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**dōTERRA PRODUCT GUIDE** (see pages 34-51)

# Generating Jobs

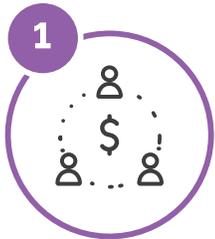
Take a look at our first sourcing principle in action in Nepal, where we source Wintergreen.

Over 1,100 jobs supported in Nepal through dōTERRA sourcing efforts.

In Nepal, Wintergreen is creating jobs for women and opening doors of access to education, improved nutrition, doctors, and medicine. Our partnership with Nepalese growers and families is an exciting circle of mutual benefit; they skillfully nurture and harvest their native crop, which allows us to distill the purest, most potent Wintergreen oil.

**Oils sourced from Nepal:** Wintergreen, Spikenard, and Turmeric

## Sourcing Guiding Principles



### Generating Jobs

Reducing poverty by creating and sustaining jobs



### Fair, On-Time Payments

Consistent, fair payments to producers, including prepayments



### Building Supplier Capacity

Supporting farmers, producers, and distillers through training and financial support



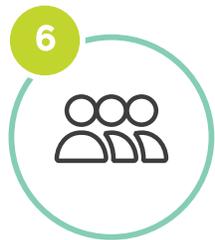
### Sustaining Long-Term Partnerships

Multi-year contracts with growers and distillers based on solidarity and respect



### Fair Labor Conditions

Healthy and safe working environments, free from harassment and discrimination



### Promoting Co-Operatives

Respect the right for all employees and producers to join and form co-operatives



### Environmental Stewardship

Promote energy-efficient technologies, renewable energy, and waste minimization



### Facilitating Community Development

The dōTERRA Healing Hands Foundation® helps support community development projects in sourcing communities such as schools, health clinics, training facilities, and clean water systems

dōTERRA  
**cō·impact**  
SOURCING®

# ask Dr. Hill



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

**Q:**

What's the difference between Turmeric essential oil and turmeric extract?

**A:**



There is a distinct difference between essential oils and extracts, and it goes well beyond their aromas. An extract is either a part of the plant dried and ground or soaked in liquid, while an essential oil is the volatile aromatic compounds contained within the plant. The distillation process preserves the unique compounds and their properties that are lost when a plant extract is made. Many of the constituents contained in turmeric extract are too large to survive the steam distillation process, so the extract is predominantly made up of various curcuminoids, while the essential oil is composed primarily of sesquiterpenes ar-Turmerone and Turmerone. The different compositions result in a different spectrum of benefits. Turmeric essential oil not only imparts a powerfully warm and spicy aroma, but it also, due to its high concentration of ar-Turmerone and Turmerone, helps support healthy immune and nervous system function when taken internally.\* It also has a number of benefits for the skin when applied topically. Though the essential oil and the extract yield different results, they are a power couple when used together.

Is Green Mandarin photosensitive?



Citrus essential oils generally have a photosensitivity warning due to the possible presence of furanocoumarins (organic compounds that bond to DNA and prevent the skin from protecting itself from sunlight). However, we have been unable to detect any of these photosensitive compounds in our source of Green Mandarin. Nonetheless, Green Mandarin has a photosensitivity warning as a precaution. It is categorized as neat, but if you are going to apply Green Mandarin essential oil topically to take advantage of its skin-cleansing and health-supporting properties, we do recommend being cautious while outdoors.

What is the latest research on Copaiba?



With further investigation, we continue to find more benefits from using Copaiba essential oil. In the last three years, we have seen over 50 peer-reviewed publications regarding Copaiba, including our latest AromaTouch® Hand Technique clinical trial, which provided some intriguing evidence of Copaiba's benefits when applied topically. But internal use is where most of the current research is leading. With its high concentration of endocannabinoid beta-caryophyllene and its ability to influence CB<sub>2</sub> receptors, Copaiba may have powerful antioxidant effects and may support the function of several body systems when ingested, especially the immune and nervous systems.\* A recent meta-analysis acknowledged a number of recent publications that highlighted Copaiba's cellular health-supporting and tissue-remodeling benefits. We are just scratching the surface of discovery with Copaiba. Expect more from dōTERRA Science on this amazing oil in the future.

\* 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.

# Melissa

## *Melissa officinalis*

**Aromatic Description:** Citrus, herbaceous

**Distillation Method:** Steam Distillation

**Plant Part:** Leaf, top

One of the rarest essential oils, Melissa has a wide variety of uses and health benefits. With a bottle of Melissa, you can reap major benefits for your mind, body, mood, and more. A popular oil at bedtime, Melissa can help promote a relaxing, restful environment, especially when diffused. Melissa is also known for its positive effect on mood, as it can be used to promote relaxation, calm feelings of tension or nervousness, and support emotional well-being. The internal benefits of Melissa oil are vast and varied, including benefits for the cells, liver, digestive system, immune system, and beyond.\*

With this sweet, refreshing essential oil on hand, you will have the power to change the way you go to sleep, handle your mood, care for your body, relax at the end of the day, and more.

## How to use:

### Aromatically

- ◆ Diffuse Melissa at night to promote a peaceful environment that will encourage a restful night of sleep.
- ◆ To calm feelings of tension and promote emotional well-being, place a drop of Melissa in the palm, cup the hands over the nose, and inhale deeply.
- ◆ Promote feelings of confidence and positive emotional health by diffusing Melissa in your bedroom, living room, bathroom, or kitchen.

### Topically

- ◆ After a long day, help dissolve feelings of stress by rubbing Melissa on the forehead, shoulders, or chest.
- ◆ Rejuvenate and keep skin clear by adding a few drops of Melissa to your daily moisturizer.
- ◆ Add Melissa to a spray bottle with water and spritz over the face to promote clean-looking skin and to refresh the mind. Take care to cover eyes and other sensitive areas.

### Internally

- ◆ To support a healthy immune system and alleviate stomach discomfort, place one to two drops of Melissa in a Veggie Capsule and swallow.\*
- ◆ Place one to two drops under the tongue or on the roof of the mouth and swallow to support healthy cellular, liver, immune, and digestive function.\*



### Diffuser Blend:

- ◆◆ Melissa
- ◆◆ Lavender
- ◆ Basil

### Fun Facts:

- The name Melissa is Greek for “honey bee.” The *Melissa officinalis* plant, sometimes referred to as lemon balm, was nicknamed Melissa because of its sweet, refreshing fragrance, which is known to attract bees.
- Melissa has been used to help add flavor to things like ice cream, tea, and even some fish dishes.

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# DRINK UP – USING WATER TO REDUCE YOUR TOXIC LOAD

*Our environment is full of unavoidable toxins. In the air you breathe, the food you eat, and even the products you use to clean your home, there are substances that can interfere with vital organ function and have a negative impact on your overall well-being.<sup>1</sup> Risk for various allergies, digestive sensitivities, respiratory-related illness, and impaired immune system function have all been associated with excessive exposure to environmental toxins.<sup>2</sup> Although minimizing exposure is the first step, your body has vital organs and endogenous mechanisms to regulate toxic load. According to research, maintaining adequate levels of hydration may be one of the most important factors in supporting the health of the liver and kidneys—the internal organs that filter blood, detoxify chemicals, and assist the body in the excretion of waste and toxins.<sup>3</sup>*

## WHY SO MUCH WATER?

Water supports your cleansing organs in several different ways: helping flush liver tissues, assisting the kidneys in filtering and excreting waste, and even in mitigating risk for disease. In a state of dehydration, acid and waste products build up, causing the kidneys to become congested with myoglobin (proteins that carry and store oxygen in muscle cells). The risk for kidney stone formation and urinary tract infections greatly increases, making it more difficult to control toxic load. Fortunately, maintaining adequate hydration is as simple as following the principles of the dōTERRA® Wellness Lifestyle Pyramid. Ensuring your water intake is adequate to support toxic load management is possible with three fundamental lifestyle behaviors:

### 1. EAT A WHOLE FOODS DIET.

You receive as much as 30 percent of your daily water from your diet.<sup>4</sup> Foods with high water compositions, especially whole fruits and vegetables, are an important contributor to overall fluid intake. In their natural form, fruits and vegetables such as broccoli, watermelon, and leafy greens have a higher than 90 percent water content. Processed foods, especially those high in sugar, can have a hypernatremic effect, actually drawing water from your body. Additionally, research has shown that if you are drinking your calories, you may be tricking your body into a false sense of adequate hydration.<sup>5</sup>

### 2. DRINK (WATER) AT EVERY MEAL.

To optimize digestion and support the proper function of the liver and kidneys, you should be consuming water with every meal. Water

homeostasis is highly dependent on regular fluid intake, and the kidneys work most efficiently to excrete toxins when there is a fluid excess.<sup>6</sup> Dehydration forces your cells to hold onto water to make up for insufficient intake. Furthermore, the ability of your kidneys to eliminate water is limited, making it important to hydrate throughout the day as opposed to drinking a large amount of water in one sitting.

### 3. IMPROVE HYDRATION WITH SLEEP.

In a study published in the journal *Sleep*, researchers discovered that those who averaged six hours of sleep or less showed several indicators of dehydration.<sup>7</sup> The link between sleep and hydration is a little-known hormone called vasopressin, whose primary purpose is to communicate with the kidneys to balance the amount of water in your blood. Like many of our physiological processes, the secretion of vasopressin is regulated by our body's circadian rhythm. While the hypothalamus secretes a consistent stream of vasopressin throughout the day, the vasopressin release peaks in the final stage of your sleep cycle (the rapid eye movement (REM) stage). If late nights or early mornings are precluding you from going through all five sleep phases, you are missing out on peak vasopressin secretion cycles, making it more difficult to maintain sufficient levels of hydration and manage your overall toxic load.



## MAKE WATER A PRIORITY.

Exposure to harmful toxins is an unavoidable reality of modern life, but supporting the mechanisms that regulate toxic load may be just be an extra glass of water away. To maintain adequate levels of hydration, follow the behaviors detailed in the dōTERRA Wellness Lifestyle Pyramid by eating a balanced whole foods diet, consuming water throughout the day, and prioritizing sleep.

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# Mother Nature's Cleaning Cupboard

It's out with the old and in with the new. There's something about the shedding of our winter coats that prompts us to clean every nook and cranny of our living spaces. After hibernating all season long, spring time is cleaning time, but with all those chemical-filled products on the market, how can you deep clean without running the risk of introducing toxins into your home? Naturally safe and effective, essential oils are powerful cleaning and refreshing agents; try these nature-based recipes to detoxify your spring cleaning routine.

