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**dōTERRA PRODUCT GUIDE** (see pages 38-55)

Clean. Fresh. **Natural.**



## **dōTERRA On Guard** *Natural* Whitening Toothpaste

*dōTERRA On Guard Protective Blend plus Peppermint and Wintergreen*

**dōTERRA On Guard®**  
*Natural Whitening Toothpaste*

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

ask

# Dr. Hill



**DR. DAVID K. HILL, DC**

Executive Vice President, Chief Medical Officer/Chairman, Scientific Advisory Committee

**Q:**

**How do I use the dōTERRA Emotional Aromatherapy Touch kit?**

**A:** There is a misconception that essential oils can only influence mood and emotions when experienced aromatically. The dōTERRA Emotional Aromatherapy™ Touch kit broadens the range of ways we can target specific emotional responses for the entire family. Combined with Fractionated Coconut Oil in a convenient roll-on, the dōTERRA Touch® line makes it easy for all members of the family to topically use the proprietary blends throughout the day as needed. Have your child take dōTERRA Motivate® roll-on in their backpack to school so they can topically apply it for the feelings of confidence needed to finish their daily projects. Apply dōTERRA Passion® to your wrists while at work to help spark creativity. No need to have a diffuser or worry about the possible mess of an oil. For numerous other ways to use the dōTERRA Emotional Aromatherapy Touch line, check out our new "determine your mood" addition to our dōTERRA Daily Drop™ phone app.

**What makes Spikenard so unique?**

The essential oil steam distilled from the roots of the *Nardostachys jatamansi* plant is one of the most unique and diverse we have ever discovered. Unlike most essential oils which have very dominant chemistry with a few primary constituents, Spikenard has nearly 170 basic constituents, some of which we have yet to find in any other oils. While this distinctiveness makes it difficult to categorize, it also provides an amazing spectrum of benefits, many of which we are just beginning to recognize. Spikenard is very grounding and calming when experienced aromatically and topically; diffuse during meditation or rub on the back of your neck to wind down after a long day. It also has many skin-benefitting properties. Add it to a hydrating cream or cleanser for smooth, healthy skin.

**How do I learn more about how to use the essential oils?**

We have developed dōTERRA.com to be the hub of all essential oil learning on the Internet by providing information not only about our products, but general usage, and by providing easy access to our various educational blogs and social media accounts. One tool that I believe is a game-changer, especially for novice essential oil users, is the dōTERRA Daily Drop™ app. Whether you are a mom, an athlete, or just looking to take more responsibility over your own health, dōTERRA Daily Drop makes essential oil learning that is relevant to you available at your fingertips by providing easily accessible 30-45 sec doses of essential oil education directly on your phone. Download the free app and keep an eye out for future tracks.



dōTERRA Emotional Aromatherapy essential oil blends are now available in a dōTERRA TOUCH kit!

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



# Spikenard

Spikenard is native to the high altitudes of the Himalayan Mountains. This essential oil is steam distilled from the roots of the plant and has been valued for centuries, traditionally used to anoint people of high honor. In ancient times, Spikenard was associated with wellness, sacredness, and spiritual healing.

Historically, Spikenard has been used to calm the mind and uplift moods. As one of the most chemically complex essential oils available, it is highly valued still today around the world for its aromatherapy benefits.

**Sourcing Origin:** Nepal

**Distillation Method:** Steam

**Plant Part:** Roots

## How to Use

### Aromatically

- ◆ Diffuse Spikenard when you need assistance calming your mind.
- ◆ Put a few drops of Spikenard in the palms of your hands, cup your hands over your face, and inhale deeply for a calming sensation.
- ◆ Add a few drops to your warm bath for an extra relaxing sensation.

### Topically

- ◆ If you are looking to relax for a restful night's sleep, then apply a few drops of Spikenard to your feet or temples.
- ◆ When feeling stressed, dilute Spikenard with Fractionated Coconut Oil and massage it into your temples and forehead.
- ◆ For a relaxing scalp massage, add 5 drops to your conditioner.

*Fun Fact:* Spikenard has been used in perfume and in religious context in many countries for centuries.



# THE dōTERRA

**Businesses run on the products they sell. It's the most basic principle of commerce: people pay a business in exchange for something that would otherwise be unattainable. Those products, however, have to originate somewhere, and that's where supply chain comes in.**

Supply chains entail how products are originally produced, processed, and then arrive to the consumer. dōTERRA's supply chains, in general, start in the individual fields, forests, and groves where the plant material is harvested. The plant material is then steam distilled, or in the case of citrus oils cold pressed, and then transferred along the supply chain where these essential oils are either used as ingredients in blends or other products, or for our single oils bottled as the end product. As we continue along the supply chain, once the products are bottled, they are then delivered to fulfillment centers, and then sent out to retail locations or vendors, ultimately arriving in the hands of the end consumer.

Typically, businesses strive to simplify their supply chains in order to save money and increase profits. Many companies contract with as few third party suppliers as possible. dōTERRA, however, develops relationships with the actual growers and distillers in each of our essential oils' supply chains.

*"The danger of working with just one or even a handful of third-party supply companies to source our oils,"* explains Tim Valentiner, the Director of Strategic Sourcing for dōTERRA, *"is that we would be at the mercy of those companies.*

*We would have very limited visibility as to where the oils come from and who is actually producing them.*

*"On the other hand, by working with the individual farmers and distillers, we know—intimately—who we are working with and the quality they produce. We can see their production capacity, and know much more effectively and timely about potential production, weather, or other challenges before they become problems. And most importantly, we can help provide the sourcing commitments, resources, and other tools they need to increase their capacity to grow with us. This completely changes the playing field for the small-scale farmer and distiller partners we are working with around the world."*

## Relationships

It would, in fact, simplify things a great deal for dōTERRA to work with one company to supply our oils. But where efficiency and profitability might increase, we would fail in our vision of helping people throughout the world.

*"It's an incredible challenge,"* states Valentiner. *"Where many companies are focused on sourcing raw material for maybe*

*one or two products, we're sourcing over 100 different oils from at least as many locations in 40+ countries. That's a lot of partnerships to maintain, but it's worth it for the good we are accomplishing."*

When dōTERRA enters into a partnership with local farmers and artisan distillers, it's not simply an agreement to purchase raw materials. dōTERRA guarantees first that these groups will receive timely and fair payments—something they are not always accustomed to. Because they are often at the mercy of middlemen, farmers and distillers have to settle for fluctuating prices and uncertain schedules. Instead, dōTERRA commits to a schedule and price, allowing these communities to plan ahead and improve their lives. The dōTERRA Co-Impact Sourcing® model also helps provide the resources and training necessary to improve production, which fuels even more change.

