuser blend—it can be fun to mix things up!

STEP 4 - BLENDING

When you've landed on a few oils that you want to blend together, it is time to place them in the diffuser. You may choose to do several drops of a certain oil and only one drop of another. The amount of each oil you choose to add will change the aroma (and even the effect) of the diffuser blend.

STEP 5 - ENJOY!

Once you've placed the oils in your diffuser, it is time to enjoy your creation. After experiencing what your diffuser blend smells like and the environment it creates, you can make adjustments to your diffuser blend by removing certain oils, adding in other oils, or adjusting the amount of drops the next time you make it.

CALIFORNIA COAST

- ◆◆ Cedarwood
- ◆◆ Frankincense
- ◆ Rosemary
- ◆◆ Wild Orange

Actively Addressing Fatigue:

4 STEPS TO A MORE ENERGIZED YOU

You aren't necessarily sore, but you're just not feeling it. After the motivation of New Year's resolutions end, it's hard to translate that "new year, new you" enthusiasm into the long-term exercise habits required to reach your goals if you are constantly feeling physically fatigued. Ironically enough, it is often active measures that are the most effective at addressing fatigue.

Step 1 Identify the Cause

Sleep deprivation is the most common cause of physical fatigue, but the answer may be active choices you're making during the day. **Is it nutrition? Maybe even social media?** If you haven't integrated dōTERRA Serenity® Restful Complex Softgels into your dietary supplement regimen, it's time to consider it as it is clinically shown to promote restful sleep.* Based upon some fascinating recently published research, increasing omega-3 fatty acid intake may also improve sleep quality—as if you needed another reason to include xEO Mega® with breakfast and dinner.* And while you're addressing the nutritional causes of fatigue, it might actually be counterproductive to share your experiences on social media. Research suggests that not only is smartphone and social media overuse one of the fastest growing causes of sleep deprivation, but also that the short-wavelength blue light emitted from screens actually decreases the quality of sleep and directly influences brain neurotransmitters that can increase feelings of anxiousness and physical fatigue. Put down the phone and step up your nutrition game.

Step 2 Move

Yes, seriously. It seems counterintuitive, but research suggests that a quick workout actually increases feelings of energy. The mechanisms behind this effect aren't quite clear, but we do believe that it is more neurological than physiological. A single exercise session does not instantaneously improve aerobic capacity, but it may induce activation of central nervous system neurotransmitters, specifically monoamines such as dopamine and serotonin, which directly increase feelings of vitality. Should you grab your bottle of Deep Blue® Rub and head to the gym for your scheduled spinning class? Not necessarily. But you'll be amazed by how you feel after a brisk walk or after putting a few drops of your favorite dōTERRA Yoga Collection oil into the diffuser and spending a few minutes perfecting your Vrivasana. While most of the research involves aerobic activity, what's known as active recovery in strength and conditioning is also an option. If you were supposed to perform a heavy and intense workout today, instead perform a few sets of unweighted squats, focusing on proper movement and depth.

Step 3 Roll It Out

Self-myofascial release, or more commonly referred to as "foam rolling", is one of the best evidence-based ways to address **neuromuscular fatigue**. Several recent studies have evaluated its effectiveness in alleviating or preventing exercise-induced fatigue—in isolation or in combination with other common therapeutic interventions, such as nutritional supplementation—with very positive results, and it isn't as complex as you might think. No personal trainer or chiropractor required; grab your multi-colored roller, do a quick YouTube search for some tutorials, and begin including it in your daily routine. Just a few minutes in the morning, pre- or post-workout, should help reduce injury risk and improve energy levels.

Step 4 Address the Stress

Some fascinating recent research has been investigating the effects of mental fatigue and stress on the development of **physical fatigue**. Studying for finals or even the anticipation of an upcoming dental visit can directly influence physical energy levels. While you may not be able to skip the test or fix your own teeth, a few minutes of mindful meditation can decrease the stress and acutely improve energy levels. Diffusing your favorite uplifting essential oil (citrus oils are a popular choice) can increase the effect. Or if you are fortunate enough to know someone certified in the AromaTouch Technique®, this is the time to pick up the phone.

Although a rest day may be in order, often the best methods to counteract physical fatigue are active. Identify the cause, try some new active recovery techniques, roll out, and de-stress your way to the energy levels you need to work your way toward your goals. For a complete list of research references, email science@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.

AKWASI FRIMPOG

Making History—Ghana's First Olympian Skeleton Athlete

From Ghana to the Netherlands, to Utah Valley University, to Pyeongchang and beyond, Ghanaian athlete Akwasi Frimpong finally achieves his Olympic dreams.

Most athletes who dream of becoming Olympians must work incredibly hard for years on end to even qualify for such a chance. For Ghanaian native Akwasi Frimpong, the journey to the 2018 Winter Olympics took more than just hard work—it required him to overcome obstacle after obstacle, and to never give up on himself or his dream. After facing challenges like gaining citizenship and overcoming devastating injuries, Akwasi is finally living out his dream of being an Olympian.

A Long Journey

Akwasi's story begins in Ghana, where he spent the first few years of his life living with his grandmother and nine other grandchildren while his mother traveled to the Netherlands to secure a better life for her children. In 1995, Akwasi moved to the Netherlands where he faced many challenges as an illegal immigrant. It took more than a decade of hard work for Akwasi to gain Dutch citizenship, during which time Akwasi struggled to find a school that would accept him.

During his early years in the Netherlands, Akwasi soon discovered he was a fast runner—something he realized during physical education at school. Although he was fast, Akwasi didn't think he had much interest in running until a neighbor showed him a medal he had won in a race. Akwasi remembers thinking that he had never won a medal or trophy in his entire life, and he wanted to know what it felt like to win. Akwasi thought, "If he can do it, I can do it."

This desire to win led Akwasi to join the track team, where it didn't take long before he got the chance to know what it felt like to win.

Overcoming Obstacles

After experiencing success as a sprinter during his teen years, Akwasi had dreams of competing in the Olympics. He hoped to qualify for the 2012 London Olympics, however an injury quickly derailed these dreams and he was forced to take time away from training to recover.

For the next few years, Akwasi took a break from his Olympic pursuits and focused on his education and career. He attended Utah Valley University in Orem, Utah, where he obtained a degree in Marketing, and met his wife, Erica.

In 2013, after recovering from his injury, Akwasi was asked to join the Dutch bobsled team because of his speed. Once again, Akwasi dreamed of making it to the 2014 Olympics in Sochi, but only one sled from the Dutch team qualified that year—leaving Akwasi behind as an alternate.

At this point, Akwasi had fought a difficult citizenship battle, overcome injury, and even switched sports, without having gone to the Olympics. However, he still felt the desire to be an Olympian and knew that his goal of going to the Olympics was still "unfinished business." With the support of his wife and encouragement from coaches, Akwasi reignited his dreams of Olympic success as he began to train to compete as a skeleton athlete. He quickly fell in love with the sport, and decided not to give up on his dream of going to the Olympics. Finally, Akwasi's dream came to fruition as he qualified for



the 2018 Winter Olympics in Pyeongchang, where he would represent his home country of Ghana.

Representing a Nation

As the first West African to compete in the skeleton, Akwasi feels an immense responsibility to represent his home country and make them proud. He said, "I've done a lot in the Netherlands, I've done a lot in the U.S., and it's time to do something for my country." Akwasi has received overwhelming support from the people of Ghana, especially the

youth, who are very excited about the possibility of Ghana having more representation in ice sports in the future. When speaking of getting more Ghanaians involved in ice sports in the future, Akwasi has said, "Somebody has to set the example, and I'm willing to take on that challenge."