## KITCHEN

- **All-purpose cleaner:** mix Tea Tree (Melaleuca) with distilled water and white vinegar
- **Grease cleaner:** mix Wild Orange with distilled water and Castile soap
- **Glass cleaner:** mix distilled water with white vinegar, rubbing alcohol, and cornstarch
- **Wood cutting board cleaner:** mix Fractionated Coconut Oil, Citrus Bliss, and Lemon with distilled water
- **Silver and stainless steel cleaner:** soak utensils in white vinegar
- **Grout cleaner:** mix distilled water with baking soda, vinegar, and lemon juice
- **Floor cleaner:** mix distilled water with rubbing alcohol and vinegar

## LIVING ROOM

- **Carpet cleaner:** mix Lavender with your favorite citrus oil, hot water, hydrogen peroxide, white vinegar, and dish soap
- **Upholstery cleaner:** mix rubbing alcohol with white vinegar
- **Wood polish:** mix Lemon with pure olive oil and white or orange vinegar
- **Air cleaner:** diffuse Purify

## BEDROOM

- **Linen detergent:** mix Tea Tree (Melaleuca) with Castile soap
- **Dryer sheets:** mix Lavender or Sandalwood with white vinegar and soak a small cloth with the mixture
- **Linen spray:** mix Lavender or Serenity with distilled water and clear alcohol
- **Indoor plant bug spray:** mix Peppermint with distilled vinegar
- **Dust cleaner:** mix Lemon and Grapefruit with almond oil, vegetable glycerin, and apple cider vinegar

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## BATHROOM

- **Surface cleaner:** mix Lavender, Lemon, and distilled water with vinegar
- **Mirror cleaner:** mix Peppermint with distilled water and white vinegar
- **Rust remover:** use white vinegar
- **Mildew remover:** mix Peppermint and Tea Tree (Melaleuca) with hydrogen peroxide
- **Toilet bowl cleaner:** mix Tea Tree (Melaleuca) with baking soda and vinegar

## IT'S GOOD TO HAVE OPTIONS

Because we know that so many people want a natural way to clean, we created dōTERRA On Guard® Protective Blend. This diverse proprietary blend supports healthy immune function\* and contains cleansing properties, which makes it the perfect product to clean your home with essential oils. Check out all of the On Guard® products online.

See full recipes and other cleaning DIYs on The Blog:

[www.doterra.com/US/en/blog/diy](http://www.doterra.com/US/en/blog/diy)



# *Reduce Stress:* **Detoxing Your Habits**



Spring is a time to refresh, and that includes clearing out bad habits. Bad habits clutter up our minds, causing us unnecessary stress and leaving less room for more positive things. Fortunately, there are some simple good habits we can cultivate that will also help promote a life with less stress. Take time this spring to liven up your self-care routines.

Stress is an unavoidable part of life. All of us at some point will have too much on our plates. Through using different techniques and practices, we can all better learn to handle our stress and find more peace in our day-to-day lives.

## Practice Meditation



In our busy, hectic lives, one of the scarcest commodities can be silence. It's important to take time each day to let go and find some moments of silence. Meditation gives you the opportunity and time to clear all the thoughts from your head and enjoy the peace. A clear head can be a type of reset button allowing you to reprioritize and start your day, or the rest of your day, with a fresh outlook. As you begin your meditation, rub Melissa on your forehead, shoulders, or chest to help promote feelings of relaxation and relieve feelings of stress. Another great option to help with your meditation is to diffuse the dōTERRA Peace® Blend to help create a calming environment where you can truly let go of the stresses you carry with you.

## Participate in Positive Self-Talk



Sometimes we can be our own worst enemy. Kind self-talk can help alter our mindset, promote positive thinking, and reduce the stress that happens when we feel insufficient. This

self-talk can be as simple as telling yourself, "I am enough." Or, if you find yourself in a stress-inducing situation, instead of telling yourself, "This is horrible. Everything is falling apart," pause and tell yourself, "I am capable, and everything will be okay." To help promote feelings of optimism and positivity, apply a drop of dōTERRA Cheer® to your hands and inhale deeply. Alternatively, apply dōTERRA® Jasmine Touch as a personal fragrance for a consistent aroma that will uplift your mood throughout the day.

## Keep a Gratitude Journal



Take a moment each day to recognize the good in your life. A gratitude journal can help us gain perspective and banish the bad habit of always believing we don't have enough. You can write about someone who makes your life better, or something that made you laugh that day. If you find that you're having trouble getting started, you can find prompts online. Whatever you choose to write about, make sure to take time each day to recognize the simple things that are good in your life.

## Slow Down and Be Present



Our lives can get so hectic; from the time we get up until our head hits the pillow at night, it can feel like we are sprinting from one thing to the next. When we get into the habit of living life at that frantic pace, it can be hard to appreciate the time we spend with others. So, when you're with those who are important to you, pause and be present in the moment. Don't

simply think about what you need to do next, but appreciate where you are and who you are with. When we stop the running to-do list in our mind, we can let go of some of our stress and enjoy the everyday moments. Take advantage of the grounding benefits of dōTERRA Balance® throughout the day by putting a drop or two on the bottom of your feet in the morning. Or diffuse Siberian Fir at a family function to promote a relaxed and soothing environment.

## Engage in Regular Exercise



One thing that often gets missed on our busy to-do lists is regular exercise. Among other benefits, regular exercise can help release endorphins and lower stress. Finding time for regular physical activity is definitely a habit we should all create for ourselves. dōTERRA has some excellent products to help us as we begin, or continue, our exercise journey. Take Mito2Max®, along with the other supplements in the dōTERRA Lifelong Vitality Pack®, to ensure your body has the energy and nutrients it needs to perform whatever type of exercise you're interested in.\* Then, after you're done, don't forget to use any of the Deep Blue® line of products and take advantage of their soothing benefits.

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# *Kealahou*

MOUNTAIN RESERVE

A Sourcing Story about Hawaiian Sandalwood

**Situated over 2,000 miles away from the nearest major landmass, the tropical Hawaiian Islands are an agricultural oasis in the wide Pacific.** The islands' rich volcanic soil is ideal for farming, and for thousands of years exotic plant life has thrived there. Among these is the Hawaiian Sandalwood tree—prized for its alluring aroma and unique properties. Sadly, the past few decades of land mismanagement have posed a threat to Hawaiian Sandalwood groves. A new chapter in the story of this remarkable tree has begun; dōTERRA and the Hawaiian government are now partnered to protect the future of Hawaiian Sandalwood.



## Sandalwood's Storied Past

Located near the western coast of the Big Island of Hawaii, Kealakekua is a region whose history is deeply intertwined with the many unique and endemic species of Hawaii.

“Kealakekua [translated, the Pathway of the Gods] Bay and the surrounding land area have been recognized as one of the most, if not the most, significant historical places in Hawaii. Supported by the abundance of agricultural products from the upland Kona field system and the rich marine resources of the bay, the Kealakekua area became a densely populated settlement and a religious political center.” — Excerpts from The State of Hawaii’s Kealakekua Stewardship Area Management Plan.

Shortly following European contact in the early 1800s, the Sandalwood trade with China boomed and King Kamehameha I himself became heavily involved in the enterprise. The astounding revenue flowing from this trade led to the

exploitation of the harvest workers. The Hawaiian natives were compelled to labor in extreme conditions, but the people were not the only ones taxed by the overharvest. The Sandalwood groves in the Kealakekua region were becoming sickly and sparse.

## Hope on the Horizon

Being mindful of the past is essential to dōTERRA and the Hawaiian people. dōTERRA’s involvement with the Kealakekua Mountain Reserve is

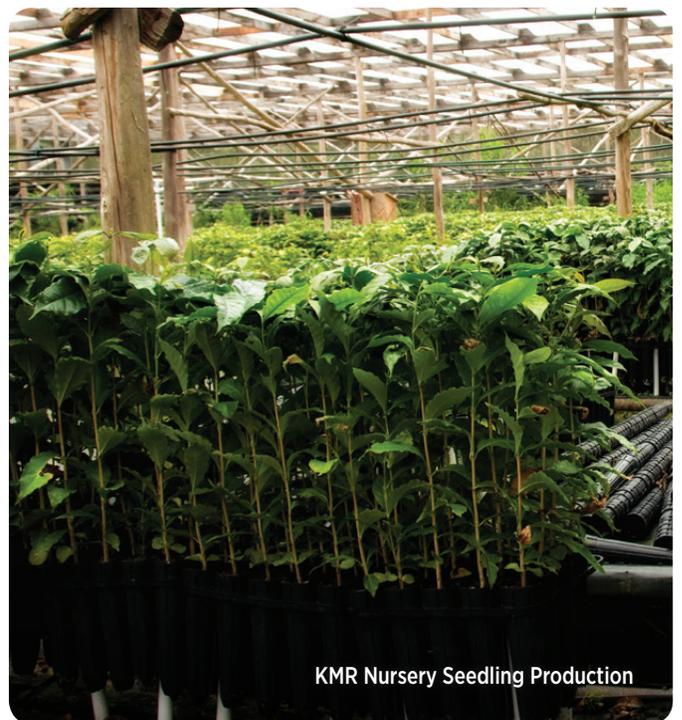
an opportunity to redefine the future of the islands’ native trees—especially the Sandalwood. Lani Yamasaki, a respected native Hawaiian practitioner notes, “By reforesting the land with iliahi [Sandalwood] and other native plants, iliahi becomes a symbol of regeneration, health, and healing for both the land and the community.” The reverent approach to Sandalwood management on the Kealakekua Mountain Reserve represents Ka Lā Hiki Ola or The Dawning of a New Day.

## A New Safe Haven

Kealakekua Mountain Reserve (KMR) is located on an old ranch, which was overgrazed and overlogged, inhibiting natural regrowth. To form the Kealakekua Mountain Reserve, a conservation easement was signed to protect these precious native plants, including Sandalwood trees. This management plan outlines harvesting limitations that must be followed at KMR to guarantee the regeneration and prosperity of the forest

At the outset of our efforts, only dead or severely damaged trees will be collected, which will allow existing, healthy trees to grow to full maturity before they are harvested at the appropriate time, under sustainable tree management practices.

With these reforestation efforts in place, Sandalwood harvesting will become sustainable and the native groves will flourish once more. Together, the KMR Reserve, the management objectives, an extensive nursery, and our ambitious reforestation efforts will help Sandalwood and other native Hawaiian species thrive for years to come. We anticipate that KMR will be the largest native forest planting effort in the state of Hawaii starting in 2020.



KMR Nursery Seedling Production

# Hawaiian Sandalwood

## *Santalum paniculatum*

**Aromatic Description:** Rich, honey, sweet, woody

**Distillation Method:** Steam Distillation

**Plant Part:** Wood

Much like its native Hawaii, Hawaiian Sandalwood (*Santalum paniculatum*) produces a calming effect, as it soothes skin and promotes emotional well-being by dissipating tense feelings. With thousands of years of documented use, this oil has a high value to many users. Hawaiian Sandalwood has a rich, sweet, woody aroma that instills calmness and well-being, making it a perfect oil to incorporate into massage or aromatherapy. Sandalwood is very soothing and beneficial to the skin, making it highly sought after in body and skin care products. Hawaiian Sandalwood can reduce the appearance of skin imperfections while providing an overall youthful-looking complexion. In addition to being soothing and beneficial to the skin, Hawaiian Sandalwood provides these same effects to mood, helping to lessen tension and promote emotional well-being.

### How to use:

#### Aromatically

- ◆ Diffuse or apply to the neck and shoulders at bedtime for a restful night's sleep.
- ◆ Diffuse to promote calm and boost mood.