In tandem with Co-Impact Sourcing, the dōTERRA Healing Hands Foundation™ steps in to help the people and communities where our essential oils are produced. Medical supplies, schools, microloans, water systems—the dōTERRA Healing Hands Foundation projects work to raise the standard of living for everyone.





# SUPPLY CHAIN

The introduction of industry into these communities has a lasting effect, creating opportunity and freeing people from the poverty cycle. “We estimate that through our Co-Impact Sourcing initiatives in just 10 countries so far, we have created or are supporting 18,400 jobs in rural areas,” says Valentiner. “We also estimate that this number will grow to nearly 40,000+ jobs by 2020—and this is just from our ‘co-impact sourced’ oils. That’s just a portion of our overall oil sourcing needs.”

This commitment to working with the originators of our oils engenders loyalty. As they see dōTERRA investing in them and their communities, they become just as invested in our success and work diligently to provide only the best oils for dōTERRA.

“From a sourcing perspective,” states Dave Stirling, dōTERRA Founder and CEO, “we have tremendous potential to do much good in a very sustainable way in some of the poorest areas of the poorest countries in the world. And that is very exciting. But it is complex, difficult, nuanced, and requires a lot of effort and focus to make it happen effectively. We are 100 percent committed. Our vision is to one day arrive at the point where all of our oils—that make sense to be—are sourced through our Co-Impact Sourcing model.”

## Source to You

“Modern consumers want to know where their products come from,” states Emily Wright, Founder and Executive Vice-President of sales and marketing. “They want socially responsible and sustainable products. We feel the same way. We’re striving to put that human face with each dōTERRA oil that goes out to our worldwide base of customers.”

The ability to trace a product to its origins is vital in maintaining quality. Contracting with another company to provide oils poses several risks. Should yield drop, the temptation would be to add fillers to increase supply. But that drops the quality of the oils. Working directly with the farmers and distillers ensures that our high, CPTG® quality requirements are met.

Working at a grassroots level also helps prevent problems. “Building partnerships with farmers and distillers gives us access to on-the-ground, hands-on information,” explains Valentiner. “We know when there’s been a poor harvest, or if there is a problem with the plants. Knowing in advance allows us to develop strategies that meet both demand and quality. Working with middlemen sometimes results in not finding out about a problem until the last possible moment. So instead of having a curable challenge, we have a crisis. Being directly involved in the supply chains helps prevent as much as possible those kinds of supply problems.”

## Insight

“Poverty is extensive and economic opportunity limited in the rural areas where we source many of our oils,” explains Wright. “We have a reach into more than 40 countries, half of which are considered developing countries. We have a tremendous opportunity to bring sustainable economic development into many rural areas. This is a shift in development where we are no longer just a charity or a philanthropy, but rather a means of achieving meaningful, sustainable impact. What we’re seeing is that our Wellness Advocates often buy our oils not just for the health benefits, but for the opportunity to benefit the people and communities where our essential oils are produced.”

It may seem as though dōTERRA needlessly complicates its supply chain, but what we don’t see when looking at just the facts is the impact on real people. Using direct sourcing as a strategy, including the Co-Impact Sourcing model, allows for more communities around the world—some in desperate need of help—to be positively impacted. “Really what we’re accomplishing with Co-Impact Sourcing,” states Stirling, “is benefitting the ends of the supply chain: those who produce the raw materials, and those who consume the end product. We’re improving the farmers’ lives and providing them a better future while also changing the lives of the end consumer with the purest, most potent and beneficial essential oils. Does it cost us more in the middle of the chain? Sure. But the results are worth it.”





# New Zealand

## Commitment to Environmental Responsibility

**The purposes behind the dōTERRA® Co-Impact Sourcing™ initiative are varied. From ensuring the highest quality essential oil to facilitating humanitarian efforts with communities where our oils are sourced, each “co-impact sourced” oil presents a unique opportunity to have an impact on the world. In the case of Douglas Fir, one of the most unique benefits is the positive impact the sourcing of this oil has on New Zealand’s environment.**

“With this Douglas Fir essential oil,” says Tim Valentiner, Director of Strategic Sourcing, “we have been able to create with our partners a truly unique essential oil that provides tremendously positive environmental impacts for New Zealand’s biodiverse landscape, highlighting the environmental responsibility objectives of Co-Impact Sourcing.”

### Wilding Pines

Douglas Fir (*Pseudotsuga menziesii*) is an evergreen conifer species native to western North America that has been used primarily in the lumber industry. However, in New Zealand, Douglas Fir has been categorized by the government as an invasive species. It was planted originally for the lumber industry, and from there it bred very rapidly and uncontrollably into areas where it wasn’t intended to grow. The trees grow 25 times faster in New Zealand than in North America, and the dense root systems push out all or many of the native species of plants, making it nearly impossible for anything else to grow. Douglas Fir trees, which are known as “wilding conifers” in New Zealand, are also self-seeding. This means that they produce seeds that fall to the ground and replant themselves in that location. These seeds germinate then begin to

sprout and grow at the start of the growing season. By the end of the season, new seeds are produced and begin the cycle over again. This, coupled with the rate of growth in New Zealand, is the cause behind the “wilding conifer” problem with Douglas Fir.

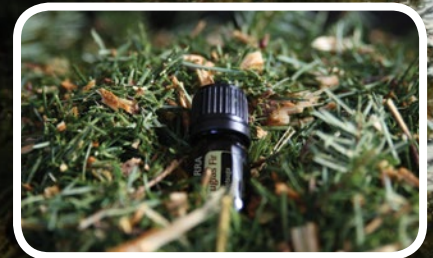
### dōTERRA Solution

To help alleviate the environmental impacts of this wilding problem, dōTERRA established an exclusive sourcing partnership with a small-scale company. This company works through government and other programs for the harvesting of these invasive Douglas Fir trees for raw materials, and then distills them into an invigorating and truly unique essential oil. Choosing to source Douglas Fir oil from New Zealand provides dōTERRA with an opportunity to participate in a project that is very socially innovative and



**"We are reducing the problem, we are having a great ecological impact, and, in return, we get this beautiful essential oil." -Dr. David K. Hill**

# Douglas Fir



environmentally responsible—literally turning a problem or pest into a beautiful, sustainable product.

