

# LIVING

## ESSENTIAL RECIPES

HEALTHY RECIPES FOR  
THE WINTER SEASON

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FOR YOUR KITCHEN  
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# Nature or Nurture?

## Why not both?

Providing nurturing protection in a natural way...one load at a time.



**On Guard® Laundry Detergent**

38980001	32 fl oz
\$32.67 retail	

**dōTERRA**  
**onGUARD**  
Laundry Detergent  
Non-toxic, environmentally friendly,  
ultra-concentrated with natural surfactants,  
enzymes, and essential oils.  
6X Ultra Concentrated  
64 Loads  
32 fl oz / 947 mL



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**dōTERRA PRODUCT GUIDE**, see pages 30–39  
A quick shopping reference for all products

# ask Dr. Hill

## Q How do I use essential oils to meet my personal needs?

There are always indicators with our health. We have indicators in what types of foods are good for us and which ones aren't. This is a normal process we go through. The same holds true for essential oils. It may not always be the case that each essential oil will affect each of us in exactly the same way. It's that individual characteristic of the oil matched with the individual characteristic of our own personal need and health that allows us to achieve the benefits we are most looking for. Finding that requires that we spend a little bit of time learning how the essential oils interact with our own unique circumstances. Once you master that—once you have that basic understanding—essential oils provide something for you that cannot be found anywhere else.

## Q Why does the aroma of an essential oil sometimes vary?

One of the benefits of essential oils is the variability they offer. Essential oils are pure botanical extracts that will have slight variances from time to time. This variance is sometimes caused by uncontrollable environmental factors including weather conditions, temperature, sunlight, moisture content, and soil conditions at the time of harvest. On the other hand, there are many things that affect the quality of an essential oil that we can control through proper sourcing, distillation techniques, production procedures, and quality testing. Humans have a keen sense of smell, so even slight variances can be detected, even if the therapeutic properties of the oil remain unchanged. It is important to remember that although aroma is important, it is often a reflection of environmental factors and not always an indicator of quality. These natural variances are in no way a sign of a low quality product, but instead demonstrate the incredible versatility of plants and their ability to adapt to their environment. This adaptability is one of the many reasons individuals continue to have great experiences when using essential oils.

## Q What are the basic fundamentals I should follow for enhancing immunity with my family?

We tend to be extra conscious of our immunity during the winter months when cold and flu season is upon us. It is important to develop a daily routine of essential oil use that includes diffusion, surface contact, and personal application during this time when the immune system may be especially compromised. Along with essential oils, good nutrition is another key aspect in maintaining strong immunity for all members of the family. The Lifelong Vitality products and citrus oils are powerful immune stabilizers that should be used daily. Citrus oils can increase the production of glutathione. We know that glutathione fortifies cellular structures of the immune system, so improving glutathione levels gives us greater resiliency in all tissues of the body. We also need to be aware of immune detractors (stress, poor diet, etc.) and similarly manage these issues through lifestyle modification and daily use of essential oils.



**DR. DAVID K. HILL,  
CHIEF MEDICAL OFFICER**

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

## THE DR. RECOMMENDS For Boosting Immune System



Lifelong Vitality pack  
(No. 34210001)



Lemon essential oil  
(No. 30120001)

Wild Orange essential oil  
(No. 30170001)

Grapefruit essential oil  
(No. 30100001)



On Guard® Protective Blend  
(No. 31100001)

On Guard + Softgels  
(No. 35420001)

# CEDARWOOD

Known for its rich hue and warm, woody scent, Cedarwood provides numerous health benefits. Its use dates back to Biblical times. Cedarwood is native to cold climates, thriving in high altitudes and growing up to 100 feet. Cedarwood essential oil has a grounding aroma that evokes feelings of wellness and vitality.

**Plant Part:** Wood • **Extraction Method:** Steam Distillation

## HOW TO USE

### Aromatic

Diffuse three to four drops in a diffuser.

### Topical

Apply one to two drops to desired area.

Dilute with dōTERRA Fractionated Coconut Oil to reduce any skin sensitivity.

## PRIMARY BENEFITS

- Supports and maintains healthy respiratory function
- Expedites skin recovery
- Promotes clear, healthy skin
- Works great for massage therapy
- Eases nervous tension and anxiety
- Repels moths and other insects



# SLIM & SASSY® INSPIRATION

## KIMBERLY CLUFF

Lost **38 lbs** during the competition. Since the end of the competition, she lost a total of **56 lbs!**

### KIMBERLY'S STORY

Being a mother of eight children keeps my life pretty busy! After I had my fifth child, I was able to lose all the pregnancy weight and get back to 120 pounds. Unfortunately, after my last three babies, losing weight became a struggle. Not only could I not keep the weight off, I also gradually started putting on more weight. I felt trapped, trying everything I could possibly think of to regain control of my body.

I tried many weight loss products on the market. I would shed a few pounds during the first three weeks, and then plateau. I was stuck with unnecessary weight that would not go down, no matter what I did.

### PRODUCTS USED



- Slim & Sassy® Metabolic Blend (Item No. 31370001)
- Slim & Sassy TrimShake™ (Item No. 35200001)
- Lifelong Vitality Pack (Item No. 34210001)
- GX Assist (Item No. 35040001)
- PB Assist+® (Item No. 35160001)
- Mito2Max™ (Item No. 35310001)



I eventually gave up and gradually put it back on. I did aerobics, trained for and ran a half marathon—all without losing a pound. After completing the half marathon, I was on crutches for two days because I developed major plantar fasciitis in one foot. I couldn't exercise for several months due to the pain and fatigue.

For the last 10 years, I had been experiencing low energy and fatigue, which prevented me from reaching my potential as an individual and a mother. I had tried a variety of health and nutritional products and read many health books. The doctors kept telling me that there was nothing wrong with me; I couldn't find any answers or solutions to my situation.

My circumstances worsened and I felt like a limp rag doll most of the time.

“I want to kick my unhealthy eating habits and replace them with good ones so I can be an example of healthy living for my eight children.”

## GETTING BACK ON TRACK WITH dōTERRA

I started taking LifeLong Vitality and was able to get my life back. My energy level increased; I felt healthier and generally happier. My foot began to feel better, and I finally found the strength and motivation to start exercising. I used to drink caffeinated sodas every day and ate tons of sugar to cope with my busy and stressful life. Slim & Sassy Metabolic Blend helped me overcome my cravings for sugar and caffeinated sodas. I was excited to finally find products that met my nutritional and weight management needs!

“I want to be in shape and lose weight so that I can feel better and have more energy to take care of my family.”

### MY GOALS

I set a goal to lose 34 pounds and be down at least two pant sizes by the end of the competition. After the contest, my goal was to drop an additional 20 pounds.

**DRINK** the Slim & Sassy TrimShake for breakfast and lunch with the Slim & Sassy Metabolic Blend in between meals.

**USE** the LifeLong Vitality supplements everyday.

**EXERCISE** five days a week for 40 minutes.

**QUIT** drinking caffeinated diet sodas and eliminate sugar intake.

### MY MOTIVATION

I wanted to be a better example of healthy living for my children, and I wanted to have the strength and energy to take better care of them. Now, I have more energy and strength and can do more with and for them. I wanted to be familiar with all the products personally so that I could honestly tell people that I had tried them and they work.

before



after



SIGN UP FOR THE 2014  
SLIM & SASSY LIFESTYLE  
CHANGE COMPETITION

SLIM &  
SASSY®

- Entries will be accepted beginning *January 1st*
- The competition will begin on *January 15th*

## TIPS FOR SUCCESS

1. **Start taking the Lifelong Vitality pack!** This is the foundation to help you start to balance your body and get more energy.
2. **Write down specific goals with specific deadlines; be realistic.** Losing weight only happens one day and one step at a time, so don't think about "eating the whole elephant" at once. If you are really out of shape and overweight, then walk one block

today and then two tomorrow, then three the next, etc.

3. **Find someone that you can report to.** It is easy to quit when it gets hard if no one holds you accountable and encourages you.
4. **Use five drops of Slim & Sassy essential oil** five times a day and replace one to two meals with the Slim & Sassy TrimShakes. Use the GX Assist and PB Assist Softgels to cleanse your body.

Drink lots of water with Lemon essential oil. Cut out the sugar, breads, and pastas. Eat lots of salads, veggies, and lean meats.

5. **Exercise** at least five days a week.
6. **Use dōTERRA essential oils for everything!** It does make a difference! I use Balance Grounding Blend and Clary Sage on my feet every day to keep my hormones balanced and me happy.

7. **Get rid of your big clothes immediately!** Tell yourself you are never going back there again. Reward yourself with new clothes instead of food and treats.

# ACTIVE LIFESTYLE



## AND INJURY PREVENTION

A healthy diet with a well-balanced, regular exercise regimen has become a priority for those who desire an active lifestyle with greater mobility and a sense of well-being. We are witnessing an unprecedented interest in gym memberships and participation in community running, swimming, and cycling events.

Some may ask if there is a potential for increased incidence of injury or potential health risks that accompany such active lifestyles. Prior to initiating a regular rigorous exercise regimen, consultation with your primary care physician or cardiologist should be sought especially if there is a history of heart disease or other health issues.

### IMPACT OF PHYSICAL ACTIVITY ON WELL-BEING

Mental health and "well-being" is perhaps the greatest outcome sought by the exercise enthusiast. The human frame and biochemistry is designed for activity. Our central nervous system has opiate receptors that are not particularly designed for intake of external opiates and narcotics. Rather, these receptors exist to react to the natural opiates, also known as endorphins that our bodies produce with increased physical activity. The interaction of these exercise-induced pleasure chemicals and receptors results in the profound sense of well-being.

### CREATING A BALANCED EXERCISE ROUTINE

A well balanced, "cross-training" approach to exercise will help avoid tendon, joint, or lower back injuries that are associated with repetitive cardio or resistance workouts. The cartilage cushions that line our joints have no blood supply; therefore, motion with exercise assists in delivery of supportive nutrients and oxygen to the cartilage cells, similar to a sponge that moves water when compressed. For those individuals with a family history of joint problems, exercise in low gravity settings such as swimming, bicycling, and elliptical cross trainers, is recommended. These forms of exercise will help avoid wear and tear to less durable cartilage that may have been inherited.