#### Topically

- ◆ Add 1-2 drops to your favorite moisturizer or night cream for smooth, glowing skin.
- ◆ Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity.



# Breathe in Spring

## How to defend yourself against seasonal threats

During the cold, dreary days of winter, we hold onto the hope that a warm, bright spring is waiting for us on the other side. We are always happy when the world starts to thaw and we begin to see green again, but spring often brings with it a few challenges. For one thing, warmer weather means that we'll begin to see some of the pesky insects that we didn't miss during the cold winter months. Not to mention when all of the plants start to bud and bloom, our bodies might experience discomfort as we spend more time outside.

Instead of letting the threats of spring keep you inside, try using essential oils to protect your body from seasonal threats, and fully enjoy the spring you've been waiting for all winter.



### Breathe Deeply

One of the best parts of spring is walking out the door on a nice spring day and taking a deep breath of refreshing air. However, certain elements of spring can make it difficult to enjoy feelings of clear airways, and taking that deep breath of spring air isn't always as pleasant as it should be. To maintain feelings of easy breathing in the springtime, try using dōTERRA Breathe<sup>®</sup> Respiratory Blend. With a few drops of dōTERRA Breathe on the chest, feet, or palms, you can breathe in the cool, refreshing aromas of essential oils like Eucalyptus, Peppermint, or Tea Tree (Melaleuca), as the oil works to minimize seasonal threats. Don't forget to try the dōTERRA Breathe<sup>®</sup> Vapor Stick for those days when you want the invigorating vapor of dōTERRA Breathe to keep you company during your outdoor adventures.



### 'Tis the Season

With the weather and seasons changing, your body is bound to experience some discomfort. Whether you want to protect your body from seasonal or environmental elements, or you feel like you could benefit

from cleansing the body's systems, spring is a good time to give TriEase<sup>®</sup> Softgels a try.\* These softgels contain a seasonal blend designed to promote clear breathing and overall respiratory health.\* If you plan to welcome the arrival of spring by revisiting your favorite bike trails, spending time with your kids in the park, or getting back to your garden, you'll want the help of TriEase Softgels on your side.



### Bug Off

Did you know that certain essential oils can be used to naturally repel insects? Using essential oils with natural repelling properties can help provide outdoor protection for those times when you are worried about environmental annoyances. Not only can everyone in your family use these oils safely, but it creates a natural barrier that puts the fun back in activities like hiking, camping, days on the lake, and more. If the elements of nature are taking the enjoyment out of your springtime activities, turn to Thyme for the outdoor protection you need to get back to nature.



## More tips:

- Arborvitae naturally repels insects and protects against seasonal threats. Diffuse Arborvitae to purify the air, or apply topically before outdoor activities.
- Add Cedarwood oil to mulch or topsoil to repel insects. Also, place a few drops on cotton balls and leave them in closets, storage boxes, or other areas to keep moths away.

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# USING ESSENTIAL OILS IN THE CLASSROOM

From supporting the health of your family members to cleaning your countertops, there are endless benefits to using CPTG® essential oils in your home. But there is no reason those benefits shouldn't be shared outside your front door as well. A classroom setting is a hodgepodge of stress-inducing stimuli, which makes it an ideal setting for focus-supporting and grounding volatile aromatic compounds. With their ability to support a fun and healthy learning environment, it is no wonder that essential oils are becoming more commonplace in schools.

Research shows that many essential oils promote a happy and productive learning environment. When experienced aromatically, whether directly inhaled or diffused, essential oils have been shown to be calming and relaxing while also promoting alertness and focus. The key is to know which oils to use for each situation. In the classroom, a little learning goes a long way.

## For daily diffusion:

The ability to influence moods and emotions is one of the most scientifically validated properties of essential oils. Whether the classroom is in need of a calming or uplifting influence, using the dōTERRA Oil Chemistry Wheel is the easiest way to find the day's perfect aromatic complement. Conventional wisdom suggests that floral and citrus oils are best for classroom diffusion, and some proprietary dōTERRA blends, such as dōTERRA Peace® and dōTERRA Balance®, were developed specifically for this purpose. Due to its proprietary combination of Lavender, Ylang Ylang, and other calming floral and spice essential oils, dōTERRA Peace® Reassuring Blend is capable of promoting a calm environment. Similarly, the concentration of linalool and bornyl acetate in dōTERRA Balance® Grounding Blend make it an ideal option to promote in-class relaxation and improved response to stress.<sup>6</sup>

## Backed by research:

Research has shown that the inhalation of Bergamot is associated with uplifting and relaxing feelings, and it may help reduce feelings of

emotional negativity and stress.<sup>1,2</sup> Clinical research has shown that Wild Orange essential oil has a calming and relaxing aroma and may promote an uplifting mood in a variety of environments.<sup>3</sup> Clinical trials show that inhalation of Lavender and Ylang Ylang may improve anxious feelings and self-esteem.<sup>4,5</sup>

## At test time:

Whether it's a first grader taking their first spelling test or a high schooler facing another AP exam, test time can be one of the most stress-inducing periods for any student—and precisely the time when being alert and focused counts. Research has shown that aromatic usage of essential oils can promote an environment conducive to academic performance. Essential oils with high concentrations of sesquiterpenes, such as Black Pepper and Vetiver, are effective at promoting alertness and focus. In one study, participants exhibited improved focus while completing a visual display terminal after inhalation of Vetiver; these results suggest that diffusion may be particularly useful at test time.<sup>7</sup> A study involving the diffusion of Black Pepper showed similar effects.<sup>8</sup>



## Taking off the edge:

The uplifting effects of Peppermint shouldn't just be used before your workout; they are just as effective at promoting the focus necessary to succeed in the classroom. One study found that inhalation of Peppermint decreased feelings that intense tasks were mentally and physically taxing.<sup>9</sup> Other studies have shown similar effects when participants inhaled Basil or Rosemary, suggesting that they may be effective when completing tasks that require mental focus.<sup>10, 11</sup> Lastly, dōTERRA has developed a blend specifically for this purpose. With its combination of Peppermint, Basil, Rosemary, and citrus oils, dōTERRA Motivate® Encouraging Blend promotes the alertness and focus needed to take on mentally taxing assignments.

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## Conclusion

Parents, teachers, and school administrators alike share the same goal: to provide the best environment for children to develop and learn. Due to the profound connection between the olfactory system and moods, emotions, and mental alertness, essential oil diffusion may be an effective method to support that ideal classroom atmosphere. For best results, and to determine the best essential oil to diffuse in your classroom, refer to the dōTERRA Oil Chemistry Wheel.

**Lauren Gibbs** originally from Los Angeles, California, has a Bachelor's degree from Brown University and an Executive MBA from Pepperdine. A natural-born athlete, Lauren played sports competitively for years until her talents landed her a spot on Brown's prestigious volleyball team. By her senior year, she was named team captain and earned the Second Team All-Ivy and Academic All-Ivy titles. With 1,090 career kills, Lauren ranks fourth in Brown's volleyball history.

After graduation, Lauren pursued a career in sales and very quickly forged a vertical path. After working in many notable organizations, Lauren was looking to a future of corporate success, but then she was presented with a life-changing opportunity to try out for the U.S. Women's Bobsled National Team. At 30 years old, Lauren had no expectation of even being considered for the team. Yet, three months later, she was selected to represent Team USA as a rookie member of the Women's Bobsled National Team in 2015.



# LAUREN

**Age:** 34

**Hometown:** Los Angeles

**Current Home:** Wherever my suitcase is.

**Family:** They are the best people I know.

**Personal Motto:** "Work harder, work harder, work harder, and stop complaining about it. The ability to work hard and overcome adversity is a gift."



### How did you first get involved with bobsledding competitively?

A friend of mine told me about open tryouts for the USA bobsled team. Many of the athletes had retired after the 2014 Sochi Olympics and the coaches were looking for new brakemen and brakewomen for the upcoming season. I only tried out because the Olympic training center was near my home in Denver, so it didn't seem like a huge commitment. I had never been to an Olympic training center and figured it would be a cool experience to see how Olympians train and live. Not long after tryouts, I received an invitation to attend a training camp, and a few months later I found myself at the top of a mountain about to take my first ride.

### Do you have a routine to get ready for a competition? What is it?

Our season is very compact; each week we travel to a new location and compete. Here's a week at-a-glance: On Monday we travel. Tuesday through Thursday we do ice training, all building up to race day on Saturday. Because my location changes weekly, it is important to make each hotel feel like home. I like to get organized and unpack so that I feel settled. The biggest component of race preparation, outside of food and actual training, is sleep. Bobsledding is a sport of adrenaline, so it can be hard to unwind at night, especially before a race; I like to diffuse a mixture of Lavender, Clary Sage, and Copaiba to promote relaxation and restful sleep in my Iris diffuser. It fits perfectly on my side table and does not take up much space in my suitcase.

### What are your favorite dōTERRA® products and how do you normally use them?



2x Daily



3x Weekly



Daily



2x Weekly



Daily



All Winter

# GIBBS

**“I just ordered the Spa Luxury Kit and I cannot wait to try it!”**

### Tell us your experience surrounding the Olympics. What was it like to get there? And what emotions did you have once you finally made it to race day?

The U.S. Women's Bobsled Team has medaled in every Olympics since the sport was introduced as an Olympic sport in 2002. With that knowledge, I knew I was going to have to work incredibly hard to carry on that legacy. I can honestly say, I have never worked harder for something in my life. After being placed on the team, I put all my energy into my preparation, and when race day came, I knew I was ready. Competing as an Olympic athlete was one of the most incredible feelings in the world. I felt like a real-life superhero, and it was an honor to represent my country.

### Where do you draw your inspiration?

I am inspired by the legacy of those who came before me, and watching my teammates work so hard and achieve their dreams. It makes me want to match their efforts and follow their examples.

### What do you hope the audience takes away from your public speeches?

I want to open their eyes to what is possible when you work hard and are honest with yourself about the effort you are putting in. Achieving my dream wasn't easy, but it sure was worth it. Lastly, I want my audience to know that it is never too late to try something new.

### What do you want to be known for or what is your biggest accomplishment?

I want to be the person that people look at and say, "If Lauren can do it, so can I." I want to show people that you don't have to be extraordinary to do great things.

dōTERRA<sup>®</sup>  
 ESSENTIAL OIL  
**CHEAT**  
 SHEET  
 THE BASICS

An at-a-glance reference for some of our favorite essential oils.