## Harvesting, Distilling, and Sustainability

The trees which are targeted for harvesting to help counteract the wilding problem are typically young, pre-coning pines before they are able to reproduce and spread seed.

Once the raw material has been collected, the distillation method used is a specialized distillation process that

captures the very aromatic, light notes that are found in the Douglas Fir. Through utilizing a proprietary vacuum steam distillation process, it is able to run at a much lower temperature preventing the lightest, most volatile notes from flashing off.

In essential oil form, dōTERRA Douglas Fir boasts a lemon-scented note that is both sweet and refreshing. Due to a unique chemical composition that is rich in beta-pinene, which contributes to its ability to promote feelings of clear airways, to purify the skin, and to promote a positive mood, Douglas Fir also promotes an uplifting environment while freshening the air.

Due to the quick maturation of Douglas Fir trees in New Zealand, there is an overabundance, which makes this source very sustainable. Though we have made a small dent in the amount of trees that need to be removed, there are still many years of New Zealand Douglas Fir yet to come, creating a long-lasting opportunity to work alongside New Zealanders in combating this problem while supplying a unique essential oil unlike any other conifer essential oil.

## THE FACTS BEHIND DOUGLAS FIR ESSENTIAL OIL

**Douglas Fir has both alpha-Pinene and beta-Pinene**, two powerful monoterpenes. This chemical compound is what gives Douglas Fir both energizing and calming properties.

**The trees are harvested at a young age** as part of a biodiversity conservation program, which actually changes the chemical composition of the oil.

**The lower temperature of distillation** through utilizing a vacuum process creates an oil that has more volatile aromatic compounds.



# Rachel's Story

2016 SLIM & SASSY COMPETITION GRAND PRIZE WINNER

SLIM &  
SASSY®

LOST 37 LBS‡

After experiencing continuous stress and a lack of motivation, Rachel Cody decided that it was time to alter her lifestyle so she could live a much longer and healthier life. In 2010, she made a decision to quit smoking, and as a result, along with a few other contributing factors, she ended up putting on a few unwanted pounds. “My metabolism isn’t what it used to be, and having a family with a history of weight-related ailments, I knew I needed to take control of my life.” Rachel has a loving family, a wonderful career, and no serious health concerns. She says, “I have nothing to complain about and should be taking advantage of my beautiful life.”

## Finding Motivation

My top priority in losing weight and keeping it off is my health. My competitive spirit is what kept me motivated throughout this journey. I set small personal goals or challenges to keep things fun. Whether it be a push-up calendar or a roasted chickpea recipe, I always have healthy options to try to keep things interesting. Planning out something to train for also keeps me focused. Having an event to look forward to, a team that depends on me, and a group of friends to train with makes working out more social and fun.

## Mental and Physical Changes

The healthy habits formed over the last few months have made their mark, and it is apparent to everyone who knows me. I have gotten my youthful spirit and enthusiasm back. My mental stability, focus, mood, confidence, purpose, and drive have all improved greatly and I



wouldn't have it any other way. **It hasn't been easy—there have been bumps along the way—but the combination of a clean diet, exercise, and using dōTERRA® products has set me up for success, and I don't plan on turning back.** And of course, overcoming any challenge takes the support of those around you and the persistence to see your goals to the end. I am amazed at some of the things I have pushed my body to do. I have counted down to the end date of this competition, but the strides I have made will not stop just because this challenge is over. I have a new appreciation of what my body is capable of and a new confidence to take myself there. Through the course of this challenge, I have managed to prep and list my home for sale, which was something that we wanted to do for some time. We found our dream farm and we are in the initial stages of purchasing. The newfound stability and outlook have been extremely

beneficial in maneuvering these stressful tasks. In the past, I was an emotional eater. I would juggle back and forth between a sweet and salty snack all day in an attempt to make myself happy—resulting in a jolt of energy and a lazy crash. Now, I prepare foods that taste great, satisfy my hunger, and give my body the fuel it needs. I rarely have cravings for anything between meals. Trying new recipes and bringing “healthy” foods to social gatherings is fun. They occasionally get a lot of hype, and I might get a hard time for bringing a fancy salad to a barbeque, but the dish is always empty when I bring it home. My complexion, concentration, and life's purpose are clearer now.

Sleep is no longer an issue and when it's time for bed I am out with the lights. My back no longer troubles me, which I never did pinpoint as a problem originally. I believe the extra weight I was carrying contributed to poor posture causing a dull constant pressure that I only realized once it was removed. I have a new balance. The physical changes in my body are more noticeable to others, but it is the mental changes that I see in myself that I never want to lose again.

**Having the right attitude and outlook on life and surrounding myself with others who do the same is key.** I know I can depend on myself from now on and that the healthy decisions I make daily mold what I look like on the outside and how I feel on the inside. I love the new me and am proud of what I have accomplished in this short time. It is so worth the time and effort. My body has rewarded me, and I feel so blessed that dōTERRA provided me this opportunity!


## Products Used

- Slim & Sassy Metabolic Blend
- dōTERRA Lifelong Vitality Pack\*
- DigestZen\*
- Zendocrine\*
- Purify
- Lemon
- Grapefruit
- Deep Blue\*

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

‡Results vary based on diet and exercise. Typical loss may be less.





**“Weight is gained steadily over time and the safest way to get it back off is steadily one pound at a time.”**

*–Rachel*

## Rachel's Tips TO SUCCESS

### **Tell Someone**

I believe in setting up healthy habits and then telling all your friends and family so that, ideally, they can get onboard too and help you stay on track.

### **Plan Your Meals**

Meal planning with fresh and clean foods from the perimeter of the grocery store helps me. Avoiding over processed and convenient prepackaged meals and snacks lurking in the aisles is key.

### **Exercise Daily**

Set aside time every day for some sort of exercise. Walk the dog, take a hike, do some yoga, anything to get your heart rate up and your metabolism burning. I prefer to go to group exercise classes first thing in the morning so I don't allow myself to get "too busy" to fit it into my day.

### **Develop a Routine**

Healthy eating and exercising, paired with dōTERRA essential oils, is a winning combination. Once the pattern is set it is amazing how much more aware you become of your body's reactions to things.