Using dōTERRA Products

Growing up in Ghana, Akwasi's grandmother often used plant products and herbs, so he likes the idea of using natural sources to help the body. Akwasi uses dōTERRA essential oils to help his performance as an athlete, and also enjoys using the products at home with his

family, saying, "The fact that I can have these natural things in little bottles and take them everywhere I go, is a huge blessing."

Akwasi's Favorite Products

Peppermint essential oil: "I put a little bit of Peppermint in my helmet before sliding for alertness and focus while going 70/80 miles per hour, head first, with my chin three inches from the ice."

Deep Blue® Rub: "It's my number one go-to before or after workouts. I also use it to get fired up before competitions."

"IF FAILURE WAS THE ONLY LAST STEP, THERE WOULDN'T BE SOMETHING CALLED SUCCESS."



dōTERRA On Guard®: "I will put drops of dōTERRA On Guard in my water bottle or in a capsule, and I use the dōTERRA On Guard Toothpaste to brush my teeth every morning."

dōTERRA Lifelong Vitality Pack®: "I don't travel without this. I take two pills of each bottle in the morning after breakfast and at night after dinner. The dōTERRA Lifelong Vitality Pack has really boosted my immune system*."

* 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.

Creating Connections

in Your Community with AromaTouch®

6
CARE FACILITIES

102
EMPLOYEES

400+
EMPLOYEE SERVICE HOURS

800+
AROMATOUCH®
HAND TECHNIQUES GIVEN



Let those numbers sink in for a few seconds. If there is still any question in your mind regarding the impact dōTERRA® is having on communities, not just around the world with the dōTERRA Healing Hands Foundation®, but surrounding its global campus in Pleasant Grove, Utah, let them vanish. That's just eight months of grassroots efforts of a few employees with big hearts and a little AromaTouch Technique® training.

IT ALL STARTED WITH AN IDEA. The AromaTouch Hand Technique is a simple and effective way to promote well-being and build powerful connections through the experience of essential oils—much like the full AromaTouch Technique, but wrapped in a smaller time commitment package. After internal AromaTouch Technique trainings, by May of 2017, dōTERRA had an army of willing and able employees ready to get out into the community and begin spreading the love. Enthusiastic recipients were not difficult to find, as six care facilities around Utah County eagerly agreed to a visit from our service-minded employees. Seeing how enthusiastic our employees are about serving in their community and developing connections with the residents of these facilities through the AromaTouch Hand Technique has been an amazing experience. And it is just beginning. Ani Gabrielson, dōTERRA Product Center Senior Manager shares her experience visiting the elderly at the local care facility: “I have enjoyed the AromaTouch Hand Technique service opportunities so much! I have been able to see how much change each one of us can create simply by sharing our time with others. We can brighten someone’s day just by having a conversation with them, and it completely changes our day as well. I have definitely seen the positive outcomes that this project has had, not only on the individuals that we visit, but also on myself and the other employees. I am proud to work for a company that cares about the community and puts in the time and effort to give back.”

“It makes me so happy to work for a company that allows me to serve the community. The AromaTouch Hand Technique made a positive impact in the lives of these people at the facility. It is great to see them experience the benefits of essential oils.” – *Edward Vasquez, Product Center*

Many more community partnerships and service opportunities are in the works for 2018. Contact us at sharearomatouch@doterra.com for some ideas of how you too can serve your community and spread the word about the amazing benefits of the AromaTouch Technique. Coming to a peer-reviewed scientific journal near you, dōTERRA's scientists are currently in the process of conducting a human clinical trial to collect empirical data to validate the various benefits of the AromaTouch Technique that you, the practitioners and receivers, are already aware of. Keep your eyes open and hands ready for updates.

dōTERRA®

HEALTHCARE INITIATIVE

Beyond the introduction of new oils and products, there was nothing more exciting about the 2017 dōTERRA convention than the formal announcement of the healthcare initiative. For a decade now, our Wellness Advocates have shared essential oils with friends and family and helped millions of people establish healthy lifestyle habits and methods of self-care as aligned in the dōTERRA Lifestyle Wellness Pyramid. The impact our Wellness Advocates have made in the lives of others is immense, and we look forward to continuing this legacy through our healthcare initiative. Our initiative in building dōTERRA clinics throughout the country stems from a love for essential oils and our Wellness Advocates, as well as an increasingly challenging healthcare environment where we know we can initiate positive change.

Regardless of your personal ideologies on healthcare itself, there are undeniable and progressively growing challenges in the current environment. Many patients and doctors are unsatisfied with a substandard level of care synonymous with high costs and ineffective treatments that address symptoms and not the root causes of health issues. Costs are increasing and outcomes are not improving in step. Aside from this, patients are simply not getting the time or care they need. **The aim of dōTERRA Healthcare is to provide a better experience for patients along with the possibility of improved fiscal efficiency, and better outcomes overall.**

DISRUPTION

dōTERRA is committed, through its healthcare initiative, to providing patients and doctors with something they have never had before: time. All too often patients and doctors miss out on building the relationship of trust and care necessary to address vital health issues. There is a better way to do healthcare, and that way includes the ease and value of access provided by dōTERRA clinics, as well as, a fully integrative approach where all the components of health are addressed.



▲ Dr. Hill at the clinic construction site in Pleasant Grove, Utah.



Rendering of the completed dōTERRA medical clinic

Optimum health requires attention to diet, physical activity, preventive measures of self-care including use of essential oils, and other lifestyle concerns which generally do not receive a lot of attention in the conventional healthcare model.

INTRODUCTION

The healthcare initiative is another way to share and spread the power of the essential oil experience. Through our integrative model, dōTERRA clinicians will be incorporating the use of essential oils into their clinical practices and providing more people education regarding their benefits and proper use, and promoting the experience of essential oils as a regular part of self-care. This is an opportunity for Wellness Advocates to work symbiotically with the clinics, by continuing to educate and share their experiences with others.

VALIDATION

While essential oils have been used for thousands of years, and recent research and findings have been increasing—there is still so much more to learn scientifically and clinically about these oils. The healthcare initiative is the single best way to gather clinical data about their efficacy. Human clinical trials are time consuming and expensive. The dōTERRA integrative healthcare model will provide invaluable real-world data and expand the possibilities for scientific research, as well as opportunities to publish and share this information on a larger scale. This is an unprecedented opportunity for substantiation and validation of the benefits of the CPTG® essential oil experience. The healthcare professionals in our clinics will be on the front-line of the most cutting edge essential oil research, helping to develop evidence-based clinical and personal usage models. We know our Wellness Advocates will enthusiastically share this newfound knowledge with others.

PARTICIPATION

Our clinics are designed with you in mind. While the clinics initially will be open to dōTERRA global campus employees, that is simply a starting point. Access to Wellness Advocates will shortly follow, with plans to open the clinics to the general public, and then add additional clinics. We love our Wellness Advocates and want to give them a place to experience holistic and integrative healthcare, and we can't wait to see first-hand the proliferation of knowledge and improvement in health outcomes.

A new model of healthcare: offering a better patient and practitioner experience, improved health outcomes at a price point accessible to more people, and expanded opportunities to share what all of you already know about the power of essential oils.

Neroli Touch

Aromatic Description: Sweet, floral, citrusy, fresh
Distillation Method: Steam
Plant Part: Flower
Origin: Egypt

When it comes to creating the Neroli essential oil (*Citrus x aurantium*), timing is everything. Due to the delicacy of the flower, it must be carefully handpicked to prevent bruising and excessive handling. Once picked from the tree, the flowers begin to lose their oil. To ensure quality and quantity, those who harvest the flowers need to quickly get them to the distillery.