	Application	Blends well with
<b>Lemon</b>	ATI (Neat) A T I	Bergamot Cinnamon Grapefruit Lime Spearmint Wild Orange Wintergreen
<b>Peppermint</b>	ATI (Sensitive) A T I	Eucalyptus Frankincense Grapefruit Lavender Lemon Tea Tree (Melaleuca) Rosemary Wild Orange
<b>Lavender</b>	ATI (Neat) A T I	Basil Bergamot Marjoram Wild Orange



## Benefits

- cleansing and purifying properties
- energizing aroma that can uplift mood
- adds flavor to food and beverages
- provides a clean, fresh aroma

- refreshing, minty aroma
- repels bugs
- promotes healthy respiratory function and clear breathing\*
- promotes digestive health\*
- useful for oral hygiene and promoting fresh breath

- significant soothing and calming properties
- relaxing qualities\*
- inviting floral aroma
- soothing benefits for the skin
- helps to ease feelings of tension\*
- adds flavor to marinades, baked goods, and desserts

## Uses

- diffuse to promote a positive mood, create an uplifting environment
- combine with water in a spray bottle to clean surfaces throughout the home
- combine with olive oil for a wood polish
- use to get rid of sticky residue
- take internally to help with seasonal respiratory discomfort\*
- use a cloth soaked in Lemon oil to preserve leather
- rub on silver and other metals to help remedy early stages of tarnish
- take internally to cleanse the body and promote a healthy function of the GI tract\*

- spritz around windows and doors to repel bugs
- diffuse to promote feelings of clear breathing, or for an energizing boost during study time
- apply to temples or palms and inhale for an energy boost
- add to drinks or desserts for mint flavor
- place one drop in the mouth to freshen the breath
- place 1-2 drops in a veggie capsule and take internally to promote digestive health or alleviate occasional upset stomach\*

- add to pillows, bedding, or bottoms of the feet at bedtime
- combine with water in a spray bottle to freshen linens, furniture, or car
- add a few drops to a warm bath
- apply topically to reduce the appearance of skin imperfections
- add to shampoo or conditioner
- diffuse to freshen the air, promote feelings of clear airways, promote a sense of focus, and promote positive feelings of self-awareness when trying to relax before sleep
- take internally to reduce anxious feelings or promote peaceful sleep\*

**A** Aromatic

**T** Topical

**I** Internal

**Neat:** Can be used topically with no dilution

**Sensitive:** Should be diluted before using on young or sensitive skin

**Dilute:** Always dilute before using topically



\* 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.

# aromatouch<sup>®</sup>

## HAND TECHNIQUE



**The AromaTouch Technique<sup>®</sup>** is a scientifically substantiated essential oil application method, shown to reduce feelings of stress and promote relaxation through the use of essential oils on the body.<sup>1</sup> But, performing the technique correctly takes a high level of expertise and a significant amount of time. If you haven't had the opportunity to become a certified AromaTouch Technique trainer, or if you don't have an hour to share a powerful essential oil experience with a friend in need, the AromaTouch Hand Technique (ATHT) is a convenient and simple alternative. And, as a recently published clinical trial suggests, the spectrum of benefits offered by ATHT are just as powerful.

## The Process

What makes ATHT so amazing is its simplicity. One to three drops of your favorite essential oil, five to ten minutes, and five simple movements are all that you need to provide that human connection and real measurable benefits. Furthermore, unlike the full AromaTouch Technique®, ATHT is highly customizable and can be catered to address the unique needs of any individual. Whether the recipient needs to be calmed, grounded, or uplifted, the application method remains the same; just use your dōTERRA Oil Chemistry Wheel to determine which essential oil to use. Don't leave home without your favorite oils because no setting or situation is too big (or too small) for ATHT.

## The Study

Having already proven the effectiveness of the full AromaTouch Technique in an earlier pilot trial, dōTERRA scientists recruited 36 participants to investigate the benefits of ATHT and two of their most popular oils: Copaiba and Deep Blue® Soothing Blend.<sup>2</sup> After a physician evaluated them and they completed baseline measurements, the participants were separated into control and treatment groups. All participants received ATHT from trained practitioners twice a day for five consecutive days for a total of 10 times. A combination of dōTERRA Deep Blue blend and Copaiba was applied to the hands of the treatment group, while the control group received the same ATHT protocol with Fractionated Coconut Oil instead. Measures were taken to control for the variances in aroma and color of the oil applied to the separate groups. After completion of the trial period, all participants were reassessed with the same questionnaire and functional tests that were utilized to gather the baseline data. As reported in a recent publication of *Complementary Therapies in Clinical Practice*, the treatment group exhibited clinically significant improvements on both the self-reported questionnaire and the objective functional tests. The results provided robust evidence of the efficacy of Copaiba and Deep Blue® Soothing Blend, contributed a framework for future clinical trials, and showed that a caring hand and some essential oils are often all that is needed to brighten someone's day.

## The Service

The ATHT trial represents a novel area of research not just for dōTERRA, but also for the scientific community. It also provides outreach opportunities in the global dōTERRA community. In 2018, dōTERRA conducted 36 ATHT care events in the community surrounding their global headquarters in Pleasant Grove, Utah. Most of these events involved dōTERRA employees visiting senior care centers and introducing them to the wellness promoting benefits of essential oils and the ATHT. With scientific validation of ATHT in hand, dōTERRA has plans to increase the number of community events in 2019.



## Find Trainings Near You

While there are over 2000 official AromaTouch Technique trainings worldwide each year, if an event hasn't been scheduled in your area, don't despair. You don't have to be a certified trainer to share the power of CPTG® essential oils and human touch with those around you. Visit [doterra.com](https://www.doterra.com) to locate a trainer near you, or simply watch the ATHT instructional videos on [aromatouch.com](https://www.aromatouch.com), grab your favorite oil and a friend, and apply the love one hand at a time.



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# A Hand Up

A dōTERRA Healing Hands Foundation® Story



## The Healing Hands Hike

In December 2018, Heather Stevenson and her team of angels delivered 500 Emergency Relief Hygiene Kits to migrants at the Tijuana Border. Migrants are suffering in unhygienic conditions in the border camps without schools or showers. Many are living in pop-up tents while others are crowded into an unheated warehouse without running water and light.

To help with the situation, Stevenson and her crew loaded 500 kits into backpacks and hiked across the U.S. border into Tijuana. There they passed out the kits, which were gratefully received. Stevenson reports, "The migrants were so grateful to receive the kits. Sweet mamas let their kids open each kit like it was a little Christmas gift."

## Give a Helping Hand Today

The dōTERRA Healing Hands Foundation® is excited to announce that single 72 Hour Emergency Relief Hygiene Kits are now available for purchase. Every kit purchased is used to give relief during disasters and will be distributed on your behalf by Wellness Advocates or our partners around the globe. Visit [doTERRA.com](http://doTERRA.com) to purchase a \$25 kit; your donation makes a survivor's life cleaner and healthier.



# Magnolia Touch

*Michelia alba*

**Aromatic Description:** Fruity, floral, balsamic

**Distillation Method:** Steam Distillation

**Plant Part:** Flower

Carefully distilled from the petals of the magnolia flower, Magnolia essential oil is best known for its sweet, luxurious aroma. Used frequently in traditional health practices of places like China and Thailand, Magnolia oil is also revered for its ability to promote feelings of balance and relaxation. The chemical makeup of Magnolia oil contains linalool, which may help ease anxious feelings or feelings of stress on those days when you are overwhelmed.

The unique aroma of Magnolia oil makes the perfect personal fragrance as magnolia is frequently used in the perfume industry to create inviting and exotic fragrances. In addition to making you smell wonderful, Magnolia Touch holds properties that are useful for moisturizing and soothing the skin.

dōTERRA Magnolia Touch comes pre-diluted with Fractionated Coconut Oil, making it easy to enjoy the benefits of the oil right away.

## How to use:

- ◆ Apply to the wrists when anxious feelings arise.
- ◆ To soothe and moisturize the skin, roll on Magnolia Touch during your daily skin care routine.
- ◆ Promote relaxation when getting ready for bed by applying Magnolia Touch to the palms, placing the hands over the nose and inhaling.
- ◆ Use Magnolia Touch as your own personal fragrance by applying to the wrists, throat, inside the elbows, or behind the ears before leaving the house for the day.
- ◆ Roll onto the bottom of the feet to promote feelings of calm. Consider layering with other oils like Bergamot, Lavender, or Ylang Ylang.

**Fun Fact:** Magnolia is a somewhat rare and expensive oil because it is difficult to grow and harvest the blossoms needed for extraction. In order to successfully extract the essential oil, Magnolia blossoms must be picked by hand early in the morning or late in the evening.



# DETOX YOUR *Personal Care Routine*

*When it comes to personal care, we often get comfortable and complacent in our daily routines. We find a product that we like and use it every day without giving it a second thought. Suddenly, years have gone by, and we realize that we have only used the product out of habit. Although we may be comfortable with our routine, it is important to ask ourselves, "What am I putting on/in my body?"*

*Unfortunately, many of the personal hygiene and beauty products on the market today contain potentially harmful chemicals. How often do we take inventory of the toxins we regularly put on and in our bodies?*



## APPLYING MINDFULNESS TO PERSONAL CARE

*If you've been looking for a way to clean up your personal care routine, to embrace the natural, and avoid harmful chemicals, essential oils provide the perfect solution. Take a look at the following suggestions to see how you can detox your personal care routine:*

### 💧 TRY A NATURAL DEODORANT.

There is a lot of controversy about the potentially harmful effects of antiperspirant ingredients on the body. Many worry that the chemicals and questionable ingredients used in deodorants may absorb into the body through the skin. If you want to avoid these chemical ingredients altogether, consider trying dōTERRA® Natural Deodorant, which uses ingredients like beeswax, coconut oil, Shea butter, and essential oils to nourish the skin and fight against body odor. Not only does this formula utilize the pleasant aroma of essential oils, but it is free of aluminum, parabens, artificial colors, and fragrances.

### 💧 DITCH THE CHEMICAL-RIDDEN PERFUMES.

While they may smell nice, many perfume and cologne formulas on the market are full of synthetic chemicals. Instead of inhaling or absorbing these chemicals every time you spritz, why not swap your pricey perfumes for the naturally uplifting aroma of essential oils? The oils in your bathroom cupboard offer endless combinations of beautiful blends. Get creative and mix your own signature scent!

### 💧 TRY DIY RECIPES.

A great way to limit the toxic load in your hygiene routine is to make your own personal care mixtures at home. In addition to the benefits of essential oils, homemade products give you peace of mind about what exactly you are putting on your body. Not to

mention, when you put together your own personal care products, you'll know exactly what you are putting in your body. Visit the dōTERRA Product Blog to see how easy it is to use essential oils to make your own sugar scrubs, facial masks, soaps, creams, mouth rinses, bath salts, and more.

### 💧 BE KIND TO YOUR SKIN.

Whether or not you have sensitive skin, you want to be selective about the products you use. Many products on the market contain harsh and potentially damaging chemicals. dōTERRA offers plenty of gentle cleansers, moisturizers, and toners infused with the powerful properties of essential oils. Whatever your individual skincare needs, dōTERRA offers a specialized line to help you address your skincare concerns, like HD Clear®, Veráge®, Essential Skin Care, and dōTERRA SPA.

### 💧 GIVE YOUR HAIR A BREAK.

Between the harsh chemicals in hair products and the relentless damage of coloring, drying, curling, and straightening, sometimes your hair just needs a break. Help fortify and smooth your frazzled strands by using essential oils in your haircare routine. Every product in the dōTERRA Salon Essentials® line is infused with ingredients that help clean, hydrate, and revitalize the hair. By swapping out your regular hair care products and taking a little help from essential oils, you can reduce some of the damage done by coloring and styling while you enjoy the lovely smell of essential oils on your hair.