### THE DR. RECOMMENDS:

- Lifelong Vitality (Item No. 34210001)
- DDR Prime Cellular Complex Softgels (Item No. 41740001)
- Slim & Sassy TrimShake (Item No. 35180001)



When joints wear out, total joint replacement surgery can positively transform the life of the patient. Nonetheless, the metal and plastic components undergo wear and loosening, often at a rate proportional to the weight and activity level of the recipient. Joint replacement surgery should be performed only on appropriately screened patients whose symptoms warrant such invasive surgery. The optimal candidate is a patient whose symptoms limit the ability to walk no greater than three to four blocks. Excessive weight will cause early wear and loosening of the artificial joint; therefore, an aggressive weight loss regimen should be considered, if warranted, prior to joint replacement. A candidate

### TIP

A commonly quoted weight lifting regimen includes three sets of 10 active muscle group contractions. The trainer should use enough resistance that the muscle group will be tired by the tenth repetition. Each muscle group should be worked out no more than two to three times a week to avoid injury. Athletic trainers can be very helpful in creating protocols particular to your individual needs and capacity.





may rationally conclude that successful weight loss through exercise will only be achievable after the joint is replaced. Our orthopedic data suggests otherwise. The joint replacement recipient will gain on average 50 pounds following the procedure; therefore, the patient should prepare for surgery with exercise.

Any balanced exercise regimen should include resistance training and lifting weights. Such an approach will build muscle mass, which prevents injury by improving joint stability. Likewise, increase in muscle bulk improves one's capacity to burn calories. To avoid injury, excessive repetition and weight should be avoided.

## DEVELOPING A HEALTHY DIET PLAN

Any exercise regimen must be accompanied by a healthy diet and supplements. Our human frame was designed to consume whole foods, fruits of the vine and roots, vegetables and legumes, with small portions of meats for flavor. Reasonable portions are the key. Given that 75 percent of our body weight is water, maintaining adequate hydration is also critical to cellular health and distribution of oxygen and nutrients to every part of our body. Finally, the "Western Diet," high in saturated fats and refined, mass-produced food, is notorious for its side effects of obesity with resultant diabetes, hypertension, gravity-induced degenerative joint and spine disease, and early death. Seventy-five to 80 percent of human maladies are preventable. "A stitch in time saves nine." "An ounce of prevention is worth a pound of cure." A lifestyle of activity and healthy diet is the key.

Supplements, such as **dōTERRA Lifelong Vitality**, **DDR Prime Cellular Complex**, and **Slim & Sassy TrimShakes** are excellent. As a "middle-aged" exercise enthusiast, I use these supplements daily to help support my cardiovascular system, maintain a healthy inflammatory response, and assist with controlling my portions at meal time.



**DR. PAUL WINTERTON** received his medical degree from Harvard Medical School in 1993, following which he completed five years of orthopedic surgical residency at the Mayo Clinic. He currently serves on the Board of Councilors at The American Academy of Orthopaedic Surgeons.



## TIPS ON PREVENTING EXERCISE-RELATED INJURIES

1. Take the cross-training approach to exercise to help avoid tendon, joint, or lower back injuries
2. Avoid excessive repetition and weight
3. Develop a healthy diet plan with portion control
4. Take dōTERRA supplements daily for an additional nutritional and energy boost
5. Apply Deep Blue Rub to soothe overworked muscles



Watch Dr. Winterton and five other medical professionals discuss essential oils and western medicine at one of the most well-attended workshops in dōTERRA history. To view the workshop, visit [youtube.com/doterracorp](https://youtube.com/doterracorp) or scan the QR Code with your mobile device.



FIND OUT HOW dōTERRA USERS INCORPORATE ESSENTIAL OILS INTO THEIR **KITCHEN** & **BATHROOM** ROUTINES.

# KITCHEN ROUTINE



"I use Lemon essential oil with olive oil to wipe down my cabinets, and **Fractionated Coconut Oil** with **Wild Orange** essential oil to wipe down my granite countertops and tile backsplash."

- Therese M. Ercolani, Michigan

"We diffuse **Citrus Bliss Invigorating Blend** nearly every day. When one of us starts feeling under the weather, we pull out **On Guard® Protective Blend**, **Eucalyptus**, or **Lemon** essential oils.

**Wild Orange** essential oil is used in our smoothies every morning. We use **Lemon** in blueberry scones, **Basil** in pasta and **Lime** in guacamole.

We clean the kitchen sink and counters each day with **Purify Cleansing Blend**, **Eucalyptus**, and **Lemon** mixed with a pinch of borax and 1 tablespoon of vinegar."

- Beth A. Macco, Wisconsin



## KEEPING YOUR DISHES CLEAN

Citrus essential oils are natural de-greasers that are safe and effective to use in your home.

### CITRUS DISH SOAP

#### INGREDIENTS

- 2 cups liquid castile soap
- 20 drops Lime essential oil
- 8 drops Wild Orange essential oil
- 6 drops Citrus Bliss blend

#### INSTRUCTIONS

1. Fill a large, clean bottle with castile soap; dilute according to directions if using concentrate.
2. Add essential oils. Shake bottle before each use.
3. Add 1 to 2 tablespoons of soap to dish water for use.

- Heather Nelson, Utah



### AUTOMATIC DISHWASHER POWDER

#### INGREDIENTS

- 2 cups borax
- 1 cup baking soda
- ½ cup citric acid
- ½ cup kosher salt
- 5 drops Lemon essential oil

#### INSTRUCTIONS

1. Combine all ingredients and mix well.
2. Store in sealed container.
3. To use, add about 2 tablespoons per load.



### CHASE AWAY PESTS

"To keep these pesky creatures outdoors, I sprinkle **Peppermint** essential oil on paper towel rolls and hide them in my kitchen cabinets.

A combination of **Peppermint**, **Lemon**, and **On Guard Protective Blend** diluted with water in a spray bottle works well for general cleaning and as an insect/mouse repellent. I keep another bottle for vinegar, **Black Pepper**, and **Peppermint** essential oils specifically for when I see traces of ants. My kitchen smells fresh and clean, without the worry of harming my family's health!"

- Valarie Angle, Virginia



# BATHROOM ROUTINE



## MOLD AND MILDEW CLEANER

### INGREDIENTS

- 4 ounce glass spray bottle
- White distilled vinegar or hydrogen peroxide
- Water
- 2 drops Lemon essential oil
- 3 drops Melaleuca essential oil
- 1 drop Clove essential oil

### INSTRUCTIONS

1. In glass spray bottle, mix white distilled vinegar or hydrogen peroxide with double amount of water.
2. Add **Lemon, Melaleuca,** and **Clove** essential oils.
3. Shake well before spraying on surfaces with mold or mildew.
4. Leave on for half an hour before rinsing.

- Allyson Amayo, Nevada

"I make my own bathroom products using essential oils that fit my personal needs. My body wash is made out of castile soap, unscented lotion, **Lavender,** and **Peppermint** essential oils. When I need to exfoliate, I use my home made sugar scrub with **Citrus Bliss Invigorating Blend.** *My shaving cream is virgin coconut oil, olive oil, and Cypress oil.*"

- Nina Walsh, Colorado

## ESSENTIAL BATH-TIME

"I use a few of my favorite essential oils in my morning and evening bath. I have noticed a major turnaround in not just my health, but in my skin, mood, and energy level. I highly recommend starting or ending your day with a little "you" time by soaking in your oils!"

- Nikki Zachary, California

### Recommended essential oils for the morning bath

- Grapefruit
- Wild Orange
- Geranium
- Cypress



### Recommended essential oils for the night bath

- Serenity Calming Blend
- Frankincense
- Roman Chamomile



### FRESHEN YOUR BATHROOM NATURALLY WITH ESSENTIAL OILS USING THIS EASY TIP.

When you take out a new roll of toilet paper, **add 2-3 drops of the essential oil** of your choice to the cardboard in the middle. You will instantly experience the **fresh scent of essential oils** with every use.

## HOMEMADE WOMEN'S SHAVING CREAM

### INGREDIENTS

- 1 cup virgin coconut oil
- 1 tablespoon olive oil
- 10 drops essential oil of your choice
- Glass container size of your choice

### INSTRUCTIONS

1. Blend all ingredients together in a blender or stir really well with fork.
2. Place mixture in glass container. Shake well before each use.



# Women's Hormonal Health:

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

## finding balance

It's a simple fact: hormones get blamed for a lot—bad moods, aggressive moments, even sad days. Deserved or not, it is clear hormones play a significant role in many of the body's functions. Because hormones affect such a wide range of physiological processes, it is important to maintain hormonal balance. Hormone imbalance can cause a wide variety of physical and emotional symptoms as well as increased risk for chronic disease. Estrogen and progesterone are the main steroidal hormones that affect women's health. Each of these hormones has a broad scope of functions that extend far beyond reproductive health. In fact, female sex hormones influence energy levels, sleep cycle, brain function, bone health, heart health, weight management, and many other factors.

### AN EXPECTED PHASE OF LIFE

As women age, their bodies naturally decrease production of estrogen and progesterone. These two hormones exist in a delicate balance, and when thrown off, can cause various health complications. Although this decrease in hormone production—or menopause, as we commonly refer to it—is natural as women age, it doesn't mean there are not uncomfortable symptoms associated with this process. During menopause, a woman's monthly menstruation cycle begins to cease, leading to the decline of fertility.

Menopause is a normal and expected phase of life that can be naturally managed through lifestyle modification and dietary supplementation. It most often begins naturally, but can also be initiated due to overexposure to toxins such as xenoestrogens or surgical procedures when reproductive organs are removed. No matter the cause, menopause is associated with a profile of symptoms including hot flashes, vaginal changes, leaky bladder, emotional shifts, and aging of the skin. More concerning, however, is the prevalence of osteoporosis, heart disease, and certain cancers that increase as women transition through menopause into the post-menopausal phases of their life.