How to use:

- ◆ Before starting your busy commute, inhale deeply for a pleasant relief from occasional anxious feelings.
- ◆ Apply to skin to soothe and reduce the appearance of blemishes.
- ◆ Inhale deeply before bed time to invoke positive feelings that will aid in a better night's sleep.
- ◆ Apply to neck and wrists for a beautiful personal fragrance.
- ◆ Apply to tense areas on the body for a relaxing and aromatic massage experience.

Fun Fact:

Due to the beautiful scent, Neroli is a key ingredient in many well-known colognes and perfumes.



Kenya

HOPE FOR TOMORROW

Kenya, a country five times the size of Ohio, is located in Eastern Africa and is bordered by Somalia, Tanzania, Uganda, and the Indian Ocean. Known for being one of the most successful agricultural regions in Africa, Kenya has allocated over 41 percent of their land for agricultural uses. This focus on agriculture has led to recent economic growth, that coupled with a stable democratic government, has lifted millions of Kenyan citizens from extreme poverty. However, despite this recent economic growth, many regions of the country still lack the resources needed to improve overall welfare.





Dynamic Welfare Index

In conjunction with a group supervised by Oxford University, dōTERRA® is working to monitor and evaluate farmers who have partnered with dōTERRA, as well as assessing dōTERRA projects and overall welfare of the region. In Kwale County, an area on the southern coast of Kenya, more than seven out of ten people live below the poverty line. (GDP per person is around \$1,450 annually with roughly 18 million people living on less than \$1.25 per day.) The Oxford University group has worked throughout Kwale County, measuring economic development indicators over time. With this information, the dōTERRA Co-Impact Sourcing® team can compare dōTERRA partner farmers to the existing data to observe any differences from the rest of the county (see graphic below).

Changing Lives

The unbearable living conditions in Kwale County brought fear to many people—especially women and young children. To obtain water, women traveled long distances through desolate areas, where they risked being assaulted or killed, and children could easily fall prey to crocodiles. The water gathered in these crocodile-infested rivers was often contaminated and salty from the ocean. To be safe for use, the water needed to be boiled and strained.

Now, the Co-Impact Sourcing initiative and the dōTERRA Healing Hands Foundation® have helped put an end to these fears and simplified the task of obtaining clean water for the people of Kwale County. A newly built dam now provides irrigation water for crops and prevents saltwater from the ocean flowing into the river. In addition, the dōTERRA Healing Hands Foundation drilled fresh water wells in local communities.

Living circumstances taken for granted in many other countries are now becoming realities for the Kenyan people. In addition to making clean water more accessible, dōTERRA has helped bring other seemingly

simple yet important projects to completion. This includes installing bathrooms with locking doors, and a community center that can be used for social events and farming education. dōTERRA also held a Days for Girls training, using kits assembled by Wellness Advocates during the 2017 dōTERRA convention. The first Days for Men was taught as well, focusing on educating young men about their maturing bodies and teaching them to respect women.

In cooperation with its sourcing partners, dōTERRA is doing far more than just paying farmers for their crops. Each farmer who partners with dōTERRA is entered into a database with GPS coordinates for their fields. The database also contains notes and information on their crops. Field officers travel to each farmer by motorcycle to gather this information, while also providing education on topics like crop protection, planting, and harvesting. Each farmer is also able to send and receive SMS messages to field officers for real-time feedback and answers to any questions they may have. This database and system are part of the dōTERRA Co-Impact Sourcing initiative, which is designed to enable each small farmer to succeed.

dōTERRA has found that a blend of small-scale farmers in addition to commercial farming results in a supply chain that delivers the required product volume while also enabling Co-Impact Sourcing initiatives to truly flourish. Lunga Lunga is a 300-acre commercial ginger farm that stands as a model for training individual farmers. Small-scale farmers are able to observe how ginger is successfully produced, and they can then take these best practices to their own farms. With three distilleries and a rich agricultural sector, Kenya has promising potential to source many more oils to dōTERRA in the future.



“We’re very excited about all the possibilities that will soon become realities in Kenya! We are literally creating an identity for the Kenyan people and giving them a hope for tomorrow that they never thought possible. This is how we break the cycle of poverty and raise nations through our Co-Impact Sourcing efforts.” —Emily Wright

▲ Celebrating a newly opened well.

The Forgotten People

The coast of Kenya is incredibly beautiful, which has led many wealthy officials in the city of Nairobi to buy large portions of land on the coast. However, as the country is still developing its property rights laws, people in this area fear their land could be taken at any time by wealthy officials. These native people who reside on the coast of Kenya are often called the “forgotten people”; many do not have official records with the government. While they have lived on their land for generations, they may not have official, legal ownership of their property.

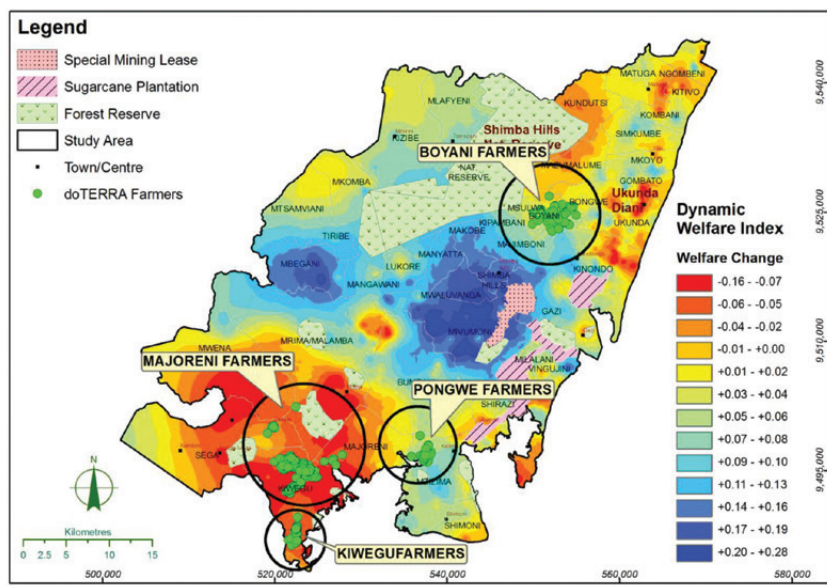
Because of these circumstances, it has proved difficult for dōTERRA and its partners to invest in Kenyan farmers with long-term crops, such as *Eucalyptus radiata* and others that will take three to five years to fully mature. These coastal farmers risk being legally forced off the land at any time. Finding farmers who can produce a clean title to their property or a certified lease has been challenging.

A Brighter Future

To assist these farmers and to secure lasting partnerships in the area, dōTERRA is in the process of helping Kenyan farmers acquire bank accounts, land, and recognition from the government. dōTERRA has purchased large amounts of land, which is then subleased to farmers for a period of time. The farmer grows crops on the leased land as a training and savings exercise. dōTERRA holds a portion of the farmer’s harvest payment each year on the farmer’s behalf; once the farmer has successfully grown

aromatic crops on land dōTERRA has leased to them for three to four years, they will have obtained enough money to purchase their own land.

During this process, dōTERRA plans to create bank accounts for these farmers and help them become recognized citizens of Kenya. As more farmers acquire clean property ownership and titles, they open the doors to long-term partnerships with dōTERRA. Creating stability and true economic growth in these regions is our mission. If you want to lift a nation, the people must be empowered.



Probiotics / Prebiotics

WHAT YOU NEED TO KNOW



If you aren't adding copious amounts of raw garlic to every entrée or topping your scrambled eggs with kimchi, you are behind the times. The latest market research suggests that probiotics will likely be the fastest growing segment in the dietary supplementation industry over the next decade, and it is easy to see why. Research into the gut microbiome, that complex system of bacteria and microbes that resides within our stomach, is beginning to make it even clearer how important our diets are to our health. And even more so, research is showing how important dietary supplementation, specifically of probiotics and prebiotics, may be for lifelong health and vitality.

