

Ways to Beat the Summer Heat

PAGE 10

Rest and De-stress Make Over Your Evening Routine

PAGE 26

dōTERRA Lemon

Facts, Recipes, and DIYs

PAGE 32

Guide for the Essential Oil Novice

PAGE 8

IN THIS ISSUE

features

- 4** DR. HILL'S DAILY HEALTH HABITS:
6 principles to sustain healthy habits.
- 8** GUIDE FOR THE ESSENTIAL OIL NOVICE:
Where to begin.
- 10** WAYS TO BEAT SUMMER HEAT:
A few tips to stay cool during the hot months.
- 14** TAKE IT OUTSIDE:
6 benefits of outdoor exercise.
- 16** SUMMER ROADTRIP:
Travel tips for the whole family.
- 20** UPCYCLE AND REUSE:
DIY herb garden: using empty dōTERRA Slim & Sassy® TrimShake containers.
- 26** REST AND DE-STRESS:
Make over your evening routine.
- 30** THE CAREGIVER COMMUNITY:
Heather Oglesby, dōTERRA Wellness Advocate and full-time caregiver, creates a community of love and support.
- 32** dōTERRA LEMON:
Facts, recipes, and DIYs.
- 36** WELLNESS ADVOCATE IDEA NOTEBOOK:
dōTERRA essential oil recipes, ideas, and tips.

departments

- 6** dōTERRA Healing Hands Foundation®:
Leaving a footprint all around the world
- 18** Scientific Advisory: Nature's diaper bag
by Dr. Gregory L. Woodfill, D.O.
- 21** Essential Oil Spotlight: Marjoram
- 22** dōTERRA Performance Advocate:
Sloan Stevens, a U.S. Pro Tennis Player
- 24** Nutrition Corner: Eat well, feel great
- 28** Essential Recipes: Summer bruschetta
- 29** Essential Oil Spotlight: Black Pepper
- 34** AromaTouch®: Instrument in your self-care

 [dōTERRA PRODUCT GUIDE](#) (see pages 38-55)

The TRIO

Where Your Journey Begins



21



18

22



32

DAILY HEALTH HABITS

Dr. David K. Hill, D.C., *Founding Executive, Chief Medical Officer and Chairman, Scientific Advisory Committee*

When I decided it was time to begin taking my own health more seriously, I didn't have to look very far for a road map. Health isn't about an extreme diet or exercise program, but a lifestyle focused on healthy sustainable habits—the six principles that make up the dōTERRA Wellness Lifestyle Pyramid.



1

Eat Right

Cleaning up my diet, which included drastic changes to both what and how much I was eating, wasn't that complex, but there were some factors that you don't always consider. Even those who have the cleanest of diets often fall short when it comes to meeting their body's nutritional needs, which makes supplementing your diet with dōTERRA Lifelong Vitality Pack® (LLV) critical for anybody seeking optimal health. Starting every day with LLV along with my breakfast and including it with dinner is the foundation of my daily health habits.

One of the lesser known side effects of a diet composed of mostly highly processed foods is its effect on the inner workings of your gut. We're beginning to discover that the health of your gut microbiome doesn't only influence digestion, but also may have significant impacts on metabolism, weight management, and several other health factors. Supporting a healthy intestinal microflora balance by supplementing my new diet with PB Assist+® Probiotic Defense Formula became a part of my day-to-day regimen. And as bad as my previous eating habits were, your body will adapt to anything. With a digestive system accustomed to highly processed food, the whole food diet I was embarking on would be an uncomfortable change. DigestZen TerraZyme® provided those active whole-food enzymes and the tummy tamer blend necessary for gastrointestinal comfort and food tolerance.* Health and longevity begin with how you fuel your body; the nutritional building blocks provided by a diet composed of whole foods and supplemented by LLV, PB Assist+, and DigestZen TerraZyme is the foundation of any health-promoting plan.*



2

Exercise

Burning a few extra calories through increasing physical activity had to be a component of my new lifestyle and that meant the occasional discomfort that can accompany increased exercise. As regular date nights at the movies became hikes and neighborhood bike rides, Deep Blue® Soothing Blend and Deep Blue® Rub became my daily companion. With my increased activity levels, I found that it was most convenient to keep a bottle of both the oil and the rub in a desk drawer close to my front door.



3

Rest and Manage Stress

You never really appreciate how important rest and stress management are until a lack of them is already having a powerfully negative impact on your overall health. Setting up a consistent bedtime routine and actionable steps to address stress are paramount for overall health and well-being. This is where Lavender and dōTERRA Balance® come in. I start each day by putting dōTERRA Balance on the bottoms of my feet to promote calmness, and I end the day by diffusing Lavender as I prepare for sleep. The powerful combination of those two oils helps me maximize the times of the day that are meant for recovery.



5

6

Informed Self-Care / Proactive Medical Care

Self-care is probably the most subjective and individual of all the steps of the dōTERRA Wellness Lifestyle Pyramid. How I feel day-to-day, how my body responds to supportive measures, and the type of health issues I feel comfortable addressing myself is highly distinct to me. I have found that the use of two specific products has a wide spectrum of benefits to promote well-being on a daily basis. In my experience, and validated by a growing body of scientific research, Frankincense is the go-to oil for support of healthy cellular function.* For years, my daily morning routine has included a Veggie Cap with 1-2 drops of Frankincense and 2-3 drops of dōTERRA On Guard Protective Blend.* If I need more that particular day, I may add a drop or two of Frankincense to a glass of water at lunch or have a few dōTERRA On Guard beadlets.



While we have so much influence over our well-being through our lifestyle habits, some things are out of our control. You have to be proactive instead of reactive with medical care, and this is exactly what dōTERRA's healthcare initiative is all about. No matter how healthy my daily habits are, there are those times when I need the attention and expertise of my trusted family physician.

Stick to the road map outlined by the dōTERRA Wellness Lifestyle Pyramid and create your own healthy habits for lifelong health and vitality.*

4

Reduce Toxic Load

Reducing toxic load is becoming even more important to me as we begin seeing longitudinal data that supports the logical notion that our environment and the caustic substances we expose ourselves to can have real long-term health effects. One of the more interesting recent studies I read found that exposure to cleaning products has a direct negative impact on long-term respiratory health (Svanes). This recent evidence has only strengthened my views about using natural products, minimizing exposure to toxins, and supporting the body's natural pathways of detoxification. This means using citrus essential oils in a variety of contexts. Along with using dōTERRA On Guard® products around the house, I consume 1-3 drops of Grapefruit, Tangerine, or Lemon in water 3-5 times daily to provide the immune system, liver, and metabolic support I need to minimize toxic load.*



References: Svanes O, et al. Cleaning at home and at work in relation to lung function decline and airway obstruction. *American Journal of Respiratory and Critical Care Medicine*. 2018. doi: 10.1164/rccm.201706-13110C.

* 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.

Leaving a Footprint all around the World

From the beginning, dōTERRA has had a mission to give back to those in need. With the creation of the dōTERRA Healing Hands Foundation, this mission has come to fruition. The success of this foundation and the life-changing projects that have taken place, can all be tied back to you. Through the generous donations of time and money, you have made an impressive impact seen and heard throughout the world. The following is just a glimpse of the incredible projects that have been made possible by you.

dōTERRA International continues to provide all overhead and administrative costs of the foundation so that 100 percent of all donations contributed to the dōTERRA Healing Hands Foundation® go directly to those receiving aid.

Cō-Impact Sourcing®



Guatemala

Sika'abe Multi-Functional Workshop and Equipment:

Sika'abe expanded its classroom space and class offerings. On the newly purchased land, they constructed a multifunctional workshop and purchased some equipment so students can learn small engine repair, carpentry, and other courses.



Kenya

Water Access Project:

Beginning in 2016, the dōTERRA Healing Hands Foundation has been working on a water access project to bring clean water to the Mwamose Primary School. In 2017, the drilling of a well and installation of piping, a water tower, tanks, and a solar panel provided the surrounding community with fresh water. The project is ongoing.



Haiti

Disaster Relief and Repair Project:

After the devastating Category 4 Hurricane Matthew destroyed much of Haiti at the end of 2016, the dōTERRA Healing Hands Foundation® got to work repairing and rebuilding. Several water wells in Les Cayes were repaired, 588 roofs were repaired, and several community buildings have been rebuilt, including an elementary school for 152 students.



Nepal

Primary Healthcare Center Expansion:

A healthcare center in the community of Palung, Makwanpur, Nepal will provide healthcare services to 100,000 individuals.



Global Anti-Sex-Trafficking Efforts Two additional corporate partners were announced at the dōTERRA® You Convention to expand the work the foundation is doing to combat sex-trafficking: 3 Strands Global and Rapha House.



At the dōTERRA® You Convention in September 2017, the dōTERRA Healing Hands Foundation® and Days for Girls International secured the GUINNESS WORLD RECORDS™ title for the Most Personal Hygiene Kits Assembled in One Hour.

Microcredit Funding

Mentors International

The dōTERRA Healing Hands Foundation® is proud to be partners with the micro-lending organization Mentors International. Providing credit to those who would otherwise not have financing opportunities or whose only lending options are with unethical and even dangerous lenders, the microcredit fund helps lift the poor from poverty while elevating communities through economic development.

Maria Pillaca Noa: Maria was first introduced to Mentors Peru by a former teacher. Her first loan was \$167, and was to help her and her husband grow their furniture/upholstery business. Maria is currently saving to buy a new sewing machine that will allow her to more efficiently sew different kinds of fabric.