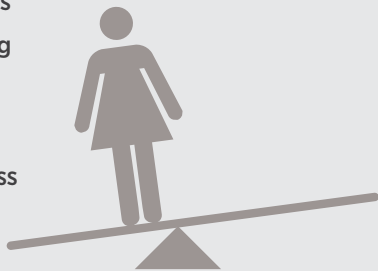


**"Menopause is a normal and expected phase of life that can be naturally managed through lifestyle modification and dietary supplementation."**

## RECOGNIZING A HORMONAL IMBALANCE

Recognizing a hormonal imbalance is an important first step on your journey to health. The many testing procedures that exist to measure hormone levels are largely inaccurate because hormones are dynamic and fluctuate on a moment-to-moment basis. It is therefore more relevant to look at the common symptoms associated with hormone imbalance. Common symptoms to look for include:

- Depression/Anxiety/Irritability
- Digestive Problems
- Excessive Sweating
- Food Cravings
- Fatigue
- Loss of Muscle Mass
- Weight Gain
- Low Libido



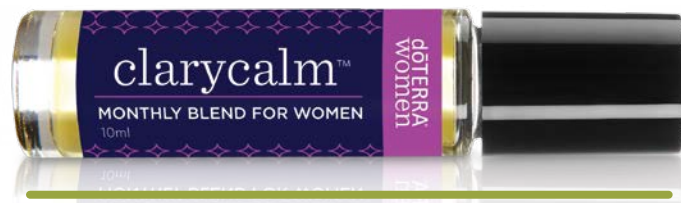
## MAINTAINING HORMONAL BALANCE

Maintaining hormonal balance is a lifelong process that is founded in the development of healthy lifestyle habits. A diet rich in fruits, vegetables, whole grains, and low-fat dairy products fuels your body with the nutrients it needs for optimal function. Additionally, exercise helps manage weight and the hormone metabolite load, and improves the body's production of hormones. Because hormone balance is also affected by exposure to toxins, stress, exogenous (outside) hormone exposure, inflammation, etc., the **Lifelong Vitality** products should be included as a foundational step in achieving hormone health. These products not only provide essential vitamins and minerals, they also include many ingredients shown to manage oxidation, maintain a healthy inflammatory response, and even influence hormonal activity.

In addition to the core daily nutritional elements mentioned above, it is important to add other supplements targeted specifically at hormone health. The dōTERRA **Phytoestrogen Lifetime Complex** contains plant-based phytoestrogens, flax seed extract, and pomegranate extract. Phytoestrogens are adaptogenic molecules derived naturally from plants. These compounds have a two-fold function: they exert a mildly estrogenic effect in case of hormone deficiency or they act as competitive inhibitors that decrease the action of harmful metabolites or block xenoestrogens. Flax seed extract reduces hormone metabolite load and offers a chemo-preventative benefits. On the other hand, pomegranate extract helps to manage the physical symptoms of menopause including hot flashes and aging of the skin.

Many essential oils can also exert beneficial effects to help manage symptoms of hormonal imbalance. **Clary Sage, Lemongrass, Fennel, Clove, Basil, Cinnamon,** and **Geranium** have been shown to exhibit therapeutic effects similar to that of phytoestrogens. These oils play an important role in hormone health, especially when used internally. In addition, **ClaryCalm™ Monthly Blend** is a specially formulated blend of 12 essential oils targeted to help manage the physical and emotional symptoms of menopause and other hormonal issues. This blend is especially helpful for temporarily easing cramps, nausea, hot flashes, fatigue, and emotional swings commonly associated with both PMS and menopause.

Although hormones are dynamic, the functions in the body are far reaching and have tremendous impact on other areas of health. Natural alternatives, including lifestyle modification, consistent use of essential oils, and nutritional supplementation, can help manage symptoms associated with hormone imbalance and decrease risk for associated chronic diseases.



Temporarily eases cramps, nausea, hot flashes, fatigue, and emotional swings commonly associated with both PMS and menopause.



### Essential oils that may help manage symptoms of hormonal imbalance:

**ClaryCalm** (No.35270001)

**Clove** (No. 30040001)

**Clary Sage** (No. 30420001)

**Basil** (No. 30010001)

**Lemongrass** (No. 30130001)

**Cinnamon** (No. 30030001)

**Fennel** (No. 41290001)

**Geranium** (No. 30090001)



# MAKE OVER MY PURSE

Essential items that every lady needs in her purse.

## ESSENTIAL KEY CHAIN

Keep your favorite essential oils close for easy sampling while on the go.

## WAKE UP YOUR SENSES

Take a **Peppermint Beadlet** to keep your mouth clean and fresh while experiencing the full benefits of the Peppermint essential oil.

## STAY ON TASK

Rub **InTune™ Focus Blend** onto bottoms of feet or back of neck to enhance and sustain focus during a busy day.

## REDUCE TENSION

Roll some **PastTense® Tension Blend** onto back of neck and temples when experiencing tension.

## FEEL CALM

Apply **ClaryCalm™ Monthly Blend** topically to stomach or chest, throughout the day to balance hormones and manage symptoms of PMS.

## CLEAR SCREEN

Apply a couple drops of **Lemon** essential oil to a microfiber cloth to clean the screen of your phone.



## SLIM & SASSY® METABOLIC BLEND

Add eight drops of **Slim & Sassy Metabolic Blend** to 16 ounces of water and drink between your healthy meals to help manage hunger, calm your stomach, and lift your mood.

## DRINK LOTS OF WATER

Add dōTERRA **Lemon, Wild Orange, Grapefruit,** or **Lime** essential oils to your water for a pleasant flavor and additional benefits.

## KEEP YOUR BODY HEALTHY AND HAPPY

Get the nutrients and healthy energy you need with **Lifelong Vitality Pack, Phytoestrogen Lifetime Complex,** and **Bone Nutrient Lifetime Complex.**



## TRAVEL SIZE *Natural* DEODORANT STICK

### Ingredients:

¼ cup aluminum-free baking soda  
¼ cup arrowroot  
2 or more tablespoons virgin coconut oil  
10-30 drops of dōTERRA essential oil or blend of your choice

### Directions:

1. Add baking soda, arrowroot, and 10-30 drops essential oil.
2. Mash in coconut oil. Start with two tablespoons and add more to achieve desired consistency.
3. Press firmly into an empty deodorant container.
4. Let sit overnight to allow coconut oil to solidify and set.



## WHAT IS THE HEALING HANDS FOUNDATION?

The dōTERRA Healing Hands Foundation was created in an effort to accomplish a mission of goodness in the world. The dōTERRA Healing Hands Foundation is a registered 501(c)(3) non-profit organization committed to improving lives through partnering with organizations that offer hope to millions around the world. Healing Hands seeks to bring healing and hope to the world as well as lives free of disease and poverty, and to ultimately teach impoverished cultures how to be self-reliant. dōTERRA International, LLC, provides for all overhead and administrative costs of the dōTERRA Healing Hands Foundation, ensuring that 100 percent of all donations go directly to those receiving aid.

## WHAT PROJECTS ARE WE INVOLVED WITH?

Service has been and continues to be a foundational part of the dōTERRA culture. Great efforts have been implemented to keep service as a focal point. For example, the annual incentive cruises incorporate a dōTERRA Healing Hands Foundation Day of Service at a local school, park, or medical center. During these service days, participants work on projects such as repairing, painting, or constructing playgrounds or fulfilling other needs.

During the 2012 Mayan Riviera Incentive Trip, leaders participated in great service opportunities. Each leader was given a purple dōTERRA bag, and they filled each bag with school supplies that were needed at the Astra School. The group delivered these bags to the school while on the trip.

Earlier this year, during the 2013 incentive cruise to the Caribbean, dōTERRA Independent Product Consultants participated in a day of service on behalf of the dōTERRA Healing Hands Foundation in San Nicolas, Aruba. A total of 350 volunteers split into groups and provided service at four schools and a park. The dōTERRA Healing Hands Foundation also donated funds to each of the organizations for further assistance beyond the service provided.

Since the beginning of the Healing Hands Foundation in 2011, dōTERRA has proudly partnered with Mentors International. Mentors International specializes in generating thousands of new micro loans in lesser developed countries all over the world. The initial contributions from dōTERRA to Mentors International went to the country of Guatemala. Due to the perpetuity of the micro loans,



those contributions are continually making an impact in the lives of many Guatemalans. At the end of 2012, a legacy donation of \$100,000 to open a micro credit fund in Piura, Peru, was announced, making this program available to even more people.

To date, Healing Hands donations to Mentors International have exceeded \$175,000. Those donations have been loaned and re-loaned to an equivalent of over \$850,000, and the total Healing Hands loan fund continues to grow. Over 800 loan recipients have been mentored with new businesses and thousands of people have been directly impacted as a result of the generous donations given to the Healing Hands Foundation.



At the dōTERRA Elevate Convention in Oct 2013, a new donation of \$100,000 was announced to open a micro credit fund in Chiquimula, Guatemala. Moving forward, dōTERRA will continue to partner with Mentors International to positively impact the lives of thousands of people.

### WHAT IS OUR VISION FOR THE FUTURE?

In partnership with Mentors International, the dōTERRA Healing Hands Foundation embarked on its first annual service expedition in July 2013 to the city of Huehuetenango, Guatemala. Participants included dōTERRA Executives as well as 28 dōTERRA Independent Product Consultant leaders. The group worked on the Mario Mendez Montenegro kindergarten school. Projects included repairs, painting, landscaping, putting in new fencing, installing new kid-sized toilets, and constructing a roof and divider walls in the bathroom area. dōTERRA also donated medical kits to a local clinic.

The medical kits were made possible by a new charity partner, Globus Relief. Globus Relief distributes medical equipment and supplies to hundreds of qualified charity partners working with governments, health-care institutions, and medical missions all over the world. dōTERRA will partner with Globus Relief on medical-focused projects.



Through our partnership with Globus Relief, the dōTERRA Healing Hands Foundation will donate equipment for a new dōTERRA Healing Hands Surgery Center at the San Bolivar Clinic in **Cajamarca, Peru**, and the Deseret Hospital in **Accra, Ghana**. In conjunction with the equipment, dōTERRA will donate medical supplies to these hospitals.