Your Gut Bacteria and Your Health

The gut microbiome is progressively becoming of more interest to nutrition science researchers as we discover how those bacteria, archaea, viruses, and eukaryotic microbes that reside in our digestive systems influence health. Some of the hottest contemporary nutritional science research suggests that gut microbiota may influence how well we age, our emotional behaviors, cognitive function, and everyone's favorite topic: weight management. It's a fascinatingly complex and diverse environment, that gut of ours. According to *Nature*, the International Journal of Science, healthy adults typically house over 1,000 species of bacteria in their gut, and recent research suggests that we all fall into one of three enterotypes (our genetically inherent digestive population characteristics), which do not appear to have any connection to gender, age, nationality, or body mass index. Type 1 is characterized by high levels of Bacteroides, type 2 has a higher concentration of Prevotella, and type 3 shows significant numbers of gram-positive

Ruminococcus. Although there are a number of lifestyle-related factors in the composition of your digestive ecosystem (especially dietary behaviors), it is largely genetic and, according to the latest research, may be highly influential in how your body responds to different dietary input and what dietary behaviors may be best for you to reach optimum health. Individualized probiotic and prebiotic regimens may be the future of dietary supplementation.

Probiotic vs. Prebiotic

Although often used interchangeably and working synergistically in the gut, probiotics and prebiotics are vastly different things. Probiotics are the healthy bacteria that have everyone rushing to stock up on Greek yogurt and experiment with new fermented foods. Dense and active probiotic populations have been linked to digestive, endocrine, and immune system health, and improved overall well-being. Prebiotics are non-digestible carbohydrates—basically a classification of

fiber—that are the nutritional sustenance for the lactobacilli and bifidobacteria in your digestive tract. Garlic, asparagus, onions, artichokes and other whole, roughage-dense foods are full of those oligosaccharides that your gut bacteria feeds off of to induce its health-benefitting magic. Recent research suggests that prebiotic intake is closely associated with healthy inflammatory response, dietary bioavailability (allowing our bodies to get the most nutrition out of the food we eat), and the support of healthy metabolism. Of course, if you don't have the intestinal volume to handle a bowl of vegetables the size of a large pizza for lunch, and if a side of random fermented foods with dinner doesn't sound too appetizing, supplementing your diet 10 days a month with **PB Assist®+ Probiotic Defense Formula** is exactly what you need. For daily support, **PB Assist® Jr** provides 5 billion live cells of a unique blend of six different probiotic strains and prebiotic fructooligosaccharides in a strawberry melon flavor that your kids will love, but it can also help you foster a healthy balance of intestinal microflora.*

There is more to a diet focused on whole, unprocessed foods than nutrient density. Those foods help provide the probiotics and prebiotics necessary to regulate the population of our gut microbiome, which has health implications that nutritional science is just beginning to understand. To support overall health and well-being, try a monthly gut health regimen that includes **PB Assist+ Probiotic Defense Formula** and don't forget to complement your daily lunch with a serving of **PB Assist Jr**.*

COMMON GARDENING MISTAKES & How to Avoid Them

Starting a garden can sometimes become more of a challenge than initially expected. If you're anything like most first-time gardeners, you're bound to make a few mistakes as you learn along the way. We talked to Rick Lattin, a generational organic farmer from Fallon, Nevada, to outline some common issues and how to avoid them.

MISTAKE I:

Overcrowding

Differentiate between upright growing plants and vining crops (like melons or cucumbers). Vining crops usually require more space: three to five feet between plants in rows at least three to four feet and sometimes more apart.

Transplants have different spacing based on size and growing conditions of the specific crop. Tomatoes, the most common transplant, usually need an area of at least two feet in each direction. Peppers can be planted closer together. When planting small seeds like beets, carrots, and turnips, thin them to about two inches per plant—they will ripen faster and have less problems caused by overcrowding.

Other resources to check:

1. Many seed packages have spacing info.
2. A good seed catalog like Johnny's Seeds. They have online suggestions for growing a variety of plants, and their catalog has transplant and seed placement information.
3. Your state's Cooperative Extension Services (available in all states). They have good gardening information and know the local conditions.



MISTAKE II:

Over or under watering

The most important advance for home gardeners and farmers alike is drip irrigation. A system of tubes, valves, and emitters allows you to put the water where the plant needs it. You can easily find all the supplies you need at your local hardware or gardening store.

When you water, start with well composted soil that will hold water. Avoid watering in the middle of the day, and have your system on a timer so that it's consistent. Check the soil on a regular basis by digging down a few inches and grabbing a small handful of soil. It's best if you can make it into a small ball that sticks together and is not dry. If you can squeeze water out it is too wet, but if it crumbles and won't stay together it is too dry.

Keep in mind that different plants at different stages require you to give them more or less water. Melons with their large vines require much more water as they start to yield fruit. Check your plants often to pick up on when this is happening and up your irrigation. On the other hand, as some plants start to fill with ripe fruit it is often better to stress the plant a little by giving it less water. This helps bring out the flavor in some crops like tomatoes.

One of the biggest problems with over and under watering comes with not spending enough time in your garden. Get to know your plants—visit and talk to them daily if possible.



MISTAKE III:

What to grow from seeds or transplants

The rule of thumb is that plants that grow quickly and are good at sprouting should grow from seeds, while anything else can do well as a transplant, which is essentially a baby plant sold in a pot or a pack of four or six.

Seeds: Most of the greens (lettuce, etc.), carrots, beets, turnips, radishes and similar crops.

Transplants: Tomatoes, peppers, and eggplants. Broccoli, kale, cauliflower, and cabbage also handle transplanting very well.

Both: Melons and squashes can be transplanted. But, the only melon that is very difficult to grow from seed is the seedless watermelon—they do better as transplants.

FERTILIZER:

If you're worried about your soil quality, get your soil tested by someone that can interpret the test for you and make suggestions for fertilizer. Most Cooperative Extension offices offer soil testing for area gardeners. A rule of thumb: if you are buying compost rather than making it yourself, put a covering at least two inches deep over your soil and work it into the soil.

Home gardeners can improve their gardens by adding compost and letting part of your garden take a rest by planting cover crops (like oats, alfalfa, or garden peas) between growing seasons, then rake or plow the crop into the soil. This adds vital nutrients like nitrogen. Many organic gardeners use cover crops and composted chicken manure to add a greater variety of nutrients.

PESTS:

The most general thing to do for any bug problem is to keep the garden area clean and free of debris and hiding places for pests. **Peppermint, Clove, Cedarwood, Geranium, Lemongrass, Rosemary, or Arborvitae** essential oils also repel bugs naturally. Put 10 drops of any of these oils in a spray bottle with water (preferably when the weather is not very hot) and spray the areas of concern.

But when it comes to specifics, here's how to get rid of three main pests:

1. **Aphids.** Use a neem oil based spray. This natural method is easy on plants, but gets rid of the aphids. Aphids can also be controlled to a certain extent by planting some "trap crops" like Alyssum, dill, and yarrow around the garden that attract the aphids instead.
2. **Squash bugs.** Squash bugs can survive cold winters and hide almost anywhere. Check for eggs on the underside of the leaves of the plants (they are usually orange in color) and squish them before they hatch. Organic growers also plant on the outside of their squash or pumpkin crops other varieties that the bugs prefer. (Believe it or not, squash bugs prefer Hubbard squashes.)
3. **Spider mites.** They love dry areas and dust. Try to control by misting the plants—water bothers them. Keep cars that stir up dust as far as possible from your plants.