Wellness Advocate Partner Projects

74



37



37



2017 COMPLETED PROJECTS

1. A Child's Hope Foundation
2. Acacia Shade
3. Blanca's House
4. Christian Life Church
5. Divinely Essential, LLC (Center for Great Expectations)
6. Elevatus Foundation
7. EMAS Canada (Gambade Medical Clinic)
8. FOOT Foundation, Inc.
9. Gateway to College Academy (Sonoma County Fire Devastation)
10. Ghana Make a Difference
11. Guatemala Children's Foundation
12. Healing Agents International
13. Helping SAVE
14. Ho'ōla Nā Pua
15. Hope Church Missions Group
16. Joy's G.I.F.T.
17. Julianna Saylor Fundraiser
18. Junglekeepers
19. Kids3
20. Kuwasha International Development Society (Pacific Academy Outreach Society)
21. Lesvos Greece Project
22. Midway Elementary Special Needs Program (The Education Foundation)
23. Open Arms International
24. Operation Underground Railroad Fundraiser
25. Peacework
26. Red Island Restoration (WorldVenture)
27. Santa Rosa Fire Devastation
28. Sarnelli House
29. School the World
30. Selah Freedom
31. Sheltering Wings
32. St. Augustine Humane Society
33. The Mission Inc.
34. Vusama Village Tour
35. Wheelchair Foundation
36. Youth Service International
37. 109 World

PROJECTS APPROVED IN 2017 WITH COMPLETION DATES IN 2018

1. HandReach
2. Giveoils Foundation
3. Blessing the Children Ministry Orphanage
4. No More Chains
5. Ghana Make a Difference
6. Santa Rosa Fire Devastation
7. Partners in Home Care
8. Joel 2 Missions
9. Youth Employability Program
10. One Love
11. Natural Doctors International
12. Worlds Collide Africa (One Ndoto)
13. Hope Alliance
14. Mission Mbale
15. Kara Tepe Camp Project
16. Ninos Con Valor
17. El Refugio Fundación, A.C.
18. Tumaini Children's Charity
19. Cultiva International
20. Pistis Academy and Children's Home
21. Programa Velasco
22. International Extremity Project
23. Lighthouse Sanctuary
24. Essential Peace Vegas
25. KICKcancER Movement
26. Farmer FoodShare
27. Woodland Star Elementary School (Napa and Sonoma Fire Devastation)
28. Gateway to College Academy (Napa and Sonoma Fire Devastation)
29. Operation Walk—Freedom to Move
30. AmblAR
31. Ananda Learning Center
32. Bridges to Hope
33. Recycled and Redeemed
34. Eldoret Kenya—Women's Empowerment Project
35. Providing Change
36. Time for Teens
37. Allied Media Projects

To take a look at the Wellness Advocate Partner Projects with which the dōTERRA Healing Hands Foundation® has been affiliated, please visit the Wellness Advocate Partner Projects page in the *Our Caring* section of dōTERRA.com.

GUIDE FOR THE Essential Oil Novice

ESSENTIAL OIL

Plants contain compounds within the roots, flowers, seeds, and bark that can't be seen with the naked eye. These compounds, known as essential oils, are highly concentrated, making them extremely potent. Essential oils give a plant its aroma, protect it from harsh environmental conditions and insects, and even play a part in pollination.

THE HISTORY OF ESSENTIAL OILS

While some view essential oils as a new trend, the use of plant extracts and plant-based products is deeply rooted in traditions of the past. Ancient civilizations used plants for aromatherapy, personal care, health practices, beauty treatments, and food preparations.

ESSENTIAL OIL QUALITY

Through a global botanical network, dōTERRA ensures that only the best seeds, soil, equipment, and growing conditions are used in the oil production process. Partnering with growers and distillers who have a deep understanding of native plants, local climate, weather patterns, harvesting, and distillation temperatures, times, and pressures, allows dōTERRA to produce pure, potent, and precious essential oils.

In addition to the care taken during harvesting and distillation, dōTERRA sends each batch of essential oil to state-of-the-art labs to be tested. To guarantee the highest level of quality, dōTERRA has created the CPTG Certified Pure Therapeutic Grade® testing process. With rigorous criteria, this standard certifies that dōTERRA oils do not contain added fillers or harmful contaminants, but are pure, potent, quality essential oils.



Where to Begin

5 ESSENTIAL OILS UNDER \$25.00 WHOLESALE



LAVENDER

Lavender is often considered a must-have oil to keep on hand at all times due to its versatile uses, including calming and relaxing properties that promote peaceful sleep and ease feelings of tension.*



dōTERRA BREATHE®

The refreshing aroma of dōTERRA Breathe, a popular essential oil blend, can be used to create feelings of clear airways and easy breathing while helping to minimize the effects of seasonal threats.



WILD ORANGE

With multiple health benefits and an energizing aroma that can uplift the mind and body, Wild Orange has become one of the top selling dōTERRA essential oils.*



MELALEUCA (TEA TREE)

Melaleuca is best known for its purifying qualities, which make it useful for cleansing skin and home surfaces, purifying the air, or promoting healthy immune function.*



PEPPERMINT

The high menthol content of dōTERRA Peppermint essential oil sets it apart from others. Frequently used for oral hygiene, Peppermint also helps alleviate occasional stomach upset and promotes healthy respiratory function.*

Essential Oil Use



AROMATICALLY

- Use your favorite essential oil in a diffuser
- Rub 2-3 drops between your palms and inhale
- Place 2-3 drops on a cotton ball and place in areas that need a refresh



TOPICALLY

- Apply 1-2 drops to the bottom of feet
- Dilute with a carrier oil and use in an aromatherapy massage
- Apply to target areas to soothe discomfort



INTERNALLY

- Place 1-2 drops in a vegetable capsule and swallow with water
- Add 1-2 drops to water, juice or tea
- Add (to tastes) to flavor meals or dessert

ESSENTIAL OIL SAFETY

- Avoid sunlight or UV rays 12 hours after applying citrus essential oil to skin.
- Do not apply oils near the eyes, inner nose, inner ear, or other sensitive areas.
- Dilute sensitive oils like Cassia, Cinnamon, Clove, Lemongrass, Oregano, and Thyme. (1 drop essential oil + 10 drops carrier oil)
- Apply carrier oil, wipe with soft cloth, and repeat if skin becomes sensitive.
- Store oils with the lid tightly closed in high, out-of-reach areas.

* 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.

Ways to Beat Summer Heat



Summertime is perfect for many outdoor activities: going to the pool, attending neighborhood barbeques, surfing the waves, or hiking in the mountains—to name a few. But, with the bright and balmy weather also comes the challenge of staying comfortable and cool when the heat gets to be too much. Fortunately there are easy ways to stay refreshed, even away from any air-conditioned haven.

Outdoors

When you're having a blast outside, don't forget these tips:

Add oils to your spray bottle. When taken outside for long periods of time, water in a glass spray bottle can quickly warm up and lose its advantage. Counteract this and keep cool by adding in refreshing non-citrus oils that will cool you down regardless. Cooling oils include Peppermint, Basil, Cardamom, Cilantro, or dōTERRA Breathe®. An extra tip: when you do go to spray, start with your pulse points like your wrists and neck. Spraying these areas will help to cool your whole body more quickly.

Wear the right clothes. Choose fabrics that breathe and allow your sweat to evaporate more quickly. These fabrics include cotton, hemp, rayon (if you live in a dry climate), or linen. Moisture-wicking fabrics (found most often in athletic wear) also have a special weave that makes them more permeable, and wick the sweat away.

Stay hydrated. You need to keep replacing the water you lose through perspiration. Avoid the tempting sugary, caffeinated, and alcoholic beverages to avoid dehydrating your body; water is always the best choice when you're out and about. If you're looking for added flavor, a drop of Lime, Lemon, Wild Orange, Tangerine, or Grapefruit oils can easily add some variety. You can also rehydrate with the foods you eat. Try a summer favorite like the appropriately named watermelon.

Eat lighter meals. Many fruits and vegetables are in season when the weather is hot. (This may just be nature's way of

telling us something about keeping cool.) Plants are simply easier for us to digest, which in turn produces less heat in your body than digesting a fatty hamburger. It's a healthy way to stay cool, too—incorporating more fruits and veggies into your diet is a good idea no matter what your summer plans are.

Indoors

When you're on vacation or even at home, sometimes the air conditioning isn't there when you need it to be. Here are a few ideas for taking some of the pressure off your AC unit, and keeping your bills lower:

Point your fan at an open window.

The day's heat gets trapped inside your home, and can be hard to get rid of. Putting the fan facing the window sucks the hot air away and blows it back outside. You can use a temperature controller to automatically turn the fan on or off depending on the temperature.

Diffuse oils. Certain oils like Spearmint, Eucalyptus, Peppermint, or dōTERRA Breathe® possess refreshing aromas that can help you feel cool and invigorated. If you live in a dry climate, it will add a little moisture to the air as well.

Use your décor to your advantage.

Blinds and curtains block the sun's rays out and shield your space from the heat. Close the windows and use insulated drapes when the sun is out, and open them at night to let in the cooler air. If you simply must have an open window, you can also hang a damp towel or sheet in front of the window to cool the air coming in.

Sleep cool. There are a few different options for making your nighttime cooler. Try putting your sheets into a plastic bag and putting them in your freezer for a few minutes. When you're ready for bed, put the chilled sheets on your bed and enjoy the cool feeling. Alternately, add a few drops of Peppermint to a high-mist glass spray bottle and dampen your top sheet.

Cool down your body. Take a cool shower or bath when you can't stand the heat anymore. You can also drink iced Peppermint water. We recommend making your ice-cubes using Peppermint by filling your ice tray with water and adding one drop of Peppermint per ice cube.

After Sun

Coming home after a fun day outside you can tell the impact of the sun more than you probably did during the day. At this point, there are several oil recipes you can go to for some soothing after-sun care.

