

LIVING

A BRAND
NEW YEAR

Keep Your Resolutions on Track

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It's Game On for
Your Workouts

Your Gym Bag Gets a Makeover!

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ESSENTIAL OIL GLOSSARY

common terms explained

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Essential Oils in a Hospital


Results from a Study at
Vanderbilt University
Medical Center

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DISCOVER THE IMPACT A HEALING HAND CAN MAKE

Join hands across the world to bring hope to those who live in poverty and disease. All proceeds from the sale of Healing Hands Lotion with Bulgarian rose essential oil go to dōTERRA's Healing Hands Foundation in order to teach impoverished cultures self-reliance.

 To Order, Use Item No. 3617 U.S. \$20.00



dōTERRA's Healing Hands Foundation is a 501 (c)(3) organization.



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dōTERRA PRODUCT GUIDE, see pages 32-39
A quick shopping reference for all products

ESSENTIAL OIL SPOTLIGHT



BLEND BREAKDOWN
Here are a few ways
each essential oil in this
blend helps to support
cleansing function:

CLOVE

Has the highest anti-oxidant ORAC (oxygen radical absorbance capacity) score of anything on our planet! • Helps target the liver, kidneys, and skin (in a good way).

GRAPEFRUIT

Has a cleansing effect on the kidneys, lymphatic system, and the vascular system • Helps stimulate bile production in the liver • Helps control water levels in the body and increases urine flow.

ROSEMARY

Has a high level of anti-oxidants that help promote healthy detox • Helps to cleanse and detoxify the blood and liver.

GERANIUM

A natural diuretic that helps stimulate cleansing of the liver and kidneys • Helps rebuild damaged tissue and aids in developing healthy tissue in the liver • Helps maintain healthy gallbladder, liver, and kidney function.

Detoxification Blend

ZENDOCRINE®

ZENDOCRINE IS A COMBINATION of Clove, Grapefruit, Rosemary, and Geranium essential oils that are used to help cleanse organs such as the liver, kidneys, colon, lungs, and skin. This blend is formulated to be used individually or in combination with the Zendocrine Detoxification Complex (capsules).

Environmental pollution and harmful chemicals are found in nearly everything we come in contact with, including prepared foods, beauty products, treated water, and many other unexpected places. This overexposure of toxins can significantly challenge our body's filtering system and cause a buildup of toxins in our vital organs. Zendocrine essential oil supports healthy cleansing and filtering function of vital organs by helping to eliminate toxic accumulation in the body.

HOW TO USE IT

Add a few drops to an empty capsule and take internally.

Add a couple drops to your drinking water.

Rub topically on your upper right abdomen over the liver area.

CLOVE // GRAPEFRUIT // ROSEMARY // GERANIUM

ask Dr. Hill

Our medical expert, Dr. Hill, answers questions about women's health, correct essential oil usage amounts, and cold and flu season.



DR. DAVID K. HILL, CHIEF MEDICAL OFFICER

Well known in the industry as an expert on wellness and essential oils, Dr. Hill is Chairman of dōTERRA's Scientific Advisory Board.



Q Which supplements are beneficial for women's health?

Specific nutrition plays a key role in maintaining a woman's health. The basics of nutrition, such as nutritional components included in the Lifelong Vitality pack, are essential for everyone. However, specific needs regarding women's health can extend beyond the basics. For example, phytoestrogens play an important role in maintaining proper hormone balance. Phytoestrogens are adaptogenic, meaning they can meet individual women's needs.

Additionally, hormone imbalances can lead to diminished bone density. The nutrients found in dōTERRA's Bone Nutrient Lifetime Complex are necessary to maintain proper bone density. Symptoms associated with regular hormone cycles in women, such as cramps, nausea, hot flashes, and mood swings can be difficult. Using Solace Monthly Blend for Women can be an effective part of reducing and minimizing these symptoms.

THE DR. RECOMMENDS

Phytoestrogen Lifetime Complex (Item No. 3526), Bone Nutrient Lifetime Complex (Item No. 3524), and Solace Monthly Blend for Women (Item No. 3527) for women's health.



Q What is the right amount of essential oil to use?

Essential oils are diverse and potent in their chemistry and can produce powerful and helpful outcomes. Appropriate dosage is important though. A common misconception is to assume that more is always better. While this may be true in some instances, emerging research suggests that consistent use is key. Optimizing therapeutic benefit is achieved through using lesser amounts of essential oil and applying more frequently. Finding the right usage level depends on a person's individual needs and can be more easily accomplished by observing how the body reacts and carefully reviewing the methods used to achieve positive results.

Q How do I protect myself and my family during the cold and flu season?

We should consider two things when protecting our families during the cold and flu season. First, what would we do in a model of prevention? Second, how would we treat specific symptoms? Using On Guard Protective Blend and other On Guard products on a daily basis is an effective model of prevention by reducing our exposure to airborne and surface pathogens. Daily diffusion of On Guard is also an efficient model of prevention.

Symptoms associated with cold and flu are often times easily addressed through use of On Guard Throat Drops or using On Guard Protective Blend directly (SEE THE COMPLETE ON GUARD PRODUCT LINE ON PG. 36).

THE DR. RECOMMENDS

On Guard Protective Blend (Item No. 3110) and On Guard Protecting Throat Drops (Item No. 3405).



**SLIM &
SASSY®**

Product of the
PRODUCT



She lost 51 pounds!

2012 **SLIM & SASSY® WINNERS**

Slim & Sassy has changed thousands of people's lives all over the world by helping them lose weight and regain empowerment. At the beginning of 2012, dōTERRA issued a three-month wellness challenge using the Slim & Sassy weight management program.

GRAND PRIZE WINNER SHELLEY JOHNSON

1st PLACE WINNERS

Darren Gates, see page 11
and Angela Hebner, see page 10



New contest begins January 15th, 2013.
Details available online January 1st at
iamslimandsassy.com

Shelley wanted the simple things many take for granted—a life without extended hospital visits, crippling physical pain, or having to move about in a wheelchair.

SHELLEY'S STORY

The motives for those who entered the 2012 Slim & Sassy Lifestyle Change Competition were personal. Some people wanted to lose 10 lbs. Some wanted to become more disciplined and needed a regimented program to get started. Others wanted to feel healthier or have more energy. Shelley Johnson wanted the simple things many take for granted—a life without extended hospital visits, crippling physical pain, or having to move about in a wheelchair.

life-changing experience

If you ask Shelley, she'll tell you that her introduction to dōTERRA essential oils in August of 2011 literally saved her life. She was recovering from her 5th major surgery in a year (she had already been hospitalized five times that same year). "I lived daily with excruciating pain and was clinically depressed, among other health issues. A day never passed that I didn't think about wanting to die because of the pain. I couldn't understand why God kept making me live," said Shelley. Shelley was involved in a car accident many years back which caused many health challenges that had major ramifications on her personal life. She lost her marriage, business, life savings, and her house because of mounting medical bills and poor health. The most devastating blow, however, was when she lost her son, Garrett, in a custody battle because it was



Shelley BEFORE >

argued she wasn't in a position to care for him. One year before she was introduced to dōTERRA her colon was gangrened and septic and most of it had to be removed. After that her medications seemed to lose their effectiveness. Her friend Holly Olmstead recommended she try dōTERRA Deep Blue Soothing Blend. She also started taking some of the essential oils from the Family Physician Kit internally, such as Frankincense, Oregano, Lavender, Lemon, and Peppermint, and within days her pain decreased substantially. She felt better, not only physically, but emotionally as well.

"After about ten days, the unbearable pain in my left leg and foot (the result of the auto accident) was gone—GONE! The oils did [in 10 days] what 3 electric stimulators, pain medications galore, acupuncture, too many nerve block shots to count, etc., couldn't do in 12 years. I'm still amazed. My life changed that day."

getting inspired

Shelley was able to attend dōTERRA's 2011 annual convention in Salt Lake City, Utah. After seeing 2011's Slim & Sassy Competition winners on stage, she was inspired to lose the weight she had gained due to her health challenges and set a goal right then and there that she would be up on that stage the following year. Her plans were interrupted when she was hospitalized, yet again, for a blockage (due to complications from her previous colon surgery) and a resulting hernia. Although her surgeon

initially told her she needed to lose 30 pounds before he could operate, removing the blockage and repairing the hernia became the priority and he had to move up the date for her operation.

committing 100%

"Ironically, I joined a gym and met with a medical trainer about five hours before I was back in the hospital mid-January. We talked about my losing the 30 pounds for

No matter where you are starting from, you too can have a better quality of life.

the upcoming surgery, and the news was depressing. Due to my hypothyroidism, age, health, and physical limitations at this time, he said it was going to be extremely difficult for me to lose weight and would be lucky to lose a pound a week. After receiving the dismal news from the trainer and being hospitalized that night, I almost decided to forgo the contest, but concluded that I would not be quitting because I am not a quitter, and I wanted to show my children that through trials perseverance wins out."

Shelley continued with the competition despite her limitations and shattered all expectations—her own and others'. She was chosen as a grand prize winner, not only for her amazing results, but also for her incredible journey overall. We hope her story shows that no matter where you are starting from, you too can have a better quality of life. **How she did it — NEXT PAGE**



<Shelley was able to work with her doctor to reduce her intake of prescription medication. Currently, she only has a prescription for her hypothyroidism.



↑ TOTAL TRANSFORMATION

Shelley lost 51.6 pounds (nearly 22 more lbs. than her original goal!), 26 1/4 inches and 15% body fat.

"I am so thankful that my friend Holly took the time to share dōTERRA essential oils with me. So many times we are afraid to share the oils out of fear of being rejected, but we never know whose life might be touched by learning about their benefits."

SHELLEY'S MOTIVATION

"My biggest desire is to be an example for my children and to show them that if they set goals, have faith in God (and themselves), and press on that life will get better. When life knocks you down, you have to brush yourself off and get up and start again. For the past 12 years I have pressed on only because of my children. Now my children are grown and it's time for me to live for me. This means being happy, fit, healthy, and active. I'm finally getting back to living. I go to church, dōTERRA classes, out with friends, etc. I hope to eventually teach dōTERRA classes and I want to feel confident in front of others and look as good as I feel. I don't want my children to struggle with being overweight and have health issues as I have."

"I have suffered from low self-esteem for a long time. I wanted to get my confidence back. I read a lot of positive and uplifting things and tried to stay away from the negative and go toward the positive. One of my reasons for wanting to lose weight was to both feel and look better. I have been successful on both counts. I no longer feel like I'm 90 and dragging. The nagging, unrelenting pain is gone."

HOW SHELLEY DID IT

dōTERRA REGIMEN

SLIM & SASSY METABOLIC BLEND Add 5-7 drops to an empty capsule or 8 fl. oz. of liquid three times a day. (Item No. 3137)



LIFELONG VITALITY PACK DAILY "I had to stop using the Lifelong Vitality Pack and oils during February before surgery. The difference was very noticeable. I was in a lot more pain and exhausted. I was reenergized within a few days of taking LLV again." (LRP Item No. 3421 or purchase individually)

TRIMSHAKE "It's a great way to cut out one or two of your meals. Because of my health issues, I cannot eat a lot of fresh fruit because it can cause blockages in my colon. I blend the TrimShake with water, ice, and a variety of Naked Juice each morning so that I can get my serving of fruit for the day. On the days that I needed an extra pick-me-up, I would add 1 drop of Peppermint in the shake."