17 WAYS TO USE dōTERRA ON GUARD® SANITIZING MIST



1 PUBLIC TRANSPORTATION

Apply to hands before or after touching public surfaces such as handles, straps, poles, or signal buttons.

2 PHONES

Apply 1-2 mists to hands after phone use, particularly after talking on someone else's phone.

3 HANDLES, SWITCHES, AND BUTTONS

Although these objects are used daily, how often do you think they get cleaned? After touching door handles, light switches, elevator buttons, etc., apply 1-2 mists to hands.

4 MONEY

Apply 1-2 mists after handling dollar bills and coins.

5 TRAVELING

Bring dōTERRA On Guard Sanitizing Mist on your travels. Mist your hands during your flight, at the airport, or any public place where you can be exposed to a wide variety of germs.

6 DOCTORS' OFFICES

Apply to hands before and after a visit to the doctor's to cleanse the skin of any potential germs or bacteria.

7 CAMPING

Bring dōTERRA On Guard Sanitizing Mist on your next campout and apply before eating, after using the restroom, or after touching camping equipment.

8 SHOPPING

Use after touching shopping cart handles, card readers, meat trays, and any potentially harmful surfaces.

9 NURSERIES

After children play with toys or attend a nursery with other children, apply one mist to their hands to sanitize and refresh.

10 EATING OUT

Bring on a night out, not only to sanitize your hands before eating, but also in case of a sticky, greasy menu or dirty utensil handles.

11 SOCIAL EVENTS

Apply after meeting with individuals and shaking hands, whether it's in business meetings, interviews, or religious events.

12 GYM

Apply to hands after a gym workout where you are touching weights, locker doors, and handles while adjusting equipment.

13 SPORTS

Whether you are on a sports team or play sports for recreation, you're guaranteed to end up touching a variety of surfaces. Apply dōTERRA On Guard Sanitizing Mist after handling equipment, shaking teammates hands, using the locker room, etc.

14 PORTABLE TOILETS

If you happen to find yourself in a situation without running water, dōTERRA On Guard Sanitizing Mist will come to your rescue. Apply 1-2 mists to hands to eliminate any potential germs or bacteria.

15 PLAYGROUNDS

You never know who or what has touched public playgrounds. Apply 1-2 mists to your children's hands after they play on monkey bars, ladders, climbing walls, etc.

16 TISSUES

When you're feeling under the weather, sanitize your hands after blowing your nose or tossing used tissues in the trash.

17 SCHOOL

Children can bring home things worse than bad grades. After a day of sharing a desk with another student, borrowing pencils, or using public books, encourage them to get in the habit of applying dōTERRA On Guard Sanitizing Mist to their hands as soon as they get in the car after school or arrive home.

SPRING CLEANING WITH ESSENTIAL OILS:

BOOST YOUR CLEANING POWER WITH THESE ESSENTIAL OIL DIYS FOR A SAFE AND NATURAL ALTERNATIVE THAT WILL LEAVE YOUR HOUSE SMELLING FRESH.

CARPET REFRESHER

What You'll Need

- 1 cup baking soda
- 25 drops Lemon essential oil

Directions:

1. Combine ingredients in a bowl and mix well.
2. Transfer to a jar with a mesh lid, and let sit for 8 hours.
3. Shake on stale carpet; let sit overnight.
4. Vacuum in the morning.

ALL-PURPOSE CLEANER

What You'll Need

- 2 cups water
- 1½ cups vinegar
- 1 teaspoon all-natural dish soap
- 10 drops Lemon essential oil
- 5 drops Melaleuca essential oil
- 10 drops dōTERRA On Guard

Directions:

1. Combine all ingredients in spray bottle; shake well.
2. Spray where desired.

For more essential oil cleaning DIYS, visit doterra.com/US/en/blog-products.

TUB AND SHOWER CLEANING GEL

What You'll Need

- 1 cup vinegar
- ½ cup all-natural dish soap
- 10 drops Lemon essential oil

Directions:

1. Combine in squeeze bottle; shake well.
2. Squeeze on desired area; scrub and let sit for 2 hours.
3. Wash away residue.

STOVE SCRUB

What You'll Need

- ¼ cup all-natural dish soap
- 1 cup baking soda
- 15 drops Citrus Bliss

Directions:

1. Combine in small jar and let sit for 1 hour.
2. Scrub on stove with sponge and let sit.
3. Wipe away with a wet cloth.

MIRROR AND WINDOW CLEANER

What You'll Need

- 2 cups water
- ½ cup vinegar
- ½ cup baking soda
- ¼ cup hydrogen peroxide
- ¼ cup all-natural dish soap
- 15 drops Eucalyptus essential oil

Directions:

1. Combine in spray bottle and spray where desired.
2. Wipe away with paper towel for a streak-free finish.



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.

ARBORVITAE ESSENTIAL OIL <i>Thuja plicata</i> A T N 49360001 5mL \$29.33 retail \$22.00 whl 22 PV	BASIL ESSENTIAL OIL <i>Ocimum basilicum</i> A T I N 30010001 15mL \$26.67 retail \$20.00 whl 20 PV	BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i> A T I S 30790001 15mL \$36.67 retail \$27.50 whl 27.5 PV	BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i> A T I S 41040001 5mL \$29.33 retail \$22.00 whl 22 PV	BLUE TANSY <small>NEW!</small> ESSENTIAL OIL <i>Tanacetum annuum</i> A T N 60203383 5mL \$126.67 retail \$95.00 whl 95 PV <small>May stain surfaces, clothing, skin</small>
CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i> A T I N 49350001 5mL \$34.67 retail \$26.00 whl 26 PV	CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i> A T I D 30020001 15mL \$25.33 retail \$19.00 whl 19 PV	CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i> A T S 49300001 15mL \$17.33 retail \$13.00 whl 13 PV	CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i> A T I N 41850001 15mL \$34.67 retail \$26.00 whl 26 PV	CINNAMON BARK ESSENTIAL OIL <i>Cinnamomum zeylanicum</i> A T I D 30030001 5mL \$28.00 retail \$21.00 whl 21 PV
CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i> A T I N 30420001 15mL \$48.67 retail \$36.50 whl 36.5 PV	CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i> A T I D 30040001 15mL \$18.67 retail \$14.00 whl 14 PV	COPAIBA <small>NEW!</small> ESSENTIAL OIL <i>Copaifera spp.</i> A T I S 60202178 15mL \$46.67 retail \$35.00 whl 35 PV	CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i> A T I N 30780001 15mL \$34.67 retail \$26.00 whl 26 PV	CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i> A T N 30050001 15mL \$20.67 retail \$15.50 whl 15.5 PV
DOUGLAS FIR ESSENTIAL OIL <i>Pseudotsuga menziesii</i> A T N 31590001 5mL \$26.00 retail \$19.50 whl 19.5 PV	EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i> A T S 30060001 15mL \$18.67 retail \$14.00 whl 14 PV	FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i> A T I S 41290001 15mL \$20.00 retail \$15.00 whl 15 PV	FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i> A T I N 30070001 15mL \$93.00 retail \$69.75 whl 69.75 PV	GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i> A T I S 30090001 15mL \$36.00 retail \$27.00 whl 27 PV
GINGER ESSENTIAL OIL <i>Zingiber officinale</i> A T I S 31630001 15mL \$52.00 retail \$39.00 whl 39 PV	GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i> A T I N 30100001 15mL \$21.33 retail \$16.00 whl 16 PV	HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i> A T I N 30410001 5mL \$100.00 retail \$75.00 whl 75 PV	JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i> A T I N 49290001 5mL \$25.33 retail \$19.00 whl 19 PV	LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i> A T I N 30110001 15mL \$28.00 retail \$21.00 whl 21 PV
LEMON ESSENTIAL OIL <i>Citrus limon</i> A T I N 30120001 15mL \$13.33 retail \$10.00 whl 10 PV	LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i> A T I S 30130001 15mL \$13.33 retail \$10.00 whl 10 PV	LIME ESSENTIAL OIL <i>Citrus aurantifolia</i> A T I S 30870001 15mL \$17.33 retail \$13.00 whl 13 PV	MARJORAM ESSENTIAL OIL <i>Origanum majorana</i> A T I N 30140001 15mL \$25.33 retail \$19.00 whl 19 PV	MELALEUCA (TEA TREE) ESSENTIAL OIL <i>Melaleuca alternifolia</i> A T N 30150001 15mL \$25.33 retail \$19.00 whl 19 PV
MELISSA ESSENTIAL OIL <i>Melissa officinalis</i> A T I N 30850001 5mL \$180.00 retail \$135.00 whl 135 PV	MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i> A T I N 30160001 15mL \$69.33 retail \$52.00 whl 52 PV	OREGANO ESSENTIAL OIL <i>Origanum vulgare</i> A T I D 30180001 15mL \$32.00 retail \$24.00 whl 24 PV	PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i> A T I N 30890001 15mL \$39.33 retail \$29.50 whl 29.5 PV	PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i> A T I S 30190001 15mL \$27.33 retail \$20.50 whl 20.5 PV
PEPPERMINT BEADLET 31570001 125 ct. \$15.33 retail \$11.50 whl 11.5 PV	PETITGRAIN ESSENTIAL OIL <i>Citrus aurantium</i> A T I S 49520001 15mL \$34.67 retail \$26.00 whl 26 PV	ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i> A T I N 30800001 5mL \$60.00 retail \$45.00 whl 45 PV	ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i> A T N 30200001 15mL \$18.67 retail \$14.00 whl 14 PV	SANDALWOOD ESSENTIAL OIL <i>Santalum album</i> A T I N 30210001 5mL \$82.33 retail \$61.75 whl 61.75 PV