In a 10 mL roll-on add 5 drops Melaleuca, 5 drops Roman Chamomile, 5 drops Helichrysum, 5 drops Lavender, and top with Fractionated Coconut oil.

Add 20 drops Lavender oil to 2 ounces of Fractionated Coconut oil and rub into skin. (Alternately, you can add the Lavender to a glass spray bottle with 1 ounce Fractionated Coconut Oil and 1 ounce of water.)

Add 5 drops Peppermint to 5 drops Lavender and 4 drops vitamin E oil in a 4-ounce glass spray bottle and top with witch hazel.



ENERGIZE & *Refresh*



- 3 WILD ORANGE
- 3 LEMON
- 3 GRAPEFRUIT
- 2 SPEARMINT
- 1 LEMONGRASS

dōTERRA® **NEW DIY ACCESSORIES** USE, BLEND, AND SHARE ESSENTIAL OILS

5/8 Dram
Sample Vials

dōTERRA
Orifice Remover

30 mL
Sprayer Bottle
3-pk

Ultra Fine,
Continuous
Mist Sprayer
2-pk

10 mL Amber
Roller Bottle
6-Pack

5 mL Amber
Bottle
6-Pack

Pump for
FCO Bottle

Pipettes
50-pk



For more information visit [dōTERRA DIY Accessory Store](https://www.doTERRA.com) on doTERRA.com

TAKE IT OUTSIDE

6 Benefits of Outdoor Exercise

Summer is the ideal time to enjoy the sunshine and take your exercise routine outside. “Green exercise” (physical activity done outside) isn’t just about getting your vitamin D and a tan. It may also have significant benefits over a conventional indoor workout. Before packing up your bag for another trip to the land of steel bars and treadmills, consider the following six benefits of taking your workout to the great outdoors.

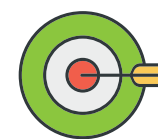
Increases Workout Performance



While you may think the wall-to-wall mirrors at the gym provide all the inspiration you need, when you exercise

outside you tend to push yourself harder and have lower levels of perceived exertion. Interestingly, when self-selecting intensity for cardio-intensive activity, most people run, cycle, or play at a higher level when in nature. Taking the daily run to the streets means you’ll likely be setting personal bests thanks to the inspiration of the passing scenery, while acutely burning more calories and fostering more effective long-term physiological adaptation.

Improves Attention and Focus



The changing environment offered by the outdoors may even have cognitive benefits.

The static environment of a gym demands what is known as “directed attention,” strict focus on specific stimuli, which can be mentally fatiguing. This may be a good thing if you want to concentrate exclusively on hitting a personal best in the weighted squat, but it is actually a detriment to the development of attention, memory, and overall cognitive abilities. Natural environments promote “effortless attention,” which actually restores rather than drains cognitive capacity.

Don’t let the health-building benefits of summer pass you by. Take a capsule of

Mito2Max® Energy & Stamina Complex with a small pre-workout meal, put a few drops of Peppermint oil in your palms and directly inhale, and head outside to take your physical and mental health to the next level.

Boosts Energy and Motivation



Eschewing the cable machine for the monkey bars may increase motivation, energy, and vitality. No matter how much you enjoy the gym environment, nature just has its way of making us happy. That pull-up workout you had planned is a great part of your day no matter where it’s done, but if done at the gym, you likely finish up more physically drained and with a less positive outlook than if it had been completed at the local park.

Helps to Develop Healthy Long-term Habits



A walk or bike ride to the park is more likely to promote adherence to your workout regimen than the commute to the gym. Researchers have found that those who regularly exercise outdoors are more likely to make physical activity a part of their daily routine. When it comes to changing your body, it’s all about consistency and making physical activity part of your lifestyle. Take advantage of summer’s weather and make the outdoors your gym, thus increasing the chances that you’ll develop those habits

necessary to reach your health and fitness goals.

Improves Overall Mood



You’ll brighten your entire day. Studies have shown that exercising outdoors can stimulate endorphins and serotonin, your “feel good” neurotransmitters. Furthermore, there is evidence that gracing the earth (instead of a treadmill) with sweat can help regulate hormones and improve markers of emotional health and mood.

Burns More Calories



You’ll burn more than your skin. Research has shown that green exercise may be more effective at turning on

your body’s internal energy and fat burning mechanisms. A gym is an environmentally-controlled environment where you don’t have to account for changing temperatures, wind-resistance, and terrain. This is great if you want to work out in comfort—but comfort isn’t how you induce physiological adaptation. By exercising outside you’ll acutely burn more calories and be forced into increased levels of intensity for the same amount of work, a perfect recipe for expediting the process toward toned arms and sculpted abs.

For research references email science@doterra.com



YOU'VE SPENT THE DREARY WINTER MONTHS CROSSING days off your calendar, daydreaming about your summer vacation—and the time has finally come! But now the reality of getting to your destination is at the forefront of your mind. While we always look forward to vacationing, it can be difficult to travel as a family, especially when you have young children.

Snack Tip

Turn snacks into a distracting activity by bringing yarn and o-shaped cereal, and have your children make a string necklace before eating.

Craft Tip

Glue a felt ball onto a clothespin and clip to your air vent. Add one or two drops of your favorite oil to diffuse throughout the car.

DON'T LET THE STRESSES OF TRAVELING TAKE ALL THE FUN OUT OF YOUR VACATION—FOLLOW THESE SIMPLE TRAVEL TIPS FOR SMOOTH SAILING ON YOUR ROAD TRIP THIS SUMMER:

BRING YOUR OWN FOOD



No one is at their best when they are hungry. Packing healthy snacks and meals for a long car ride not only saves you money, but also is a much healthier option for your family. Pack foods like fresh fruit, granola, water, and juice. Packets of applesauce that don't require a spoon are a great idea as well. **Upcycle your old dōTERRA supplement containers to make each child a customizable snack box.**

PACK LIKE A PRO



One of the most difficult parts about traveling with kids is all of the luggage required. It's even more frustrating when you are trying to find a tiny pair of socks at the bottom of your suitcase. To save time (and frustration), organize your children's clothes by outfit when packing. Put together shirt, pants, underwear, socks, and whatever else they will need for a single day, and place it in a plastic bag. Simply stack the bags in your suitcase to finish. Getting the kids dressed each morning will be a breeze.

PREPARE AHEAD FOR MESSES



AND ILLNESS

Traveling with kids will no doubt include more than a few messes. Keep a bag with wipes, extra clothes, underwear, diapers, and a bleach pen in an easy-to-reach spot for when spills and accidents rear their ugly heads. It is also wise to bring your own family first aid kit that includes the basics: bandages, cold medicine, pain medication, and any specific items that your family will need. Having these items on hand might save you a headache later.

STAVE OFF MOTION SICKNESS



If you are going to have a long, winding road-trip ahead of you, it is important to prepare for motion sickness. Place a drop of **Ginger** oil in the palms, rub the hands together, and inhale slowly. You can also diffuse **Ginger** oil in the car so that the entire family can experience its benefits.

CLEAR THE AIR



Have you ever walked into your hotel room, exhausted after a long day of travel, only to be welcomed by a funky smell? You can easily clear the air in the room by diffusing refreshing essential oils like **Lemon**, **Citrus Bliss**, or **Purify**. After a few days of driving, your car will also likely start feeling a little stuffy and smelly from traveling.

DEFEAT DROWSY DRIVING



If you plan to embark on a long road trip this summer, inhale **Peppermint** oil or apply to the temples to help keep yourself alert and awake. It's better to be safe than sorry, however. If you need to pull over for some rest, find a safe place to do so and get some sleep.

NAPTIME IS KEY



The long hours, waiting in line, and confined spaces often make children (and parents) grouchy when traveling. If you are traveling with young children or babies, try to plan your travel around naptime (when possible) to help things go more smoothly. Scheduling a two-hour drive or a short flight during your little one's naptime will make traveling much more enjoyable and decreases the likelihood that naptime gets skipped altogether.

ALTERNATIVES TO SCREEN TIME



Many parents don't want to entertain their children with hours of video games, movies, or screen time. And, on long trips even these activities can quickly get old for kids who are tired of traveling. Consider getting a kid-friendly audio book for your next road trip so that the entire family can enjoy a book together while driving. You can also print out fun or educational trivia questions that you can use to quiz the family while you are driving in the car. Depending on the age of your children, window clings can be entertaining to stick on windows or trays to create stories.

Nature's Diaper Bag

By Dr. Gregory L. Woodfill, D.O.

There is nothing more precious than the beginning of life. In my profession, I work with families entering into this amazing process. These wonderful families allow me to be a part of their pregnancies and the delivery of their beautiful babies into their arms and the world. The pregnancy period closes and the next phase of life begins. Families begin to develop their personal schedules and routines—routines that will help their child grow and thrive in the external world.

During pregnancy many women are careful about the products they place in/on their body, the food they eat and the internal environment they are creating for the development of their baby. After the birth, these concerns are now focused on ensuring that they give their newborn the best external environment possible. Developing a natural alternative to the traditional products we place on our children is healthy and allows our children to develop free from the processed and unnatural chemicals found in many manufactured products.

In 2004 the FDA's Center for Food Safety and Applied Nutrition (CFSAN) began a program to increase transparency in the food and cosmetic industry. They began an adverse event reporting program, CFSAN Adverse Event Reporting System (CAERS). Reports to this system come from consumers, medical professionals, and industry.