(Chocolate TrimShake Item No. 3520, Vanilla TrimShake Item No. 3518, Peppermint Item No. 3019)



DIGESTZEN DIGESTIVE BLEND "I rubbed 5-6 drops across the abdomen clockwise to help with digestive discomfort I had as a result of my colon surgery." (Item No. 3103)

"Be consistent and stick with it. Keep putting one foot in front of the other and you'll be amazed at how far you go. You can't beat yourself up when you make a mistake though because that's life. You just have to get right back at it."

DAILY EXERCISE

"One goal I had was to walk or go to the gym every day. This was hampered by me being hospitalized a good portion of the competition. I kept my commitment though and walked several times a day in the hospital, sometimes over the whole wing." In April 2012, Shelley's surgeon gave her the okay to start regular exercise. She tries to go to the gym 3-5 times a week and exercise in both the gym and the pool. On the days she doesn't go to the gym, she walks through her neighborhood.

EAT HEALTHY AND DRINK LOTS OF WATER

"I didn't used to be a big water drinker, but now drink at least 64 ounces a day. Using the essential oils in my water makes it a treat. I used a variety of essential oils in my water every day, including Cinnamon, Clove, Grapefruit, Lemon, Peppermint, Wild Orange, etc." *Editor's Tip: Start with 1 drop and increase until you achieve desired flavor.*

HOW SHELLEY'S LIFESTYLE HAS CHANGED

"My life has changed dramatically over the past four months. I have gained confidence in myself and have met a lot of new people. This is the best present I could have given myself. It is hard to imagine that just 9 months ago I was in a wheelchair and that I didn't think life was worth living. Now I can walk wherever and whenever I want. What a blessing. I see a bright and happy future for myself. Additionally, my prayers were answered when I got custody of my son back (one year to the month he was taken from me). We couldn't be happier! Garrett loves the oils as much as I do, and uses them daily. He was able to come with me to the 2012 convention and see me on stage during the presentation of Slim & Sassy Lifestyle Change Competition winners. It was one of the proudest moments of my life."

dōTERRA's Slim & Sassy® is only one of many factors in successful weight reduction. Losing weight involves proper diet, nutrition, and exercise.

dōTERRA®

FROM LONG DAYS ON THE MOUNTAIN TO LONG DAYS AT HOME, MITO2MAX HELPS YOU HAVE THE STAMINA YOU NEED FOR TOP PERFORMANCE.



Mito2Max

ENERGY & STAMINA COMPLEX

dōTERRA's Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors of cellular energy. Mito2Max supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

To Order, Use Item No. 35310001 U.S. \$39.33 Retail

**SLIM &
SASSY®**

Product of the
PRODUCT

1st PLACE WINNER

Angela Hebner

LIKE MANY MOTHERS, Angela wanted to become a "fit for life" mom and be an example to her children of what healthy looks like.

"Food became my frenemy! It is what I turned to for healing, though it never does heal. My children are learning from me, and what am I teaching them about being healthy?"

Dramatic benefits with Slim & Sassy!

Angela used 25 drops of Slim & Sassy Metabolic Blend each day after hearing buzz that that amount had the best results. "I saw immediate benefits with Slim & Sassy, without the negative side effects I have experienced with other products. My sugar cravings and appetite suppressed immediately and my energy increased substantially. The weight started coming off and I did not feel deprived."



She lost 25 inches!



MOVE IT! To reach her fitness goals, Angela did cardio 5 times a week and hit her local gym for resistance training 4 days a week.

"I have a whole new perspective on my life; to stop treating fitness as a short-term goal and to start treating it as a lifestyle."



"I'm enjoying activities with my family that I would have shied away from before. We just did a 3-1/2 hour hike. I'm so empowered!"

Angela's favorite dōTERRA Products

Slim and Sassy® Metabolic Blend
Slim & Sassy® TrimShake™
GX Assist® and PB Assist+®
Deep Blue® Soothing Blend
Lemon essential oil
Grapefruit essential oil
Lifelong Vitality Pack

TOTAL TRANSFORMATION ➔

Angela exceeded her weight loss goal by losing 22 pounds. She lowered her body fat from 31% to 18% and lost a total of 25 inches!



1st PLACE WINNER Daren Gates

DAREN HAD ALWAYS USED FOOD as a source of comfort and felt guilty sharing the message of dōTERRA while living an unhealthy lifestyle himself. He struggled to keep up with his family. Both Daren's mother and father suffered strokes and Daren knew he had to take action.

Daren committed himself 100% to the 2012 Slim & Sassy Lifestyle Change Competition. His goals were to increase muscle, shed fat, and stabilize his metabolism. His Regimen: Daren used Slim & Sassy, Lifelong Vitality, and TrimShake to help him reach his goal.

"As soon as I came back from the gym, I would blend up a TrimShake. I found this would help to renew my energy and get the day started off right." Daren also found that when he put 5 drops of Slim & Sassy under his tongue 3-5 times a day it would help stop the cravings he was having for unhealthy food.



↑ TOTAL TRANSFORMATION
Daren lost an amazing 50 pounds and a total of 23.75 inches!

"The time to start is NOW. When it comes to your health, it is never too early to do what you have to do. If you need to make a change, it's time to make it now."

Daren has maintained his weight loss since the competition ended in April 2012. He has also met other goals and learned valuable lessons along the way. "This change in schedule was good because I learned that the products work. It's amazing how Slim & Sassy diminished my cravings." Daren has learned that he may always struggle to maintain consistency and advises those with a similar struggle to not get discouraged. "People need to realize that if you slip up you just need to start again. There are times when you will be out of it for a few days and then you just get right back at it. Realize that everyone slips up, but you can fix it."



FAVORITE TRIMSHAKE RECIPE: "Add berries and just a little bit of peanut butter to Vanilla TrimShake. Blend with skim or 1% milk."



He lost 50 pounds!

Daren with Mitch McCuiston, 2012 Slim & Sassy Lifestyle Change Competition 3rd Place Winner.



Making last year's sneaky trick **THIS YEAR'S DAILY TRIM**

Welcome to the Nutrition Corner! I look forward to sharing with you some important aspects of nutrition—especially some practical applications of nutrition you don't hear a lot about.

Though I think about it all the time, believe it or not, I've never made a specific nutrition New Year's resolution. Not because I don't think nutrition is important, but because nutritious eating has become more of a daily resolution.

I discovered over the years that eating a healthy and balanced diet takes consistent effort. Small changes or substitutions over time are what really help me eat better consistently. If my repeated use of the word "consistent" didn't give it away, the best New Year's Resolutions are those that lead to consistent lifestyle changes. My goal today is for you to make one small change your new daily resolution.

Today's discussion will make a big difference in how you feel throughout the day. In fact, no matter what you want to resolve, this resolution will help you get there. Perhaps you want to lose weight, use your time better, get more sleep, feel more energized, or start something new. This resolution will provide you a base of support in all of those areas.

There are two aspects of eating that are important to how you feel in the short term after a meal. One is satiety, which is how long the meal lasts before you are hungry again, and the second is how the food you just ate affects your blood stream in the few hours after a meal.

Satiety is feeling satisfied after a meal. It is not the sense of filling your stomach completely up; volume doesn't matter. The two nutrients that make us feel satisfied are protein and fat. Adding fiber can help too, but only if the others are present. If we eat a primarily carbohydrate-rich, fiber poor food, such as pizza or a hamburger and French fries, we tend to eat more calories than we need. Drinking sugar-containing beverages can also



DR. PARKER holds a PhD in Nutritional Sciences from the University of Illinois at Urbana-Champaign. He has extensive experience in food processing, food chemistry, biochemistry, physiology, and human nutrition. He has worked both in the supplement industry and in academia, making him uniquely positioned to understand product development, research, and the physiology and chemistry behind nutrition. Dr. Parker has a contagious passion for teaching people about the connection between nutrition and living a long life free from the early onset of degenerative conditions associated with poor lifestyle choices.

**spice up your
TrimShake**
SEE RECIPE ON PAGE 31

How do we overcome that tired feeling if we eat an unbalanced meal? The best solution is to engage your muscles by taking a brisk walk, or otherwise forcing your muscle to use some of that new load of sugar it just received.



overpower the other nutrients, keeping us from feeling satisfied.

Then, within an hour or two, your body is in the postprandial, or after-meal period. A mostly carbohydrate meal leaves the stomach quickly, making you feel hungry again. The carbohydrate is then very quickly digested in the small intestine and absorbed into the bloodstream. A rapid increase in blood sugar leads to a large load of insulin to get your blood sugar back down. Muscle and fat take up the sugar and store it if there is room, or convert it to fat for use (hopefully) later.

So why do we feel tired after an unbalanced lunch? There are at least three reasons. First, the rapid and large change in postprandial hormones, including insulin, affect the brain, turning on signals of tiredness. Second, the high load of sugar in the blood leads to postprandial oxidation. This causes damage to the cardiovascular system that puts stress on antioxidant

repair systems. This saps energy much like what occurs when your body is repairing damaged tissue when we get sick. And third, the quick rush of sugar into the muscle puts the body in overdrive storage mode, which leads to lethargy and a desire to rest.

How do we overcome that tired feeling if we eat an unbalanced meal? The best solution is to engage your muscles by taking a brisk walk, or otherwise forcing your muscle to use some of that new load of sugar it just received. This also helps the brain overcome the tired signals it has received and rebalance your system to function like it does between meals. Keeping your body in the after-meal state can leave you feeling hazy and make it difficult to focus. Snacks need to be balanced (carbohydrate, fat, protein, and fiber) and consumed no more frequently than every three hours if you want to have the highest mental focus and alertness.

How do we eat better the next time?

dōTERRA's TrimShake is designed to provide the balance you need. It is important to include fat as part of your diet. It may have more calories, but it is also more satiating to balance out the calories. Fat also draws out flavors in food so your taste buds are satisfied as well. Thus TrimShake includes an appropriate amount of fat. TrimShake has more protein than carbohydrate for satiety and better postprandial management of blood sugar. A majority of the total carbohydrates in TrimShake are fiber, which also improves satiety. Finally, we have included technology for controlling appetite with Essentra® Trim, a concentrated extract from

Ashwagandha, that helps control cravings.

Thus you get everything your body needs, the perfect balance of fats, carbohydrates, protein, and fiber as well as vitamins and minerals. You won't feel hungry right after drinking the TrimShake and you will have balanced blood sugar and no lethargy.

So use TrimShake as a meal replacement or a snack. It is the perfect fit for your New Year's weight-loss goal as a meal replacement or just to replace those unbalanced snacks that have snuck into your habits over time. Make TrimShake your new daily resolution.

Use TrimShake as a meal replacement or a snack. It is the perfect fit for your New Year's weight-loss goal as a meal replacement or just to replace those unbalanced snacks that have snuck into your habits over time.



THE DR. RECOMMENDS

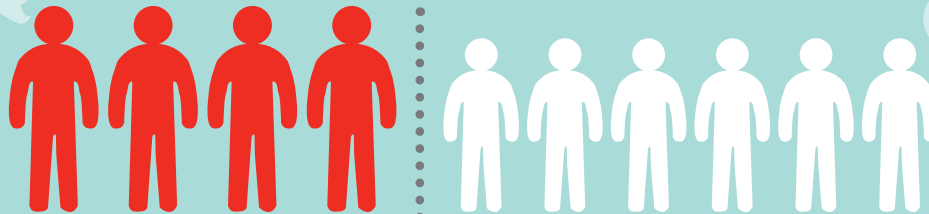
Chocolate TrimShake (Item No. 3520), Vanilla TrimShake (Item No. 3518), Balanced snacks (see recipes on pg. 30-31). Whole fresh fruit.