In conjunction with these projects, dōTERRA will be taking two service trips to Cajamarca and Accra with a small group of dōTERRA Independent Product Consultants. Doctors and nurses at these hospitals will receive valuable instruction on how to use dōTERRA essential oils. Additionally, medical practitioners will be joining the service trips to share their best practices with the hospitals. The group will provide much needed updates and repairs to hospital buildings and grounds.

These service trips and other service-related activities will contribute to our culture of service and will be an integral part of dōTERRA moving forward.

### ▶ UPCOMING SERVICE TRIPS

- Cajamarca, Peru
- Accra, Ghana



For more information about the dōTERRA Healing Hands Foundation, please visit [www.doterra.com/healinghands](http://www.doterra.com/healinghands)

# Juniper Berry

**Plant Part:** Berry

**Extraction Method:** Steam Distillation

Juniper berries have been used for a variety of purposes for many centuries. Derived from the coniferous tree, Juniper Berry essential oil acts as a natural cleansing agent and supports healthy kidney and urinary function. Juniper Berry is also very beneficial to the skin. The fresh woody aroma has a calming effect that helps relieve tension and stress while creating feelings of peace.

Juniper Berry essential oil blends well with Sandalwood, Cedarwood, Cypress, White Fir, Vetiver, Clary Sage, Chamomile, Patchouli, or with any citrus oils.

## HOW TO USE

### AROMATIC

Use three to four drops in a diffuser.

### INTERNAL

Dilute one drop in 4 fl. oz. of liquid or take in a Veggie Cap.

### TOPICAL

Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to reduce any skin sensitivity.

## FACT

Juniper Berry is derived from the Latin word "juniores" meaning "young berries." Juniper berries are rich in vitamin C, vitamin B, protein, and fiber.



# Object SEARCH

We've hidden objects  
all over the page,

Let's see if your eye can  
find where they lay.

But first use  
InTune® to help  
you engage,

Then track down  
the treasures in  
this mystery  
play.



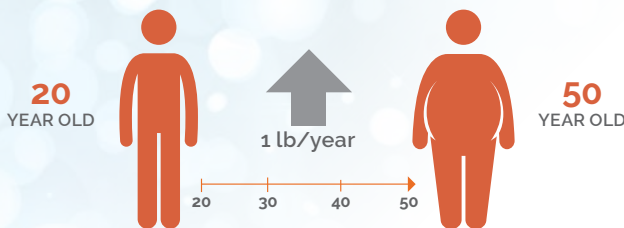
Lip Balm, On Guard Throat drop, Deep Blue Rub Sample, On Guard Beadlet, a2z Chewables, Cinnamon Bark essential oil, Sandalwood essential oil, Lemon essential oil, Peppermint essential oil, Wild Orange essential oil, Breathe Respiratory Blend, On Guard Toothpaste, Eucalyptus essential oil, rosemary plant, basil leaves, lavender plant, cilantro plant, thyme plant, dōTERRA logo.

# Maintaining Healthy Nutrition *During Winter Months*

by Dr. Tory Parker —*dōTERRA Nutrition Expert*

As the winter season approaches, the temperature outside starts to change and with the upcoming holidays so do our diets and activity levels.

An average holiday meal will contain at least 3,000 calories, much more than is needed in a whole day. What is the effect of this additional eating? Research shows that the net weight gain by spring is usually about one pound, which most of us never lose. This extra pound a year slowly adds up as the years go by—10 pounds after 10 years, 20 pounds after 20 years, etc. The goal is to enjoy the holidays, but not end up with that extra pound by spring.



It may not seem fun to refer to the delicious and often traditional foods at this time of year as just fats and carbs. However, having that particular outlook on food can be beneficial to maintaining a healthy nutrition and weight.

## Eating in *Moderation*

During the holidays, because there are more foods prepared, try consciously decreasing the amount of each food item on your plate to prevent overeating. You can always come back a few hours later for more with the knowledge that you are only exceeding your calorie needs a little bit! This allows your body time to tell you it is full, keeping you more in tune with your body's needs.

Even better, you won't feel like you've missed out on anything if you eat in moderation. There is nothing wrong with eating things you don't normally eat for special occasions. However, food is certainly not scarce, so you don't need to over eat. Simply remind yourself that there will be plenty to eat later on. Try to moderate your intake over the course of the day. With that said, eating fresh vegetables and fruits, drinking plenty of water, and taking daily nutritional supplements remains important and should not be neglected, especially during the winter months.

## Developing an *Exercise Habit*

One other big change as winter descends is the decrease in physical activity. On average, 60 percent of the US population does not exercise regularly. During the holidays, the percentage of people that exercise drops about 8 percent from its high in the summer to its lowest point in December. During the summer and fall, it is easier to head outside to do something physically active. This is somewhat harder to do in the winter (except maybe after a fresh snow storm or if you live in a warmer climate). It is very important to recognize you are losing a good habit with the change in season. You can replace previous habits with new ones. This may mean a treadmill and other indoor classes or exercises. Even push-ups, sit-ups and stretching done regularly can make a big difference and no equipment is required.

Your plan could be different, as your circumstances are different, but the principles still apply. The first step is noticing that your food intake went up (and usually with less healthy foods) and your activity went down. That is a dangerous combination for your health and your weight. Make sure your exercise plan correlates with your daily diet. Just because it's winter doesn't mean we can't stay healthy and active.

*Healthy eating habits and taking daily nutritional supplements remains important, especially during winter months.*



*Dr. Parker holds a PhD in Nutritional Science 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.*

## 5 Tips to Healthy Winter Nutrition

1. Be aware that your food intake is going to go up. Use smaller portions spread out over time to allow your body to tell you when it's full. You will still be satisfied and have the energy to get up and play.
2. Remind yourself that just because food is there does not mean you need to eat it right then. Holiday leftovers make delicious meals for many days after.
3. Always participate in whatever physical activities might be going on. Even if you are just a spectator standing and cheering, you are burning more calories and you are away from the food!
4. Don't let good nutrition habits slip. Always include fruits and vegetables on your plate along with protein and carbohydrate dishes. This will help you feel energized even when you consume high sugar and high fat foods.
5. Keep using your supplements and essential oils to support metabolism, aid digestion, and curb appetite.

### Dr. Parker Recommends:



*Lifelong Vitality* protects against oxidation and excessive inflammation. Both of these are increased with diets high in sugar and fat. Lifelong Vitality also ensures that you have all the cofactors and protection needed for optimum metabolism and activity.



*TerraZyme*® helps digest food and prevent indigestion.

*PB Assist+* should be taken with every meal. It provides healthy bacteria that will help regulate bowel function.



*Slim & Sassy*® Metabolic Blend added to water helps manage your appetite during the holidays. This can be a great help when there is so much additional food available, helping you put aside cravings and better listen to your body's real calorie needs.





# STAY ON TARGET

for the **NEW YEAR**

## NEED

Write down a few things you really need.

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## WANT

List something that you would like to have.

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## ACCOMPLISH

List what you want to accomplish.

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## GIVE

Name something that you will share with others: time, service, essential oils, etc.

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### MY 2014 CHECKLIST

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### 10 TIPS For Accomplishing Your Resolutions

- 1) Be realistic.
- 2) Be specific.
- 3) Make a plan.
- 4) Write it down.
- 5) Set deadlines.
- 6) Be accountable; share your goals with a friend.
- 7) Don't give up, no matter what!
- 8) Stay positive and make a choice to be happy.
- 9) Track your progress.
- 10) Celebrate your success.

### My dōTERRA 2014 Goals

What new essential oils and products would you like to try? What are some of your business goals? Will you attend 2014 Convention? etc.

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# for **BAKING** with essential oils

- TINA YELLE, ONTARIO CANADA

## dōTERRA ESSENTIAL OILS FOR BAKING



1. Always keep your essential oils in a dark glass container, away from heat, light, and humid conditions. You can also store them in the refrigerator if necessary.
2. Use a glass or ceramic bowl when mixing ingredients that contain essential oils. The essential oil may ruin certain types of plastic.
3. Don't leave the cap off the bottle.
4. Essential oils have a much longer shelf-life than dried herbs or spices. While oils may be more costly in the initial stages, over the long haul they will prove to be more cost-effective.
5. Because all essential oils tend to have different viscosity levels, don't drop the oil directly into your mixture. Drop the required amount on a spoon and then into your mixture to ensure you have the proper amount.
6. A little goes a long way. Add one drop, stir, and taste. Repeat until you've reached your desired result.
7. Try to avoid touching the insert with your fingers as your natural oils may affect the oil composition.
8. If you are baking with kids, be sure to keep the oils out of reach. Essential oils are highly concentrated and should always be used with caution.

## SUGAR-AND GLUTEN-FREE BLUEBERRY LEMON MUFFINS

Makes 12 muffins

### Ingredients:

2 cups gluten-free all-purpose flour  
1 teaspoon xanthan gum  
½ cup brown rice syrup  
1 tablespoon baking powder  
½ teaspoon salt  
8 drops Lemon essential oil  
1 egg  
1 cup milk  
½ cup butter, melted  
1 cup fresh or frozen blueberries

### Directions:

1. Mix flour, xanthan gum, baking powder, and salt in large glass bowl.
2. Beat egg in medium bowl; add milk, butter, brown rice syrup, and essential oil and blend together.
3. Add egg mixture to dry ingredients.
4. Mix in blueberries.
5. Fill lined muffin tins 2/3 full.
6. Bake for 20 minutes at 375 degrees Fahrenheit.

—Editor's Tip: Add more rice syrup or honey for additional sweetness

For more tips and healthy recipe ideas visit [www.tinayelle.com](http://www.tinayelle.com)





## PEPPERMINT CHOCOLATES

*SUBMITTED BY:  
Mandi Felici, Virginia*

### INGREDIENTS

- 1½ cup organic coconut oil
- ¼ cup raw honey
- 3 drops Peppermint essential oil
- 1 cup dark or semi-sweet chocolate chips
- 1 candy cane, crushed

### DIRECTIONS

1. Whip solid coconut oil, raw honey, and Peppermint essential oil together with hand mixer. The whipped filling should be white and fluffy when complete.
2. Refrigerate whipped filling for about five minutes.
3. Use a small scoop or measuring spoon to make small mounds of mint filling. Press down with spoon or finger to make a flat shape.
4. Place each piece on sheet of parchment paper on top of cookie sheet. Return mints to freezer until ready to coat with chocolate.
5. In small saucepan or double boiler, gently melt chocolate chips over low heat.
6. Take mints out of freezer. Use fork to dip each piece in melted chocolate. Place on top of cooling rack.
7. For holiday fun, sprinkle with crushed candy cane immediately after coating.
8. Put chocolates back in freezer to cool until hardened. Serve chocolates immediately or store in refrigerator until you are ready to eat them.