Prior to 2004 the FDA did not facilitate reporting of adverse events associated with personal care products. Since that time, there have been higher rates of serious events with baby products than any other personal care or cosmetic product. A high percentage of these claims has been associated with baby wipes. Some of the chemicals associated with baby products are: 2-bromo-2-nitropropane-1,3-diol (bronopol), Methylisothiazolinone (MIT) and triphenylphosphate. Each of these have been associated with serious reactions in children with their use.

There are a few DIYs that my wife and I have found safe and effective for our children, along with other products that will make your natural diaper bag complete.[†]

[†]Consult your healthcare provider.



Bottom of the feet is the safest place to apply essential oils on your baby. Massaging essential oils into your baby's feet not only helps deliver the benefits of essential oils, but also helps create connections through the power of touch.

Note:

Always dilute essential oils with a carrier oil such as Fractionated Coconut Oil before applying it on your baby's skin.

Essential Oils for Babies

dōTERRA OnGuard® Sanitizing Mist: A necessity for cleaning hands of anyone near the baby.

Single Oils:

- **Basil** on outer ear for discomfort.
- **DigestZen®** for tummy massage.
- **Lavender** for soothing the skin.
- **Melaleuca** for breastfeeding discomfort and skin irritation.
- **Correct X®** for scrapes.

DIY

Baby Wipes

What You Need:

- 1 roll strong paper towels
- 2 cups warm filtered water
- 1 tablespoon Fractionated Coconut Oil
- 1 tablespoon aloe vera oil
- 3 drops Lavender essential oil
- 3 drops Melaleuca essential oil

Directions: Soak paper towels with water, aloe vera oil, and essential oils in a sealed container or bag. Use as needed.

Teething Oil

What You Need:

- 1 tablespoon Fractionated Coconut Oil
- 1 drop Clove, Lavender, or dōTERRA On Guard®

Directions: Put oils in a sealed vial and apply when needed with a Q tip.

Diaper Cream

What You Need:

- 1 cup shea butter
- ½ cup Fractionated Coconut Oil
- ¼ cup Bentonite clay
- 3 drops Melaleuca essential oil
- 3 drops Frankincense essential oil

Directions: Melt the shea butter with Fractionated Coconut Oil over heat, then stir in other ingredients.

Baby Powder

What You Need:

- ½ cup arrowroot powder
- ½ cup corn starch
- ¼ cup finely ground oats
- 1 drop Roman Chamomile
- 1-2 drops Lavender

Directions: Place in shaker and apply as needed.

Herb Garden DIY

Enjoy using fresh herbs for the rest of your summer by creating this simple garden!

What you need:

- 1 foot x 8 feet piece of wood
- Empty Slim & Sassy® TrimShake containers
- Herbs
- Soil
- Stain (optional)
- Drill
- Screws

Directions:

1. Stain the board and let it dry. (optional)
2. Poke three holes in the bottom of each jar for necessary drainage.
3. Decide where you want the jars to hang on your board, then screw them on.
4. Fill the jars with soil, and transplant the herbs to the jars.
5. Label each jar with the names of the herbs.



Marjoram

Aromatic Description: Warm, herbaceous, woody

Distillation Method: Steam

Plant Part: Leaf and Stem

Sourcing Origin: Egypt

A relative to the oregano family, Marjoram (*Origanum majorana*) is often confused with Oregano because of their similarities. However, Marjoram is considered to be milder with a sweet flavor as compared to Oregano. Anciently known for being a symbol of joy and happiness, Marjoram is now known to provide support to the immune and nervous systems.*

How to use:

Aromatically

- Combine with Lavender and water into a spray bottle, mist pillows and sheets to help relax while falling asleep.
- Diffuse while studying to stay relaxed and focused.

Internally

- When your recipe calls for dried marjoram, try replacing that with Marjoram essential oil. (1-2 teaspoons dried herbs = 1 drop essential oil)
- Add a few drops to warm water for a Marjoram tea to help calm the nervous system.*

Topically

- Rub on the bottom of your child's feet for a calming effect before bed time.
- Apply oil to desired area to recuperate after a workout or long day.

Fun Fact: Marjoram has a gentle fragrance, which can be easily lost while cooking. Many consider it best practice to add in just before the end of cooking.

* 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.



SLOANE STEPHENS

dōTERRA® Performance Advocate Sloane Stephens is a professional tennis player on the Women's Tennis Association (WTA) tour, known for winning the 2017 US Open. From homeschooling her way through high school to overcoming a serious injury, Stephens has allowed her positive attitude and passion for tennis to carry her through anything that life or the sport throws at her.

How did you first get involved with playing tennis?

I grew up across the street from a club that had tennis, and I started playing there in the summers at a young age. I had no idea whether or not I was going to be any good at it, but it was really fun—my very first coach made it really fun. As I got older, I started playing after school, and eventually my mom thought that we should move to Florida so I could play more tennis.

"To win the US Open after being injured and having to go through surgery and rehab and all of the not fun stuff that goes into coming back from an injury, it was a major triumph—something that I've wanted to do my whole life."

After we moved to Florida, I started playing even more, I got into tournaments, and I started winning. I decided to do

homeschool so that I could go pro at age 16. It was a nice transition, never anything too stressful. I started playing lower-rank tournaments and just worked my way up to the WTAs. I kind of paid my dues with the younger folks and moved my way up, and that's how I got started in professional tennis.

What do you love most about the game of tennis?

I love to compete. I'm a very competitive person. I'm the girl that races my mom and brother back to the car saying, "Last one there is a rotten egg!" I've never played a team sport so I don't know what that is like, but with tennis, you are out there all by yourself—you have to act for yourself, think for yourself, and you have to do everything alone. I actually like that, I like competing against an opponent where you don't know what is going to happen. It is so unpredictable, I think that is what I love the most about tennis.

What would you say your strength is on the court?

I would say my greatest strength and my greatest weakness is probably my mind. When I make plays and



everything is good, I would say I'm pretty tough to beat. But when I'm not in a good place, my six-year-old brother could beat me. I think that over the years, after playing a lot and maturing as a person, I've gotten so much better on the court, and that is something I can be proud of.

What was it like winning the US Open?

I won the US Open after 11 months of not playing professional tennis. I was injured, and I had foot surgery. Coming back was really difficult, there was a lot of adversity and a lot of things that were so uncertain, and I didn't know if I would be the same when I came back. Of course my goal was always to win a Grand Slam in a major tournament, but I wasn't necessarily thinking about winning the US Open. I was thinking, "Thank goodness I can even play."

To win the US Open after being injured and having to go through surgery and rehab and all of the not fun stuff that goes into coming back from an injury, it was a major triumph—something that I've wanted to do my whole life. It was a very emotional moment, but a very happy one at the same time. It was a difficult journey not only for myself, but for everyone that supports me, so I was happy that I could win for them because they all stuck with me through my whole journey.

What are your favorite dōTERRA products?

I love Lavender. I have a difficult sleep schedule because I travel all over the world, and being on the road and in different time zones is not easy. I was trying to find any little thing to help relax me before bed and to make sure

SLOANE'S FAVORITE dōTERRA PRODUCTS



that my nerves were calm, when my mom got me a diffuser and some Lavender, and it really worked for me. I love putting Lavender on my sheets, on my pillow—anywhere it can help.

I have used Deep Blue® for massage, it can really help soothe you. I also like Peppermint and Eucalyptus, I use Eucalyptus in my shower. My absolute favorite oil is dōTERRA Cheer®. I put that in my diffuser during the day. It smells so good and makes it so calming when you walk in the room.

Being a professional athlete, it is hard to find the little things that work for you. dōTERRA has worked for me—finding essential oils was really good for me.



EAT
Well
FEEL
great

By Dr. Damian Rodriguez, DHSc, MS

Although what is an ideal diet for optimum health is distinct to the individual, there is no argument that our nutrition choices are the foundation of health. There is a reason why the base of the dōTERRA Wellness Lifestyle Pyramid is a big green “EAT RIGHT”: improving your dietary habits to include more whole and less processed food is one of the most scientifically validated ways to increase your lifespan and improve your quality of life. Along with your daily dōTERRA Lifelong Vitality Pack®, cleaning up your eating habits to promote overall health and wellness begins with becoming label conscious and learning to evaluate your calories.



Educate Yourself

Become a label reader, but more importantly, a label “understander.” While we should all aim to consume food that doesn’t require a label, with our busy lifestyles it’s not always going to be realistic. However, the Centers for Disease Control and Prevention have found that a shockingly low percentage of American consumers regularly read labels, and an even lower percentage of them comprehend what they are reading. For instance, when asked to determine the calorie content of a single serving of ice cream, 24 percent of adults could not do so, despite the number being directly on the label. Furthermore, an ability to understand and evaluate nutrition labels is highly associated with “healthy” eating behaviors, such as higher fruit and vegetable intake and less soda consumption. Don’t feel bad about conducting a quick internet search to learn how to properly analyze a nutrition label—you aren’t alone. That basic skill will go a long way toward helping you clean up your eating habits.



Stick to the Simple Ingredients

When evaluating the nutritional value of a specific food, it is also important to look at more than just the nutrition facts. In fact, it may be more important, and easier, to focus on the ingredients list rather than the nutrition facts label. So-called “ultra-processed foods” (foodstuffs that include substances not normally used in culinary preparations) are the new norm, representing nearly 60 percent of total energy intake in the United States and 90 percent of our sugar intake. Ultra-processed foods are several steps beyond their original form and contain artificial colors, sweeteners, emulsifiers, and other synthetic additives. If you haven’t gotten into the habit of regularly checking ingredients lists, you may be surprised to learn that manufacturers add sugar to 74 percent of packaged foods. Even more concerning, without an advanced scientific degree, you may have no idea that sugar is added because that nutrition-void sweetener may be listed on your jar of tomato sauce or in your bread under at least 61 different names. If you aren’t too alarmed with added sugar, emulsifiers (substances added to food to improve texture and help otherwise unmixable ingredients blend) have recently been shown to negatively impact the health of your gut microbiome and possibly even promote weight gain. If you want a solitary rule of thumb to improve your eating habits, then follow this rule: if an ingredients list takes more than a single breath to read and includes substances that you can’t identify, it’s probably best to leave that item on the shelf.