RESOLUTION:

A new year for a better you

HOW MANY OF US MAKE RESOLUTIONS?

"I will go
running
EVERY DAY!"



"I'm going to
sit this year
out."

January 1

45%

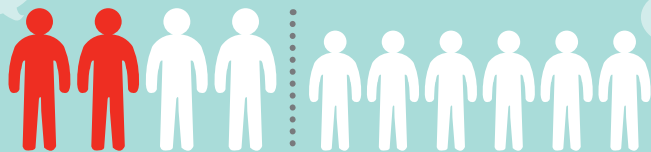
40 to 45% of American adults **make one or more resolutions** each year

It's the same story every year.

The holidays have ended and you've made a grand list of all the things you are going to accomplish this year: hit the gym five days a week, lose 30 lbs., become super parent, climb Everest, run a marathon, learn Spanish ... You may have lots of great and worthy goals, but before you know it, the pressures of everyday life bring you back to reality faster than you can say two words—resolutions failed. Only a couple of weeks into the New Year you may already find yourself passing the buck on 2013 and strategizing for 2014 instead.

WHO'S STILL GOING ON FEBRUARY 1ST?

"I will go running EVERY DAY!"



"I'm going to sit this year out."

February 1

64%

just 64% of resolvers keep going after just one month.

READER ADVICE

"My biggest motivation to achieve is hearing someone tell me 'no you can't.' I would give anything to prove them wrong and show them just how much they are missing out on."

Sylvia McBride

YOU ARE NOT ALONE.

According to data presented by the University of Scranton in the Journal of Clinical Psychology, 40 to 45% of American adults make one or more resolutions each year. 75% of those people maintain their resolutions through the first week, but after the first month, those numbers drop to 64%. At 6 months, just 46% have maintained their resolutions, and finally, the year ends with only 12% achieving their goals. **That means 88% of all resolutions end in failure!**

10 TIPS TO KEEP YOUR RESOLUTIONS ON TRACK

"I stay motivated by seeing my dream for my family—to have more time [and] be more of a presence in their lives; to be a role model and an example of hard work."

Erika Tenney



1. Fuel Your Energy. Don't mistake a lack of energy for a lack of time. Often times when you say "I'm just too busy" you really mean "I just don't have energy." Make sure you have enough daily energy to keep up with your goals by making sure you're getting enough sleep, exercise, and proper nutrition.

2. Choose Wisely. Set goals that have meaning to you and that you can surround with energy. Don't make them just because it's what you think you should do in January. If you start out half-hearted, you won't be ready to commit.

3. Be Specific. Set realistic, specific goals. Losing weight is not a specific goal. Losing 10 pounds in 60 days is. Doctors say a realistic and healthy goal for weight loss is about 1-2 pounds per week. Also beware of setting too many big goals in one year.

4. Start Small. Start with small steps. Unless you are made of discipline, failure happens when a goal is too big and requires an overwhelming big step all at once. Don't go to extremes like eating only lettuce or running 20 miles a week (if you are not used to that). Instead, make a plan that works with your schedule and goals and is realistic and achievable. For example, commit to go for a walk three times a week and gradually increase frequency and duration.

5. Make a Plan. Track your goals. Every resolution should have a plan to accomplish it. Set up a detailed weekly calendar with alerts and reminders to help you stay on course.

"Meditation and mantras keep me centered and focused on my goals and desires!"

Ronda Orme



Try dōTERRA's Lifelong Vitality & Mito2Max for increased stamina and daily performance.

See page 37 for more info.

10 TIPS

TO KEEP YOUR RESOLUTIONS ON TRACK

6. Rewards. Celebrate your success between milestones. Don't wait for the goal to be finally completed, but treat yourself along the way as you achieve markers to your goal completion. Reward yourself with something you value and can afford—maybe a new clothing item or a special evening out.

“I put my LLV (Lifelong Vitality) in cute canisters so I don't mind them being on my counter, and when I see them more often, I take them more often.” *Katie Walz*

7. Be Accountable. Be accountable to someone. Being public about your goal and checking in regularly with a trainer, friend, or loved one will make you think twice about quitting. No one likes to admit failure.

8. Remove Temptation. A house full of junk food isn't going to help you stay on track if you plan on losing weight. Allow yourself a little wiggle room, such as sharing a dessert when dining out, but don't keep the temptation visible to taunt you. Indulging every so often will keep your healthful eating on track because you know an occasional splurge is not off limits.

9. Visualize It.

Surround yourself with images and words that motivate you. Your inner voice may be telling you that you can do it, but sometimes that inner voice can get distracted, discouraged, or even intimidated. Sometimes you need an external voice to reinforce your determination. Place motivational quotes on your mirror, fridge, or other places you frequent. A fun way to motivate yourself is to select clothing or workout gear that features motivating messages.

10. Believe You Can Change.

Consider that every day, people who have overcome addiction or trauma decided to change their lives. If they can change, you can too. Focus your thinking on new behaviors and patterns of thought. Creating new neural pathways in the brain can lead to a change in habits.

“I stay motivated by maintaining a positive attitude and consistency.”

Aubray Belnap



“My husband and I keep a vision board on the wall above our desk and look at it every day. All goals have a date on them and we remind each other what we need to do to achieve them. As we achieve them they get a purple dōTERRA check mark. Keep it simple, stay focused, and believe!” *Kimm Manley*

from DRAB to FAB

with dōTERRA[®]
SALON ESSENTIALS HAIR CARE

Essential Hair Care products combine natural botanical extracts with advanced scientific ingredients for beautiful hair and a healthy scalp. CPTG essential oils deliver therapeutic benefits.

Purchase the Salon Essential Hair Care System—the Healthy Hold Glaze is FREE!

To Order, Use Item No. 36280001 U.S. \$103.33 Retail





What's in the blend?

For Clarity & Focus

FRANKINCENSE

promotes clarity

LIME

includes aldehydes, which are calming to the emotions, and pinenes, which are helpful for uplifting the mood and soothing the central nervous system

HAWAIIAN SANDALWOOD

known to invigorate the mind, improve focus, and increase concentration

For Calming & Balancing

AMYRIS

referred to as western sandalwood; has calming properties

PATCHOULI

includes many sesquiterpenes and has traditionally been used to benefit the nervous system by reducing symptoms of stress and anxiety

ROMAN CHAMOMILE

high in esters, which are very calming and soothing

YLANG YLANG

calming

Finding FOCUS

Today's fast-paced world is full of distractions that make it difficult to focus, especially when you need to.



Attention deficit/hyperactivity disorder (ADHD) is one of the most common childhood disorders and can continue through adolescence and into adulthood. Symptoms include difficulty staying focused, paying attention, and controlling behavior. According to the Center for Disease Control, approximately 9.5% or 5.4 million children 4-17 years of age have been diagnosed with ADHD as of 2007. Additional research shows that these symptoms continue into adulthood for about 60% of children with ADHD. That's roughly 4% of the U.S. adult population, or 8 million adults.

INTUNE (Item No. 4184) is a proprietary blend of essential oils, carefully selected for their ability to enhance focus and support healthy thought processes.

This blend helps increase focus, alertness, and clarity of thought for those who have difficulty paying attention and staying on task.

Did you know?

Boys (13.2%) were more likely than girls (5.6%) to have ever been diagnosed with ADHD.

Rates of ADHD diagnosis increased at a greater rate among older teens as compared to younger children.

Across 10 countries, it was projected that ADHD was associated with 143.8 million lost days of productivity each year. Most of this loss can be attributed to ADHD and not co-occurring conditions.

Workers with ADHD were more likely to have at least one sick day in the past month compared to workers without ADHD.

Source: www.cdc.gov

fit factor



Swell with pride post workout—not pain. Learn more about how inflammation impacts your health and which essential oils can be helpful when you exercise.

Chronic inflammation is public enemy no. 1 to your health, and many health challenges can be traced back to it. Although acute inflammation is a natural and necessary way for the body to stimulate healing, it becomes damaging when it is continuous (chronic). The most common causes of inflammation in the body are physical inactivity and diet. Research suggests that while inflammation of the fat tissue can cause both diabetes and heart attacks, regular exercise reduces the risk of chronic metabolic and cardiorespiratory diseases because it exerts anti-inflammatory effects.

Many essential oils help to reduce inflammation naturally and can be used before, during, or after your workout to help you avoid injury and long-term swelling. Results from a Japanese study published in the *Journal of Lipid Research* confirm that certain oils were shown to reduce inflammation through suppression of the COX-2 pro-inflammatory enzyme that promotes inflammation, swelling, and pain. The essential oils cited in the study include bergamot, eucalyptus, fennel, rose, and thyme. There are, however, many essential oils considered to have strong anti-inflammatory properties that were not examined.

Complement your fitness routine with these anti-inflammatory superstars:

AromaTouch® Massage Blend
Basil
Bergamot
Deep Blue® Soothing Blend
Eucalyptus
Fennel
Frankincense
Helichrysum
Lemongrass
Marjoram
Myrrh
Oregano
Peppermint
Rosemary
Sandalwood
Thyme
Wintergreen

Apply to sore muscles and problem areas before, during, and after a workout.

See pages 32-33 in the Product Guide at the back of this magazine for the recommended application method for each oil.



Also Try Deep Blue®

Deep Blue is doTERRA's soothing solution to discomfort. It works to help ease achy joints and sore muscles.

See order information on page 36



MAKE OVER MY GYM BAG

Whether you prefer to glisten, or be drenched in sweat, our gym bag makeover has everything you need to focus on your workout and keep fit from the inside out.

Help flush out toxins by drinking lots of water. Make drinking water more appealing by flavoring it with 1-2 drops of **Lemon** essential oil.

Slim & Sassy® Metabolic Blend supports healthy metabolism and helps manage appetite between meals.

MIX IT UP

Sanitizing Spray

Sanitize your yoga mat, hand weights, and other workout equipment with this simple spray. Add ½ cup water and 2-6 drops **On Guard®**

Protective Blend to a glass spray bottle. Shake well before each use.

Editor's tip: Try Lemon essential oil or Purify Cleansing Blend for a fresh scent.



Energize your workout by diffusing **Peppermint** or **Wild Orange** essential oil (or both!). You can also inhale a whiff beforehand.

Stave off hunger after a workout by keeping a shaker bottle with 1 scoop of **Slim & Sassy TrimShake** in your gym bag. Add 1 cup of water, shake to blend, and you're good to go!

WIN THIS MAKEOVER!

Visit IamSlimandSassy.com for prize details.

Many of the essential oils featured in this makeover are available in convenient 5 ml size bottles as part of the AromaTouch® Technique Kit. The kit includes 5 ml bottles of: Balance, Lavender, Peppermint, Melaleuca, Wild Orange, AromaTouch, Deep Blue®, and On Guard.

To Order, Use Item No. 3257 U.S. \$133.33 Retail

NEED MOTIVATION? See page 6 for some amazing transformations!



MIX IT UP

Antifungal Foot Roll-on

Combine 35 drops **Melaleuca** essential oil with 8 drops **Lavender** essential oil in a glass bottle with a roller lid and apply topically to affected areas between toes and around toenails.

Open airways before, during, or after a workout by inhaling **Breathe Respiratory Blend** or rubbing a drop or two onto the chest.