## Deep Blue® Rub

Deep Blue Rub is the perfect companion for your active lifestyle. The non-greasy formula makes it a wonderful massage lotion for exhausted muscles, delivering the soothing Deep Blue essential oil blend right where you need it. Use it after a long day on your feet, before your next yoga class, or when you feel stiff after a particularly tough workout.

## Deep Blue® roll-on

The Deep Blue roll-on applicator makes it easier than ever to apply this soothing blend exactly where you need relief. Use the roller bottle to apply the soothing Deep Blue blend directly onto areas of discomfort. With an easy, mess-free application, you can take the Deep Blue roll-on bottle with you anywhere.



# dōTERRA® Deep Blue® — For Everything

As a long-standing dōTERRA favorite, the Deep Blue® Soothing Blend inspired the creation of an entire Deep Blue product line—making it even easier to enjoy this potent blend through a variety of application methods. dōTERRA Deep Blue provides serious soothing power, and all of the products in the Deep Blue collection offer the warming, cooling, or comforting properties you are looking for.

## Deep Blue®

The proprietary dōTERRA Deep Blue blend features Blue Chamomile, Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, and Blue Tansy essential oils, and Osmanthus absolute. These eight essential oils combine synergistically to create a powerful blend with comforting and rejuvenating benefits. Try using Deep Blue before and after rigorous physical activity to harness the power of essential oils for the body.

## dōTERRA Deep Blue® Touch

Deep Blue is a powerful blend, and as such, should be diluted for sensitive skin or before applying on children. The pre-diluted dōTERRA Deep Blue Touch is a convenient option for children. Keep it on hand after sports practices, or rub it on a growing child's legs before bedtime.



## Deep Blue® Rub Samples

These sample-size packets of Deep Blue Rub are perfect for sharing. Keep a few in your bag to share with people who need relief for overworked muscles and joints.

## Deep Blue Polyphenol Complex®

This supplement is the perfect complement to the topical benefits of the Deep Blue product line. Take a capsule in the morning with food to provide soothing support for aching muscles and joints. Deep Blue Polyphenol Complex also promotes healthy mobility and function, making it ideal for anyone experiencing occasional discomfort.





# Spring Diffuser Blends

## April Showers

- 🔴🔴🔴 Vetiver
- 🔴🔴🔴 Lemon

## May Flowers

- 🔴🔴🔴 Lavender
- 🔴🔴🔴 Bergamot
- 🔴🔴 Ylang Ylang

## Fresh New Start

- 🔴🔴🔴 dōTERRA Balance®
- 🔴🔴🔴 Purify
- 🔴🔴🔴 Lime

## Clean the Air

- 🔴🔴🔴🔴 Bergamot
- 🔴🔴🔴 Grapefruit
- 🔴🔴 Lemongrass

## Subtly Spring

- 🔴🔴 Lavender
- 🔴🔴 Bergamot

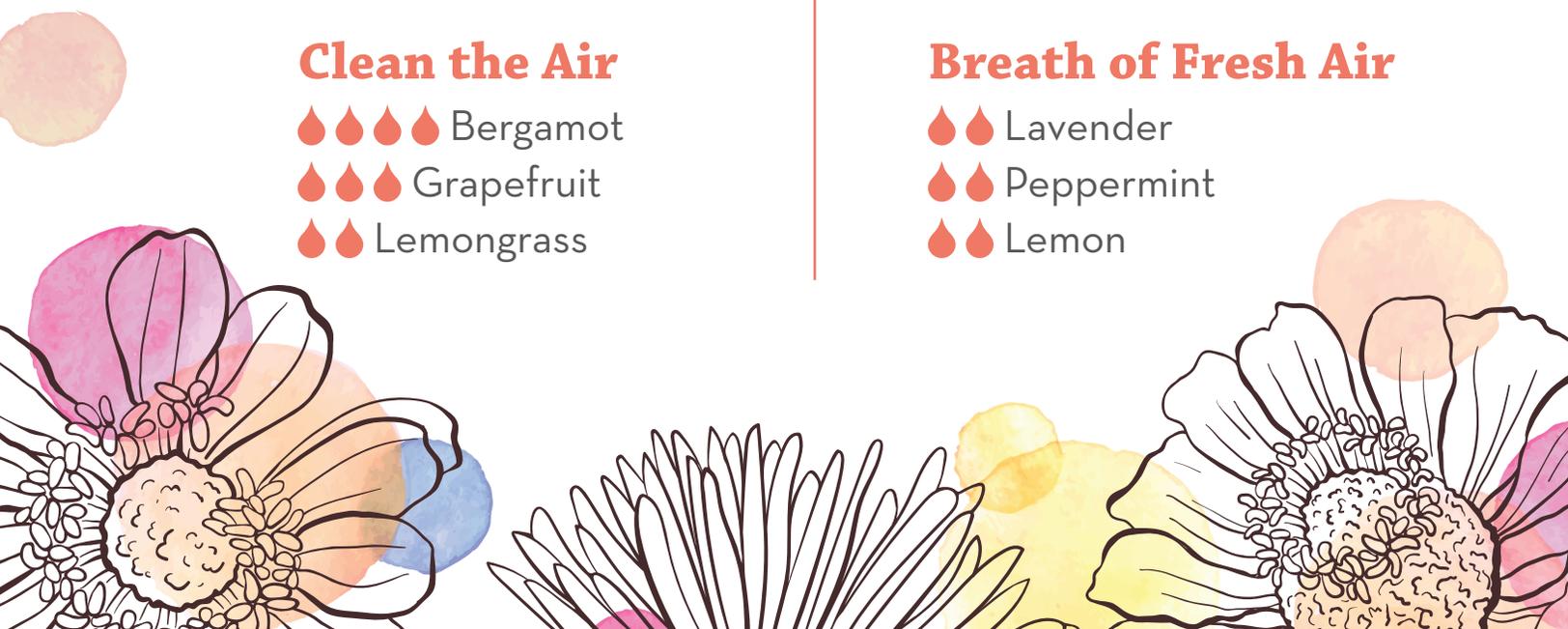
## Clean Green

- 🔴🔴🔴 Lemongrass
- 🔴🔴 Eucalyptus
- 🔴 Lavender

## Clean Laundry

- 🔴🔴🔴 Siberian Fir
- 🔴🔴🔴 Cypress
- 🔴🔴 Wintergreen

## Breath of Fresh Air

- 🔴🔴 Lavender
  - 🔴🔴 Peppermint
  - 🔴🔴 Lemon
- 

# The wait is over!

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# PRODUCT GUIDE

## ESSENTIAL OIL SINGLES

The dōTERRA® collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is natural and passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil applications.