Count and Analyze Calories

At its core, weight management is a simple mathematical equation of balancing energy consumed and energy used, but there are a number of influencing factors. Despite what the headlines and even our changing dietary guidelines suggest, neither carbohydrates nor fats are a bane to your health, but those ultra-processed foods are. If the majority of your calories are coming from foods far removed from their natural form, they likely have low nutrient density and are not particularly satiating. Whole foods are generally higher in fiber, the indigestible substance that slows down absorption and makes us feel fuller longer and which the USDA suggests 97 percent of American adults don’t eat enough of. Foods with a short ingredients list also typically provide the highest composition of vitamins and minerals per calorie (nutrient density), meaning you’ll maintain your energy levels while consuming fewer calories and have a lower chance of facing the issues associated with nutrient deficiencies. For instance, six chicken nuggets (which may contain as many as 50 ingredients) and a medium-sized grilled chicken salad (with oil and vinegar on the side) have approximately the same amount of calories, but the nuggets contain 1/4th of the protein, 1/5th the fiber, and a fraction of the salad’s composition of vital vitamins and minerals. When cleaning up your diet, evaluate how each calorie consumed can help promote overall health by focusing on those whole, unprocessed foods and complementing them with some high nutrient density foods, such as Slim & Sassy® TrimShake and TerraGreens®.

The bedrock of a healthy lifestyle is eating right. Summer is the ideal time to reevaluate your dietary regimen and start making real progress toward your health and body composition goals. Clean up your eating habits by becoming a nutrition label and calorie scrutinizing expert.

For additional research and scientific references email scienceblog@doterra.com

Rest and De-stress

Do you find yourself falling into bed wondering where your day went? Are you rushed to get out the door each morning? By making small changes to your evening routine, you can change your entire day for the better. Setting aside a little time each night for yourself is one the best things you can do for you.



MAKE OVER YOUR EVENING ROUTINE

BE ACTIVE



One of the easiest ways to relax and de-stress is to move around. Go for a walk around the block with your headphones and favorite song. Moving your body is a great way to get your blood pumping and rejuvenate your body. Take a couple minutes to do some yoga with deep breathing to relax your body and calm your mind. Keep in mind that right before bed is not usually the best time to have a high-intensity workout; this is more about simply keeping your body in motion.

HAVE A MINI DECLUTTER SESSION



No one likes to wake up to a messy house. Before you start getting ready for bed, set a timer for 15–20 minutes. Use this short amount of time to clean up as much of your house as you can. Focus on areas of your home you will use in the morning, like your bathroom and kitchen. Your morning self will thank you for getting ready in a house that is not a disaster, and it will be easier to get out the door if you aren't digging through clutter.

PREPARE FOR TOMORROW



How many times have you been late in the morning because you could not decide what to wear? Or, how often have you eaten a subpar fast food meal because you didn't make your own lunch? Take care of these small details before you go to bed to make your morning a little smoother. Lay out your clothes for the next day, including your shoes. This will help reduce the amount of decisions your morning-tired brain has to make. Preparing your lunch for the next day is best done as you are cleaning up your dinner. Take five extra minutes and pack your lunch while your kitchen is a mess, and all your food is out. You will be amazed in the morning by how much time these two small steps will save you.

TAKE A RELAXING BATH



A bath is the perfect way to relax and recharge after a day at the office, running various errands, or chasing kids. It's also the perfect place to pamper yourself. Start with hot water and add in your favorite bath bomb or bath salts with Lavender or dōTERRA Serenity® to help you unwind at the end of the day. (If you don't have a bath bomb or salts, put a few drops of oil in your shampoo or liquid soap and put it in the water as you fill the tub to mix it around.) Utilize this time in the tub to take care of your hair and skin. Apply a deep conditioner to your hair or a facemask to your skin and let them soak in during your whole bath. Take full advantage of this alone time to re-center yourself.

START YOUR DIFFUSER



Using your oils to relax and re-center is one of the best ways to de-stress. Three of the best oils for finding peace at the end of the day are dōTERRA Balance®, dōTERRA Console®, and dōTERRA Serenity®.

- ❖ **dōTERRA Balance** was created to help ground emotions. It is formulated with emotionally beneficial essential oils that work together to create a sense of calmness and wellbeing.
- ❖ **dōTERRA Console** is the perfect oil for the end of a hard day. Created to promote feelings of comfort and hope, diffuse this oil when you are feeling overwhelmed.
- ❖ **dōTERRA Serenity** is a restful blend created to encourage calm emotions and lessen feelings of tension. It is the perfect oil to diffuse while falling asleep.

AVOID SCREEN TIME



Low lighting is key to a good night's rest. Bright light from our screens triggers our brains to wake up and keep working. Instead of staring at your phone, right before bed is the time to put on your cozy pajamas and relax in a way that suits you. Take this time to read a good book, an old favorite or new adventure. If reading isn't your thing, try an adult coloring book. One of the best low-light activities before bed is journal writing. Make a list in your journal of 15 things you are grateful for. Nothing builds more happiness and peace than recognizing the things in your life you are most thankful to have. Take some time to reflect on your day and set goals for tomorrow in your journal as well. This time spent in the real world away from your phone will help your brain know it is time for rest.

SUMMER BRUSCHETTA

Serve these quick and easy bruschetta spreads at your next summer brunch, or make it a fresh and light snack on those hot summer days.



Avocado, mango, and salsa with **Cumin Oil**

Tomato, mozzarella, and balsamic reduction with **Basil Oil**

Banana, coconut, and honey with **Lemon Oil**

Cottage cheese and salsa with **Lime Oil**

Cream cheese with **Rosemary Oil** and smoked salmon

Soft mozzarella and roasted peppers with **Black Pepper Oil**

Cream cheese with **Black Pepper Oil** and green olives

Steamed spinach with **Lemon Oil** and a poached egg

BLACK PEPPER

Aromatic Description: Hot, sharp, fruity, spicy

Distillation Method: Steam

Plant Part: Fruit

Black Pepper (*Piper nigrum*) comes from the fruit of the black pepper plant. Anciently, the black pepper spice was controlled by traders from southern Arabia. In order to maintain their monopoly on the spice, traders would tell stories of fighting off dragons to acquire the black pepper. Today, acquiring the spice is much easier, bringing health and flavor all around the world.

HOW TO USE:

Aromatically

- ◆ Add to a perfume or cologne for a grounding effect.
- ◆ Diffuse or directly inhale to calm anxious feelings.

Internally

- ◆ Add a few drops to spice a favorite dish, or in warm water to make a tea, bringing aid to the body's digestive system.*
- ◆ Consume the oil in a veggie cap to provide antioxidant support throughout the body.*

Topically

- ◆ Apply with Fractionated Coconut Oil to create a warm soothing massage.
- ◆ After a nap it can be hard to recuperate. Add a few drops to the bottom of your feet for a warming boost.



FUN FACT: Black pepper is known for being the world's most traded spice.

* 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.

The Caregiver Community

Finding time for self-care amidst concern for the welfare of others

Heather Oglesby's life was turned upside down when her mother was diagnosed with Alzheimer's and her father passed away in the same year. After months on end of stress, she found herself in the emergency room with a possible heart attack. From that moment forward, she decided she needed to make her health a priority. Heather's search for health and wellness lead her to dōTERRA.

Heather's Story

I have been a dōTERRA Wellness Advocate for about two years now and have truly enjoyed adding essential oils into my wellness routine. I am a 45-year-old working professional, who is also a fulltime caregiver to my mother with Alzheimer's disease. Three years ago, I picked up my mother from a homeless shelter due to complications associated with dementia, which we did not know she had at the time. She was only 64 years old. She had lived in poverty most of her life and could not afford healthcare. There was no other option but to move my mom in with my husband and myself and begin navigating the caregiver role. Ten months later, I received a call from a private investigator looking for the family of my father because he had passed away. I had not seen my father in 20 years. I was named the designated survivor to handle all his affairs. After the most stressful year of my life, I landed in the emergency room at age 42 with a possible heart attack.

Learn the Importance of Self-Care

From that day on, I decided to prioritize my health. When I described my traumatic experience to a colleague, she asked me if I had ever used essential oils. I looked at her and said, 'I have no idea what they are, but if they can support my health naturally, I'm all in!' She took me to the back of her car, pulled out dōTERRA literature, oil samples, and took time to describe the benefits she has received by incorporating essential oils into her daily routine. From that day, I have used oils to support myself with the stress that comes with being a caregiver.

Find a Support System

One thing I have realized through this caregiver role, is that one cannot survive life's stresses without community. We have to connect with one another and support each other, especially during difficult situations. The supports that have anchored me during this time have come through nonprofits, community wellness centers and dōTERRA

Wellness Advocates. I truly believe it is genuine people who are the foundation of any organization. Two Wellness Advocates who have been instrumental in supporting me, Elizabeth Haller and Beth Hoss Hagler, have also taken "community" to another level. Two years ago, I collaborated with a nonprofit, Amy's Place, to hold a "Woman's Caregiver Retreat." This retreat included sessions on wellness from health coaches, massages, meditation, functional movement, and dōTERRA essential oil education and consultation. To be able to share with other caregivers the benefits I have received from dōTERRA is extraordinary. We have now held two Caregiver Retreats and the number one request is for the "oils." dōTERRA is more than selling and using essential oils, but rather it is more about community and spreading the love and knowledge with others so that life's struggles can be eased on some level. There is no monetary amount that could reimburse the service provided at our Caregiver Retreats. Caregivers who have never tried essential oils were now being introduced to a natural way to deal with the stressors in their lives, which can be carried with them for a lifetime.