For sore muscles and inflammation rub **AromaTouch®** Massage Blend, **Deep Blue® Rub**, **Deep Blue® Roll-on**, **Lemongrass**, or **Marjoram** essential oil onto where it aches.

Increase your endurance by taking **Mito2Max Energy & Stamina Complex** daily.

DDR PRIME:

Support Healthy Cellular Function



BY DR. DAVID K. HILL, dōTERRA's Chief Medical Officer

THE HUMAN BODY

is complex, and individual cell viability is critical. Cells are comprised of unique structures which provide specialized functions; a central key to our health. The delicate nature of cells means that they are susceptible to damage. Cellular disruptors expose the DNA and other cell targets to thousands of potential aberrations daily. When such lesions occur the proper replication of DNA can be impeded, cellular mutations develop, and appropriate cell activity is threatened.

There are many factors which affect our DNA and cell health and are contributors to disease. The most prevalent of negative influencers include environmental stressors such as toxicity, poor nutritional choices which includes a general lack of nutrition, and oxidative stress. Our cells and their DNA must withstand a constant barrage of

stressful events or cell resilience is lost and we become more prone to disease.

CELL BASICS

The protective role of antioxidants and other cell nutrients is well understood and clarifies the importance of nutritional supplementation with Lifelong Vitality Pack. Research suggests that essential oils may play a viable role in cellular protection as well. In the normal cell cycle essential oils can be supportive and offer protection for the repair cycle of DNA sequencing, evoke apoptosis (cell death) in the event of irreversible damage, and reduce exposure to oxidative (pro-inflammatory) stress. [Learn more about inflammation on page 19.](#)

When damaged, your cells participate in a highly specialized communication sequence known as the Damaged DNA Response. In this cell-to-cell communication, the chemical messengers signal for



THE DR. RECOMMENDS

DDR Prime Liquicaps (Item No. 4174) or
DDR Prime Essential Oil (Item No. 4151).

SEE PRODUCT INFORMATION ON PAGE 37

Fact: Ever wonder why it is recommended that certain herbs or medications be taken with food? It's because some drugs and natural substances can irritate the stomach lining in certain individuals if taken on an empty stomach. Food helps to act as a cushion.

repair of the cell and its DNA, or stimulate an inflammatory response which causes apoptosis as an appropriate cellular reaction. Many studies reference the chemistry of essential oils and their lipophilic properties (more readily transported throughout the systems of the body) as a supportive partner in DNA protection, inducing appropriate cell death and reducing cell damage by increasing oxidative protection. DDR Prime is a formulation of key essential oils known to provide these important benefits.

KEY ESSENTIAL OILS

Frankincense essential oil is widely studied for a variety of potential health outcomes. Many studies have been developed to demonstrate the interaction between frankincense and specific cell targets like the DNA. Research has shown that frankincense essential oil can provide protection to the DNA, preventing many types of transcription errors. Although the exact physiology of these protective sequences requires additional research, it is a new and exciting discovery which unmistakably indicates the powerful biological activity of essential oils. Additionally, thyme with its high concentration of thymol (a phenolic compound), and lemongrass are both equally effective. These essential oils may offer ample protective benefit when used in combination.

A cell dies at the end of its normal life cycle (apoptosis). This terminal point is natural and a healthy part of the cell renewal

process. When cells are damaged, their regular process of cellular termination can be averted and result in mutation and a loss of cell death. This leads to increased risk for mutagenic disease. Research has shown that essential oils can play a role in stimulating apoptosis in damaged cells. Clove essential oil and its primary compound of eugenol demonstrated a remarkable ability for cellular protection in normal functioning cells, while easily disrupting the membrane of damaged cells, inducing cell death. Cellular differentiation appears to be characteristic of additional oils such as frankincense, lemongrass, and melaleuca.

DAMAGE CONTROL

The damaging effects of inflammation are heightened through oxidation. Oxidative stress (inflammation) is a potential risk to normal cell structure/function and influences every cell in your body. Commonly referred to as free radical damage, primary risk factors include both endogenous (inside the body) and exogenous (outside the body) components. Normal cellular metabolism is the primary form of free radical development in the body; however, exogenous factors such as poor nutrition and a lack of nutrition, along with toxic exposure, represent primary risk factors for oxidation. The anti-oxidative properties of essential oils have long been acknowledged for their benefit to the body's tissues and individual cell structure. The essential oils of summer savory and wild orange can

provide additional protection against the damaging effects of cellular oxidation.

OPTIMAL DELIVERY

The chemistry of the essential oil(s) and their noted interaction with the body's physiology and individual cell targets can be enhanced through specialized delivery. Using medical technology known as liposomal nano delivery, lipophilic molecules are more readily transported directly to the lymphatic and blood (circulatory) systems of the body. Systemic benefit is enhanced through this specialized essential oil delivery system.

Recommended as a daily supplement, DDR Prime is suitable for a model of prevention and providing the additional support necessary when cells and tissues have become compromised. Adults can take 1 DDR Prime liquidcap 2 times a day with food or 8 drops of DDR Prime Essential Oil Complex (liquid) 2 times a day.

DDR PRIME

**FRANKINCENSE
WILD ORANGE
LEMONGRASS
THYME
SUMMER SAVORY
CLOVE
NIAOULI**

"DDR PRIME IS MORE THAN JUST DAILY SUPPLEMENTATION— it's fortification. I believe it increases cellular resilience and efficiency, both critical for optimal health."

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GUY'S GUIDE

ACCESS YOUR INNER HANDYMAN WITH THESE TRICKS FOR USING dōTERRA LEMON ESSENTIAL OIL.

Remove grease from your hands with dōTERRA Clearskin Foaming Face Wash or 1-2 drops Lemon essential oil.

Nourish leather and prevent it from splitting by rubbing it with a cloth soaked in Lemon essential oil.

Make tools look like new. Use 2-3 drops Lemon essential oil on a rag and rub tools to remove grime.

Remove early stages of tarnish on silver and other metals by using a cloth treated with Lemon essential oil.

Spray Lemon essential oil on shoes to neutralize odors at their source.

Can't get the sticky residue off of something? Try Lemon essential oil. It works great.



TOOLS OF THE TRADE

See Lemon essential oil (Item No. 3012) in our makeover on page 20 and in our shopping guide on page 32.

**NAIL
TIP**

Nail Brightener

Submitted by Laura Newman,
Independent Product Consultant

*My sister (who is a nail technician)
found another use for the*

On Guard Whitening Toothpaste

*(other than brushing your teeth).
She used it to whiten her toe nails.*

*For us girls who polish our nails,
sometimes nail polishes leave a
yellow color on them. She put a dot
of On Guard Whitening Tooth-
paste on a nail brush and brushed
her nails—and voila—they whitened
right up!*

EASY FLAX HAIR GEL

Made with dōTERRA Essential Oils

Submitted by Shacone Johnson, Independent Product Consultant

*I use this recipe to make my own super safe hair gel! It works
fantastic and I love that I can adjust the essential oil according
to my needs!*

INGREDIENTS:

1 cup distilled or filtered water (lasts longer than tap water)

¼ cup Flax seeds (not ground)

⅛ teaspoon Vitamin E (or 2 capsules)

4-6 drops of your favorite dōTERRA essential oil or blend

Instructions:

Boil the water and then add flax seeds. Stir until the mixture begins to foam. Once foamy for about a minute, remove from heat and strain through a metal strainer into a glass measuring cup (2 cup capacity). The mixture should have a viscous consistency. Let it cool for 30 minutes to evaporate some of the excess water. The result will be a gel. Add the Vitamin E and essential oils and stir. Store in an airtight container and use to style hair.

**CLEAN
TIP**

On Guard Paste Cleaner

Submitted by Yukiko Bates, Independent Product Consultant

INGREDIENTS:

¾ cup baking soda

2 tablespoons On Guard Cleaner Concentrate

1 ½ tablespoons distilled water

Instructions:

Mix ingredients together with a spatula just until they come together. Store in an airtight container.

A small dollop goes a long way in cleaning pots and pans, bathtubs, showers, and kitchen sinks. It also works beautifully on stainless steel appliances.

➔ share your tip!

email editor@doterra.com with your favorite essential oil recipe, idea, or time saver, and if we print it, we'll send you a free product.

OPENING MINDS

Closed to the Possibilities of

USING ESSENTIAL OILS

BY TONYA MCBRIDE, R.N. AND TERESA STURGES, R.N.

A perceived challenge in modern healthcare is to have an open mind to alternative models of treatment and therapies. With traditional training, the majority of healthcare workers in the United States tend to be closed minded in regard to therapeutic use of essential oils. This is due in part to the traditional training and modern healthcare practices. Research, however, is indicating the therapeutic value of essential oils, and as a result, many medical professionals who are highly trained and educated in modern healthcare practices have become open to the possibility of integrating essential oils into the traditional healthcare system.

Through our own experiences of enlightenment, we now have a unique perspective for both traditional and alternative modalities. We have witnessed a new era developing among physicians and healthcare professionals who have a willingness to explore the therapeutic value of essential oils.

We have the privilege and opportunity of working with incredible, well-respected professionals at Vanderbilt University Medical Center who are open to change for the better. As nurses working long hours in the emergency department, we experience an environment that is challenging and rewarding, but induces high levels of stress and fatigue. For this very reason, there are many hospitals today struggling to preserve and maintain one of their most valuable healthcare resources—nurses. Through our own personal use of essential oils we have learned how to effectively reduce and manage our stress. We recognized an opportunity to improve a stressful and challenging work environment by diffusing dōTERRA essential oils, which we felt would have a positive impact on our coworkers. Our idea was well received, but also posed specific challenges. Initial concerns expressed over diffusing oils were if they would comply with hospital regulations, provide the standard of care our patients expected, and whether there would be any adverse reactions. A wellness committee was formed to review rel-

evant research, and with time, these challenges were easily overcome.

The wellness committee approved the use of essential oils and defined a research model to analyze the direct effects of diffusing dōTERRA essential oils in a hospital environment for the perceived outcome of stress reduction and increased energy levels. Our staff was surveyed for 30 days pre and post implementation. Before the use of essential oils, 41% of the staff felt work-related stress very often; after the use of essential oils, only 3% felt work-related stress very often. The feelings of being overwhelmed changed from 25% very often before implementation to 2% after implementation. Feelings of being well equipped to handle stressors at work changed from 13% very often before implementation to 58% after implementation. Perceptions of staff optimal energy level increased from 33% to 77%. Following the implementation of the essential oil initiative, 84% of the staff strongly agreed and 10% agreed that diffusing essential oils contributed to a more positive work environment.

This initiative to create a more positive work environment in a hospital setting is an important milestone in our pursuit to bring together the traditional and alterna-



“We recognized an opportunity to positively impact our coworkers by diffusing dōTERRA essential oils in our work environment.”

THE NURSES RECOMMEND

Citrus Bliss (Item No. 3102), Grapefruit (Item No. 3010), Lemon (Item No. 3012), and Lime (Item No. 3087).



tive modalities of healthcare into a synergistic relationship. For more than two years, the Adult Emergency Department at Vanderbilt University Medical Center has diffused dōTERRA essential oils with no adverse reactions. We continue the pursuit to help others understand the medicinal and therapeutic value of essential oils. Imagine the possibilities if essential oils can have this kind of impact on the working environment, even changing the perception of one's stress and energy levels. Theoretically, even this small step can improve patient outcomes based on the care they are receiving from a nurse who is feeling less stressed and more energetic.