SANDALWOOD, HAWAIIAN ESSENTIAL OIL <i>Santalum paniculatum</i> A T N 41860001 5mL \$82.33 retail \$61.75 whl 61.75 PV	SIBERIAN FIR <small>NEW!</small> ESSENTIAL OIL <i>Abies sibirica</i> A T I N 60203125 15mL \$26.66 retail \$20.00 whl 20 PV	SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i> A T I S 31610001 15mL \$38.67 retail \$29.00 whl 29 PV	SPIKENARD ESSENTIAL OIL <i>Nardostachys jatamansi</i> A T N 49510001 5mL \$66.00 retail \$49.50 whl 49.5 PV	TANGERINE <small>NEW!</small> ESSENTIAL OIL <i>Citrus reticulata</i> A T I N 49440001 15mL \$20.00 retail \$15.00 whl 15 PV
THYME ESSENTIAL OIL <i>Thymus vulgaris</i> A T I D 30220001 15mL \$36.67 retail \$27.50 whl 27.5 PV	VETIVER ESSENTIAL OIL <i>Vetiveria zizanioides</i> A T I N 30430001 15mL \$46.00 retail \$34.50 whl 34.5 PV	WILD ORANGE ESSENTIAL OIL <i>Citrus sinensis</i> A T I N 30170001 15mL \$14.00 retail \$10.50 whl 10.5 PV	WINTERGREEN ESSENTIAL OIL <i>Gaultheria fragrantissima</i> A T S 31620001 15mL \$25.33 retail \$19.00 whl 19 PV	YLANG YLANG ESSENTIAL OIL <i>Cananga odorata</i> A T I N 30240001 15mL \$47.00 retail \$35.25 whl 35.25 PV

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 15mL \$34.67 retail \$26.00 whl 26 PV	dōTERRA BALANCE® GROUNDING BLEND A T N 31010001 15mL \$26.67 retail \$20.00 whl 20 PV	dōTERRA BREATHE® RESPIRATORY BLEND A T S 60200190 15mL \$26.66 retail \$20.00 whl 20 PV	CITRUS BLISS® INVIGORATING BLEND A T N 31020001 15mL 20.00 retail \$15.00 whl 15 PV	CLARYCALM® MONTHLY BLEND FOR WOMEN A T N 49480001 10mL \$32.67 retail \$24.50 whl 24.5 PV
DEEP BLUE® SOOTHING BLEND T S 60200143 5mL \$42.67 retail \$32.00 whl 32 PV	DEEP BLUE® SOOTHING BLEND T S 60200144 10mL \$85.33 retail \$64.00 whl 64 PV	DIGESTZEN® DIGESTIVE BLEND A T I N 31030001 15mL \$41.33 retail \$31.00 whl 31 PV	ELEVATION JOYFUL BLEND A T N 31040001 15mL \$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 10mL \$46.00 retail \$34.50 whl 34.5 PV	dōTERRA ON GUARD® PROTECTIVE BLEND A T I S 31100001 15mL \$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 10mL \$24.67 retail \$18.50 whl 18.5 PV
PURIFY CLEANSING BLEND A T N 31060001 15mL \$24.00 retail \$18.00 whl 18 PV	dōTERRA SERENITY® RESTFUL BLEND A T N 49530001 15mL \$40.00 retail \$30.00 whl 30 PV	SLIM & SASSY® METABOLIC BLEND A T I S 31370001 15mL \$32.67 retail \$24.50 whl 24.5 PV	TERRASHIELD® OUTDOOR BLEND A T N 31700001 15mL \$12.67 retail \$10.50 whl 10.5 PV	TERRASHIELD® SPRAY BOTTLE 31600001 30mL bottle \$26.00 retail \$19.50 whl 17 PV
WHISPER® BLEND FOR WOMEN A T N 31080001 5mL \$32.00 retail \$24.00 whl 24 PV	ZENDOCRINE® DETOXIFICATION BLEND A T I S 31460001 15mL \$32.67 retail \$24.50 whl 24.5 PV	APPLICATION METHODS A Can be used aromatically T Can be use topically I Can be used internally SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)		

TOUCH BLENDS



dōTERRA TOUCH® KIT

Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, this kit makes application simple with 10mL 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 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 | six 10mL roll-on bottles
\$133.33 retail | \$100.00 wholesale | 100 PV