## CINNAMON SPICE SALAD DRESSING

*SUBMITTED BY:  
Colleen Chalmers, Nevada*

### INGREDIENTS

- ¼ cup olive oil
- 2 tablespoons raw apple cider vinegar
- 2 drops Cinnamon essential oil
- 1 drop Clove essential oil
- ⅛ teaspoon fresh ground nutmeg
- 1 small garlic clove finely minced
- ¼ teaspoon gray salt or sea salt
- ⅛ teaspoon fresh ground pepper

### DIRECTIONS

1. Mix all ingredients and place in jar.

#### TIP:

- Serve on bed of baby spinach leaves.
- Toss with thinly sliced apples, two drops of Lemon essential oil, and top with toasted pine nuts and crumbled goat cheese.





# ESSENTIAL RECIPES for the Winter Season



"My son loves the On Guard pancakes. We will be making this recipe at least once a week throughout the winter."

## ON GUARD® PANCAKES

SUBMITTED BY:  
Carmella Papaleo, California

### INGREDIENTS

2 ripe bananas  
1 cup oatmeal  
1 cup flour  
¼ cup brown sugar  
2 teaspoons baking powder  
½ teaspoon salt  
¾ cup plain greek yogurt  
¾ cup milk  
2 eggs  
1 teaspoon vanilla  
1 drop Cinnamon essential oil  
½ cup chopped walnuts, optional  
¼ cup canola oil  
2-4 drops of On Guard® Protective Blend (depending on how strong you like the taste of it)

### DIRECTIONS

1. Mash bananas in medium mixing bowl; mix in yogurt, eggs, milk, canola oil, vanilla, and On Guard.
2. In large mixing bowl add oatmeal, flour, brown sugar, baking powder, salt, cinnamon, and walnuts; mix well.
3. Add banana mixture to dry ingredients and mix. Do not over mix.
4. Spray griddle with non-stick spray, use small ladle to scoop out mixture to griddle. Cook on medium to high heat. Cook as you would regular pancakes, waiting for bubbles to appear then flip.

## WINTER WHITE HOT CHOCOLATE

SUBMITTED BY: Jennifer Manganello, Nevada

### INGREDIENTS

1½ cups almond milk  
½ cup canned pumpkin puree  
½ teaspoon pumpkin pie spice  
1-2 drops Clove essential oil  
1-2 drops Cinnamon essential oil  
½ teaspoon vanilla  
Pinch of sea salt, optional  
2-3 ounces roughly chopped white chocolate

### DIRECTIONS:

1. In small sauce pan over medium heat, combine milk, pumpkin, and spices.
2. Stir constantly until just simmering.
3. Remove from heat and add chocolate; reserve some for garnish.
4. Just before serving, top each mug with whipped cream, white chocolate shavings, and sprinkle pumpkin pie spice or cinnamon. Serve immediately.



# DISTILLING ESSENTIAL OILS:

*a work of art and science*



**E**ssential oil quality is notably one of the most debated subjects among essential oil enthusiasts. There are differing opinions on what an essential oil is and how it should be extracted and even used. Many have learned that a statement of purity on the label does not necessarily mean a guarantee of quality and are left disappointed. dōTERRA recognizes that when you turn to essential oils as part of your health-care regimen, you expect positive results. Our CPTG Certified Pure Therapeutic Grade® trademark represents the dōTERRA quality assurance standard of nature's most pure and potent plant extracts carefully selected from growers around the globe and quality checked by the world's brightest, most competent chemists.

A quick review of chemistry establishes that an essential oil is comprised of volatile aromatic compounds; a lesser known principle, however, is how essential oil chemistry reaches its maximum potency in each individual plant. Providing each plant its own individual aromatic profile and other characteristics, aromatic compounds may be partially or, at times, dramatically altered due to environmental factors. Although each individual environmental factor cannot be directly controlled—such as rainfall, seasonal temperatures, etc—sourcing appropriate plant material is fundamental to ensuring therapeutic benefit. Developing long-lasting and often exclusive relationships with growers throughout the world ensures sourcing longevity and the opportunity to select plants from the most appropriate environments for each plant or oil profile.

dōTERRA essential oils are sourced from more than **25** countries worldwide



## EXTRACTION METHODS

Varying extraction methods are used in order to remove the aromatic compounds from plant material. Oftentimes, toxic solvents are used to separate the essential oil from its corresponding plant—a practice dōTERRA is adamantly opposed to. dōTERRA primarily uses two types of essential oil extraction: **steam distillation** and **expression**. Both of these processes are organic.

## STEAM DISTILLATION

Steam distillation is the most common way to extract aromatic compounds (essential oil) from a plant. During the steam distillation process, steam passes through the plant material. The combination of heated steam and gentle pressure causes the essential oil to be released from microscopic protective sacs. As the vapor mixture flows through a condenser and cools, it yields a layer of oil and a layer of water. The essential oil rises to the top and is separated from the hydrosol (floral water) and collected.



*Distillation process of dōTERRA Ylang Ylang essential oil in Madagascar.*

Some have asked about the difference between first distillations in comparison to complete distillations. Truth be known, almost all essential oils are distilled in a single process, so a first distillation and a complete distillation are one in the same. One exception is ylang ylang because it is highly prized in the perfume industry where varying aromatic compounds are desired dependent upon their molecular weight and aroma. A disrupted distillation process is oftentimes used where “extra”, I, II, III, and “complete” essential oil classes are collected. dōTERRA uses ylang ylang complete wherein the blossoms are steam distilled in a single process so that all of the aromatic compounds from the plant material is collected. We use ylang ylang complete because we source essential oil for therapeutic benefit rather than for perfumery purposes.

The temperature for steam distilling is usually between 140-212 degrees Fahrenheit. Since different plants require different pressures, times, and temperatures, using this particular distillation method makes it possible to adjust the temperature based on the plant type, making it a very effective and precise way to obtain the purest compounds. For example, dōTERRA Hawaiian Sandalwood essential oil undergoes a laborious and time-consuming procedure. To collect the oil from the actual wood, the outer layers of the wood are stripped from the heartwood. The heartwood is then chipped, filtered, and then chipped again into finer pieces before undergoing a 36-hour steam distillation process of high pressure and high heat. The whole process requires enormous amounts of fuel, energy, and time, making this exquisite essential oil so valuable. In comparison, the steam distillation process of Peppermint typically takes less than two hours with very low heat and pressure.

### EXPRESSION

Unlike steam distillation, expression, sometimes referred to as “cold pressed,” does not involve heat. In this process, oil is extracted from the product under mechanical pressure. dōTERRA uses expression to extract all of its citrus oils, such as Wild Orange, Lemon, Lime, Bergamot, and Grapefruit, from the rind.

Regardless of the care, and skill exercised in plant selection, care and harvest, much of the quality can either be preserved or diminished during the distillation process. Proper distillation requires a consideration for the uniqueness of pressure, temperature, time, and harvesting practices, each of which may be as diverse as the plants themselves. A poor distillation process can alter or destroy the necessary aromatic compounds that comprise the essential oil, leaving a substance far different from the intended goal and something that would not be used to support health and wellness. For this




Hawaiian Sandalwood

reason, the best distillation artisans dedicate their efforts and work to only a few select plants. This focused effort develops proper knowledge and experience, helping ensure congruency between the oil chemistry of the plant and its distilled form. dōTERRA works with a network of distilleries throughout the world, relying on expertise that has been proven over time. Distillation is both an art and a science.

The art and science of proper distillation can create a pure and potent essential oil with beautiful properties that promote well-being for you and your family. This is just one of many aspects of the dōTERRA CPTG Certified Pure Therapeutic Grade quality assurance standard that allow us to offer products you can trust.

**STAY TUNED** for the upcoming issue to learn about the CPTG® quality testing process.

### INTERESTING FACTS:

<p><b>45</b> LEMONS</p> 	<p><b>ONE</b> 15 ML BOTTLE</p> 
<p><b>30 LBS</b> LAVENDER FLOWERS</p> 	<p><b>ONE</b> 15 ML BOTTLE</p> 
<p><b>1000 LBS</b> MELISSA PLANT</p> 	<p><b>15</b> 5 ML BOTTLES</p> 

# GUY'S GUIDE

to a successful valentine

Tell her you love her with the sweet embrace of chocolates, an aromatic massage, and the scent of roses this Valentine's Day.

**1 "10 Reasons I Love You" Card:**

Download template on [doterratools.com](http://doterratools.com)

**2 Lip Balm:** Softens lips.

**3 Peppermint Beadlets:** Freshens breath.

**4 AromaTouch Essential Oil with Fractionated Coconut Oil:**

Relaxes with an aromatic massage.

**5 Healing Hands Lotion with Bulgarian Rose:** Make the scent of roses last this Valentine's Day.

**6 Chocolate Dipped Pretzels with Essential Oils:** Sweetens anyone's day. Add 1-2 drops of essential oil to your favorite melted chocolate recipe. Try using Peppermint, Wild Orange, or Cinnamon Bark essential oils.



# GIRL'S GUIDE

to a successful valentine

Even a man's man wants to look his best; give him a gift that will help him know he looks good.

- 1 Essential Oil Cologne:** Make his own scent with an essential oil cologne he will be sure to love.
- 2 Lotion Bars with Lavender & Peppermint:** Soften overworked hands and feet.
- 3 Root to Tip Serum:** Hydration for hair, scalp, and beards.
- 4 On Guard Beadlets:** Freshen breath and stay healthy.
- 5 Essential Hair Wax:** Low maintenance and long-lasting hair styling wax. [www.doterrablog.com](http://www.doterrablog.com)
- 6 Chocolate Dipped Pretzels with Essential Oils:** Men like chocolate too!