# Slim & Sassy *in every piece*

Sugar free  
Long lasting flavor

AVAILABLE  
EARLY 2017



## 2017 Slim & Sassy Lifestyle Change Competition!

Entries are now accepted! Competition begins January 1st.  
For more information visit [iamslimandsassy.com](http://iamslimandsassy.com)

**dōTERRA Slim & Sassy®**  
*Metabolic Gum*

<b>60200347</b>	32 pieces
\$11.33 retail	\$8.50 wholesale   5 PV



spa  
dōTERRA®

*A whole new level of  
Pampering!*

New to dōTERRA, the dōTERRA Spa line offers an array of natural products that accentuate the feel and look of your skin, especially during the dry, winter months.

Each product is designed to pamper and nourish using CPTG Certified Pure Therapeutic Grade® essential oils along with other natural and safe ingredients. Whether a body scrub, lotion, lip balm, or bath bar, the dōTERRA Spa line delivers hydration and a renewal unlike any ordinary spa products.



## dōTERRA® Spa Moisturizing Bath Bar

Gently cleanses and moisturizes the skin, leaving it soft and smooth while invigorating the senses with Bergamot and Grapefruit essential oils.

### Key Ingredients:

- Bergamot essential oil purifies and soothes skin and provides an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Jojoba seed oil is highly regarded in the cosmetic industry and known for its quick absorption and ability to deeply moisturize
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds
- Aloe leaf juice is purifying, moisturizing, soothing, and softening to the skin

## dōTERRA® Spa Refreshing Body Wash

Cleanses the skin without stripping it of its natural oils and limits skin irritation through its oil base.

### Key Ingredients:

- Bergamot essential oil purifies and soothes skin and provides an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Cedarwood essential oil promotes relaxation
- Sodium Methyl Oleoyl Taurate is a sulfate-free mild surfactant derived from nature and is readily biodegradable

## dōTERRA® Spa Exfoliating Body Scrub

Exfoliates and polishes skin with natural sugar cane while replacing vital hydration through a rich blend of oils.

### Key Ingredients:

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin
- Natural sugar cane gently exfoliates skin
- Sunflower oil is rich in essential fatty acids, which smooth and soften skin
- Sweet almond oil serves as a moisturizer and provides a smooth glide across the skin
- Kukui nut oil soothes and moisturizes skin with no greasy after-feel

## dōTERRA® Spa Detoxifying Mud Mask

Provides purifying and detoxifying benefits and helps reduce the appearance of pores, wrinkles, and fine lines using CPTG® essential oils, natural earth clays, purifying minerals, and nourishing botanicals.

### Key Ingredients:

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils—known for their cleansing and smoothing benefits
- Shea butter provides moisturization and balances the skin
- Malachite extract is rich in copper and provides detoxifying benefits
- Lentil seed extract helps reduce the appearance of pores
- The natural earth clay berclay (green) contains zinc, selenium, copper, and other elements to help purify the skin and reduce the appearance of oily skin

*"I am amazed at how pure and clean my skin felt after using this mud mask. It was a nice, tightened feel, and my pores felt clean."* —Rebecca Conley (Silver)

## dōTERRA® Spa Replenishing Body Butter

Purifies, rejuvenates, and hydrates skin. Contains a base of Shea and cocoa seed butters; providing deep moisture and promoting skin suppleness.

### Key Ingredients:

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil is purifying to the skin and provides uplifting aromatic benefits
- Frankincense essential oil is rejuvenating to the skin and has a balancing effect on emotions
- Shea butter deeply moisturizes while promoting skin suppleness
- Cocoa seed butter is soothing and naturally nourishing to the skin
- Jojoba seed oil absorbs quickly into the skin to moisturize, hydrate, and help soften the skin
- Avocado oil has essential fatty acids to keep skin looking healthy and moisturized



dōTERRA® Spa  
Hand & Body Lotion

Moisturizes hands and body with its lightweight, all natural, and absorbent formula, giving the skin a soft and smooth feel.

**Key Ingredients:**

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

dōTERRA® Spa  
Citrus Bliss® Hand Lotion

Awakens senses with the uplifting aroma of the Citrus Bliss® essential oil blend and provides hydration through seed oils and nourishing botanicals.

**Key Ingredients:**

- The Citrus Bliss essential oil blend's refreshing aroma is energizing and uplifting
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin

dōTERRA® Spa  
Lip Balm (Herbal, Tropical, Original)

Provides extra moisture to lips with a natural formula containing plant oils, botanicals, and essential oils that will soothe and hydrate throughout the day.

**Key Ingredients:**

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

*“My favorite product in the new spa line is the exfoliating sugar scrub. I love how it wakes my skin up in the morning and the smell is amazing.”*

—Susan Bursic (Diamond)

*“I love that the body butter was really thick and creamy and that it absorbed so quickly.”*

—Leatha Kingi (Gold)





# Eucalyptus Radiata

Don't forget to bring the fresh forest aromas of the winter season to your home with the sweet fragrance of Eucalyptus. Eucalyptus radiata trees are often referred to as narrow-leaved peppermint or forth river peppermint due to the long and narrow leaves and the fibrous bark it produces, which when crushed provides a peppermint-like aroma.

The main chemical components that it contains, 1,8-cineole and alpha-terpineol, make Eucalyptus the ideal essential oil to help clear your mind and promote relaxation and feelings of clear breathing. Studies have also shown that Eucalyptus is even effective in helping lessen tension.

**Plant Part:** Leaf

**Source Origin:** Australia

**Extraction Method:** Steam distillation



**Fun Fact:** *Eucalyptus radiata* was one of the first eucalyptus species to be commercially utilized for oil by a pharmacist known as Joseph Bosisto in 1854.

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

## How to Use

### Topically

- ◆ Add a drop to your moisturizer and apply to your skin for revitalizing benefits.
- ◆ Dilute with Fractionated Coconut Oil to create a soothing massage and to help clear your mind.

### Aromatically

- ◆ Make a winter diffuser blend by combining 3 drops of Eucalyptus, 2 drops of Juniper Berry, and 1 drop of Douglas Fir.
- ◆ While showering, place a few drops on your hands, place over your nose, and inhale deeply to promote feelings of clear breathing, open airways, and relaxation.