 <p>dōTERRA BREATHE® TOUCH BLEND A T N 60200192 10mL roll-on \$17.33 retail \$13.00 whl 13 PV</p>	 <p>dōTERRA CHEER® TOUCH BLEND UPLIFTING BLEND A T N 60200146 10mL roll-on \$21.67 retail \$16.25 whl 16.25 PV</p>	 <p>dōTERRA CONSOLE® TOUCH BLEND COMFORTING BLEND A T N 60200147 10mL roll-on \$32.00 retail \$24.00 whl 24 PV</p>
 <p>DEEP BLUE® TOUCH BLEND A T N 60200145 10mL roll-on \$55.67 retail \$41.75 whl 41.75 PV</p>	 <p>DIGESTZEN® TOUCH BLEND A T N 60200223 10mL roll-on \$27.00 retail \$20.25 whl 20.25 PV</p>	 <p>dōTERRA FORGIVE® TOUCH BLEND RENEWING BLEND A T N 60200148 10mL roll-on \$17.33 retail \$13.00 whl 13 PV</p>
 <p>FRANKINCENSE TOUCH BLEND A T N 60200224 10mL roll-on \$60.67 retail \$45.50 whl 45.5 PV</p>	 <p>JASMINE <small>NEW!</small> TOUCH BLEND A T N 60201812 10mL roll-on \$56.00 retail \$42.00 whl 42 PV</p>	 <p>LAVENDER TOUCH BLEND A T N 60200225 10mL roll-on \$18.33 retail \$13.75 whl 13.75 PV</p>
 <p>MELALEUCA (TEA TREE) TOUCH BLEND A T N 60200226 10mL roll-on \$16.67 retail \$12.50 whl 12.5 PV</p>	 <p>dōTERRA MOTIVATE® TOUCH BLEND ENCOURAGING BLEND A T N 60200149 10mL roll-on \$20.00 retail \$15.00 whl 15 PV</p>	 <p>NEROLI <small>NEW!</small> TOUCH BLEND A T N 60201817 10mL roll-on \$62.67 retail \$47.00 whl 47PV</p>
 <p>dōTERRA ON GUARD® TOUCH BLEND A T N 60200142 10mL roll-on \$28.00 retail \$21.00 whl 21 PV</p>	 <p>OREGANO TOUCH BLEND A T N 60200227 10mL roll-on \$21.00 retail \$15.75 whl 15.75 PV</p>	 <p>dōTERRA PASSION® TOUCH BLEND INSPIRING BLEND A T N 60200150 10mL roll-on \$36.33 retail \$27.25 whl 27.25 PV</p>
 <p>dōTERRA PEACE® TOUCH BLEND REASSURING BLEND A T N 60200151 10mL roll-on \$24.33 retail \$18.25 whl 18.25 PV</p>	 <p>PEPPERMINT TOUCH BLEND A T N 60200228 10mL roll-on \$18.00 retail \$13.50 whl 13.5 PV</p>	 <p>ROSE <small>NEW!</small> TOUCH BLEND A T N 60201813 10mL roll-on \$100.00 retail \$75.00 whl</p>

ESSENTIAL OIL KITS



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.

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

60202944 | six 5mL bottles
\$212.00 retail | \$159.00 wholesale | 150 PV



dōTERRA MOTIVATE®
ENCOURAGING BLEND
A T S
31740001 | 5mL bottle
\$30.67 retail | \$23.00 whl
23 PV



dōTERRA PASSION®
INSPIRING BLEND
A T S
31760001 | 5mL bottle
\$56.00 retail | \$42.00 whl
42 PV



dōTERRA FORGIVE®
RENEWING BLEND
A T S
31750001 | 5mL bottle
\$26.67 retail | \$20.00 whl
20 PV



dōTERRA CHEER®
UPLIFTING BLEND
A T S
31720001 | 5mL bottle
\$33.33 retail | \$25.00 whl
25 PV



dōTERRA CONSOLE®
COMFORTING BLEND
A T N
31730001 | 5mL bottle
\$49.33 retail | \$37.00 whl
37 PV



dōTERRA PEACE®
REASSURING BLEND
A T N
31710001 | 5mL bottle
\$37.33 retail | \$28.00 whl
28 PV



dōTERRA YOGA COLLECTION NEW!

An exclusive trio of CPTG® essential oil blends designed by dōTERRA for the yogi in you. dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise are the perfect blends to enhance your life and yoga practice. These blends provide aromas to steady, center, and enlighten your spirit through every breath while strengthening and stretching your body.

60203244 | three 5mL bottles
\$69.33 retail | \$52.00 wholesale | 50 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 5mL bottles of essential oils
Lavender Lemon Peppermint
- List of suggested uses for each oil

60202952 | three 5mL bottles
\$26.67 retail | \$20.00 wholesale | 15 PV



AROMATOUGH® TECHNIQUE KIT

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

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

60202945 | eight 5mL bottles, one 4 oz bottle
\$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 5mL 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

60202951 | ten 5mL bottles
\$166.67 retail | \$125.00 wholesale | 115 PV

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

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	
\$62.67 retail	\$47.00 wholesale 20 PV



LUMO DIFFUSER

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

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

60203080	
\$93.33 retail	\$70.00 wholesale 40 PV



AROMA LITE DIFFUSER

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

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

33130001	
\$119.93 retail	\$89.95 wholesale 40 PV



LOTUS DIFFUSER

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

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

33160001	
\$119.93 retail	\$89.95 wholesale 40 PV

dōTERRA Healing Hands FOUNDATION

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



dōTERRA® SPA ROSE HAND LOTION

dōTERRA SPA Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. 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

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

- Easily blend with your favorite essential oil for a customized aromatic experience

60200879	10mL 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

dōTERRA 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® PROTECTIVE BLEND TOP SELLER



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

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

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

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

- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush

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

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

39000001	10 samples, 2 g each
\$4.67 retail	\$3.50 wholesale 0 PV

dōTERRA ON GUARD® PROTECTING THROAT DROPS

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

- Helps calm and soothe occasional dry, scratchy throats
- Features the immune-supporting properties of dōTERRA On Guard Protective Blend*
- Formulated with 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 10mL of dōTERRA On Guard Protective Blend (over \$28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle

39020001	32 fl oz
\$36.67 retail	\$27.50 wholesale 20 PV

dōTERRA ON GUARD® BEADLETS

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

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

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

dōTERRA ON GUARD® NEW! SANITIZING MIST

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

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

60201944	0.9 fl oz/27mL
\$8.67 retail	\$6.50 wholesale 5 PV

dōTERRA ON GUARD®+ SOFTGELS

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

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

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

dōTERRA ON GUARD® CLEANER CONCENTRATE

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

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

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

* 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

T | S

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

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

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

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

DEEP BLUE® RUB SOOTHING LOTION

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

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

38900001	4 fl oz/120mL
\$39.00 retail	\$29.25 wholesale 29.25 PV

32-OUNCE BOTTLE

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

DEEP BLUE® RUB SAMPLES

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

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

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

DEEP BLUE POLYPHENOL COMPLEX®

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

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

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



dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND

A | T | S

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

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

60200190	15mL 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 a cooling, soothing effect

60200878	.4 oz/12.5 g
\$11.33 retail	\$8.50 wholesale 5 PV

dōTERRA SERENITY® PRODUCTS



dōTERRA SERENITY® SOFTGELS RESTFUL COMPLEX

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

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

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

MADE WITH VEGETARIAN SOFTGELS



dōTERRA SERENITY® RESTFUL BLEND

A | T | N

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

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

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

HAIR CARE



dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

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

36280001	70 PV
\$103.33 retail	\$77.50 wholesale

dōTERRA SALON ESSENTIALS® PROTECTING SHAMPOO

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

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

36220001	8.46 fl oz/250mL
\$26.00 retail	\$19.50 wholesale 19.5 PV

60201185	32 fl oz/946mL
\$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/250mL
\$30.67 retail	\$23.00 wholesale 23 PV

60201225	32 fl oz/946mL
\$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.