There are, of course, many ways essential oils could be incorporated into the hospital setting and, perhaps more importantly, beyond the hospital setting. We are just beginning this journey, one experience at a time. It is our belief that in the near future complementary and alternative modalities will work hand in hand with our traditional healthcare system with the foundational groundwork being laid as we speak. With the efforts of those sharing and educating in the home and in their communities about the benefits of dōTERRA Certified Pure Therapeutic Grade essential oils, combined with the efforts of those in the medical and science fields, our mission to share the powerful benefits of essential oils with the world is well on its way.

Essential oils have the power to impact an individual's personal health and well-being. Many have witnessed amazing life-changing experiences. Their power is very real. It is especially gratifying when a closed mind becomes open through a positive essential oil experience.



About the authors

TONYA MCBRIDE, R.N.
Charge Nurse at Vanderbilt University Medical Center

Tonya has been a practicing Registered Nurse since 2001, earning her degree from Tennessee State University, with earlier experience as an EMT in 1996. Her experience is primarily in emergency and critical care nursing. Tonya has always had an interest in natural health care alternatives but quickly became immersed when introduced to essential oils in 2008, and has been a dedicated user, promoter, and educator ever since.

TERESA STURGES, R.N.
Charge Nurse at Vanderbilt University Medical Center

Teresa has been a Registered Nurse for over 10 years with the majority of her career in Emergency Nursing. She is passionate about health and wellness which has led to her desire to learn, use, and share dōTERRA essential oils, Lifelong Vitality supplements, and skin care products with others.

RESULTS AT A GLANCE

Staff that felt work-related stress

Before the use of essential oils:

Staff that felt work-related STRESS VERY OFTEN

41%

After the use of essential oils:

Staff that felt work-related STRESS VERY OFTEN

3%

Staff that felt overwhelmed

Before the use of essential oils:

Staff that had feelings of BEING OVERWHELMED

25%

After the use of essential oils:

Staff that had feelings of BEING OVERWHELMED

2%

Staff that felt equipped to handle stress

Before the use of essential oils:

Staff with feelings of being well equipped to HANDLE STRESSORS AT WORK

13%

After the use of essential oils:

Staff with feelings of being well equipped to HANDLE STRESSORS AT WORK

58%

Staff that felt they had an optimal energy level

Before the use of essential oils:

Staff that had feelings having an OPTIMAL ENERGY LEVEL

33%

After the use of essential oils:

Staff that had feelings having an OPTIMAL ENERGY LEVEL

77%



Aromatherapy: *More than Meets the Nose*

Exploring the connection between scents and the subconscious

OUR SENSE OF SMELL IS tied to the limbic system, a part of the body that is also directly associated with memories and emotions. When we first smell something, our brain links that smell to the memory it was associated with. This memory could be good or bad, depending on which person, place, event, food, etc. it is associated with.

Most new smells are introduced during youth, which is why many smells remind us of our childhood. For instance, the smell of pine might remind you of the first time you cut down a Christmas tree or went camping in the woods. This can also explain why some people prefer a particular scent while others don't care for it. Different smells affect each of us differently because of the circumstances of how we were introduced to them.

Did you know that what you smell can affect the way you work, feel, think, and behave?

This power of smell is what aromatherapy is all about. For some, the preconceived notion of aromatherapy revolves around spa days, candles, and massages, which is not far off the mark since aromatherapy is the use of aroma to enhance a feeling of well-being. Individuals might be attracted to certain scents on a subconscious level and inadvertently use them because they remind them of pleasant things.

Aromatherapy through essential oils can have a very powerful effect on your body. Not only are aromas associated with memories, they can also alter your mood—simply by smelling. The most common ways to experience the power of aromatherapy through essential oils are through smelling an open bottle of oil, diffusing into the air, applying to your skin, scenting linens, and many other ways.

Need to perk up or calm down?

Try these dōTERRA essential oils and blends to help you experience the power of aromatherapy.

LIFTING AND STIMULATING:

- Bergamot
- Citrus Bliss Invigorating Blend
- Elevation Joyful Blend
- Grapefruit
- Lemon
- Lime
- Peppermint
- Wild Orange
- Rosemary

CALMING AND RELAXING:

- Balance Grounding Blend
- Frankincense
- Geranium
- Lavender
- Marjoram
- Roman Chamomile
- Sandalwood
- Serenity Calming Blend
- Vetiver
- Ylang Ylang

SEE PAGE **32** for oil usage and ordering information

IF YOU ARE NEW TO dōTERRA ESSENTIAL OILS, you may have come across a few terms that have left you scratching your head. We present to you the essential oil glossary, complete with definitions to help demystify essential oil lingo.



essential glossary



CARRIER OIL: A base oil used to dilute essential oils before they are applied to the skin. Variations include fractionated coconut oil, jojoba oil, olive oil, sunflower oil, and vegetable oil.

CPTG: Abbreviation for Certified Pure Therapeutic Grade, dōTERRA's standard for quality.

DIFFUSE: To spread out or disperse over a large area.

DIFFUSER: A special air pump designed to disburse essential oils in a micro-fine vapor where they stay suspended for a time to reduce airborne infectious pathogens, fungus, mold, and freshen the air with natural fragrances. Essential oils are also more easily absorbed into the body through this process.

EMPTY CAPSULE: A capsule made from either a gelatin or vegetable-based substance that is ready to fill with essential oils and herbs for internal consumption.

EO: Abbreviation for essential oils. Typically uppercase.

ESSENTIAL OIL PENDANT DIFFUSER: Made from an absorbent surface such as terra cotta or dolomite. Essential oils are added and absorbed to give fragrance to the wearer.

FCO: Abbreviation for fractionated coconut oil. Not to be confused with unrefined coconut oil for cooking.

IPC: Abbreviation for Independent Product Consultant.

LLV: Abbreviation for Lifelong Vitality, a daily supplement program formulated for optimal health, energy, and longevity.

LRP: Abbreviation for Loyalty Rewards Program, a no-hassle, automatic shipment of the dōTERRA products you use on a monthly basis. LRP also provides free product credits for monthly purchases ordered on the program.

NEAT: A term used for applying essential oils directly to the skin without a carrier oil.

PV: Abbreviation for Personal Volume. Correlates with commissions and product credits redeemable for free products through our Loyalty Rewards Program.

SPRITZER: A spray typically made with distilled water and essential oils. Can be used to scent a room or fabric, or refresh skin.

ESSENTIAL RECIPES

CHOCOLATE BLISS RASPBERRY PARFAIT



INGREDIENTS:

- 2 scoops Slim & Sassy Chocolate TrimShake
- $\frac{3}{4}$ cup of plain coconut water
- $\frac{1}{2}$ cup milk (can substitute with almond, soy, rice milk)
- 2 tablespoons raw organic Cacao nibs
- 1 tablespoon flax seeds (optional)
- 1 tablespoon hemp or chia seeds (optional)
- 1 handful of greens, such as spinach or kale, or a scoop of greens powder (optional)
- $\frac{1}{2}$ avocado
- $\frac{1}{2}$ banana
- $\frac{1}{2}$ cup frozen (or fresh) preferably organic dark cherries
- $\frac{1}{2}$ cup frozen organic berries
- dash of cinnamon
- dash of vanilla extract

DIRECTIONS | Place all of the above ingredients in a blender. Blend until smooth. If too thick, add more water or milk and blend again. The smoothie should have a consistency like pudding or yogurt. Taste, then sweeten with honey, stevia, or agave nectar (if needed) and then blend one more time.

Layer in shot glass or small individual parfait glass in this order:

1. Blended chocolate mixture
 2. Fresh raspberries and dark chocolate morsels
 3. Blended chocolate mixture
- Top with more raspberries and dark chocolate morsels.

Serve immediately! Recipe tastes best when served within 4 hours.

Editor's Tip: Substitute cinnamon with dōTERRA cinnamon essential oil by coating a toothpick and then dipping toothpick into the ingredients.

*Submitted by Jennifer Engels, MD,
Independent Product Consultant*

ESSENTIAL OIL FANS submitted these amazing recipes! Send your original culinary creations to editor@doterra.com and if we print it, we'll send you a free product.

CINNAMON ROLL TRIMSHAKE



INGREDIENTS:

- 1 scoop Vanilla TrimShake
- 1 tablespoon walnuts or pecans
- 1 drop dōTERRA Cinnamon essential oil
- 1 cup almond milk (or any milk you choose)
- 2 cups ice (more or less if desired)
- ½ cup water (if a thinner consistency is desired)

DIRECTIONS | Mix all ingredients in blender and enjoy!

Editor's Tip: Add a spoonful of plain, nonfat greek yogurt for a creamier consistency.

*Submitted by Amy Kolan,
Independent Product Consultant*

SIMPLE SNACKS

INGREDIENTS:

- 1 cup of dried cranberries
- 3 drops of dōTERRA Wild Orange essential oil

DIRECTIONS | Shake together in a glass jar or container. Ready to serve!

*Submitted by Anna Offman,
Independent Product Consultant*

INGREDIENTS:

- 12 oz raw almonds
- 10 drops dōTERRA On Guard Protective Blend

DIRECTIONS | Roast almonds at 350 degrees for 5-8 minutes. Let cool. Mix almonds and On Guard together in a glass container. Shake and serve.



TRIMSHAKE PROTEIN BARS MADE WITH dōTERRA ESSENTIAL OILS

INGREDIENTS:

- 2 cups oatmeal
- 1 cup Vanilla TrimShake powder
- ¼ cup dried cranberries
- 1 cup almond milk
- ¼ cup applesauce
- ¼ cup honey or agave nectar
- 1 teaspoon vanilla
- 1 drop dōTERRA Cinnamon essential oil

DIRECTIONS | Combine ingredients in one bowl and stir to thoroughly mix. Prepare a cookie sheet with a piece of wax paper. Place the mixture in the center. Flatten the mixture and spread evenly into a basic rectangle shape. Refrigerate for an hour to set. Cut into bars and store in an airtight container. Can be stored at room temperature or chilled in the fridge.

Editor's Tip: Substitute dōTERRA Cinnamon essential oil with dōTERRA Wild Orange essential oil for a citrus flavor.

Editor's Tip: Knead ingredients with clean hands or pulse in a food processor until combined.

Submitted by dōTERRA Staff



PRODUCT GUIDE

ESSENTIAL OIL SINGLES

dōTERRA's 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 100% 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 therapies.