# PEPPERMINT CHEESECAKE DIP

## Ingredients

1 8-ounce package cream cheese, softened  
½ cup powdered sugar or powdered xylitol  
4–5 drops **Peppermint essential oil**  
8 oz container Cool Whip  
1 cup crushed peppermint chocolate  
Chocolate Graham Crackers or favorite cookies

## Instructions

1. Beat cream cheese until smooth.
2. Add sugar and Peppermint oil; beat until smooth and well combined.
3. Add the Cool Whip and beat until combined.
4. Fold in peppermint chocolate.
5. Transfer dip to a serving bowl and chill until ready to serve. Serve with chocolate graham crackers or your favorite cookies.







# Women's Rugby, Alev Kelter

**Meet Alev Kelter**, a national hockey and soccer medalist, and an Olympic Rugby player who led her team at the Rio 2016 Summer Olympics. Aside from her diverse athletic background, Alev's love for people, dedication to her community and talent in fine arts sets her apart from most professional athletes.



Alev received a Bachelors of Fine Arts in Sculpture from the University of Wisconsin, and dedicated her time to hockey and soccer. Although she made the national team in both sports, her dream was to participate in the Sochi Winter Olympics in Women's Hockey. Unfortunately, the time to be invited to the December hockey camp and get "called up" came and went. After this devastating heartbreak, she made the decision to return home. While walking back to the lodge after some cathartic snowboarding, Alev received an unexpected phone call from the Olympic rugby coach inviting her to come to the Olympic Training Center to give rugby a try. She quickly learned the sport and joined the national team where she became the first American woman to ever score in the Olympic Games.

## **What do you normally do to prepare for a major game (mentally and physically)?**

To prepare for my games, I first have my hair braided by my teammate Nana Fa'avesi, and then I visualize the game. As I go through scenarios, I try to anticipate the pressures of the game, whether that's fatigue, the crowd, or other players. I practice combating those distractions by mentally acknowledging them, letting those go, and returning to the present task—a pass,

a tackle, or conversion kick. I also usually take a 10-15 minute nap, and when I wake I put Peppermint on my hands. Peppermint helps calm me. Then I get dressed, booted up, and ready to go. Right before we go on the pitch, a few of us say a quick prayer for the safety of each team and give thanks for the opportunity to play.

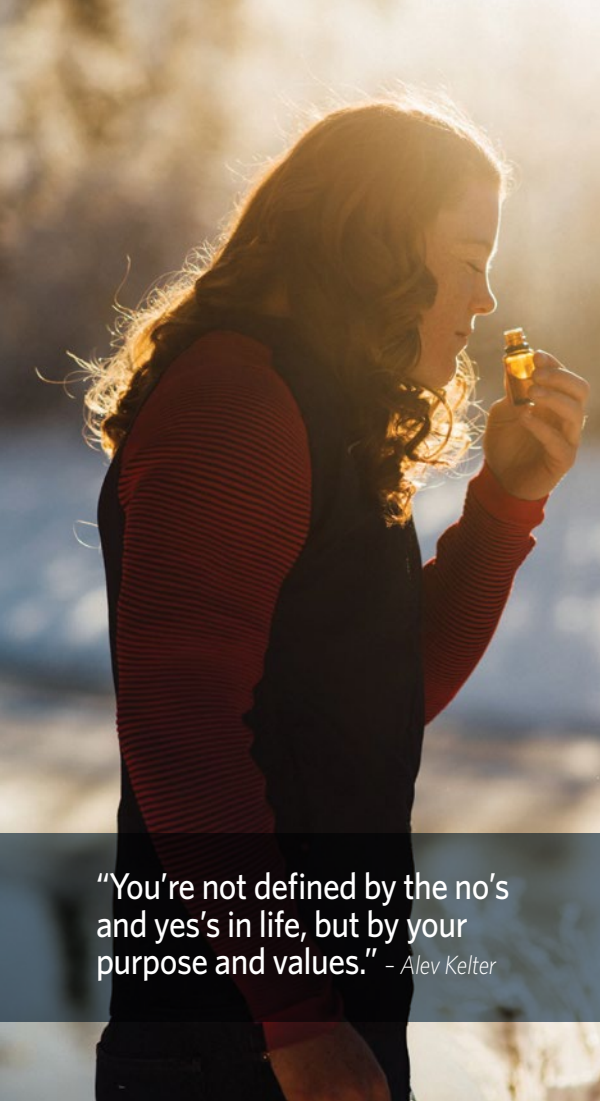
## **What are some of the challenges that you run into? How did you overcome them?**

One challenge I run into with rugby is debunking the preconceived notion that rugby isn't safe. I was taught the fundamentals by my USA teammates. I learned how to use the opposition's momentum, and where to properly place my head on each tackle. rugby not only is safe, but it's all inclusive and low cost.

## **What was the hardest and most challenging stage of the Olympics? Why was it so challenging?**

The hardest stage of the Olympics was our quarterfinal game against New Zealand. It was 0-0 most of the game, and it was hard to stay present because naturally my mind wanted to go straight to the win instead of the next play. We were so close with arguably the best team in the world; the mental toughness to keep going and push through was challenging.





**“You’re not defined by the no’s and yes’s in life, but by your purpose and values.”** – Alev Kelter



### **What was the most rewarding part of the Olympics?**

The most rewarding part of the Olympics was representing the USA. It was truly an honor, and a blessed opportunity I'll never forget.

### **What advice would you give to someone who is interested in participating in rugby?**

Go out and try it! In rugby you need every shape and size. It's safe. Proper techniques show us that we should use shoulder wraps, rather than your head to tackle. It's a mixture of a lot of different sports, and a ton of fun to play and watch!

### **Why do you do what you do?**

I play rugby, sports for that matter, because I was blessed with a talent—a talent that God provided from a young age. I made a pact with God at 14 years old that I would offer up all my athletics for a platform to inspire and motivate. I wanted to make an Olympic team because I know that's the biggest platform to reach others and share God's will.

### **What are some of your most memorable experiences?**

My most memorable experiences from the Rio Olympics were:

1. Meeting the U.S. Make a Wish Kids at the foot of Christ the Redeemer on Corcovado Mountain. I got to visit and share my story and tell them that on behalf of Team USA, we were so proud of them and how their stories inspire us each and every day! I was sobbing, and it was such a cool happenstance to meet them all there at that monumental statue.
2. Seeing my family and friends cheering in the stands after being the first American female to ever score a try in the Olympics.