- Provides immediate conditioning, smoothing, and shine
- Contains protective lipids to nourish and moisturize hair and scalp

49050001	1 fl oz/30mL
\$46.67 retail	\$35.00 wholesale 35 PV



SHAMPOO/CONDITIONER SAMPLES

36390001	10 companion sets
\$11.33 retail	\$8.50 wholesale 0 PV

dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

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

- Light hold for perfect, soft style
- Provides immediate conditioning, smoothing, and shine
- Helps keep hair looking healthy, even when exposed to sunlight and blow drying
- Heat activated conditioning and thermal protection

36270001	4 fl oz/120mL
\$24.00 retail	\$18.00 wholesale 15 PV



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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dōTERRA® SPA



REFRESHING BODY WASH

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

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

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

REPLENISHING BODY BUTTER

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

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

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

DETOXIFYING MUD MASK

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

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

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

HAND AND BODY LOTION

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

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

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

HAND AND BODY LOTION 3-PACK

60200498	
\$50.67 retail	\$38.00 wholesale 30 PV

CITRUS BLISS® HAND LOTION

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

- The Citrus Bliss essential oil blend's refreshing aroma is energizing and uplifting
- 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

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

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin

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

LIP BALM

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

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

ORIGINAL

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

TROPICAL

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

HERBAL

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

LIP BALM VARIETY 3-PACK

37570001	
\$20.00 retail	\$15.00 wholesale 10 PV

MOISTURIZING BATH BAR

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

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

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

dōTERRA SPA BATH BAR 3-PACK

37560001	
\$19.33 retail	\$14.50 wholesale 10 PV

dōTERRA SERENITY® CALMING BATH BAR

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

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

SKIN CARE



HD CLEAR® TOPICAL BLEND



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

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

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

HD CLEAR® KIT

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

42700001	SAVE \$40.00 RETAIL
\$61.33 retail	\$46.00 wholesale 40 PV

VERÁGE® SKIN CARE COLLECTION

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

42690001	SAVE \$74.00 RETAIL
\$112.66 retail	\$84.50 wholesale 70 PV

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
- Easy mist application

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



HD CLEAR® FACIAL LOTION

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

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

49410001	50mL/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	50mL/1.7 fl oz
\$28.00 retail	\$21.00 wholesale 21 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	60mL / 2 fl oz
\$33.33 retail	\$25.00 wholesale 25 PV

VERÁGE® IMMORTELLE HYDRATING SERUM

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

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin

37400001	15mL/.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

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

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FACIAL CLEANSER NEW FORMULA!

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

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

INVIGORATING SCRUB NEW FORMULA!

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

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

PORE REDUCING TONER NEW FORMULA!

Formulated to visibly reduce the appearance of pores, dōTERRA Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade® essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin while innovative fruit and plant extracts tone and balance the skin, increase hydration, and visibly reduce the appearance of pores to support a healthy-looking complexion.

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

BRIGHTENING GEL NEW!

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

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



TIGHTENING SERUM NEW FORMULA!

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

60201752	1 fl oz/30mL
\$66.00 retail	\$49.50 wholesale 49.5 PV

ANTI-AGING EYE CREAM NEW!

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

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

ANTI-AGING MOISTURIZER

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

60201750	1.7 fl oz/50mL
\$46.00 retail	\$34.50 wholesale 34.5 PV

HYDRATING CREAM NEW FORMULA!

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

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

IMMORTELLE ANTI-AGING BLEND

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

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

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

PERSONAL CARE



NATURAL DEODORANT

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

- Cypress, Melaleuca (Tea Tree), Cedarwood, and Bergamot essential oils provide purifying benefits, helping to reduce underarm odor
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy

37420001	1.7 oz/50 g
\$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.

- Keeps skin clean while recovering from distress
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca (Tea Tree), Cedarwood, and Lavender

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

WOMEN'S HEALTH



WOMEN'S HEALTH KIT

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

3525	\$92.67 retail	\$69.50 wholesale	60 PV
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PHYTOESTROGEN ESSENTIAL COMPLEX

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

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

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



BONE NUTRIENT ESSENTIAL COMPLEX

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

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

35240001	120 capsules
\$23.33 retail	\$17.50 wholesale 12 PV



CLARYCALM® MONTHLY BLEND FOR WOMEN

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

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Apply to skin for a cooling, soothing effect
- Calming aroma

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

CHILDREN'S HEALTH

dōTERRA a2z CHEWABLE™

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

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

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

IQ MEGA®

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

- Provides over 1,500 mg of Omega-3s per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with dōTERRA a2z Chewable tablets

34490001	150mL
\$46.00 retail	\$34.50 wholesale 30 PV

PB ASSIST® JR

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

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

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



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DAILY VITALITY



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

21480001		
\$106.00 retail	\$79.50 wholesale	60 PV



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

60201121		
\$119.33 retail	\$89.50 wholesale	60 PV



MICROPLEX VMz® FOOD NUTRIENT COMPLEX
dōTERRA Microplex VMz is a food nutrient formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A,C, and E, and a B-vitamin complex
- Contains food-derived minerals and organic trace minerals to support bone and metabolic health*
- Optimizes nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach*

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



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

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

35360001	120 softgels	
\$66.00 retail	\$49.50 wholesale	49.5 PV



vEO MEGA® ESSENTIAL OIL OMEGA COMPLEX
vEO Mega is a revolutionary, 100 percent vegetarian-friendly formula blending CPTG Certified Pure Therapeutic Grade® essential oils with natural plant-sourced essential fatty acids.

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

34480001	120 softgels	
\$66.00 retail	\$49.50 wholesale	49.5 PV



ALPHA CRS®+ CELLULAR VITALITY COMPLEX
Provides antioxidant protection to cellular DNA and other critical cell structures.*

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

35370001	120 Vegetable Capsules	
\$92.67 retail	\$69.50 wholesale	69.5 PV



PERSONALIZED WELLNESS PROGRAM

Customize and Save

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

BUY 1 dōTERRA LIFELONG VITALITY PACK OR dōTERRA DAILY NUTRIENT PACK



\$79.50 wholesale
60 PV



\$89.50 wholesale
60 PV



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



DIGESTZEN® SOFTGELS

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

35430001	60 vegetarian softgels	
\$26.00 retail	\$19.50 wholesale	15 PV



DIGESTTAB® 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	15mL 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	30mL 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.

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



SLIM & SASSY® **SOFTGELS**

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

- Enhances metabolism*
- Helps manage hunger cravings*
- Promotes healthy digestion*

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



SLIM & SASSY®
METABOLIC GUM

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

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

60200347	32 pieces
\$11.33 retail	\$8.50 wholesale 5 PV



SLIM & SASSY® **TRIMSHAKE**

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

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



SLIM & SASSY® **V SHAKE**

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

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

35440001	
\$52.67 retail	\$39.50 wholesale 25 PV



SLIM & SASSY® **TRIM KIT**

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

40770001	1 Chocolate, 1 Vanilla
\$200 retail	\$150 wholesale 125 PV
3528	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

ENROLLMENT KITS



NATURAL SOLUTIONS

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

60200543	\$228.95 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 15mL, The dōTERRA Essentials Booklet

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



AROMATOUCH DIFFUSED

AromaTouch® Technique Kit, Petal Diffuser, The dōTERRA Essentials Booklet

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



HOME ESSENTIALS

- **15mL bottles:** Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Breathe®, DigestZen®, dōTERRA On Guard®
- **5mL bottle:** Deep Blue®
- **Other Products:** Petal Diffuser, The dōTERRA Essentials Booklet

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



NEW LOOK!

EMOTIONAL AROMATHERAPY DIFFUSED KIT

- **5mL bottles:** dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Passion®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Peace®
- **Other Products:** Lumo Diffuser, The dōTERRA Essentials Booklet

21310001	\$69.00 Savings
\$260.00 retail	\$195.00 wholesale 145 PV



NEW LOOK!

FAMILY ESSENTIALS KIT AND BEADLETS

Family Essentials Kit, Peppermint Beadlets, dōTERRA On Guard® Beadlets, The dōTERRA Essentials Booklet

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

For additional enrollment kit options visit doterra.com

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

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SALT LAKE CITY, UTAH



REVEAL

Facial System

Peel *to* **Reveal**
Your Youthful Skin



Reveal
Facial System

37340001 | two 1.7 oz tubes
\$80.00 retail | \$60.00 wholesale | 60 PV



dōTERRA®

CPTG Certified Pure Therapeutic Grade®