"We have to connect with one another and support each other, especially during difficult situations. The supports that have anchored me during this time have come through nonprofits, community wellness centers and dōTERRA Wellness Advocates. I truly believe it is genuine people who are the foundation of any organization."
— Heather Oglesby

Heather is continuing to organize several more retreats, and hopes to continue in these efforts to bring support to caregivers who are struggling. With the caregiver community and other dōTERRA Wellness Advocates by her side, Heather knows that she can tackle her own stresses as a caregiver, and work to improve the lives of those who put their own wellbeing on the back burner in order to care for their loved ones.

"dōTERRA is more than selling and using essential oils, but rather it is more about community and spreading the love and knowledge with others so that life's struggles can be eased on some level."



Lemon • Citrus limon

The bright yellow rind of the lemon fruit creates a zesty essential oil that is a familiar dōTERRA favorite. Most people recognize the emotionally uplifting qualities of Lemon essential oil, and use it in diffusers around the world. Lemon is also incredibly versatile: it can be used internally, is excellent at removing sticky residue, and is a useful ingredient in both homemade cleaning products and in culinary recipes.



Facts

- Lemons are from a small evergreen tree in the flowering plant family Rutaceae, which is native to Asia.
- A genomic study of the lemon indicates that lemons may be hybrids between bitter or sour oranges and citron.

PRIMARY BENEFITS OF LEMON OIL

- Cleanses the body from the inside and aids in digestion*
- Elevates and promotes a positive mood
- Assists with seasonal respiratory discomfort*

LEMON ESSENTIAL OIL SOURCING

There is no question that the Mediterranean island of Sicily produces the highest-quality lemons. This is thanks to the expertise of family-owned orchards where lemons have been grown for generations. In an area where economic downturn had caused many Sicilian orchards to close, growers who wished to stay open found a tremendous business opportunity in providing dōTERRA with Lemon essential oil.



Lemon Buttercream

Cream one stick of butter in an electric mixer for 1-2 minutes until fluffy. Slowly add 3 cups powdered sugar, ½ cup at a time, until mixture is smooth. Add 2 tablespoons lemon juice and 2 drops Lemon oil and mix until combined. Add 1 tablespoon heavy cream and mix at medium-high speed until light and fluffy, about 2-3 minutes. Pairs perfectly with cupcakes or cookies.



Lemon Cookies

Preheat oven to 350° F. In a large bowl, cream 1 cup cold butter and 2 cups sugar for 4 minutes until light and fluffy. Add 2 eggs, 1 teaspoon vanilla, 1½ tablespoons fresh lemon juice, and 1-2 drops Lemon oil. Stir to combine. Stir in 3 cups flour, 1¼ teaspoons baking powder, ¼ teaspoon baking soda, and ½ teaspoon salt. Mix until just combined. Drop dough onto parchment paper covered baking sheet. Bake for 9-11 minutes. Allow to cool. Sprinkle with sugar or frost with Lemon Buttercream.



Fruit and Veggie Cleanser

Mix together 10 drops Lemon oil, ⅔ cup distilled water, and ¼ cup apple cider vinegar in an 8-ounce spray bottle. To use, shake the liquid well and spray on produce in a strainer. Let sit for 2-3 minutes and then rinse and let dry.

TIP: Use empty dōTERRA spray bottles to store your homemade fruit and veggie spray.



Liquid Dishwasher Soap

In a large bowl, combine ½ ounce Castile soap, ¾ cups purified water, 4 ounces white vinegar, 1 ounce citric acid powder, 1 cup kosher salt, and 30 drops Lemon oil. Stir until well blended. Pour into a glass soap dispenser. To use, add about 2 tablespoons per load of dishes. Store mixture in the refrigerator to prevent fermentation.



aromatouch
TECHNIQUE

INSTRUMENT IN YOUR SELF-CARE

The foundation of lifelong health and vitality includes those principles detailed in the dōTERRA Wellness Lifestyle Pyramid.

When we think of informed self-care, we often think of aromatic, topical, and internal essential oil use for concerns that may not require the oversight of a medical professional. It's time to expand that way of thinking. New research provides evidence that the AromaTouch Technique® is a unique and powerful essential oil application method that everybody should be including in their self-care toolbox. Based upon initial results from human clinical trials being conducted by dōTERRA scientists, we are just scratching the surface of understanding how effective the AromaTouch Technique truly is at promoting health.

Dr. David Hill developed the AromaTouch Technique in response to his own experience with the synergistic power of essential oils and touch. At the time, it was a combination of knowledge gained from clinical practice and evaluation of the limited available scientific research. Nearly a decade since the public introduction of the AromaTouch Technique, studies evaluating the benefits of essential oils and human touch—in isolation and combined—have shown positive effects on various markers of acute and long-term health.

POSITIVE INFLUENCE ON BIOMARKERS

Touch is actually the first form of human communication to develop, and its scientifically validated benefits extend to almost every area of well-being. Experimental research suggests that when combined, aroma therapy and touch may support proper nervous system function and markers of psychological health.¹² Human clinical trials suggest that the essential oils included in the AromaTouch® Massage Blend, when combined with human touch, may help relieve tense muscles.³ Further clinical and experimental research supports touch involving topical application of essential oils as a means to calm and promote relaxation.⁴

SUPPORT IMMUNE FUNCTION

The purpose of the immune system is to keep you healthy despite all the potential risks you expose yourself to. **Human clinical trials suggest that human touch alone may support the proper function of the immune system.**⁵ Experimental research and human clinical trials suggest that application of essential oils may have similar effects.^{6,7} Both acutely and long-term, regularly combining them in an essential oil application method such as the AromaTouch Technique can be one of the foundations of optimal health.

POSITIVELY INFLUENCE MOODS AND EMOTIONS

Those of us who have experienced receiving an AromaTouch Technique know that words cannot describe how amazing it makes us feel. We may not need peer-reviewed validation of the mood-boosting properties of essential oils and touch, but it is widely available. Reviews of current research provide strong evidence that topical application of essential oils combined with touch is significantly more effective at promoting emotional well-being than essential oil inhalation alone.⁸ This combination has been shown to have acute uplifting and stimulating effects on emotions.⁹ But despite the growing body of scientific validation for the emotional benefits many have experienced, we are still at the early stages of understanding the how and why. dōTERRA scientists are hard at work evaluating both the full AromaTouch Technique and the Hand Technique so that we may answer both of these questions.

If you are not yet AromaTouch Technique certified, there is never a bad time to find a training event near you and experience the many benefits for yourself. The on-going work of dōTERRA scientists represents the first true scientific evaluation of the long-term effects of regularly receiving AromaTouch Techniques, and we are eager to share the results. Follow the dōTERRA Science Blog for the latest on this exciting new research.

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dōTERRA Idea Notebook

You **SHARE**, we **CARE**



WILD ORANGE RASPBERRY CHIA SEED JAM

This protein and fiber packed treat is delicious and easy to make. Use this jam on breads, in oatmeal, on pancakes, in black bean brownies, or anything you want to add a sweet finish to.

—Lisa Freigang, WI

INGREDIENTS:

- 4 cups frozen raspberries
- ¼ cup maple syrup
- 2 tablespoons chia seed
- ¾ teaspoon vanilla extract
- 1 tablespoon fresh squeezed lemon juice
- Dash of sea salt
- 3 drops Wild Orange essential oil

METHOD:

1. In a medium pot, place frozen raspberries, maple syrup, and sea salt. Stir over medium high heat, gently breaking apart frozen raspberries to get them to release liquid. Cook for approximately 8 minutes stirring often.
2. Reduce heat to medium and gently mash berries with potato masher until desired consistency.
3. Add chia seeds and stir to combine. Simmer over medium low heat, stirring often until much of the liquid has cooked off and mixture has thickened approximately 10–15 minutes. Remove from heat and add lemon juice and vanilla extract. Let cool slightly and add Wild Orange essential oil.
4. Place in glass jar in the refrigerator to finish setting.



ALL IN ONE MOUTH & HAND SPRAY

—Kathryn Glader, SD

- 5 drops each: Lemon, Melaleuca (Tea Tree), dōTERRA On Guard®
- 1 drop Peppermint

Add all ingredients to 1-ounce glass spray bottle, fill rest of bottle with distilled water. Shake well before each use. Spray into back of mouth and gargle as needed.

DIY FACIAL TOWELETTES

Provide a welcoming and refreshing experience for your guests!

—Belinda Hlywa, Australia



HOW TO:

1. Fill a stainless bowl with water
2. Add 1 drop of each essential oil per two face cloths
3. Add face cloth to water
4. Soak overnight if possible; if not, at least one hour
5. Wring out each face cloth
6. Roll tight and place creatively on service tray

NOTE: Size of the bowl will depend on how many you need to make.

REFRESHING COOL DOWN

—Fran Pritchard, California

Soak a bandana or a scarf in water, add a couple of drops of Peppermint, place in the freezer for 1 hour, tie around your neck for a cooling uplifting sensation. This is great for post workout. Add a spritz of TerraShied® blend before hiking or gardening.

email living@doterra.com with your favorite essential oil recipe, idea, or time saver for a chance to be featured in the upcoming dōTERRA Living Magazine issues.