### **What goes through your head once you've finished a game? What about when you and your team wins?**

When I finish a game, the biggest thing is to recover and replenish nutrients I've lost. Get the protein shakes in and some Deep Blue Rub on my legs. I write out what went well, and what didn't go well in my journal. Then I eat a PB&J along with some beef jerky or hot chicken and rice. I always bring a blow-up camping mattress, so I blow that up and use the Norma tech machine to help compress my legs more. Film is watched, the previous game is flushed, and then the essential naps happen. When I wake up from the nap, it's pre-game all over again!

**Learn more about Alev and her rugby journey at [alevkelter.com](http://alevkelter.com)**

### **What dōTERRA products do you use, and how do they help you? Describe how you use each product.**

- I use dōTERRA On Guard® when my throat is scratchy or after I get off long plane rides.
- I love using Lavender on my pillow. It reminds me of home and helps put me to sleep.
- I add Lemon and Grapefruit in my water as a daily routine.
- Before my games, I use Peppermint and throughout all my rugby training I use Deep Blue®.
- Leesa Bridges from Alaska taught me how to do the AromaTouch® technique. I love using that on tour with teammates.





# ACHIEVING YOUR New Year's Goals

With this New Year, why not create a new you?  
Here is the basic guide and a personal challenge to help  
you stick to and accomplish your 2017 goals.

## USE ESSENTIAL OILS FOR ACHIEVING YOUR GOALS



**dōTERRA Balance**® delivers a sense of balance and tranquility to your mind and body.



**dōTERRA Forgive**® This blend helps you discover the liberating action of forgiving, forgetting, and moving on.



**dōTERRA Passion**® helps revive feelings of excitement, passion, and joy.



**dōTERRA Motivate**® promotes feelings of confidence, courage, and belief. You can unleash your creative powers and find the daring to try something new as you apply this oil.



**dōTERRA Serenity**® Apply one to two drops to your hands and inhale throughout the day to help reduce worry from life's daily stressors.



**InTune**® A sense of harmony and focus isn't far away with InTune nearby.



**dōTERRA Peace**® As you inhale the positive, comforting aroma of dōTERRA Peace and exhale crippling emotions like fear and worry, you'll regain your composure and face the future with reassurance and stability.



**dōTERRA Cheer**® Boost your happiness and positivity when you are feeling down with a simple application of Cheer.

### Remember SMART Goals

- Specific
- Measurable
- Actionable
- Realistic
- Time-Bound



# YOUR 2017 GOAL CHALLENGE



**TRAVEL MORE.** Make a commitment this year to visit at least one new place. If you have to make a choice between buying new things or going on a trip, take the trip. Travel expands the mind and understanding of the world we live in. More than anything, through travel we create unforgettable memories and experiences that last a lifetime. "Our experiences are a bigger part of ourselves than our material goods." —*Dr. Thomas Gilovich*



**REDUCE STRESS.** If not properly managed, high levels of stress can take a toll on your health, happiness, and even personal relationships. Every day, make it a priority to relax and reset your mind and body. Go on a walk, read a book, work on a project, meditate, take a hot bath, take a few deep breaths, or diffuse essential oils—anything that will help you take your mind away from the stress of life.



**GET UP AND MOVE.** Being physically active is not just about losing weight. It's about developing a healthier lifestyle. Regular physical activity will improve your mood and sleep, strengthen your immune system, lower your blood pressure and cholesterol, and improve your quality of life. Find something that you'll enjoy doing and that will get you up and moving. Take the stairs, go on a walk or a jog, do some yard work, try a winter sport, or enroll in a fitness class.



**TAKE CHANCES.** Challenge yourself to try new things and achieve goals you never thought you could. Remember, personal growth and development occur when you step outside your comfort zone. "Do one thing every day that scares you." —*Eleanor Roosevelt*



**SPEND LESS TIME ON SOCIAL MEDIA.** "As I traveled through countless airports this week, it became evident that we have become a society of zombies. With many layovers, I had the opportunity to watch the people around me. Everyone was glued to their electronic device, taking into their minds and hearts what the world wants them to think and believe. We are losing touch with who we are as individuals, why we are here, and who we are striving to become. It's frightening to see how much control the falsehoods of media (including social media) have over our minds, if we allow it. Today I plan to focus on what lives in my heart. I will recommit to the person I am striving to become. My phone is tucked away. It is in the quiet moments we create that true intuition can speak to our hearts. Who will join me?" —*Emily Wright*



**GET OUT OF DEBT.** Enroll in the dōTERRA Free to Give™ Program and start tackling your debt. "I believe that as we make our financial situation a part of our annual assessment, we will find renewed hope that we can truly take control of our financial future and reduce our debt obligations. By doing this, we will have a greater capacity to excel in our careers, focus on spending more time with our families, and have the resources needed to serve in our communities." —*Will Burges, dōTERRA Vice President of Finance*



**SERVE OTHERS.** Having a positive impact on someone else will help you change your own outlook and attitude. Service makes us appreciate our lives and what we have. It helps us develop compassion and love for other. Make it a goal to perform at least one small act of service a day.



# Homemade Cookies

-with essential oils

## RED VELVET WHITE CHOCOLATE CHIP

- ½ cup butter, softened
- ¾ cup white sugar
- 1 large egg
- 1½ teaspoons vanilla
- 1 teaspoon white vinegar
- 1½ teaspoons natural red food coloring
- 1 drop **Cardamom essential oil**
- 1½ cups all-purpose flour
- 2½ tablespoons cocoa powder
- 1 teaspoon corn starch
- ¾ teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup white chocolate chips



## SNICKERDOODLES

- 1 cup butter, softened
- 1½ cup white sugar
- 2 eggs
- 2 teaspoons vanilla
- 1 drop **Cinnamon essential oil**
- 2¾ cups all-purpose flour
- 2 teaspoon cream of tarter
- 1 teaspoon baking soda

- Roll Cookie Balls in:*
- 2 tablespoons white sugar
  - 2 tablespoons ground cinnamon



## GINGERSNAPS

- ¾ cup butter, softened
- 1 cup white sugar
- 1 large egg
- ¼ cup dark molasses
- 2 cups all-purpose flour
- 2 teaspoon baking soda
- ½ teaspoon salt
- 1-3 drops **Ginger essential oil**
- 1 teaspoon ground cinnamon

- Roll Cookie Balls in:*
- 2 tablespoons white sugar
  - 2 tablespoons ground cinnamon





## DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cream together butters and sugars.
3. Add remaining wet ingredients.
4. In separate bowl, sift together dry ingredients.
5. Combine wet, dry, and other ingredients.
6. Roll into balls and place on cookie sheet.
7. Bake for 10 to 12 minutes.