BASIL ESSENTIAL OIL
Ocimum basilicum
Item No. 3001
retail: \$26.67
15 ml



BERGAMOT ESSENTIAL OIL
Citrus bergamia
Item No. 3079
retail: \$36.67
15 ml



BLACK PEPPER ESSENTIAL OIL
Piper nigrum
Item No. 4104
retail: \$29.33
5 ml



CASSIA ESSENTIAL OIL
Cinnamomum cassia
Item No. 3002
retail: \$25.33
15 ml



CILANTRO ESSENTIAL OIL
Coriandrum sativum
Item No. 4185
retail: \$34.67
15 ml



CINNAMON ESSENTIAL OIL
Cinnamomum zeylanicum
Item No. 3003
retail: \$28.00
5 ml



CLARY SAGE ESSENTIAL OIL
Salvia sclarea
Item No. 3042
retail: \$48.67
15 ml



CLOVE BUD ESSENTIAL OIL
Eugenia caryophyllata
Item No. 3004
retail: \$18.67
15 ml



CORIANDER ESSENTIAL OIL
Coriandrum sativum
Item No. 3078
retail: \$34.67
15 ml



CYPRESS ESSENTIAL OIL
Cupressus sempervirens
Item No. 3005
retail: \$20.67
15 ml



EUCALYPTUS ESSENTIAL OIL
Eucalyptus radiata
Item No. 3006
retail: \$18.67
15 ml



FENNEL, SWEET ESSENTIAL OIL
Foeniculum vulgare
Item No. 4129
retail: \$20.00
15 ml



FRANKINCENSE ESSENTIAL OIL
Boswellia frereana
Item No. 3007
retail: \$93.00
15 ml



GERANIUM ESSENTIAL OIL
Pelargonium graveolens
Item No. 3009
retail: \$36.00
15 ml



GINGER ESSENTIAL OIL
Zingiber officinale
Item No. 3008
retail: \$38.67
15 ml



GRAPEFRUIT ESSENTIAL OIL
Citrus X paradisi
Item No. 3010
retail: \$21.33
15 ml



HELICHRYSUM ESSENTIAL OIL
Helichrysum italicum
Item No. 3041
retail: \$100.00
5 ml



LAVENDER ESSENTIAL OIL
Lavandula angustifolia
Item No. 3011
retail: \$28.00
15 ml



LEMON ESSENTIAL OIL
Citrus limon
Item No. 3012
retail: \$13.33
15 ml



LEMONGRASS ESSENTIAL OIL
Cymbopogon flexuosus
Item No. 3013
retail: \$13.33
15 ml



LIME ESSENTIAL OIL
Citrus aurantifolia
Item No. 3087
retail: \$17.33
15 ml



MARJORAM ESSENTIAL OIL
Origanum majorana
Item No. 3014
retail: \$25.33
15 ml



MELALEUCA ESSENTIAL OIL
Melaleuca alternifolia
Item No. 3015
retail: \$25.33
15 ml



MELISSA ESSENTIAL OIL
Melissa officinalis
Item No. 3085
retail: \$153.33
5 ml



MYRRH ESSENTIAL OIL
Commiphora myrrha
Item No. 3016
retail: \$69.33
15 ml



OREGANO ESSENTIAL OIL
Origanum vulgare
Item No. 3018
retail: \$32.00
15 ml



PATCHOULI ESSENTIAL OIL
Pogostemon cablin
Item No. 3089
retail: \$39.33
15 ml



PEPPERMINT ESSENTIAL OIL
Mentha piperita
Item No. 3019
retail: \$27.33
15 ml



ROMAN CHAMOMILE ESSENTIAL OIL
Anthemis nobilis
Item No. 3080
retail: \$44.00
5 ml



ROSEMARY ESSENTIAL OIL
Rosmarinus officinalis
Item No. 3020
retail: \$18.67
15 ml



SANDALWOOD ESSENTIAL OIL
Santalum album
Item No. 3021
retail: \$82.33
5 ml



THYME ESSENTIAL OIL
Thymus vulgaris
Item No. 3022
retail: \$36.67
15 ml



VETIVER ESSENTIAL OIL
Vetiveria zizanoides
Item No. 3043
retail: \$46.00
15 ml



WHITE FIR ESSENTIAL OIL
Abies alba
Item No. 3025
retail: \$26.67
15 ml



WILD ORANGE ESSENTIAL OIL
Citrus sinensis
Item No. 3017
retail: \$14.00
15 ml



WINTERGREEN ESSENTIAL OIL
Gaultheria procumbens
Item No. 3023
retail: \$21.33
15 ml



YLANG YLANG ESSENTIAL OIL
Cananga odorata
Item No. 3024
retail: \$47.00
15 ml



PEPPERMINT BEADLET

dōTERRA has captured the therapeutic benefits of peppermint essential oil in the convenience of a soft gelatin beadlet. Each beadlet delivers a burst of peppermint as it quickly dissolves in your mouth, invigorating your senses as you breathe in the cooling aroma of pure peppermint essential oil. More than a breath mint, dōTERRA Peppermint Beadlets can be used for oral care, respiratory health, digestive comfort, and all other situations in which peppermint essential oil is used internally.*

Item No. 3815 \$15.33 retail 125 beadlets



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

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 therapeutic essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only CPTG Certified Pure Therapeutic Grade® essential oils.

 <p>AROMATOUGH® MASSAGE BLEND Item No. 3120 retail: \$34.67 15 ml T N</p>	 <p>BALANCE GROUNDING BLEND Item No. 3101 retail: \$26.67 15 ml A T N</p>	 <p>BREATHE RESPIRATORY BLEND Item No. 3107 retail: \$26.67 15 ml A T S</p>	 <p>CITRUS BLISS INVIGORATING BLEND Item No. 3102 retail: \$20.00 15 ml A T N</p>	 <p>CLEAR SKIN TOPICAL BLEND Item No. 3717 retail: \$28.00 10 ml T N</p>
 <p>DEEP BLUE® SOOTHING BLEND Item No. 3138 retail: \$85.33 10 ml T S</p>	 <p>DIGESTZEN® DIGESTIVE BLEND Item No. 3103 retail: \$41.33 15 ml A T I N</p>	 <p>ELEVATION™ JOYFUL BLEND Item No. 3104 retail: \$49.33 15 ml A T N</p>	 <p>IMMORTELLE ANTI-AGING BLEND Item No. 3714 retail: \$92.67 10 ml T N</p>	 <p>INTUNE™ FOCUS BLEND Item No. 4184 retail: \$46.00 15 ml A T N</p>
 <p>ON GUARD® PROTECTIVE BLEND Item No. 3110 retail: \$42.67 15 ml A T I S</p>	 <p>PASTTENSE® TENSION BLEND Item No. 3135 retail: \$24.67 10 ml A T N</p>	 <p>PURIFY CLEANSING BLEND Item No. 3106 retail: \$24.00 15 ml A T N</p>	 <p>SERENITY CALMING BLEND Item No. 3109 retail: \$40.00 15 ml A T N</p>	 <p>SLIM & SASSY® METABOLIC BLEND Item No. 3137 retail: \$32.67 15 ml A T I S</p>
 <p>SOLACE™ MONTHLY BLEND FOR WOMEN Item No. 3527 retail: \$32.67 10 ml A T N</p>	 <p>TERRASHIELD® OUTDOOR BLEND Item No. 3119 retail: \$12.67 15 ml A T N</p>	 <p>WHISPER™ BLEND FOR WOMEN Item No. 3108 retail: \$32.00 5 ml A T N</p>	 <p>ZENDOCRINE® DETOXIFICATION BLEND Item No. 3146 retail: \$32.67 15 ml T I S</p>	

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)

ESSENTIAL USAGE

AROMATIC USE AROMA-ACE DIFFUSER

The Aroma-Ace is a quick-change system that allows you to change your choice of essential oils at any time. Its easy-to-use timing provides flexibility and convenience and its output volume control allows you to choose the intensity of your aromatherapy experience. State-of-the-art diffusion technology effectively transforms essential oils into a micro-fine vapor. These micro-particles permeate the air and may remain suspended for hours fully intact with all of their natural benefits. Includes a 15 ml bottle of dōTERRA's On Guard® Protective Blend.

Item No. 3303 \$173.27 retail

LOTUS DIFFUSER

The Lotus diffuser uses a highly efficient real time atomization technology to effectively diffuse essential oils into the environment. The essential oils are atomized along with water into minute ion particles and active oxygen ions, which are more easily absorbed by the human body than oils diffused by conventional diffusers. dōTERRA is pleased to be the exclusive distributor of the Lotus diffuser to you and your family.

Item No. 3301 \$119.95 retail

INTERNAL USE VEGGIE CAPS

Vegetable-derived HPMC capsules allow you to customize your supplement regimen. Formulated to be free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products, these capsules are made of inert vegetable ingredients that allow easy absorption and do not interfere with digestion.

Item No. 3410 \$5.33 retail
160 HPMC capsules

TOPICAL USE HAND AND BODY LOTION

This fragrance free, light-weight lotion is perfect for hydrating the skin and is even more powerful when combined with an essential oil or blend of your choice. The way to silky, smooth skin lies in the perfect blend of antioxidants, botanicals and important humectants. Extracts of cruciferous vegetables contribute to the formula's ability to help build the skin's natural protection and environmental defenses.

Item No. 3610 \$19.33
retail 6.7 oz

3-PACK

Item No. 3611 \$39.93 retail
(Three 6.7 oz tubes)

FRACTIONATED COCONUT OIL

dōTERRA's Fractionated Coconut Oil is an all-natural carrier oil that readily absorbs into the skin making it an ideal oil for topical therapies. Its feather-light emollient effect provides a soothing barrier without clogging pores and is excellent for dry or troubled skin. It leaves skin feeling silky smooth, not greasy like other vegetable carrier oils. It is completely soluble with all essential oils and is colorless, odorless, and will not stain or go rancid.

T N

Item No. 3026 \$16.00 retail
4 oz bottle

SKIN CARE



FACIAL CLEANSER

With dōTERRA Facial Cleanser, CPTG® Certified Pure Therapeutic Grade essential oils of Melaleuca and Peppermint gently cleanse, lifting away impurities and leaving your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to inhibit skin irritation and reduce oxidative stress to skin cells.

Item No. 3701 \$22.00 retail 4 oz / 120 ml

PORE REDUCING TONER

Formulated to visibly reduce the size of pores, dōTERRA Pore Reducing Toner contains CPTG® Certified Pure Therapeutic Grade essential oils of Lavender, Ylang Ylang, and German Chamomile which work with cutting-edge ingredients to calm sensitive skin, inhibit skin irritation, and reduce oxidative stress to skin cells.

Item No. 3702 \$23.33 retail 4 oz / 120 ml

IMMORTELE ANTI-AGING BLEND

dōTERRA's 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 while helping to reduce inflammation — a major contributor to the aging process. Supporting skin health at the cellular level, this essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose, helps sustain smoother, more radiant and youthful skin.



Item No. 3714 \$92.67 retail 10 ml roll-on

TIGHTENING SERUM

Featuring CPTG® essential oils of Frankincense, Sandalwood, and Myrrh in generous proportion, dōTERRA Essential Skin Care Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Tightening Serum tightens and smoothes skin naturally, providing both significant short-term and long-term tightening benefits, as well as increasing skin clarity for firmer, younger looking skin.

Item No. 3704 \$66.00 retail 1 oz / 30 ml

HYDRATING CREAM

The intensive moisture your skin has been waiting for, dōTERRA's Hydrating Cream is packed with emollient-rich ingredients and effective anti-aging combatants for smooth and luxuriously-hydrated skin. Its creamy formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to assist regeneration of mature skin, as well as helping to reduce the visible signs of aging due to both natural and environmental causes. dōTERRA Hydrating Cream aids in strengthening the dermis and restoring balance to the skin for a more youthful and glowing appearance. Perfect for use day or night.

Item No. 3716 \$46.00 retail 1.7 oz / 50 ml

ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG® essential oils of lavender, jasmine, geranium, and frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging — improving skin elasticity and tone, reducing the appearance and number of wrinkles as well as helping to prevent the future signs of mechanical aging.

Item No. 3703 \$46.00 retail 1.7 oz / 50 ml

INVIGORATING SCRUB

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

Item No. 3705 \$24.00 retail 2.5 oz / 75 ml

CLEAR SKIN FOAMING FACE WASH

Designed to thoroughly cleanse the skin of impurities without stripping natural moisture, dōTERRA's Clear Skin Foaming Face Wash is scientifically formulated to create a harmonious balance for beautifully clear skin. This gentle cleanser gives skin a spa-like treatment with light foaming action and a fresh scent. A powerful yet gentle combination of Certified Pure Therapeutic Grade Essential oils, blended with other key ingredients, are a perfect solution for problem skin of all ages.