## SKIN CARE TIP



### Soothing Salve

Submitted by April Sollars, Tooele, UT

*"This is an amazing salve recipe that does wonders for irritated skin!"*

#### Ingredients

- 1 cup grapeseed oil
- 1 tablespoon vitamin E oil
- 4 tablespoons beeswax
- 1 cup almond oil
- 10 drops Lavender, Cypress, Melaleuca, Frankincense, Eucalyptus essential oils

#### Instructions

1. Melt all oils together in double boiler until completely melted, set aside for a few minutes before adding essential oils.
2. Add essential oils.
3. Pour in container and allow to set.

## UPCYCLING TIP

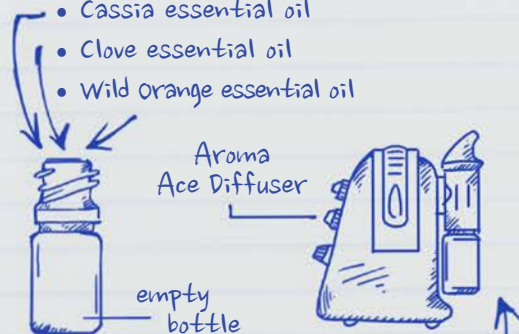
Save those empty dōTERRA oil bottles and give them new life!

—Mindy Hoggan, Terreton, ID

Use empty bottles to make DIY diffuser blends!

"Falling for Me Blend"

- Cassia essential oil
- Clove essential oil
- Wild Orange essential oil



Mix essential oils together in an empty oil bottle. Hook the glass bottle into your diffuser and enjoy the wonderful aroma and benefits of dōTERRA essential oils.

## HOLIDAY TIP

### Essential Oil Bath Salt Ornament

Submitted by Shayne and Heather Davis, Lacey, WA

*"They are simple to make and are always enjoyed by the family and friends who receive them!"*

#### Ingredients

- Round plastic ornaments
- Mix of Dead Sea salt and Epsom salt
- Few drops of winter essential oils or blends (Like White Fir, Frankincense, Myrrh, Vetiver, or Wild Orange)

#### Instructions

1. Mix desired amount of Dead Sea salt and Epsom salt together in bowl.
2. Add a few drops of the winter essential oils of your choice; mix well.
3. Add a skin-safe colorant or dried herbs, like mulling spices, rosemary, juniper berries, or rosehips.
4. Add the salts to plastic ornaments and hang from a ribbon! Quick, easy, and beautiful!

## → share your tip!

email editor@doterra.com with your favorite essential oil recipe, idea, or time saver



## PRODUCT GUIDE

# ESSENTIAL OIL SINGLES

The dōTERRA collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is 100 percent 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*

A T I N

30010001 | 15 mL  
\$26.67 retail



**BERGAMOT**  
ESSENTIAL OIL  
*Citrus bergamia*

A T I S

30790001 | 15 mL  
\$36.67 retail



**BLACK PEPPER**  
ESSENTIAL OIL  
*Piper nigrum*

A T I S

41040001 | 5 mL  
\$29.33 retail



**CASSIA**  
ESSENTIAL OIL  
*Cinnamomum cassia*

A T I D

30020001 | 15 mL  
\$25.33 retail



**CEDARWOOD**  
ESSENTIAL OIL  
*Juniperus virginiana*

A T S

49300001 | 15 mL  
\$17.33 retail



**CILANTRO**  
ESSENTIAL OIL  
*Coriandrum sativum*

A T I N

41850001 | 15 mL  
\$34.67 retail



**CINNAMON**  
ESSENTIAL OIL  
*Cinnamomum zeylanicum*

A T I D

30030001 | 5 mL  
\$28.00 retail



**CLARY SAGE**  
ESSENTIAL OIL  
*Salvia sclarea*

A T I N

30420001 | 15 mL  
\$48.67 retail



**CLOVE**  
ESSENTIAL OIL  
*Eugenia caryophyllata*

A T I D

30040001 | 15 mL  
\$18.67 retail



**CORIANDER**  
ESSENTIAL OIL  
*Coriandrum sativum*

A T I N

30780001 | 15 mL  
\$34.67 retail



**CYPRESS**  
ESSENTIAL OIL  
*Cupressus sempervirens*

A T N

30050001 | 15 mL  
\$20.67 retail



**EUCALYPTUS**  
ESSENTIAL OIL  
*Eucalyptus radiata*

A T S

30060001 | 15 mL  
\$18.67 retail



**FENNEL, SWEET**  
ESSENTIAL OIL  
*Foeniculum vulgare*

A T I S

41290001 | 15 mL  
\$20.00 retail



**FRANKINCENSE**  
ESSENTIAL OIL  
*Boswellia frereana*

A T I N

30070001 | 15 mL  
\$93.00 retail



**GERANIUM**  
ESSENTIAL OIL  
*Pelargonium graveolens*

A T I S

30090001 | 15 mL  
\$36.00 retail



**GINGER**  
ESSENTIAL OIL  
*Zingiber officinale*

A T I S

30080001 | 15 mL  
\$38.67 retail



**GRAPEFRUIT**  
ESSENTIAL OIL  
*Citrus X paradisi*

A T I N

30100001 | 15 mL  
\$21.33 retail



**HELICHRYSUM**  
ESSENTIAL OIL  
*Helichrysum italicum*

A T I N

30410001 | 5 mL  
\$100.00 retail



**JUNIPER BERRY**  
ESSENTIAL OIL  
*Juniperus communis*

A T I N

49290001 | 5 mL  
\$25.33 retail



**LAVENDER**  
ESSENTIAL OIL  
*Lavendula angustifolia*

A T I N

30110001 | 5 mL  
\$28.00 retail



**LEMON**  
ESSENTIAL OIL  
*Citrus limon*

A T I N

30120001 | 15 mL  
\$13.33 retail



**LEMONGRASS**  
ESSENTIAL OIL  
*Cymbopogon flexuosus*

A T I S

30130001 | 15 mL  
\$13.33 retail



**LIME**  
ESSENTIAL OIL  
*Citrus aurantifolia*

A T I S

30870001 | 15 mL  
\$17.33 retail



**MARJORAM**  
ESSENTIAL OIL  
*Origanum majorana*

A T I N

30140001 | 15 mL  
\$25.33 retail



**MELALEUCA**  
ESSENTIAL OIL  
*Melaleuca alternifolia*

A T I N

30150001 | 15 mL  
\$25.33 retail



**MELISSA**  
ESSENTIAL OIL  
*Melissa officinalis*

A T I N

30850001 | 5 mL  
\$153.33 retail



**MYRRH**  
ESSENTIAL OIL  
*Commiphora myrrha*

A T I N

30160001 | 15 mL  
\$69.33 retail



**OREGANO**  
ESSENTIAL OIL  
*Origanum vulgare*

A T I D

30180001 | 15 mL  
\$32.00 retail



**PATCHOULI**  
ESSENTIAL OIL  
*Pogostemon cablin*

A T I N

30890001 | 15 mL  
\$39.33 retail



**PEPPERMINT**  
ESSENTIAL OIL  
*Mentha piperita*

A T I S

30190001 | 15 mL  
\$27.33 retail



**ROMAN CHAMOMILE**  
ESSENTIAL OIL  
*Anthemis nobilis*

A T I N

30800001 | 5 mL  
\$44.00 retail



**ROSEMARY**  
ESSENTIAL OIL  
*Rosmarinus officinalis*

A T I N

30200001 | 15 mL  
\$18.67 retail



**HAWAIIAN SANDALWOOD**  
ESSENTIAL OIL  
*Santalum paniculatum*

A T I N

41860001 | 5 mL  
\$82.33 retail



**SANDALWOOD**  
ESSENTIAL OIL  
*Santalum album*

A T I N

30210001 | 5 mL  
\$82.33 retail



**THYME**  
ESSENTIAL OIL  
*Thymus vulgaris*

A T I D

30220001 | 15 mL  
\$36.67 retail



**VETIVER**  
ESSENTIAL OIL  
*Vetiveria zizanoides*

A T I N

30430001 | 15 mL  
\$46.00 retail



**WHITE FIR**  
ESSENTIAL OIL  
*Abies alba*

A T N

30250001 | 15 mL  
\$26.67 retail



**WILD ORANGE**  
ESSENTIAL OIL  
*Citrus sinensis*

A T I N

30170001 | 15 mL  
\$14.00 retail



**WINTERGREEN**  
ESSENTIAL OIL  
*Gaultheria procumbens*

A T S

30230001 | 15 mL  
\$21.33 retail



**YLANG YLANG**  
ESSENTIAL OIL  
*Cananga odorata*

A T I N

30240001 | 15 mL  
\$47.00 retail

# 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.



**AROMATOUGH®  
MASSAGE BLEND**  
T N  
31200001 | 15 mL  
\$34.67 retail



**BALANCE  
GROUNDING BLEND**  
A T N  
31010001 | 15 mL  
\$26.67 retail



**BREATHE  
RESPIRATORY BLEND**  
A T S  
31070001 | 15 mL  
\$26.67 retail



**CITRUS BLISS  
INVIGORATING BLEND**  
A T N  
31020001 | 15 mL  
\$20.00 retail



**CLEAR SKIN  
TOPICAL BLEND**  
T N  
37170001 | 15 mL  
\$28.00 retail



**DEEP BLUE®  
SOOTHING BLEND**  
T S  
31380001 | 10 mL  
\$85.33 retail



**DIGESTZEN®  
DIGESTIVE BLEND**  
A T I N  
31030001 | 15 mL  
\$41.33 retail



**ELEVATION™  
JOYFUL BLEND**  
A T N  
31040001 | 15 mL  
\$49.33 retail



**IMMORTELE  
ANTI-AGING BLEND**  
T N  
37140001 | 10 mL  
\$92.67 retail



**INTUNE™  
FOCUS BLEND**  
A T N  
41840001 | 15 mL  
\$46.00 retail



**ON GUARD®  
PROTECTIVE BLEND**  
A T I S  
31100001 | 15 mL  
\$42.67 retail



**PASTTENSE®  
TENSION BLEND**  
A T N  
31350001 | 10 mL  
\$24.67 retail



**PURIFY  
CLEANSING BLEND**  
A T N  
31060001 | 15 mL  
\$24.00 retail



**SERENITY  
CALMING BLEND**  
A T N  
31090001 | 15 mL  
\$40.00 retail



**SLIM & SASSY®  
METABOLIC BLEND**  
A T I S  
31370001 | 15 mL  
\$32.67 retail



**CLARYCALM™  
MONTHLY BLEND FOR WOMEN**  
A T N  
35270001 | 10 mL  
\$32.67 retail



**TERRASHIELD®  
REPELLENT BLEND**  
A T N  
31190001 | 15 mL  
\$12.67 retail



**WHISPER™  
BLEND FOR WOMEN**  
A T N  
31080001 | 5 mL  
\$32.00 retail



**ZENDOCRINE®  
DETOXIFICATION BLEND**  
A T I S  
31460001 | 15 mL  
\$32.67 retail



**PEPPERMINT  
BEADLET**  
38150001 | 125 ct.  
\$15.33 retail

APPLICATION METHODS A Can be used aromatically T Can be used topically I Can be used internally

SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)

## ESSENTIAL USAGE

### AROMATIC USE

#### AROMA LITE DIFFUSER

NEW!