 <p><b>ARBORVITAE</b> ESSENTIAL OIL <i>Thuja plicata</i></p> <p>A T N</p> <p>49360001   5mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>BASIL</b> ESSENTIAL OIL <i>Ocimum basilicum</i></p> <p>A T I N</p> <p>30010001   15mL \$32.00 retail   \$24.00 whl 24 PV</p>	 <p><b>BERGAMOT</b> ESSENTIAL OIL <i>Citrus bergamia</i></p> <p>A T I S</p> <p>30790001   15mL \$40.00 retail   \$30.00 whl 30 PV</p>	 <p><b>BLACK PEPPER</b> ESSENTIAL OIL <i>Piper nigrum</i></p> <p>A T I S</p> <p>41040001   5mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>BLUE TANSY</b> ESSENTIAL OIL <i>Tanacetum annuum</i></p> <p>A T N</p> <p>60203383   5mL \$113.33 retail   \$85.00 whl 80 PV <small>May stain surfaces, clothing, skin.</small></p>
 <p><b>CARDAMOM</b> ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49350001   5mL \$34.67 retail   \$26.00 whl 26 PV</p>	 <p><b>CASSIA</b> ESSENTIAL OIL <i>Cinnamomum cassia</i></p> <p>A T I D</p> <p>30020001   15mL \$25.33 retail   \$19.00 whl 19 PV</p>	 <p><b>CEDARWOOD</b> ESSENTIAL OIL <i>Juniperus virginiana</i></p> <p>A T S</p> <p>49300001   15mL \$17.33 retail   \$13.00 whl 13 PV</p>	 <p><b>CILANTRO</b> ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>41850001   15mL \$34.67 retail   \$26.00 whl 26 PV</p>	 <p><b>CINNAMON BARK</b> ESSENTIAL OIL <i>Cinnamomum zeylanicum</i></p> <p>A T I D</p> <p>30030001   5mL \$32.00 retail   \$24.00 whl 24 PV</p>
 <p><b>CLARY SAGE</b> ESSENTIAL OIL <i>Salvia sclarea</i></p> <p>A T I N</p> <p>30420001   15mL \$48.67 retail   \$36.50 whl 36.5 PV</p>	 <p><b>CLOVE</b> ESSENTIAL OIL <i>Eugenia caryophyllata</i></p> <p>A T I D</p> <p>30040001   15mL \$21.33 retail   \$16.00 whl 16 PV</p>	 <p><b>COPAIBA</b> ESSENTIAL OIL <i>Copaifera spp.</i></p> <p>A T I S</p> <p>60202178   15mL \$46.67 retail   \$35.00 whl 35 PV</p>	 <p><b>CORIANDER</b> ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>30780001   15mL \$33.33 retail   \$25.00 whl 25 PV</p>	 <p><b>CYPRESS</b> ESSENTIAL OIL <i>Cupressus sempervirens</i></p> <p>A T N</p> <p>30050001   15mL \$20.67 retail   \$15.50 whl 15.5 PV</p>
 <p><b>DOUGLAS FIR</b> ESSENTIAL OIL <i>Pseudotsuga menziesii</i></p> <p>A T N</p> <p>31590001   5mL \$26.00 retail   \$19.50 whl 19.5 PV</p>	 <p><b>EUCALYPTUS</b> ESSENTIAL OIL <i>Eucalyptus radiata</i></p> <p>A T S</p> <p>30060001   15mL \$22.67 retail   \$17.00 whl 17 PV</p>	 <p><b>FENNEL, SWEET</b> ESSENTIAL OIL <i>Foeniculum vulgare</i></p> <p>A T I S</p> <p>41290001   15mL \$20.00 retail   \$15.00 whl 15 PV</p>	 <p><b>FRANKINCENSE</b> ESSENTIAL OIL <i>Boswellia carterii, sacra, papyrifera, and frereana</i></p> <p>A T I N</p> <p>30070001   15mL \$90.67 retail   \$68.00 whl 63 PV</p>	 <p><b>GERANIUM</b> ESSENTIAL OIL <i>Pelargonium graveolens</i></p> <p>A T I S</p> <p>30090001   15mL \$41.33 retail   \$31.00 whl 31 PV</p>
 <p><b>GINGER</b> ESSENTIAL OIL <i>Zingiber officinale</i></p> <p>A T I S</p> <p>31630001   15mL \$54.67 retail   \$41.00 whl 41 PV</p>	 <p><b>GRAPEFRUIT</b> ESSENTIAL OIL <i>Citrus X paradisi</i></p> <p>A T I N</p> <p>30100001   15mL \$24.00 retail   \$18.00 whl 18 PV</p>	 <p><b>GREEN MANDARIN</b> <span style="background-color: #90EE90; padding: 2px;">NEW</span> ESSENTIAL OIL <i>Citrus nobilis</i></p> <p>A T I N</p> <p>60205794   15mL \$37.33 retail   \$28.00 whl 28 PV</p>	 <p><b>HELICHRYSUM</b> ESSENTIAL OIL <i>Helichrysum italicum</i></p> <p>A T I N</p> <p>30410001   5mL \$93.33 retail   \$70.00 whl 70 PV</p>	 <p><b>JUNIPER BERRY</b> ESSENTIAL OIL <i>Juniperus communis</i></p> <p>A T I N</p> <p>49290001   5mL \$25.33 retail   \$19.00 whl 19 PV</p>
 <p><b>LAVENDER</b> ESSENTIAL OIL <i>Lavandula angustifolia</i></p> <p>A T I N</p> <p>30110001   15mL \$30.67 retail   \$23.00 whl 23 PV</p>	 <p><b>LEMON</b> ESSENTIAL OIL <i>Citrus limon</i></p> <p>A T I N</p> <p>30120001   15mL \$14.67 retail   \$11.00 whl 11 PV</p>	 <p><b>LEMONGRASS</b> ESSENTIAL OIL <i>Cymbopogon flexuosus</i></p> <p>A T I S</p> <p>30130001   15mL \$13.33 retail   \$10.00 whl 10 PV</p>	 <p><b>LIME</b> ESSENTIAL OIL <i>Citrus aurantifolia</i></p> <p>A T I S</p> <p>30870001   15mL \$17.33 retail   \$13.00 whl 13 PV</p>	 <p><b>MARJORAM</b> ESSENTIAL OIL <i>Origanum majorana</i></p> <p>A T I N</p> <p>30140001   15mL \$25.33 retail   \$19.00 whl 19 PV</p>
 <p><b>TEA TREE (MELALEUCA)</b> ESSENTIAL OIL <i>Melaleuca alternifolia</i></p> <p>A T I N</p> <p>30150001   15mL \$28.00 retail   \$21.00 whl 21 PV</p>	 <p><b>MELISSA</b> ESSENTIAL OIL <i>Melissa officinalis</i></p> <p>A T I N</p> <p>30850001   5mL \$153.33 retail   \$115.00 whl 100 PV</p>	 <p><b>MYRRH</b> ESSENTIAL OIL <i>Commiphora myrrha</i></p> <p>A T I N</p> <p>30160001   15mL \$78.67 retail   \$59.00 whl 50 PV</p>	 <p><b>OREGANO</b> ESSENTIAL OIL <i>Origanum vulgare</i></p> <p>A T I D</p> <p>30180001   15mL \$32.00 retail   \$24.00 whl 22 PV</p>	 <p><b>PATCHOULI</b> ESSENTIAL OIL <i>Pogostemon cablin</i></p> <p>A T I N</p> <p>30890001   15mL \$37.33 retail   \$28.00 whl 31.5 PV</p>
 <p><b>PEPPERMINT</b> ESSENTIAL OIL <i>Mentha piperita</i></p> <p>A T I S</p> <p>30190001   15mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>PEPPERMINT</b> BEADLETS</p> <p>31570001   125 ct. \$16.67 retail   \$24.00 whl 24 PV</p>	 <p><b>PETITGRAIN</b> ESSENTIAL OIL <i>Citrus aurantium</i></p> <p>A T I S</p> <p>49520001   15mL \$33.33 retail   \$25.00 whl 25 PV</p>	 <p><b>PINK PEPPER</b> <span style="background-color: #90EE90; padding: 2px;">NEW</span> ESSENTIAL OIL <i>Schinus molle</i></p> <p>A T I N</p> <p>60207016   5mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>ROMAN CHAMOMILE</b> ESSENTIAL OIL <i>Anthemis nobilis</i></p> <p>A T I N</p> <p>30800001   5mL \$60.00 retail   \$45.00 whl 45 PV</p>
 <p><b>ROSEMARY</b> ESSENTIAL OIL <i>Rosmarinus officinalis</i></p> <p>A T I N</p> <p>30200001   15mL \$21.33 retail   \$16.00 whl 16 PV</p>	 <p><b>SANDALWOOD</b> ESSENTIAL OIL <i>Santalum album</i></p> <p>A T I N</p> <p>30210001   5mL \$93.33 retail   \$70.00 whl 60 PV</p>	 <p><b>SANDALWOOD, HAWAIIAN</b> ESSENTIAL OIL <i>Santalum paniculatum</i></p> <p>A T I N</p> <p>41860001   5mL \$93.33 retail   \$70.00 whl 60 PV</p>	 <p><b>SIBERIAN FIR</b> ESSENTIAL OIL <i>Abies sibirica</i></p> <p>A T I N</p> <p>60203125   15mL \$26.67 retail   \$20.00 whl 20 PV</p>	 <p><b>SPEARMINT</b> ESSENTIAL OIL <i>Mentha spicata</i></p> <p>A T I S</p> <p>31610001   15mL \$37.33 retail   \$28.00 whl 28 PV</p>

 <p><b>SPIKENARD</b> ESSENTIAL OIL <i>Nardostachys jatamansi</i></p> <p>A T N</p> <p>49510001   5mL \$66.00 retail   \$49.50 whl 49.5 PV</p>	 <p><b>TANGERINE</b> ESSENTIAL OIL <i>Citrus reticulata</i></p> <p>A T I N</p> <p>49440001   15mL \$20.00 retail   \$15.00 whl 15 PV</p>	 <p><b>THYME</b> ESSENTIAL OIL <i>Thymus vulgaris</i></p> <p>A T I D</p> <p>30220001   15mL \$39.33 retail   \$29.50 whl 29.5 PV</p>	 <p><b>TURMERIC</b> ESSENTIAL OIL <i>Curcuma longa</i></p> <p>NEW</p> <p>A T I N</p> <p>60206617   15mL \$37.33 retail   \$28.00 whl 28 PV</p>	 <p><b>VETIVER</b> ESSENTIAL OIL <i>Vetiveria zizanioides</i></p> <p>A T I N</p> <p>30430001   15mL \$54.67 retail   \$41.00 whl 41 PV</p>
 <p><b>WILD ORANGE</b> ESSENTIAL OIL <i>Citrus sinensis</i></p> <p>A T I N</p> <p>30170001   15mL \$13.33 retail   \$10.00 whl 10 PV</p>	 <p><b>WINTERGREEN</b> ESSENTIAL OIL <i>Gaultheria fragrantissima</i></p> <p>A T S</p> <p>31620001   15mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>YARROW POM</b> ESSENTIAL OIL Active Botanical Nutritive Duo</p> <p>NEW</p> <p>A T I N</p> <p>60207652   30mL \$126.67 retail   \$95.00 whl 95 PV</p>	 <p><b>YLANG YLANG</b> ESSENTIAL OIL <i>Cananga odorata</i></p> <p>A T I N</p> <p>30240001   15mL \$49.33 retail   \$37.00 whl 37 PV</p>	

## PROPRIETARY ESSENTIAL OIL BLENDS

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

 <p><b>AROMATOUCH®</b> MASSAGE BLEND</p> <p>T N</p> <p>31200001   15mL \$37.33 retail   \$28.00 whl 28 PV</p>	 <p><b>dōTERRA BALANCE®</b> GROUNDING BLEND</p> <p>A T N</p> <p>31010001   15mL \$28.00 retail   \$21.00 whl 21 PV</p>	 <p><b>dōTERRA BREATHE®</b> RESPIRATORY BLEND</p> <p>A T S</p> <p>60200190   15mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>CITRUS BLISS®</b> INVIGORATING BLEND</p> <p>A T N</p> <p>31020001   15mL 24.00 retail   \$18.00 whl 15 PV</p>	 <p><b>CLARYCALM®</b> MONTHLY BLEND FOR WOMEN</p> <p>A T N</p> <p>49480001   10mL \$36.00 retail   \$27.00 whl 27 PV</p>
 <p><b>DEEP BLUE®</b> SOOTHING BLEND</p> <p>T S</p> <p>60200143   5mL \$44.00 retail   \$33.00 whl 33 PV</p>	 <p><b>DEEP BLUE®</b> SOOTHING BLEND</p> <p>T S</p> <p>60200144   10mL \$78.67 retail   \$59.00 whl 59 PV</p>	 <p><b>DIGESTZEN®</b> DIGESTIVE BLEND</p> <p>A T I N</p> <p>31030001   15mL \$44.00 retail   \$33.00 whl 33 PV</p>	 <p><b>ELEVATION</b> JOYFUL BLEND</p> <p>A T N</p> <p>31040001   15mL \$57.33 retail   \$43.00 whl 43 PV</p>	 <p><b>HD CLEAR®</b> TOPICAL BLEND</p> <p>T N</p> <p>49400001   10mL \$28.00 retail   \$21.00 whl 21 PV</p>
 <p><b>IMMORTELE</b> ANTI-AGING BLEND</p> <p>T N</p> <p>37140001   10mL \$92.00 retail   \$69.00 whl 65 PV</p>	 <p><b>INTUNE®</b> FOCUS BLEND</p> <p>A T N</p> <p>41840001   10mL \$46.00 retail   \$34.50 whl 34.5 PV</p>	 <p><b>dōTERRA ON GUARD®</b> PROTECTIVE BLEND</p> <p>A T I S</p> <p>31100001   15mL \$45.33 retail   \$34.00 whl 34 PV</p>	 <p><b>dōTERRA ON GUARD®</b> BEADLET</p> <p>31580001   125 ct. \$21.33 retail   \$16.00 whl 18 PV</p>	 <p><b>PASTTENSE®</b> TENSION BLEND</p> <p>A T N</p> <p>31350001   10mL \$26.00 retail   \$19.50 whl 19.5 PV</p>
 <p><b>PURIFY</b> CLEANSING BLEND</p> <p>A T N</p> <p>31060001   15mL \$26.67 retail   \$20.00 whl 20 PV</p>	 <p><b>dōTERRA SERENITY®</b> RESTFUL BLEND</p> <p>A T N</p> <p>49530001   15mL \$42.67 retail   \$32.00 whl 32 PV</p>	 <p><b>SLIM &amp; SASSY®</b> METABOLIC BLEND</p> <p>A T I S</p> <p>31370001   15mL \$34.67 retail   \$26.00 whl 26 PV</p>	 <p><b>TERRASHIELD®</b> OUTDOOR BLEND</p> <p>A T N</p> <p>31700001   15mL \$14.00 retail   \$10.50 whl 10.5 PV</p>	 <p><b>TERRASHIELD®</b> SPRAY BOTTLE</p> <p>31600001   30mL bottle \$26.00 retail   \$19.50 whl 17 PV</p>
 <p><b>WHISPER®</b> BLEND FOR WOMEN</p> <p>A T N</p> <p>31080001   5mL \$32.00 retail   \$24.00 whl 24 PV</p>	 <p><b>ZENDOCRINE®</b> DETOXIFICATION BLEND</p> <p>A T I N</p> <p>31460001   15mL \$32.00 retail   \$24.00 whl 24 PV</p>	<p><b>APPLICATION METHODS</b> A Can be used aromatically T Can be used topically I Can be used internally <b>SKIN SENSITIVITY</b> N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)</p>		

\*Prices subject to change. Please check doterra.com for current prices.