Item No. 3718 \$21.00 retail 1.7 oz / 50 ml

CLEAR SKIN TOPICAL BLEND

With a unique blend of essential oils including Rosewood, Melaleuca, Eucalyptus globulus, Geranium, and Lemongrass, along with black cumin seed oil, dōTERRA's Clear Skin topical blend creates an environment unfriendly to bacteria and microbes that cause unsightly and persistent reactions in the skin. Beneficial properties include controlling overactive sebaceous glands, soothing irritated skin and assisting in cell rejuvenation. It's the answer to troubled skin.



Item No. 3717 \$28.00 retail 10 ml roll-on

CLEAR SKIN SET

The perfect pair of Clear Skin products together at a great price.

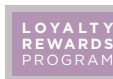
Item No. 3719 \$40.00 retail **SAVE \$9.00 RETAIL**



SKIN CARE SYSTEM WITH ANTI-AGING MOISTURIZER ON LOYALTY REWARDS PROGRAM

Add the Skin Care System with Anti-Aging Moisturizer to your monthly Loyalty Rewards Program and receive a FREE Invigorating Scrub with every system purchased through the Loyalty Rewards Program!

3706 \$146.67 retail **SAVE \$34.66 RETAIL**



SKIN CARE SYSTEM WITH HYDRATING CREAM ON LOYALTY REWARDS PROGRAM

Add the Skin Care System with Hydrating Cream to your monthly Loyalty Rewards Program and receive a FREE Invigorating Scrub with every system purchased through the Loyalty Rewards Program!

3724 \$146.67 retail **SAVE \$34.66 RETAIL**

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HAIR CARE

SALON ESSENTIALS **new!**

PROTECTING SHAMPOO

dōTERRA Salon Essentials Protecting Shampoo is a professional formula with an invigorating complex of CPTG® essential oils, gentle cleansers, and botanical extracts that provide antioxidant protection against UV damage which can cause fading in color-treated hair. A unique combination of plant extracts and essential oils of Wild Orange and Lime provide gentle lathering and a cleansing boost to remove impurities collected on the hair and scalp. Light moisturizers leave hair salon soft and touchable.

Item No. 3622 \$26.00 retail 8.34 fl oz/250 ml

SALON ESSENTIALS **new!**

SMOOTHING CONDITIONER

dōTERRA Salon Essentials Protecting Conditioner is a professional formula of conditioning emollients, botanical extracts, and natural proteins that leave hair luminous and healthy. It also includes a proprietary blend of CPTG® essential oils specifically selected to stimulate the scalp and bring hair to life. Other natural ingredients seal and protect hair cuticles against water penetration to the hair shaft. Nanotechnology smoothes hair and provides an anti-static effect that keeps hair shafts aligned during styling for a smooth, finished look.

Item No. 3623 \$30.67 retail 8.34 fl oz/250 ml

SALON ESSENTIALS **new!**

HEALTHY HOLD GLAZE

dōTERRA Salon Essentials Healthy Hold Glaze provides all-in-one benefits of a flexible hold styling aid while it protects and nourishes, fortifying hair for optimal health and shine. Hair is not only thermally protected, but also benefits from protein rich nanoparticles that work to promote improved moisture and softness. A light hold offers perfect support for beautifully styled hair.

Item No. 3627 \$24.00 retail 4 fl oz/120 ml

SALON ESSENTIALS **new!**

ROOT TO TIP SERUM

dōTERRA Salon Essentials Root to Tip Serum is a professional formula infused with carefully chosen CPTG essential oils of Lavender, Peppermint, Marjoram, Cedar Wood, Lavandin, Rosemary, Niaouli, and Eucalyptus. Providing a healthy environment for scalp and maximizing the strength and shine of hair, this serum is powerful and lightweight for extended protection and hydration without weighing hair down or leaving an oily residue.

Item No. 3621 \$46.67 retail 1 fl oz

SALON ESSENTIALS HAIR CARE SYSTEM **new!**

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

Item No. 3628 \$103.33 retail



PROTECTING SHAMPOO 2-PACK

Item No. 3624 \$32.67 retail

SMOOTHING CONDITIONER 2-PACK

Item No. 3625 \$38.67 retail

SHAMPOO AND CONDITIONER

Item No. 3626 \$37.33 retail

SPA

HAND AND BODY LOTION

This fragrance free, light-weight lotion is perfect for hydrating the skin and is even more powerful when combined with an essential oil or blend of your choice. The way to silky, smooth skin lies in the perfect blend of antioxidants, botanicals and important humectants. Extracts of cruciferous vegetables contribute to the formula's ability to help build the skin's natural protection and environmental defenses.

Item No. 3610 \$19.33 retail
6.7 oz /200 ml

3-PACK

Item No. 3611 \$39.93 retail
Three 6.7 oz /200 ml tubes

CITRUS BLISS INVIGORATING BATH BAR

Infused with CPTG® essential oils to create a blissful cleansing experience, this is a great bar for every member of the family. Natural oatmeal provides gentle exfoliation to leave skin feeling soft and smooth.

Item No. 3613 \$9.32 retail 4 oz /113 g

SERENITY CALMING BATH BAR

All the benefits of dōTERRA's CPTG® Serenity essential oil blend are found in this naturally scented bar, designed to provide a serene cleansing experience. Natural conditioning elements from coconut and safflower oils, plus shea butter, help provide a non-drying, calming bathing experience.

Item No. 3614 \$9.32 retail 4 oz /113 g

LIP BALM

WITH PEPPERMINT & WILD ORANGE

Nourish and hydrate your lips with dōTERRA's Peppermint and Wild Orange lip balm. This protecting formula provides exceptional staying power yet does not leave an unpleasant waxy feel. dōTERRA has combined the uplifting CPTG essential oils of peppermint and wild orange for an invigorating and mood enhancing experience. A rich combination of moisturizing agents such as shea and mango seed butters help to restore moisture and elasticity, leaving lips rejuvenated and refreshed.

Item No. 3619 \$6.33 retail .15 oz

HEALING HANDS LOTION

Become part of furthering the cause of dōTERRA Healing Hands Foundation by purchasing the lovely scented Healing Hands Lotion infused with Bulgarian rose CPTG essential oil that not only will soften the skin and emit a beautiful aroma, it will benefit the life of someone in need. The full purchase price of twenty dollars will be donated to the dōTERRA Healing Hands Foundation to assist those throughout the world. Your heart and your skin will be softened.

Item No. 3617 \$20.00 retail
3.3 oz /100 ml



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ON GUARD® PRODUCTS

ON GUARD® FOAMING HAND WASH

Hand-washing is an important health precaution—and placing On Guard Foaming Dispensers at every sink around the home and office provide those in your home and workplace with On Guard protection throughout the day. On Guard Foaming Hand Wash is conveniently packaged in a 16-oz. refill bottle that fills 8-oz foaming dispensers, saving the earth's resources and your money.

On Guard® Foaming Hand Wash with 2 dispensers

Item No. 3807 \$30.00 retail 16 oz Hand Wash, 2 dispensers

Single Refill

Item No. 3801 \$24.67 retail 16 oz Hand Wash

Twin Pack Refill

Item No. 3802 \$44.67 retail Two bottles 16 oz Hand Wash



ON GUARD® PROTECTING THROAT DROPS

Don't let flu season catch you off guard! dōTERRA's On Guard Protecting Throat Drops provide a convenient way to benefit from On Guard's immune-supporting properties. With all-natural organic cane juice and organic brown rice syrup, these drops help defend against pathogenic microbes of the mouth and throat, support fixed and mobile immune function* and help calm and soothe dry, scratchy throats.

Item No. 3405 \$19.33 retail 30 Drops

ON GUARD® top seller PROTECTIVE BLEND

On Guard is dōTERRA's unique, proprietary blend formulated to support healthy immune function.* A combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils offer a fragrant, natural and effective alternative to synthetic options for immune support. On Guard, with its unique aroma, is one of our most versatile blends. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to clear the atmosphere by diffusing. On Guard is superb for eliminating and controlling pathogens due to the potency of its constituents.*



Item No. 3110 \$42.67 retail 15 ml bottle

ON GUARD® NATURAL WHITENING TOOTHPASTE

dōTERRA's fluoride-free toothpaste provides the protective benefits of therapeutic-grade On Guard essential oils against germs and other harmful pathogens, while also reducing plaque, and whitening teeth with gentle polishing agents. On Guard's unique cinnamon-mint flavor, with xylitol, also leaves breath (and your toothbrush), fresh and clean.

Item No. 3891 \$11.33 retail 4.2 oz / 113g

ON GUARD® CLEANER CONCENTRATE

On Guard Cleaner Concentrate is designed to be the ideal natural cleaner. It is fortified with dōTERRA's proprietary On Guard Protective Blend of wild orange, clove bud, cinnamon, eucalyptus, and rosemary CPTG essential oils that naturally defend against surface-dwelling contaminants and microbes. This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odors. It is safe for your family as well as the environment. The multi-purpose capabilities of On Guard Cleaner Concentrate make it perfect to expertly clean hard surfaces in the kitchen, bathroom, or any room leaving behind a clean and invigorating scent.

Item No. 3814 \$19.33 retail 12 oz / 355 ml

DEEP BLUE®



DEEP BLUE® top seller SOOTHING BLEND

The synergistic blend of CPTG® essential oils Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum and Osmanthus work together providing instant relief for tired, sore and worn down muscles. Just two or three drops of this cooling therapeutic blend of oils, applied neat directly on the area of discomfort, will revolutionize your daily work out and restore confidence in weary joints and muscles.*



Item No. 3105 \$42.67 retail 5 ml bottle

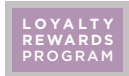
Item No. 3138 \$85.33 retail 10 ml roll on

DEEP BLUE® RUB

dōTERRA's Deep Blue Rub is a rich, topical cream infused with Deep Blue Soothing Blend of Certified Pure Therapeutic Grade essential oils that provides targeted comfort to tired and sore joints and muscles. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. With close to 5 ml of dōTERRA's top-selling Deep Blue essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum and Osmanthus, Deep Blue Rub is an essential addition to your bathroom cabinet, gym bag, or first aid kit. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy and is the choice of massage therapists and sports practitioners for applying dōTERRA's Deep Blue essential oil blend.*

Item No. 3890 \$39.00 retail 4 oz / 120 ml

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LIFELONG VITALITY PACK

Includes Alpha CRS+, xEO Mega, and Microplex VMz.

Item No. 3421 \$93.13 retail **SAVE \$198.21 RETAIL**

**ALPHA CRS+®
CELLULAR VITALITY COMPLEX**

dōTERRA's Alpha CRS+ is a proprietary formula combining a cellular longevity blend of botanical extracts including boswellic acid, silymarin, curcumin, bromelain enzyme, carotenoids and powerful polyphenols including resveratrol, ellagic acid, baicalin and proanthocyanidins from grape seeds with a cellular energy blend of quercetin, coenzyme Q10, alpha-lipoic acid, acetyl-L-carnitine and ginkgo extract. The ingredients in Alpha CRS+ have been shown to support healthy cell proliferation and lifespan, mitochondrial energy production and to support healthy cellular inflammatory response.* Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz as a comprehensive dietary supplement program for a lifetime of vitality and wellness.