*Hint: Change the essential oil used to adjust flavor and create a unique cookie experience.*

*Tip: Melted chocolate and sprinkles can make a simple cookie festive.*

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## CHOCOLATE COOKIES

- 1 cup butter, softened
- 1½ cup white sugar
- 2 eggs
- 2 teaspoons vanilla
- 1 drop **Peppermint essential oil**
- 2 cups all-purpose flour
- 2/3 cup cocoa powder
- ¾ teaspoon baking soda
- ¼ teaspoon salt



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## PEANUT BUTTER COOKIES

- 1 cup butter, softened
- 1 cup peanut butter
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 drop **Cardamom essential oil**
- 2 cups all-purpose flour
- 1 teaspoon baking soda





# aromatouch® TECHNIQUE

HONG KONG TRAINING



# 1300 PARTICIPANTS

HELPED FACILITATE THE BIGGEST AROMATOUGH

**In July 2016, 1,300 participants along with 69 trainers and staff members helped facilitate the biggest AromaTouch® Technique training event in the history of doTERRA®. Jordan Hanks, AromaTouch Program Coordinator, said, “As you looked through the sea of massage tables, you could see the people’s faces who were eager to learn and were ready to share the AromaTouch Technique.”**

Hou Jing, an attendee at the event shared, *“It has been two months since the Hong Kong Impact Convention, but the huge shock and impression from the grand AromaTouch Technique training with over 1,000 attendees still remains. I remember*

*that day, more than 400 massage beds laid out at the same time, it was so spectacular.”*

During the training Dr. Hill shared the obstacles he faced and was able to overcome when creating the technique. Out of all of the essential oils doTERRA had to offer, the eight oils and blends in the AromaTouch Technique created the aromatic profile and overall effect he was aiming for. As participants observed Dr. Hill perform the technique, they developed a better understanding of the purpose and benefits of the AromaTouch Technique. David Xiong, one of the leaders who attended expressed, *“Although there were over a thousand people in the room, there*

*was only the giver and receiver in this silent space. This time, the AromaTouch Technique was not just a tool for me. What I saw at this training is that we can serve others with no strings attached. The success of the AromaTouch Technique is to let life and love flow!”*

One of the trainers at the event, Chen Ying, said, *“Dr. Hill was so gentle and concentrated. It touched my heart and my tears wouldn’t stop flowing. I believe the AromaTouch Technique will definitely make more and more people feel the love and be willing to pass this love on as well.”*

This training left everyone with a feeling of gratitude and appreciation for the





# 69 TRAINERS & STAFF

## TRAINING EVENT IN dōTERRA HISTORY

dōTERRA AromaTouch Technique and what it had taught them about essential oils and serving others.

Lao Young, another trainer expressed, *“Dr. Hill did the connection over the heart area with one of the models then stopped for a long time. At that time, all the attendees were very quiet. I believe it was because everyone felt the impact of service and love from the technique being given and received.”*

At the end of the training, dōTERRA challenged every student to think of the people they knew that could benefit from receiving the technique. They were

encouraged to perform the technique on those they had thought of during the event so that they could benefit as they had from what the students learned that day. Anne Lee reported back about her experiences in sharing the technique after the training event. *“After I came back from Impact Convention, I did the AromaTouch Technique for my husband, who has rejected essential oils in the past. He fell asleep when I was applying the fifth essential oil. He murmured something like ‘comfortable’ with a little snore as well. The next day, I applied the technique to my son and he absolutely loved it!*

*“I returned to my hometown ChongQing on August sixth and continued sharing the AromaTouch Technique. When I applied the technique on my old-fashioned elder brother, he fell asleep on the third oil. This essential oil technique provided me with the first real connection with my brother.”*

We all know from our own experiences that essential oils work, but more importantly, we now know that they work in a more profound way when incorporated with human touch and connection.

**For more information about the AromaTouch Technique and the upcoming training events visit [aromatouch.com](http://aromatouch.com)**





# MINERALS

ARE YOU GETTING WHAT YOU NEED?

Everyone has heard of vitamins and their myriad health-supporting benefits. Vitamin A supports eye health, vitamin C supports cardiovascular health, vitamin D is crucial for calcium and phosphorous absorption;\* but what role do those metallic-sounding substances in your multivitamin serve? Minerals are the unfamiliar nutritional superheroes that maintain body water balance, regulate nerve impulses, play a vital role in hemoglobin synthesis, and, as recent research suggests, are particularly important for those who regularly exercise.\*

Almost nobody is meeting recommended mineral intakes from food alone.<sup>1</sup> The issue is particularly problematic in females, who lose precious minerals during menstruation and often avoid rich sources such as animal protein, nuts, and legumes in their normal diet. Along with a healthy balanced diet, it is becoming abundantly clear that it is important to supplement with a source of bioavailable minerals such as those found in the dōTERRA<sup>®</sup> Microplex VMz<sup>®</sup> food nutrient complex.

Three minerals in particular are crucial for those looking to turbocharge their workouts and build that slim and sassy body.

## IRON

Iron plays a direct role in oxygen transportation and the creation of

red blood cells, and helps regulate the release of energy from cells. If you are low, you'll feel lethargic and struggle to get through your workouts.\* Up to 20 percent of adult women do not meet the RDA of 18mg per day (8mg for males), making it the most common mineral deficiency. Those who exercise regularly face the greatest risk. One of the primary adaptations of exercise is the increase in red blood cell mass, which results in greater iron needs. Iron is also lost through sweat and minor gastrointestinal bleeding common during strenuous exercise—the harder you work, the more iron your body needs to replenish its stores. Two types of iron exist in food and some sources are more bioavailable than others. Heme iron, found almost exclusively in animal protein and in highest concentrations in red meat, has an absorption ratio of 15–18 percent. The human body is only able to absorb





about 5 percent of non-heme iron, found primarily in plant-based foods such as legumes, cereal grains, and some fruits and vegetables. Absorption can also be influenced by what you consume along with iron-rich foods. Vitamin C, contained in Microplex VMz, improves absorption and a recent study found that taking a probiotic supplement, such as PB Assist<sup>+</sup>, can increase the absorption of non-heme iron by as much as 50 percent.<sup>2\*</sup> PB assist+ is the perfect complement to Microplex VMz, which delivers 6mg of highly bioavailable iron.