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

33130001 | \$119.93 retail

#### AROMA-ACE™ DIFFUSER

- Easy-to-use timing provides flexibility and convenience
- Output volume control allows you to choose the intensity of your aromatherapy experience
- Preserves the natural essence and complete therapeutic benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of On Guard® Protective Blend

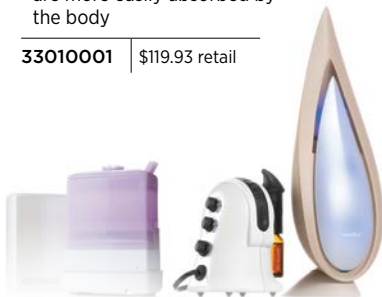
33030001 | \$173.27 retail

#### LOTUS DIFFUSER

Distributed exclusively by dōTERRA, the Lotus diffuser features an elegant oil-drop shape and quietly diffuses essential oils for aromatic benefits.

- Uses highly efficient real-time atomization technology to effectively diffuse essential oils
- Atomizes essential oils along with water into ion particles and active oxygen ions, which are more easily absorbed by the body

33010001 | \$119.93 retail



### INTERNAL USE TOPICAL USE

#### VEGGIE CAPS

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

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

34100001 | 160 HPMC capsules  
\$5.33 retail

#### HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits

36100001 | 6.7 oz tube  
\$19.33 retail

#### 3-PACK

36110001 | Three 6.7 oz tubes  
\$39.93 retail

#### FRACTIONATED COCONUT OIL

T N

Ideal for combining with essential oils for topical therapies.

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

30260001 | 4 oz  
\$16.00 retail

# PRODUCT GUIDE



## SKIN CARE

### REVEAL FACIAL SYSTEM NEW!

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

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Tiny polishing beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin
- Nutrient-rich formula helps maintain a radiant complexion

**37340001** | 2 tubes—1.7 oz each | \$80.00 retail

### FACIAL CLEANSER

Leave your skin feeling clean, fresh, and smooth with the dōTERRA Facial Cleanser.

- Features Melaleuca and Peppermint CPTG® essential oils to gently cleanse and lift away impurities
- Cruciferous vegetable extracts work to inhibit skin irritation and reduce oxidative stress

**37010001** | 4 oz /120 mL | \$22.00 retail

### PORE REDUCING TONER

dōTERRA Pore Reducing Toner contains CPTG® essential oils and cutting-edge ingredients to help visibly reduce the size of pores and restore the skin's pH.

- Features Lavender, Ylang Ylang, and German Chamomile essential oils
- Calms sensitive skin and inhibits skin irritation
- Reduces oxidative stress to skin cells

**37020001** | 4 oz /120 mL | \$23.33 retail

### IMMORTELE ANTI-AGING BLEND



This powerful blend of anti-aging essential oils nourishes and protects skin for a smooth, radiant, youthful-looking complexion.

- Features the renewing power of rare essential oils—Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, and Rose
- Reduces the appearance of fine lines and wrinkles
- Helps reduce inflammation, a contributing factor to aging skin
- Supports skin at the cellular level

**37140001** | 10 ml roll-on | \$92.67 retail

### TIGHTENING SERUM

Tighten and smooth your skin naturally with CPTG Certified Pure Therapeutic Grade® essential oils.

- Features Frankincense, Hawaiian Sandalwood, and Myrrh essential oils
- Promotes skin hydration
- Increases skin clarity for firmer, younger-looking skin
- Provides short- and long-term tightening benefits to reduce the appearance of fine lines and wrinkles

**37040001** | 1 oz | \$66.00 retail

### HYDRATING CREAM

dōTERRA Hydrating Cream is packed with emollient-rich ingredients and effective anti-aging combatants for smooth, luxurious skin.

- Designed to assist the rejuvenation of mature skin and reduce the visible signs of aging
- Aids in strengthening and restoring balance to the skin
- Perfect for day or night use

**37160001** | 1.7 oz | \$46.00 retail

### ANTI-AGING MOISTURIZER

Win the aging battle with the combination of cutting-edge ingredients and CPTG® essential oils.

- Features Lavender, Jasmine, Geranium, and Frankincense essential oils
- Moisturizes and softens skin
- Improves skin elasticity and tone to reduce the appearance of wrinkles
- Helps prevent the future signs of mechanical aging

**37030001** | 1.7 oz | \$46.00 retail

### INVIGORATING SCRUB

Make the exfoliating step of your beauty regimen a refreshing, aromatic experience with dōTERRA Invigorating Scrub.

- Features Grapefruit and Peppermint essential oils and cutting-edge ingredients
- Gently exfoliates your skin, leaving it invigorated and energized
- Features jojoba and cruciferous vegetable extracts that work to protect and smooth while also preventing irritation and discoloration

**37050001** | 2.5 oz | \$24.00 retail

### CLEAR SKIN FOAMING FACE WASH

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

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains ingredients that will leave the skin clean without clogging pores
- Creates a harmonious balance necessary for beautifully clear skin

**37180001** | 1.7 oz | \$21.00 retail

### CLEAR SKIN TOPICAL BLEND



Clear Skin promotes a clear and healthy complexion with essential oils renowned for their skin-beneficial properties.

- Unique blend of Rosewood, Melaleuca, Eucalyptus, Geranium, and Lemongrass
- Helps control overactive sebaceous glands
- Promotes clear, smooth skin
- Soothes skin irritations.

**37170001** | 10 mL roll on | \$28.00 retail

### CLEAR SKIN SET

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

**37190001** | \$40.00 retail

### TOTAL SKIN CARE KIT

Contains one each of dōTERRA skin care products including Facial Cleanser, Clear Skin Foaming Face Wash, Pore Reducing Toner, Immortelle, Clear Skin Topical Blend, Tightening Serum, Anti-Aging Moisturizer, Hydrating Cream, and Invigorating Scrub.

**37230001** | \$276.33 retail





# HAIR CARE

## SALON ESSENTIALS PROTECTING SHAMPOO

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

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable
- Provides antioxidant protection against UV damage, which can cause fading in color-treated hair

<b>36220001</b>	8.34 oz
\$26.00 retail	

## SALON ESSENTIALS SMOOTHING CONDITIONER

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

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

<b>36230001</b>	8.34 oz
\$30.67 retail	

## SALON ESSENTIALS HEALTHY HOLD GLAZE

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

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

<b>36270001</b>	4 oz
\$24.00 retail	

## SALON ESSENTIALS ROOT TO TIP SERUM

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

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus essential oils
- Provides extended protection and hydration to your scalp and hair

<b>36210001</b>	30 mL
\$46.67 retail	



quick shopping reference for all products 

U.S. RETAIL PRICING

## SALON ESSENTIALS HAIR CARE SYSTEM

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



<b>36280001</b>	\$103.33 retail
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<b>PROTECTING SHAMPOO 2-PACK</b>	<b>36240001</b>	\$32.67 retail
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<b>SMOOTHING CONDITIONER 2-PACK</b>	<b>36250001</b>	\$38.67 retail
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<b>SHAMPOO AND CONDITIONER</b>	<b>36260001</b>	\$37.33 retail
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# SPA

## HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits
- Provides your skin with important antioxidants, botanicals, and humectants
- Features cruciferous vegetable extracts to help build the skin's natural defenses

<b>36100001</b>	6.7 oz tube
\$19.33 retail	

## 3-PACK

<b>36110001</b>	Three 6.7 oz tubes
\$39.93 retail	

## CITRUS BLISS INVIGORATING BATH BAR

Enter a state of bliss as you clean your body with the Citrus Bliss Invigorating Bath Bar.

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

<b>36130001</b>	4 oz
\$9.32 retail	

## LIP BALM WITH PEPPERMINT & WILD ORANGE

Nourish and hydrate your lips with dōTERRA Refresh your lips with the protecting power of Peppermint and Wild Orange essential oils.

- Non-waxy formula features moisturizing agents like shea and mango seed butters
- Restores moisture and elasticity to lips
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

<b>36190001</b>	.15 oz
\$6.33 retail	

## SERENITY CALMING BATH BAR

Luxuriate as you enjoy the serene, calming influence of the Serenity Calming Bath Bar.

- Provides the benefits of Serenity Calming Blend
- Cleans and conditions your skin naturally with coconut and safflower oils and shea butter

<b>36140001</b>	4 oz
\$9.32 retail	

## HEALING HANDS LOTION

Become part of furthering the cause of the dōTERRA Healing Hands Foundation by purchasing the lovely scented Healing Hands lotion infused with Bulgarian Rose CPTG® essential oil that will not only soften the skin and emit a beautiful aroma, but will also benefit the life of someone in need. The full purchase price of \$20 will be donated to the dōTERRA Healing Hands Foundation to assist those in need throughout the world. Your heart and your skin will be softened.