Item No. 3418 \$92.67 retail 120 vegetable capsules

**xEO MEGA®
ESSENTIAL OIL OMEGA COMPLEX**

dōTERRA's xEO Mega is a revolutionary formula blending CPTG® Certified Pure Therapeutic Grade essential oils of Clove, Frankincense, Thyme, cumin, Wild Orange, Peppermint, Ginger, Caraway and German Chamomile, with natural plant-sourced essential fatty acids from flax, borage, cranberry and pomegranate seed oils and marine lipids delivering 340 mg EPA and 240 mg DHA per daily serving. Essential fatty acids support healthy cardiovascular, immune, joint and brain health among other health benefits. xEO Mega also includes a unique form of the carotenoid astaxanthin cultivated in microalgae using pure water and sunlight, and natural vitamin E providing additional antioxidant protection, and natural vitamin D. The lipids and essential oils in xEO Mega are presented in a nanosomal lipid assimilation system that supports nutrient absorption in the intestinal tract.

Item No. 3419 \$52.67 retail 120 liquid capsules

**MICROPLEX VMz®
FOOD NUTRIENT COMPLEX**

dōTERRA's Microplex VMz is an all-natural, whole-food formula of bioavailable vitamins and minerals that are often deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food-derived minerals, calcium, magnesium and zinc and organic trace minerals for optimal bone and metabolic health. Microplex VMz also includes a whole-food blend and an enzyme delivery system to optimize nutrient absorption. dōTERRA's Tummy Tamer blend of peppermint, ginger and caraway seed helps to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using vegetable capsules, does not contain wheat or dairy products and does not include any animal products or synthetic ingredients.

Item No. 3420 \$46.00 retail 120 vegetable capsules

**MITO2MAX™ new!
ENERGY & STAMINA COMPLEX**

dōTERRA's Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors of cellular energy. Mito2Max supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy long-term alternative to caffeinated drinks and supplements for increased energy and vitality.*

Item No. 3531 \$39.33 retail 120 vegetable capsules



**DDR PRIME LIQUICAPS™ new!
ESSENTIAL OIL CELLULAR COMPLEX**

dōTERRA's DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils conveniently encapsulated in gelatin capsules to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.*

Item No. 4174 \$73.33 retail 60 liquid capsules

**DDR PRIME™ new!
ESSENTIAL OIL CELLULAR COMPLEX**

dōTERRA's DDR Prime is a proprietary blend of Certified Pure Therapeutic Grade essential oils formulated to support healthy cellular response, repair, and regeneration. As we age, cellular renewal can slow or be compromised by oxidative damage to cellular DNA. The essential oils in DDR Prime provide antioxidant protection and support a healthy response to cellular stressors.*

Item No. 4151 \$73.33 retail 30 ml bottle



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CHILDREN'S SUPPLEMENTS

A2Z CHEWABLE new!

dōTERRA's A2Z Chewable is a proprietary formula of ingredients developed with children, and adults who have difficulty swallowing capsules, in mind. Combining a blend of B vitamins with a blend of vitamins A, C, E, and botanical extracts, A2Z Chewables supports healthy cell development and longevity when taken daily. A2Z Chewable is formulated to be used with dōTERRA's odorless IQ Mega™ Omega-3 fish oil as a comprehensive dietary supplement that supports healthy immunity as well as antioxidant protection.*

Item No. 3533 \$26.00 retail
60 chewables

IQ MEGA™ new!

dōTERRA IQ Mega takes the fishy taste out of fish oil, then adds the fresh orange flavor of dōTERRA's wild orange CPTG essential oil. This great tasting and easy to swallow omega supplement provides 1,000 mg of concentrated, pure fish oil per serving. IQ Mega contains essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune, and joint function.* IQ Mega is formulated to be used daily with A2Z Chewable.

Item No. 3532 \$46.00 retail
5 fl oz / 150 ml



DIGESTIVE HEALTH



TERRAZYME® top seller
DIGESTIVE ENZYME COMPLEX

dōTERRA's TerraZyme Digestive Enzyme Complex is a proprietary blend of active whole-food enzymes and supporting mineral cofactors that are often deficient in cooked, processed and preservative-laden foods. TerraZyme's powerful combination of digestive enzymes support the body's constant production of enzymes critical for healthy biochemical functions throughout the body including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber.*

Item No. 3511 \$50.00 retail
90 vegetable capsules



ZENDOCRINE®
DETOXIFICATION COMPLEX

The body's filtering and waste management system is quite capable of managing a certain amount of exposure to toxic influencers. But in a modern world of environmental pollutions and harmful chemicals, the body's filtering system can be significantly challenged. dōTERRA's Zendocrin Detoxification Complex is a proprietary blend of 14 active whole-food extracts in a patented enzyme delivery system that supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs and skin.*

Item No. 3512 \$32.67 retail
60 vegetable capsules



DIGESTZEN® top seller
DIGESTIVE BLEND

Many essential oils have been recognized through research as powerful agents to help restore normal balance in the digestive system. DigestZen takes advantage of these well-established therapeutic compounds in a proprietary blend of pure essential oils. Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander and Anise each have specific attributes which add to the overall efficacy of this potent blend. When used internally, dōTERRA's DigestZen brings soothing digestive relief.*



Item No. 3103 \$41.33 retail
15 ml bottle

PB ASSIST+®
PROBIOTIC DEFENSE FORMULA

The latest addition to dōTERRA's DigestZen® digestive support category, PB Assist+ is a proprietary formula of prebiotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule delivering 5 billion CFUs of active probiotic cultures and soluble prebiotic FOS (fructo-oligosaccharides) that encourages culture adhesion and growth. The time-release double-capsule delivery system protects sensitive probiotic cultures from stomach acid. PB Assist+ supports healthy digestive functions and immunities and is safe for use by all members of your family.

Item No. 3516 \$46.00 retail
30 double-layer vegetable capsules



ZENDOCRINE®
DETOXIFICATION BLEND

dōTERRA's Zendocrin essential oil blend is a proprietary blend of therapeutic-grade essential oils of Clove, Grapefruit, Rosemary and Geranium that have been studied for support of healthy liver function. This blend is formulated to be used individually or in combination with the Zendocrin botanical extract complex.*



Item No. 3146 \$32.67 retail
15 ml bottle

GX ASSIST®
GI CLEANSING FORMULA

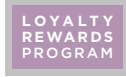
GX Assist is a combination of CPTG® Certified Pure Therapeutic Grade essential oils of Oregano, Melaleuca, Lemon, Lemongrass, Peppermint and Thyme and caprylic acid that helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset. GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula.

Item No. 3504 \$34.67 retail
30 softgels

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



WOMEN'S HEALTH



WOMEN'S HEALTH KIT

Including Phytoestrogen Lifetime Complex, Bone Nutrient Lifetime Complex and Solace Monthly Essential Oil Blend.

Item No. 3525 \$92.67 retail **SAVE \$16.00 RETAIL**

PHYTOESTROGEN LIFETIME COMPLEX™

dōTERRA® Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life. Phytoestrogen Lifetime Complex include a standardized soy extract with genistein, a powerful phytoestrogen that binds with estrogen receptors in cells, and the natural phytoestrogens in pomegranate. It also includes a concentrated extract of flax seed lignans to help manage potentially harmful metabolites that are produced when estrogen is metabolized in the liver. Balancing hormones and managing harmful metabolites by eating a healthy diet rich in phytoestrogens and other essential nutrients, exercising, and managing weight can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and supports healthy bones, heart, breast tissue and other body structures and functions as a women ages.*

Item No. 3526 \$52.67 retail 60 capsules



BONE NUTRIENT LIFETIME COMPLEX™

Women begin to build bone mass at an early age reaching a maximum bone density in their late twenties. As a woman ages, bone mass begins to decline and bones become more brittle. Declining bone density and health can be accelerated in women whose diets do not include optimal levels of bone nutrients and whose hormones are out of balance. Not managing harmful estrogen metabolites can also accelerate bone degeneration or wasting. dōTERRA's Bone Nutrient Lifetime Complex is a blend of vitamins and minerals that are essential for bone health including vitamins C and D, calcium, magnesium and other trace minerals. Bone Nutrient Lifetime Complex can be used by women (and men) of all ages as a dietary supplement to conveniently increase consumption of the bone nutrients found in healthy foods but often deficient in our modern diets.

Item No. 3524 \$23.33 retail 120 capsules



SOLACE™

MONTHLY BLEND FOR WOMEN

dōTERRA Women Solace is a proprietary blend of Certified Pure Therapeutic Grade essential oils that have been traditionally used to balance hormones and manage symptoms of PMS and the transitional phases of menopause.* Solace is a topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa and Vitex that provides temporary respite from cramps, nausea, hot flashes, and the emotional swings sometimes associated with regular hormone cycles in women.



Item No. 3527 \$32.67 retail 10 ml roll-on

SLIM & SASSY®

SLIM & SASSY TRIM KIT

Four 15 ml bottles Slim & Sassy essential oil blend, and two TrimShake canisters. **SAVE \$36.02 RETAIL**

Item No. 3528 \$200.00 retail 2 Chocolate

Item No. 3529 \$200.00 retail 2 Vanilla

Item No. 4077 \$200.00 retail 1 Van., 1 Choc.

SLIM & SASSY top seller METABOLIC BLEND

dōTERRA's Slim & Sassy is a proprietary formula of grapefruit, lemon, peppermint, ginger and cinnamon essential oils. Just add 8 drops to 16 oz. of water and drink between your healthy meals throughout the day to help manage hunger, calm your stomach and lift your mood.* Slim & Sassy is 100% pure essential oils, does not contain diuretics or stimulants, and has zero calories.



Item No. 3137 \$32.67 retail 15 ml bottle

SLIM & SASSY TRIMSHAKE™

Slim & Sassy TrimShake is a convenient and delicious shake mix providing the essential nutrients of a healthy meal* with only 125 calories per serving. Used as a meal replacement for one or more meals each day, TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise. TrimShake also includes a patented weight-loss ingredient Essentra®Trim that has been demonstrated to help with managing the stress hormone cortisol associated with fat storage.* TrimShake blends well with water or milk for a low-calorie, low-glycemic, high-fiber satisfying meal alternative† with 16 grams of protein and 5 grams of fiber per serving in a 20 serving canister.

Item No. 3520 \$52.67 retail Chocolate

Item No. 3518 \$52.67 retail Vanilla

* Meal replacement based on the addition of 75 or more additional calories (almond, rice, or skim milk, etc.) to the 125 calories of one serving of Slim & Sassy TrimShake for a caloric meal total of 200 calories or more



dōTERRA®

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EASY TO SWALLOW SO YOUR LITTLE SUPER HEROES
HAVE ALL THE STRENGTH THEY NEED TO PROTECT
THE WORLD FROM BAD GUYS AND MONSTERS.**



A2Z Chewables

A2Z Chewable tablets are a great way for children and adolescents to gain the daily nutrition needed for a robust and healthy immune system.

To Order, Use Item No. 35330001
U.S. \$26.00 retail

IQ Mega

Flavored with dōTERRA wild orange essential oil, this great tasting and easy-to-swallow omega supplement provides 1,000 mg of concentrated, pure fish oil per serving. IQ Mega contains essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune, and joint function.

To Order, Use Item No. 35320001
U.S. \$46.00 retail



Buy together and save!
To Order, Use Item No.
40760001 U.S. \$52.67 retail

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dōTERRA® CPTG Certified Pure Therapeutic Grade®