UPCYCLE TIP:

Use empty Deep Blue® Rub sample box for a business card holder.
—Wendy Kerstetter, PA



ESSENTIAL OIL SINGLES

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

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

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

PROPRIETARY ESSENTIAL OIL BLENDS

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

AROMATOUGH® MASSAGE BLEND T N 31200001 15mL \$34.67 retail \$26.00 whl 26 PV	dōTERRA BALANCE® GROUNDING BLEND A T N 31010001 15mL \$26.67 retail \$20.00 whl 20 PV	dōTERRA BREATHE® RESPIRATORY BLEND A T S 60200190 15mL \$26.66 retail \$20.00 whl 20 PV	CITRUS BLISS® INVIGORATING BLEND A T N 31020001 15mL 20.00 retail \$15.00 whl 15 PV	CLARYCALM® MONTHLY BLEND FOR WOMEN A T N 49480001 10mL \$32.67 retail \$24.50 whl 24.5 PV
DEEP BLUE® SOOTHING BLEND T S 60200143 5mL \$42.67 retail \$32.00 whl 32 PV	DEEP BLUE® SOOTHING BLEND T S 60200144 10mL \$85.33 retail \$64.00 whl 64 PV	DIGESTZEN® DIGESTIVE BLEND A T I N 31030001 15mL \$41.33 retail \$31.00 whl 31 PV	ELEVATION JOYFUL BLEND A T N 31040001 15mL \$49.33 retail \$37.00 whl 37 PV	HD CLEAR® TOPICAL BLEND T N 49400001 10mL \$28.00 retail \$21.00 whl 21 PV
IMMORTELLE ANTI-AGING BLEND T N 37140001 10mL \$92.67 retail \$69.50 whl 69.5 PV	INTUNE® FOCUS BLEND A T N 41840001 10mL \$46.00 retail \$34.50 whl 34.5 PV	dōTERRA ON GUARD® PROTECTIVE BLEND A T I S 31100001 15mL \$42.67 retail \$32.00 whl 32 PV	dōTERRA ON GUARD® BEADLET 31580001 125 ct. \$20.00 retail \$15 whl 15 PV	PASTTENSE® TENSION BLEND A T N 31350001 10mL \$24.67 retail \$18.50 whl 18.5 PV
PURIFY CLEANSING BLEND A T N 31060001 15mL \$24.00 retail \$18.00 whl 18 PV	dōTERRA SERENITY® RESTFUL BLEND A T N 49530001 15mL \$40.00 retail \$30.00 whl 30 PV	SLIM & SASSY® METABOLIC BLEND A T I S 31370001 15mL \$32.67 retail \$24.50 whl 24.5 PV	TERRASHIELD® OUTDOOR BLEND A T N 31700001 15mL \$12.67 retail \$10.50 whl 10.5 PV	TERRASHIELD® SPRAY BOTTLE 31600001 30mL bottle \$26.00 retail \$19.50 whl 17 PV
WHISPER® BLEND FOR WOMEN A T N 31080001 5mL \$32.00 retail \$24.00 whl 24 PV	ZENDOCRINE® DETOXIFICATION BLEND A T I N 31460001 15mL \$32.67 retail \$24.50 whl 24.5 PV	APPLICATION METHODS A Can be used aromatically T Can be use topically I Can be used internally SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)		

TOUCH BLENDS

dōTERRA TOUCH INTRO

JASMINE TOUCH BLEND
 A T N
60201812 | 10mL roll-on
 \$56.00 retail | \$42.00 whl
 42 PV

NEROLI TOUCH BLEND
 A T N
60201817 | 10mL roll-on
 \$62.67 retail | \$47.00 whl
 47 PV

ROSE TOUCH BLEND
 A T N
60201813 | 10mL roll-on
 \$100.00 retail | \$75.00 whl
 75 PV



dōTERRA TOUCH® KIT

dōTERRA BREATHE® TOUCH BLEND
 A T N
60200192 | 10mL roll-on
 \$17.33 retail | \$13.00 whl
 13 PV

DEEP BLUE® TOUCH BLEND
 A T N
60200145 | 10mL roll-on
 \$55.67 retail | \$41.75 whl
 41.75 PV

DIGESTZEN® TOUCH BLEND
 A T N
60200223 | 10mL roll-on
 \$27.00 retail | \$20.25 whl
 20.25 PV

FRANKINCENSE TOUCH BLEND
 A T N
60200224 | 10mL roll-on
 \$60.67 retail | \$45.50 whl
 45.5 PV

LAVENDER TOUCH BLEND
 A T N
60200225 | 10mL roll-on
 \$18.33 retail | \$13.75 whl
 13.75 PV

MELALEUCA (TEA TREE) TOUCH BLEND
 A T N
60200226 | 10mL roll-on
 \$16.67 retail | \$12.50 whl
 12.5 PV

dōTERRA ON GUARD® TOUCH BLEND
 A T N
60200142 | 10mL roll-on
 \$28.00 retail | \$21.00 whl
 21 PV

OREGANO TOUCH BLEND
 A T N
60200227 | 10mL roll-on
 \$21.00 retail | \$15.75 whl
 15.75 PV

PEPPERMINT TOUCH BLEND
 A T N
60200228 | 10mL roll-on
 \$18.00 retail | \$13.50 whl
 13.5 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

60200333	160 PV
\$225.33 retail	\$169.00 wholesale



dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

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

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

dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

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

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

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

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

dōTERRA PASSION® TOUCH INSPIRING BLEND
 A T S
60200150 | 10mL roll-on
 \$36.33 retail | \$27.25 whl
 27.25 PV

dōTERRA PEACE® TOUCH REASSURING BLEND
 A T N
60200151 | 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 Cheer
- dōTERRA Forgive
- dōTERRA Cheer
- dōTERRA Console
- dōTERRA Passion
- dōTERRA Peace

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



INTRODUCTION TO ESSENTIAL OILS KIT TOP SELLER

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

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

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

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

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

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

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

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

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



dōTERRA YOGA COLLECTION

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

60203244	three 5mL bottles
\$69.33 retail	\$52.00 wholesale 50 PV



AROMATOUGH® TECHNIQUE KIT

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

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

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

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

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

ESSENTIAL USAGE

INTERNAL USE



VEGGIE CAPS

Customize your essential oil supplement regimen with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients that do not interfere with digestion

34100001	160 HPMC capsules
\$5.33 retail	\$4.00 wholesale 0 PV

TOPICAL USE



FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical use.

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

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



dōTERRA® SPA HAND & BODY LOTION

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

- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin

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

AROMATIC USE



PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. This convenient diffuser is stable, light, and easy to use.

- 1-, 2-, and 4-hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet

33150001	
\$62.66 retail	\$47.00 wholesale 20 PV



LUMO DIFFUSER

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

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

60203080	
\$93.33 retail	\$70.00 wholesale 40 PV



AROMA LITE DIFFUSER

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

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

33130001	
\$119.93 retail	\$89.95 wholesale 40 PV



LOTUS DIFFUSER

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

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

33160001	
\$119.93 retail	\$89.95 wholesale 40 PV

dōTERRA Healing Hands FOUNDATION

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



dōTERRA® SPA ROSE HAND LOTION

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

- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

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



dōTERRA HOPE® TOUCH

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

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

60200879	10mL roll-on
\$20.00	0 PV

dōTERRA ON GUARD® PRODUCTS



dōTERRA ON GUARD® PROTECTIVE BLEND TOP SELLER



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

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

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

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

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

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

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

39000001	10 samples, 2 g each
\$4.66 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

34050001	30 drops
\$19.33 retail	\$14.50 wholesale 14.5 PV

dōTERRA ON GUARD® LAUNDRY DETERGENT

dōTERRA On Guard Laundry Detergent is a naturally based, highly concentrated 6X laundry detergent that utilizes the power of dōTERRA On Guard Protective Blend and bio-originated enzymes for amazingly clean clothes.

- Contains 10mL of dōTERRA On Guard Protective Blend (over \$28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle

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

dōTERRA ON GUARD® BEADLET

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

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

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

dōTERRA ON GUARD® SANITIZING MIST

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

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

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

dōTERRA ON GUARD® FOAMING HAND WASH

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

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

dōTERRA ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

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

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

38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV
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dōTERRA ON GUARD®+ SOFTGELS

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

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

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

dōTERRA ON GUARD® CLEANER CONCENTRATE

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

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

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

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

DEEP BLUE® PRODUCTS

DEEP BLUE® TOP SELLER SOOTHING BLEND

T | S

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

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

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

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

DEEP BLUE® RUB SOOTHING LOTION

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

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Provides a cooling and soothing sensation to targeted areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

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

32-OUNCE BOTTLE

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

DEEP BLUE® RUB SAMPLES

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

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

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

DEEP BLUE POLYPHENOL COMPLEX®

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

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

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



dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND

A | T | S

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

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

60200190	15mL bottle
\$26.66 retail	\$20.00 wholesale 20 PV



dōTERRA BREATHE® RESPIRATORY DROPS

The respiratory benefits of selected CPTG® essential oils from the dōTERRA Breathe blend can be found in this convenient and great tasting lozenge.

- Proprietary blend includes: Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health

35460001	30 drops
\$19.33 retail	\$14.50 wholesale 14.5 PV



dōTERRA BREATHE® VAPOR STICK

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of the dōTERRA Breathe essential oil blend can be used anytime, anywhere.