<b>36170001</b>	3.3 oz
\$20.00 retail	

## CITRUS BLISS HAND LOTION NEW!

Conveniently packaged for an on-the-go aromatic experience, this lotion softens hands and enlivens the senses with the delightful aroma of Citrus Bliss Invigorating Blend.

- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils
- Perfect size to tote in the car, take to the office, or put in a purse or bag
- Provides hands with important antioxidants, botanicals, and humectants

<b>36200001</b>	2.5 fl oz tube
\$8.67 retail	

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

## PRODUCT GUIDE

# ON GUARD® PRODUCTS

### ON GUARD® FOAMING HAND WASH

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

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

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

**38070001** | 16 oz Hand Wash, 2 dispensers

#### SINGLE REFILL

**38010001** | 16 oz Hand Wash

#### TWIN PACK REFILL

**38020001** | 16 oz Hand Wash

### ON GUARD® TOP SELLER PROTECTIVE BLEND



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

**31100001** | 15 mL bottle

\$42.67 retail

### ON GUARD® NATURAL WHITENING TOOTHPASTE

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

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

**38910001** | 4.2 oz

\$11.33 retail

### ON GUARD® PROTECTING THROAT DROPS

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

- Helps calm and soothe occasional dry, scratchy throats
- Features the immune-supporting properties of On Guard Protective Blend
- Formulated with all-natural organic cane juice and brown rice syrup

**34050001** | 30 drops

\$19.33 retail

### ON GUARD® CLEANER CONCENTRATE

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

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful On Guard Protective Blend
- Perfect for hard surface cleaning needs with exceptional results

**38140001** | 12 fl oz

\$19.33 retail



### ON GUARD® LAUNDRY DETERGENT NEW!

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

- Each naturally sourced enzyme targets and gently removes specific types of stains
- Contains 10 mL of On Guard Protective Blend (over \$28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle; 1 tablespoon = 1 load (using a high efficiency washer)
- Great as a pre-treatment for stains

**38980001** | 32 fl oz

\$32.67 retail

### ON GUARD® BEADLET NEW!

On Guard Beadlets provide an easy and convenient way to obtain the immune-boosting benefits of On Guard Protective Blend.

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

**35410001** | 125 beadlets

\$20.00 retail

### ON GUARD®+ SOFTGELS NEW!

On Guard + Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support. On Guard+ is a great way to strengthen and maintain healthy immune function when seasonal threats are high or to protect against elements that can weaken the immune system.

- Helps build and maintain a healthy immune system
- Protects the body against seasonal threats
- Supports healthy circulation and respiratory function

**35420001** | 60 vegetarian softgels

\$32.67 retail

DEEP BLUE®



**DEEP BLUE® TOP SELLER**  
SOOTHING BLEND



A synergistic blend of CPTG® essential oils, Deep Blue provides instant relief for the occasional discomfort of tired, sore, and worn-down muscles.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus essential oils
- Apply directly to area to relieve occasional joint and muscle pain

<b>31050001</b>	5 mL bottle
\$42.67 retail	
<b>31380001</b>	10 mL roll on
\$85.33 retail	

**DEEP BLUE® RUB**  
SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides targeted comfort to the occasional pain associated with tired and sore joints and muscles.

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

<b>38900001</b>	4 oz
\$39.00 retail	

**DEEP BLUE® RUB**  
SAMPLES **NEW!**

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

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

<b>38950001</b>	Ten 2 mL samples
\$6.67 retail	

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LOYALTY REWARDS PROGRAM

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

34210001 | \$93.13 retail



LOYALTY REWARDS PROGRAM

**LIFELONG VITALITY VEGAN PACK**  
DIETARY SUPPLEMENTS INCLUDING ALPHA CRS+, MICROPLEX VMz, AND xEO MEGA

34250001 | \$106.00 retail



**ALPHA CRS+®**  
CELLULAR VITALITY COMPLEX

Provides antioxidant protection to cellular DNA and other critical cell structures.

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

34180001 | 120 Vegetable Capsules  
\$92.67 retail



**xEO MEGA®**  
ESSENTIAL OIL OMEGA COMPLEX

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

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

34190001 | 120 Softgels  
\$52.67 retail



**MICROPLEX VMz®**  
FOOD NUTRIENT COMPLEX

dōTERRA® Microplex VMz is an all-natural, whole-food formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A, C, E and a B vitamin complex
- Contains food-derived minerals and organic trace minerals to support bone and metabolic health
- Optimizes nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA Tummy Tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach
- Encapsulated in vegetable capsules and does not contain wheat, dairy, animal products, or synthetic ingredients

34200001 | 120 Vegetable Capsules  
\$46.00 retail



**MITO2MAX™**  
ENERGY & STAMINA COMPLEX

Mito2Max is a healthy, long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

- Formulated with standardized plant extracts and metabolic cofactors of cellular energy
- Supports healthy mitochondrial function and aerobic capacity
- Improves stamina naturally without the use of harmful stimulants

**35310001** | 120 capsules  
\$39.33 retail



**DDR PRIME SOFTGELS™**  
ESSENTIAL OIL CELLULAR COMPLEX

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

- Provides antioxidant protection against oxidative damage
- Supports a healthy response to cellular stressors
- Promotes healthy cellular response, repair, and regeneration

**41740001** | 60 capsules  
\$73.33 retail



**DDR PRIME™**  
ESSENTIAL OIL CELLULAR COMPLEX

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

- Provides antioxidant protection against oxidative damage
- Supports a healthy response to cellular stressors
- Promotes healthy cellular response, repair, and regeneration

**41510001** | 30 mL bottle  
\$73.33 retail

**vEO MEGA®**  
ESSENTIAL OIL OMEGA COMPLEX

vEO Mega is a revolutionary, 100 percent vegan-friendly formula blending CPTG Certified Pure Therapeutic Grade® essential oils with natural, plant-sourced essential fatty acids.

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

**34260001** | 120 Softgels  
\$66.00 retail



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## PRODUCT GUIDE

# CHILDREN'S SUPPLEMENTS

### a2z CHEWABLE

Designed for children and adults who have difficulty swallowing capsules, a2z provides the nutrients your body needs for optimal health.

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection
- Promotes healthy cell development and longevity when taken daily

<b>35330001</b>	60 tablets
\$26.00 retail	

### IQ MEGA™

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

- Provides 1,000 mg of concentrated, pure fish oil per serving
- Supports healthy brain, cardiovascular, immune, and joint function
- Formulated to be used with a2z chewable

<b>35320001</b>	150 mL
\$46.00 retail	



### DIGESTZEN® TOP SELLER DIGESTIVE BLEND



The well-recognized essential oils in DigestZen are known for providing soothing digestive relief.

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Aids in the digestion of foods
- Maintains a healthy gastrointestinal tract
- Soothes occasional stomach upset

<b>31030001</b>	15 mL bottle
\$41.33 retail	

### ZENDOCRINE® DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrin.

- Features a proprietary blend of Clove, Grapefruit, Rosemary, and Geranium essential oils
- Supports healthy liver function
- Can be used individually or in combination with Zendocrine Detoxification Complex

<b>31460001</b>	15 mL bottle
\$32.67 retail	

### DIGESTZEN® SOFTGELS NEW!

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

- Soothes stomach upset and eases indigestion
- Supports healthy gastrointestinal function
- Promotes healthy digestion

<b>35430001</b>	60 vegetarian softgels
\$26.00 retail	



## DIGESTIVE HEALTH



### TERRAZYME® TOP SELLER DIGESTIVE ENZYME COMPLEX

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

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

<b>35110001</b>	90 vegetable capsules
\$50.00 retail	

### ZENDOCRINE® DETOXIFICATION COMPLEX

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

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

<b>35120001</b>	60 vegetable capsules
\$32.67 retail	



### PB ASSIST+® PROBIOTIC DEFENSE FORMULA

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

- Delivers 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth
- Time-release double capsule delivery protects sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity

<b>35160001</b>	30 vegetable capsules
\$46.00 retail	



### GX ASSIST® GI CLEANSING FORMULA

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

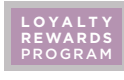
- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid
- Helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula

<b>35040001</b>	60 softgels
\$34.67 retail	





# WOMEN'S HEALTH



## WOMEN'S HEALTH KIT

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

35250001 | \$92.67 retail

### 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.

- Includes a standardized soy extract with genistein, a powerful phytoestrogen
- Helps manage potentially harmful metabolites produced by estrogen metabolism with a concentrated extract of flax seed lignans
- Supports healthy bones, heart, breast tissue, and other body structures

35260001 | 60 capsules

\$52.67 retail



### BONE NUTRIENT LIFETIME COMPLEX™

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

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

35240001 | 120 capsules

\$23.33 retail



### CLARYCALM™ MONTHLY BLEND FOR WOMEN



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

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Helps balance hormones
- Provides temporary respite from cramps, nausea, hot flashes, and emotional swings

35270001 | 10 mL roll on

\$32.67 retail

# SLIM & SASSY®

## SLIM & SASSY TRIM KIT

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

40770001 | 1 Chocolate, 1 Vanilla

\$200 retail

35280001 | 2 Chocolate

\$200 retail

35290001 | 2 Vanilla

\$200 retail

## SLIM & SASSY TOP SELLER METABOLIC BLEND



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

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

31370001 | 15 mL bottle

\$32.67 retail

## SLIM & SASSY TRIMSHAKE™

Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients.

- TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise
- Includes the patented weight-management ingredient EssentraTrim® to help reduce food cravings and overeating
- Includes Solathin®, a special protein extract that supports increased feelings of satiety
- Blends well with nonfat dairy, almond, rice, or soy milk or water

35180001 | Vanilla

\$52.67 retail

35200001 | Chocolate

\$52.67 retail

## V SHAKE NEW!

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

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

35440001

\$52.67 retail



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

dōTERRA®

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UTAH

# DigestZen®

Digestive Blend Softgels



**Soothe your stomach**  
with the new DigestZen® Softgels

To Order:  
Use Item No. 35430001  
U.S. \$26.00 Retail



dōTERRA®

**CPTG** Certified Pure Therapeutic Grade®