# dōTERRA TOUCH® BLENDS

## dōTERRA TOUCH INTRO



**JASMINE**  
TOUCH BLEND

A T N

<b>60201812</b>	10mL roll-on
\$56.00 retail	\$42.00 whl
42 PV	



**MAGNOLIA** NEW  
TOUCH BLEND

A T N

<b>60205420</b>	10mL roll-on
\$37.33 retail	\$28.00 whl
28 PV	



**NEROLI**  
TOUCH BLEND

A T N

<b>60201817</b>	10mL roll-on
\$62.67 retail	\$47.00 whl
47 PV	



**ROSE**  
TOUCH BLEND

A T N

<b>60201813</b>	10mL roll-on
\$100.00 retail	\$75.00 whl
75 PV	



## dōTERRA TOUCH® KIT



**dōTERRA BREATHE®**  
TOUCH BLEND

A T N

<b>60200192</b>	10mL roll-on
\$18.67 retail	\$14.00 whl
14 PV	



**DEEP BLUE®**  
TOUCH BLEND

A T N

<b>60200145</b>	10mL roll-on
\$55.67 retail	\$41.75 whl
41.75 PV	



**DIGESTZEN®**  
TOUCH BLEND

A T N

<b>60200223</b>	10mL roll-on
\$29.33 retail	\$22.00 whl
22 PV	

## 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

<b>60200333</b>	160 PV
\$225.33 retail	\$169.00 wholesale



**FRANKINCENSE**  
TOUCH BLEND

A T N

<b>60200224</b>	10mL roll-on
\$60.67 retail	\$45.50 whl
45.5 PV	



**LAVENDER**  
TOUCH BLEND

A T N

<b>60200225</b>	10mL roll-on
\$20.00 retail	\$15.00 whl
15 PV	



**MELALEUCA (TEA TREE)**  
TOUCH BLEND

A T N

<b>60200226</b>	10mL roll-on
\$16.67 retail	\$12.50 whl
12.5 PV	



**dōTERRA ON GUARD®**  
TOUCH BLEND

A T N

<b>60200142</b>	10mL roll-on
\$29.33 retail	\$22.00 whl
22 PV	



**OREGANO**  
TOUCH BLEND

A T N

<b>60200227</b>	10mL roll-on
\$29.33 retail	\$14.50 whl
14.5 PV	



**PEPPERMINT**  
TOUCH BLEND

A T N

<b>60200228</b>	10mL roll-on
\$19.33 retail	\$14.50 whl
14.5 PV	



## dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

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

<b>21850001</b>	six 10mL roll-on bottles
\$133.33 retail	\$100.00 wholesale   100 PV

## dōTERRA EMOTIONAL AROMATHERAPY® TOUCH



**dōTERRA CHEER® TOUCH**  
UPLIFTING BLEND

A T N

<b>60200146</b>	10mL roll-on
\$21.67 retail	\$16.25 whl
16.25 PV	



**dōTERRA CONSOLE® TOUCH**  
COMFORTING BLEND

A T N

<b>60200147</b>	10mL roll-on
\$32.00 retail	\$24.00 whl
24 PV	



**dōTERRA FORGIVE® TOUCH**  
RENEWING BLEND

A T N

<b>60200148</b>	10mL roll-on
\$17.33 retail	\$13.00 whl
13 PV	



**dōTERRA MOTIVATE® TOUCH**  
ENCOURAGING BLEND

A T N

<b>60200149</b>	10mL roll-on
\$20.00 retail	\$15.00 whl
15 PV	



**dōTERRA PASSION® TOUCH**  
INSPIRING BLEND

A T N

<b>60200150</b>	10mL roll-on
\$26.67 retail	\$20.00 whl
20 PV	



**dōTERRA PEACE® TOUCH**  
REASSURING BLEND

A T N

<b>60200151</b>	10mL roll-on
\$24.33 retail	\$18.25 whl
18.25 PV	

# 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 Forgive
- dōTERRA Cheer
- dōTERRA Console
- dōTERRA Passion
- dōTERRA Peace

<b>60202944</b>	six 5mL bottles
\$212.00 retail	\$159.00 wholesale   150 PV



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



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



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



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



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



<b>dōTERRA PEACE®</b>	REASSURING BLEND
A T N	
<b>31710001</b>	5mL bottle
\$40.00 retail	\$30.00 whl
30 PV	



## dōTERRA KIDS COLLECTION NEW

The dōTERRA Kids Collection is the complete and ready-made “whole body” essential oil toolbox designed to empower caregivers to confidently care for the health and wellness of little ones.

<b>60206616</b>	six 10mL roll-on bottles
\$126.67 retail	\$95.00 wholesale   85 PV

**Also Available For Individual Sale**



## dōTERRA YOGA COLLECTION

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.

<b>60203244</b>	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

<b>60202952</b>	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
- Tea Tree (Melaleuca)
- dōTERRA On Guard®
- AromaTouch®
- Deep Blue®
- Wild Orange
- Peppermint

<b>60202945</b>	eight 5mL bottles, one 4 oz bottle
\$146.67 retail	\$110.00 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

<b>60202951</b>	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

<b>34100001</b>	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

<b>31640001</b>	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 theobroma 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

<b>37510001</b>	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

<b>33150001</b>	
\$62.66 retail	\$47.00 wholesale   20 PV



### LUMO® DIFFUSER

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

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

<b>60203080</b>	
\$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

<b>33130001</b>	
\$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

<b>33160001</b>	
\$119.93 retail	\$89.95 wholesale   40 PV



A \$20.00 donation is made to the dōTERRA Healing Hand Foundation® 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

<b>37520001</b>	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

<b>60200879</b>	10mL roll-on
\$20.00	0 PV

# dōTERRA ON GUARD® PRODUCTS



## dōTERRA ON GUARD® TOP SELLER PROTECTIVE BLEND

A T I S

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

<b>31100001</b>	15mL bottle		
\$45.33 retail	\$34.00 wholesale		34 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

<b>38910001</b>	4.2 oz		
\$11.33 retail	\$8.50 wholesale		5 PV

## dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

<b>39000001</b>	10 samples, 2 g each		
\$4.66 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

<b>34050001</b>	30 drops		
\$16.00 retail	\$12.00 wholesale		10 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

<b>39020001</b>	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

<b>31580001</b>	125 beadlets		
\$21.33 retail	\$16.00 wholesale		16 PV

## dōTERRA ON GUARD® 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

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

## dōTERRA ON GUARD® FOAMING HAND WASH

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

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

## dōTERRA ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

<b>38070001</b>	\$30.00 retail	\$22.50 wholesale	18.5 PV
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### SINGLE REFILL

<b>38010001</b>	\$24.67 retail	\$18.50 wholesale	18.5 PV
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### TWIN PACK REFILL

<b>38020001</b>	\$44.67 retail	\$33.50 wholesale	33.5 PV
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## 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\*

<b>35420001</b>	60 vegetarian softgels		
\$34.67 retail	\$26.00 wholesale		22.5 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

<b>38140001</b>	12 fl oz		
\$19.33 retail	\$14.50 wholesale		10 PV

## dōTERRA ON GUARD® MOUTHWASH NEW

dōTERRA On Guard® Mouthwash is alcohol free and formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth.

- Natural, alcohol-free formula
- Helps reduce plaque, strengthen teeth and brighten smile
- Refreshing dōTERRA On Guard flavor supports long-lasting fresh breath

<b>60203185</b>	16 fl oz/ 473 mL		
\$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



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, Blue Chamomile, Ylang Ylang, and Helichrysum essential oils with Osmanthus Extract
- Apply as part of a soothing massage

<b>60200143</b>	5mL bottle	
\$44.00 retail	\$33.00 wholesale	33 PV

<b>60200144</b>	10mL roll-on	
\$78.67 retail	\$59.00 wholesale	59 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
- Provides a cooling and soothing sensation to targeted areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

<b>38900001</b>	4 fl oz/120mL	
\$42.67 retail	\$32.00 wholesale	\$32.00

## 32-OUNCE BOTTLE

<b>50210001</b>	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

<b>38950001</b>	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\*

<b>34360001</b>	60 vegetable capsules	
\$79.33 retail	\$59.50 wholesale	59.5 PV



# dōTERRA BREATHE® PRODUCTS



## dōTERRA BREATHE® RESPIRATORY BLEND



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

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

<b>60200190</b>	15mL bottle	
\$29.33 retail	\$22.00 wholesale	22 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

<b>35460001</b>	30 drops	
\$16.00 retail	\$12.00 wholesale	10 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

<b>60200878</b>	.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\*

<b>34390001</b>	60 vegetarian softgels
\$26.00 retail	\$19.50 wholesale   17 PV



## dōTERRA SERENITY® RESTFUL BLEND



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

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

<b>49530001</b>	15mL bottle
\$42.67 retail	\$32.00 wholesale   32 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!

<b>36280001</b>	
\$103.33 retail	\$77.50 wholesale   70 PV

## 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

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

<b>60201185</b>	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

<b>36230001</b>	8.46 fl oz/250mL
\$30.67 retail	\$23.00 wholesale   23 PV

<b>60201225</b>	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

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



## SHAMPOO/CONDITIONER SAMPLES

<b>36390001</b>	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

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



## PROTECTING SHAMPOO 2-PACK

<b>36240001</b>	\$32.67 retail	\$24.50 wholesale	19.5 PV
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## SMOOTHING CONDITIONER 2-PACK

<b>36250001</b>	\$38.67 retail	\$28.00 wholesale	23 PV
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## SHAMPOO AND CONDITIONER

<b>36260001</b>	\$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

<b>37460001</b>	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

<b>37470001</b>	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

<b>37490001</b>	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 theobroma 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

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

## HAND AND BODY LOTION 3-PACK

<b>60200498</b>		
\$50.67 retail	\$38.00 wholesale	30 PV

## CITRUS BLISS® HAND LOTION

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

- Citrus Bliss essential oil blend's refreshing aroma 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

<b>37500001</b>	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

<b>37480001</b>	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. Enjoy our original flavor with the uplifting 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

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

## TROPICAL

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

## HERBAL

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

## LIP BALM VARIETY 3-PACK

<b>37570001</b>		
\$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

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

## dōTERRA SPA BATH BAR 3-PACK

<b>37560001</b>		
\$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

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

## HYDRATING BODY MIST NEW

Have your body feel completely rehydrated with the aromatic benefits of our Beautiful Captivating essential oil blend. The Beautiful Captivating oil combines Osmanthus, Lime, Bergamot, and Frankincense in a harmoniously floral blend. The nourishing properties of coconut, sunflower, avocado, and passion fruit, combined in this hydrating mist help improve overall appearance.