- Provides a cooling, soothing effect

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

dōTERRA SERENITY® PRODUCTS



dōTERRA SERENITY® SOFTGELS RESTFUL COMPLEX

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

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

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

MADE WITH VEGETARIAN SOFTGELS



dōTERRA SERENITY® RESTFUL BLEND

A | T | N

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

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

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

HAIR CARE



dōTERRA SALON ESSENTIALS® PROTECTING SHAMPOO

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

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

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

60201185	32 fl oz/946mL
\$60.00 retail	\$45.00 wholesale 35 PV

dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

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

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

36230001	8.34 fl oz/250mL
\$30.67 retail	\$23.00 wholesale 23 PV

60201225	32 fl oz/946mL
\$66.67 retail	\$50.00 wholesale 40 PV

dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

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

36280001	
\$103.33 retail	\$77.50 wholesale 70 PV

dōTERRA SALON ESSENTIALS® ROOT TO TIP SERUM

The Root to Tip Serum provides a healthy environment for your scalp and maximizes the strength and shine of your hair.

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

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



SHAMPOO/CONDITIONER SAMPLES

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

dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

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

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

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



PROTECTING SHAMPOO 2-PACK

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

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

36260001	\$37.33 retail	\$28.00 wholesale	23 PV
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dōTERRA® SPA



REFRESHING BODY WASH

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

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

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

REPLENISHING BODY BUTTER

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

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

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

DETOXIFYING MUD MASK

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

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

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

HAND AND BODY LOTION

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

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

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

HAND AND BODY LOTION 3-PACK

60200498	
\$50.67 retail	\$38.00 wholesale 30 PV

CITRUS BLISS® HAND LOTION

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

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

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

BODY SCRUB

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

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

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

LIP BALM

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

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

ORIGINAL

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

TROPICAL

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

HERBAL

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

LIP BALM VARIETY 3-PACK

37570001	
\$20.00 retail	\$15.00 wholesale 10 PV

MOISTURIZING BATH BAR

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

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

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

dōTERRA SPA BATH BAR 3-PACK

37560001	
\$19.33 retail	\$14.50 wholesale 10 PV

dōTERRA SERENITY® CALMING BATH BAR

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

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

SKIN CARE



HD CLEAR® TOPICAL BLEND



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

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

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

HD CLEAR® KIT

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

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

VERÁGE® SKIN CARE COLLECTION

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

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

VERÁGE® TONER

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

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

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

REVEAL FACIAL SYSTEM

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

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Bamboo silk beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin

37340001	2 tubes—1.7 oz each
\$80.00 retail	\$60.00 wholesale 60 PV



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FACIAL CLEANSER NEW FORMULA!

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

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

INVIGORATING SCRUB NEW FORMULA!

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

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

PORE REDUCING TONER NEW FORMULA!

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

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

BRIGHTENING GEL NEW!

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

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



TIGHTENING SERUM NEW FORMULA!

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

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

ANTI-AGING EYE CREAM

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

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

ANTI-AGING MOISTURIZER

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

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

HYDRATING CREAM NEW FORMULA!

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

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

IMMORTELLE ANTI-AGING BLEND

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

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

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

PERSONAL CARE



NATURAL DEODORANT

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

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

37420001	1.7 oz/50 g
\$11.33 retail	\$8.50 wholesale 5 PV



CORRECT-X® ESSENTIAL OIL OINTMENT

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

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

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

WOMEN'S HEALTH



WOMEN'S HEALTH KIT
Includes Phytoestrogen 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
\$32.67 retail	\$24.50 wholesale 24.5 PV

CHILDREN'S HEALTH

dōTERRA a2z CHEWABLE™

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

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

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

IQ MEGA®

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

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

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

PB ASSIST® JR

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

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

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



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DAILY VITALITY



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

21480001		
\$106.00 retail	\$79.50 wholesale	60 PV



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

60201121		
\$119.33 retail	\$89.50 wholesale	60 PV



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

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

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

MADE WITH SLS-FREE VEGETABLE CAPSULES



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

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

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

MADE WITH VEGETARIAN SOFTGELS



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

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

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

MADE WITH SLS-FREE VEGETABLE CAPSULES



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

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

35370001	120 vegetable capsules	
\$92.67 retail	\$69.50 wholesale	69.5 PV

MADE WITH SLS-FREE VEGETABLE CAPSULES

PERSONALIZED WELLNESS PROGRAM

Customize and Save

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

BUY 1 dōTERRA LIFELONG VITALITY PACK OR dōTERRA DAILY NUTRIENT PACK



\$79.50 wholesale
60 PV



\$89.50 wholesale
60 PV



\$59.50 wholesale
50 PV

AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



Microplex VMz®
\$20.00
10 PV



xEO Mega®
\$20.00
10 PV



Mito2 Max®
\$20.00
10 PV



Deep Blue Polyphenol Complex®
\$20.00
10 PV



DigestZen TerraZyme®
\$20.00
10 PV



PB Assist+®
\$20.00
10 PV



Kids Kit (IQ Mega® & a2z)
\$25.00
10 PV

DIGESTIVE HEALTH



DIGESTZEN® DIGESTIVE BLEND

A T I N

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	
\$41.33 retail	\$31.00 wholesale	31 PV



DIGESTZEN® SOFTGELS

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

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

MADE WITH VEGETARIAN SOFTGELS



DIGESTTAB® CHEWABLE TABLETS

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

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

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

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

DIGESTIVE HEALTH



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

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

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

35110001	90 vegetable capsules
\$50.00 retail	\$37.50 wholesale 37.5 PV



PB ASSIST®+ PROBIOTIC DEFENSE FORMULA

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

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

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



GX ASSIST® GI CLEANSING FORMULA

Cleanse your GI tract before starting with PB Assist with this combination of CPTG Certified Pure Therapeutic Grade® essential oils.

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid*
- Helps support a healthy digestive tract and microfloral balance*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula*

35040001	60 softgels
\$34.67 retail	\$26.00 wholesale 26 PV



ZENDOCRINE® DETOXIFICATION BLEND



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

- Features a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Supports the body's natural ability to rid itself of unwanted substances*
- Can be used individually or in combination with Zendocrin Detoxification Complex

31460001	15mL bottle
\$32.67 retail	\$24.50 wholesale 24.5 PV



ZENDOCRINE® SOFTGELS

dōTERRA® Zendocrin Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrin essential oil blend.

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

34280001	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale 21.5 PV



ZENDOCRINE® DETOXIFICATION COMPLEX

Support your body's filtering and waste management system with the proprietary Zendocrin Detoxification Complex.*

- Features a proprietary blend of 14 active, whole-food extracts in a patented enzyme delivery system
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin*

35120001	60 vegetable capsules
\$32.67 retail	\$24.50 wholesale 24.5 PV



SPECIALIZED SUPPLEMENTS



DDR PRIME®

DDR Prime is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils that help protect the body against oxidative stress to cellular DNA.*

- Provides antioxidant protection against oxidative stress*
- Supports a healthy response to free radicals*

DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

41510001	30mL bottle
\$73.33 retail	\$55.00 wholesale 55 PV

DDR PRIME SOFTGELS™

34410001	60 capsules
\$73.33 retail	\$55.00 wholesale 55 PV



TRIEASE® SEASONAL BLEND SOFTGELS

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most.* Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy immune response when combined together.*

- Promotes clear breathing and healthy respiratory function*
- Cleanses the body's systems*
- Supports healthy immune system function*

49310001	60 softgels
\$30.00 retail	\$22.50 wholesale 20 PV



DEEP BLUE POLYPHENOL COMPLEX®

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

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function*
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort*
- Can be used in tandem with Deep Blue® Rub or Deep Blue Soothing Blend

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



TERRAGREENS®

Give your daily intake of fruits and vegetables a boost with this powdered drink mix designed to be taken with water, Slim & Sassy® TrimShakes, or your favorite beverage.

- Blend of leafy greens and superfruits
- Includes naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

60120001	300 g
\$37.33 retail	\$28.00 wholesale 20 PV



MITO2MAX® ENERGY & STAMINA COMPLEX

Mito2Max is a healthier, long-term alternative to caffeine for increased energy and vitality.*

- Promotes better microcirculation with Oligonal® lychee fruit extract, quercetin, and other standardized plant extracts*
- Potent, full spectrum of mitochondrial energy cofactors supporting cellular aerobic capacity and energy production*
- Free of stimulants; not habit forming

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



Oligonal is a registered trademark of Amino Up Chemical Co., Ltd

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SLIM & SASSY®



SLIM & SASSY® TOP SELLER
METABOLIC BLEND



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

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

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



SLIM & SASSY® **SOFTGELS**

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

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

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



SLIM & SASSY®
METABOLIC GUM

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

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

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



SLIM & SASSY® **TRIMSHAKE**

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

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



SLIM & SASSY® **V SHAKE**

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

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

35440001	
\$52.67 retail	\$39.50 wholesale 25 PV



SLIM & SASSY® **TRIM KIT**

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

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

ENROLLMENT KITS



NATURAL SOLUTIONS

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

60200543	\$228.95 Savings
\$733.33 retail	\$550.00 wholesale 400 PV



CLEANSE AND RESTORE

Cleanse & Restore, dōTERRA Lifelong Vitality Pack®, PB Assist®+, GX Assist®, Zendocrine® Softgels, Zendocrine® Complex, DDR Prime®, DigestZen TerraZyme®, Lemon 15mL, The dōTERRA Essentials Booklet

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



AROMATOUCH DIFFUSED

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

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



HOME ESSENTIALS

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

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



EMOTIONAL AROMATHERAPY DIFFUSED KIT

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

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



FAMILY ESSENTIALS KIT AND BEADLETS

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

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

For additional enrollment kit options visit doterra.com

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

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SALT LAKE CITY, UTAH

dōTERRA Essential Skin Care

Brightening Gel

Be HAPPY
Be BRIGHT
Be YOU

Combines natural extracts and vitamins with innovative ingredient technologies and CPTG® essential oils to brighten and even your skin tone.



BRIGHTENING GEL

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



dōTERRA®

CPTG Certified Pure Therapeutic Grade®