- The uplifting and energizing aromatic benefits of CPTG® Beautiful Captivating essential oil blend
- The oils of Sunflower, Avocado, and Passion Fruit help soothe, soften, and hydrate skin for an overall healthy glow
- Caprylic/Capric Triglyceride (Coconut derived), conditions and maintains the skin's natural barrier

<b>60205662</b>	4.2 fl oz/125mL	
\$33.33 retail	\$25.00 wholesale	22 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

<b>49400001</b>	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.

<b>42700001</b>	SAVE \$40.00 RETAIL
\$61.33 retail	\$46.00 wholesale   40 PV



## VERÁGE® SKIN CARE COLLECTION

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

<b>42690001</b>	SAVE \$74.00 RETAIL
\$112.66 retail	\$84.50 wholesale   70 PV

## VERÁGE® TONER

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

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Easy mist application

<b>37390001</b>	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

<b>37340001</b>	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

<b>49410001</b>	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

<b>49420001</b>	50mL/1.7 fl oz
\$29.33 retail	\$22.00 wholesale   22 PV

## VERÁGE® CLEANSER

Smooth skin begins with Verage Cleanser.

This 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

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

## VERÁGE® IMMORTELLE HYDRATING SERUM

Experience the age-defying effects of Verage Immortelle Hydrating Serum.

This powerful formula combines CPTG essential oils with plant extracts for smoother, more youthful-looking skin.

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

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

## VERÁGE® MOISTURIZER

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

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin

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

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## PRODUCT GUIDE

### FACIAL CLEANSER

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.

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

### INVIGORATING SCRUB

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.

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

### PORE REDUCING TONER

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

<b>60201772</b>	4 fl oz/118mL	
\$28.00 retail	\$21.00 wholesale	21 PV

### BRIGHTENING GEL

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.

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



### TIGHTENING SERUM

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.

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

### ANTI-AGING EYE CREAM

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.

<b>60201776</b>	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.

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

### HYDRATING CREAM

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.

<b>60201774</b>	1.7 oz/48 g	
\$48.00 retail	\$36.00 wholesale	36 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

<b>60202652</b>	10mL roll on	
\$92.00 retail	\$69.00 wholesale	65 PV

## PERSONAL CARE



### NATURAL DEODORANT WITH

#### dōTERRA BALANCE® NEW

This natural deodorant features dōTERRA Balance® Grounding Blend, baking soda, and arrowroot for long-lasting freshness and all-day confidence.

- Baking soda helps neutralize and prevent odor while arrowroot powder aids in absorbing underarm moisture.

<b>60207421</b>	2.65 oz/75g	
\$11.67 retail	\$8.75 wholesale	5 PV



### CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is a 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

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

# WOMEN'S HEALTH



LOYALTY  
REWARDS  
PROGRAM

## WOMEN'S HEALTH KIT

Includes Phytoestrogen Essential 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
\$36.00 retail	\$27.00 wholesale   27 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\*
- Great watermelon flavor

34500001	60 tablets
\$27.33 retail	\$20.50 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 \*
- Natural Strawberry Melon flavor

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



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

# DAILY VITALITY

LOYALTY REWARDS PROGRAM



**dōTERRA LIFELONG VITALITY PACK® DIETARY SUPPLEMENTS INCLUDING ALPHA CRS<sup>+</sup>, MICROPLEX VMz<sup>®</sup>, AND xEO MEGA<sup>®</sup>**

<b>21480001</b>		
\$106.00 retail	\$79.50 wholesale	60 PV

LOYALTY REWARDS PROGRAM



**VEGAN dōTERRA LIFELONG VITALITY PACK® DIETARY SUPPLEMENTS INCLUDING ALPHA CRS<sup>+</sup> VEGAN MICROPLEX VMz<sup>®</sup> AND vEO MEGA<sup>®</sup>**

<b>60201121</b>		
\$119.33 retail	\$89.50 wholesale	60 PV

LOYALTY REWARDS PROGRAM

COMING 2019



**dōTERRA LIFELONG VITALITY DAILY PACK**

The same great LLV products you know and love packed in convenient daily packs. Each box contains a 30 day supply of the Alpha CRS<sup>+</sup>, xEO Mega, and Microplex VMz in individually packed sachets.

<b>60203181</b>	60 daily packs or a 30-day supply	
\$115.33 retail	\$86.50 wholesale	60 PV



**MICROPLEX VMz<sup>®</sup> 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 proprietary blend and an enzyme delivery system
- Features the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach\*

<b>35350001</b>	120 vegetable capsules	
\$52.67 retail	\$39.50 wholesale	39.5 PV



**xEO MEGA<sup>®</sup> ESSENTIAL OIL OMEGA COMPLEX**

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade<sup>®</sup> 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\*

<b>35360001</b>	120 softgels	
\$66.00 retail	\$49.50 wholesale	49.5 PV



**vEO MEGA<sup>®</sup> ESSENTIAL OIL OMEGA COMPLEX**

vEO Mega is a revolutionary, 100 percent vegetarian-friendly formula blending CPTG Certified Pure Therapeutic Grade<sup>®</sup> 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\*

<b>34480001</b>	120 liquicaps	
\$66.00 retail	\$49.50 wholesale	49.5 PV



**ALPHA CRS<sup>+</sup> 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\*

<b>35370001</b>	120 vegetable capsules	
\$92.67 retail	\$69.50 wholesale	69.5 PV



# PERSONALIZED WELLNESS PROGRAM

LOYALTY  
REWARDS  
PROGRAM

## 1 Purchase 1 dōterra Lifelong Vitality Pack®



dōTERRA  
Lifelong  
Vitality Pack  
**21480001**  
\$79.50 | 60 PV



Vegan Lifelong  
Vitality Pack  
**60201121**  
\$89.50 | 60 PV



dōTERRA Lifelong  
Vitality Daily Packs  
**60205416**  
\$86.50 | 60 PV

Daily  
Nutrient Pack®  
**21490001**  
\$59.50 | 50 PV

## 2 ...and choose up to 3 additional supplements at reduced prices.



Microplex VMz®  
\$20.00 | 10 PV



xEO Mega®  
\$20.00 | 10 PV



Mito2Max®  
\$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  
(1Q 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 Star Anise essential oils
- Eases feelings of queasiness\*
- Helps reduce bloating, gas, and occasional indigestion\*

**31030001** | 15mL bottle  
\$44.00 retail | \$33.00 wholesale | 33 PV



## DIGESTZEN® SOFTGELS

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

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



MADE WITH VEGETARIAN SOFTGELS



## DIGESTTAB® CHEWABLE TABLETS

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

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

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

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

# DIGESTIVE HEALTH



**DIGESTZEN TERRAZYME®  
DIGESTIVE ENZYME  
COMPLEX** TOP SELLER

DigestZen TerraZyme provides your body with the whole-food enzymes and supporting mineral cofactors needed for healthy digestion.\*

- Supports the body's constant production of enzymes critical for healthy biochemical functions\*
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy\*
- Includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber\*

<b>35110001</b>	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\*

<b>35160001</b>	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\*

<b>35040001</b>	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

<b>31460001</b>	15mL bottle
\$32.00 retail	\$24.00 wholesale   24 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\*

<b>34280001</b>	60 vegetarian softgels
\$32.00 retail	\$24.00 wholesale   21 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\*

<b>35120001</b>	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

<b>60207092</b>	15mL bottle	
\$37.33 retail	\$28.00 wholesale	28 PV

### DDR PRIME SOFTGELS™

<b>34410001</b>	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\*

<b>49310001</b>	60 softgels	
\$30.67 retail	\$23.00 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

<b>34360001</b>	60 vegetable capsules	
\$79.33 retail	\$59.50 wholesale	59.5 PV

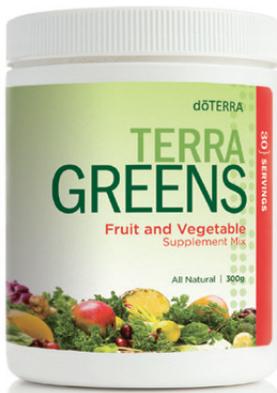


## COPAIBA SOFTGELS NEW

Copaiba Softgels provide a daily dose of Copaiba essential oil in a convenient easy-to-swallow softgel. When taken internally, Copaiba essential oil may help support the nervous, cardiovascular, immune, digestive, and respiratory systems.\*

- Powerful antioxidant\*
- Soothes and supports the nervous system\*
- Supports the health of cardiovascular and respiratory systems\*

<b>60205764</b>	60 softgels	
\$42.67 retail	\$32.00 wholesale	30 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

<b>60120001</b>	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

<b>34350001</b>	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

<b>31370001</b>	15mL bottle
\$34.67 retail	\$26.00 wholesale   26 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\*

<b>34270001</b>	60 vegetarian softgels
\$48.00 retail	\$36.00 wholesale   31.5 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

<b>60200347</b>	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.

<b>35180001</b>	vanilla
\$52.67 retail	\$39.50 wholesale   25 PV
<b>35200001</b>	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

<b>35440001</b>	
\$52.67 retail	\$39.50 wholesale   25 PV



## SLIM & SASSY® TRIM KIT

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

<b>40770001</b>	1 Chocolate, 1 Vanilla
\$200 retail	\$150 wholesale   125 PV
<b>3528</b>	2 Chocolate
\$200 retail	\$150 wholesale   125 PV
<b>35290001</b>	2 Vanilla
\$200 retail	\$150 wholesale   125 PV
<b>60130001</b>	2 V Shake
\$200 retail	\$150 wholesale   125 PV

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

# 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®, Correct-X®, dōTERRA On Guard Mouthwash, Hand and Body Lotion, dōTERRA® SPA Moisturizing Bath Bar 3-Pack, The dōTERRA Essentials Booklet

<b>60206865</b>	<b>\$250.45 Savings</b>
\$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

<b>60206864</b>	<b>\$81.50 Savings</b>
\$326.67 retail	\$245.00 wholesale   175 PV



## AROMATOUCH DIFFUSED

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

<b>60206849</b>	<b>\$32.00 Savings</b>
\$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

<b>60206863</b>	<b>\$96.00 Savings</b>
\$366.67 retail	\$275.00 wholesale   225 PV



## 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

<b>60206861</b>	<b>\$69.00 Savings</b>
\$260.00 retail	\$195.00 wholesale   145 PV



## FAMILY ESSENTIALS KIT AND BEADLETS

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

<b>60206847</b>	<b>\$37.50 Savings</b>
\$200.00 retail	\$150.00 wholesale   110 PV

For additional enrollment kit options visit [doterra.com](http://doterra.com)

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dōTERRA®

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

PRESRT. STD  
US POSTAGE  
**PAID**  
PERMIT #6563  
SALT LAKE CITY, UTAH

# MITO2MAX®

*Energy & Stamina Complex*

Help your body  
adapt more  
quickly to  
the diverse  
activities of life,  
and increase  
your energy.\*



## MITO2MAX®

Energy & Stamina Complex

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

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dōTERRA®

CPTG Certified Pure Therapeutic Grade®