## CALCIUM

Thanks to modern food marketing, we are all aware of the bone-strengthening benefits of calcium, and that milk does a body good.\* Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life. Not as commonly acknowledged are the other benefits of calcium and that there are many other, possibly better, sources that are not derived from dairy. Calcium plays a key role in muscular-contraction and cellular metabolism, meaning it impacts your ability to sustain long and intense exercise.\* Current RDAs for calcium are 1000–1300mg per day. You don't need a glass of milk at every meal or a cup of yogurt for dessert to meet your body's

demands. Other healthy components of a balanced diet including wild-caught fatty-fish, dark leafy greens, and some nuts (especially almonds) are all great sources of bone-building and muscular contracting calcium.\* For those unable to meet their needs through their normal diet, Microplex VMz food nutrient complex offers 500mg of calcium.

## MAGNESIUM

Magnesium is a vital component of hundreds of enzyme reactions, is involved in muscular contraction, and plays a role in the formation of healthy bone.\* The mineral found in high concentration in nuts, legumes, and dark leafy greens also assists in the utilization of oxygen and glucose for muscular energy, making it vital for both strength and endurance. Like iron, magnesium is one of the minerals found in highest concentrations in sweat; the longer and more intensely you train, the greater your needs. Current RDAs for magnesium range from 310–420mg per day, but a recent study found that the average daily intake for women is only 234–267mg.<sup>3</sup> The same study also found that those who use dietary supplements had a higher average intake from food alone and were much more likely overall to meet current guidelines.

Each daily serving of Microplex VMz provides 150mg of magnesium to supplement your diet and help you meet your body's demands.

To support natural and sustained energy production and muscular contraction, and to build the bone health we need to reach our fitness goals, it is crucial that we meet RDAs for macro and trace minerals.\* Although a healthy diet of whole unrefined foods is the foundation of any wellness program and a good start toward meeting our mineral needs, supplementing daily with Microplex VMz and PB Assist+ will ensure that our bodies have the building blocks to continue progressing.\*

## References

1. Misner B. Food alone may not provide sufficient micronutrient for preventing deficiency. *J Int Soc Sports Nutr.* 2006; 3(1): 51–55.
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3. Bailey R, Fulgoni V, Keast D, Dwyer J. Dietary supplement use is associated with high intakes of minerals from food sources. *Am J Clin Nutr.* 2011; 94:1376–81.

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



# *your new* GYM BAG MAKEOVER

One of the best ways to ensure you make it to the gym before or after work is to have your gym bag packed and ready to go. Having a bag packed will save you time, and will help you be prepared for opportunities to exercise. So, don't let the excuse of "not having your workout clothes" stop you from hitting the gym.





## Essential Oils

- 1 Cypress** Apply to feet and legs to prep for your workout.
- 2 Deep Blue® Rub** Massage into your muscles after a workout for soothing relief.
- 3 dōTERRA Motivate® Encouraging Blend** Apply to pulse points to spark motivation to work out.
- 4 Slim & Sassy® Metabolic Blend** Add a couple drops to water before working out for a revitalizing energy boost and a healthy metabolism.\*
- 5 Mito2Max** Take two capsules daily to support mental and physical energy.\*
- 6 dōTERRA Balance®** Use before Pilates or a yoga class.
- 7 dōTERRA Breathe® Drops** One drop before a run or any other workout will help open airways for clear breathing.
- 8 dōTERRA Breathe®** Apply to the chest to invigorate your senses.
- 9 Correct-X®** Soothes and hydrates skin irritated by shoes or run-ins on the court.

## Personal Hygiene

- 10 HD Clear®** Face Wash
- 11** Travel size **dōTERRA Salon Essentials® Protecting Shampoo** and Smoothing Conditioner
- 12 dōTERRA Natural Deodorant**
- 13 DIY:** Equipment or Yoga Matt Cleansing Spray
  - 2-4 ounce spray bottle
  - 5 drops of **dōTERRA On Guard® blend**
  - Witch hazel (¼ of spray bottle)
  - Filtered water

*Combine all ingredients together in the glass bottle. Mix well, spray, and wipe.*

## Extras

- **Dry Shampoo** Carry a small container of dry shampoo to freshen up greasy hair and scalp.
- **Gym Towel** Bring a towel to wipe away sweat on your body and yoga mat.
- **Hair Band & Hair Ties** If you have long hair, these items are must-haves.
- **Headphones**
- **Smartphone Holder**
- **Jump Rope** 10 minutes jumping rope is a great way to warm up your body.
- Pack an extra set of **clothes** and **socks**.
- Don't forget an **empty bag** to store your post-workout dirty clothes.



*Send photos of your gym bag makeover to [living@doterra.com](mailto:living@doterra.com) for a chance to win this dōTERRA branded duffel bag.*

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



# CREATING

The dōTERRA Healing Hands Foundation™ is proud to be partnering with Operation Underground Railroad, (also known as OUR Rescue) to bring healing and hope to the world. This non-profit organization works to save children from sex trafficking by utilizing some of the world's experts in extraction operations and anti-trafficking efforts.

## THE MISSION AND VISION OF OUR RESCUE

OUR Rescue strives to expose to the world the global epidemic of child sex trafficking. In doing so, they rescue children from slavery and assist law enforcement in the prosecution of trafficking offenders. Rescued children are then placed in safe havens that provide appropriate recovery aftercare. Founded in December of 2013, OUR Rescue is not a government agency, and thus relies 100 percent on donations to continue their work.

Since their inception, OUR Rescue has worked closely with experts in extraction operations and anti-trafficking efforts. These experts include former members of the CIA, Navy SEALs, and special operations forces who coordinate identification and extraction efforts—also sometimes called “jumps.” When these highly skilled teams have pinpointed an

area that is known to have child sex trafficking, they then work with local law enforcement to make sure the children are rescued.

A large part of the OUR Rescue project takes place post extraction and is called aftercare. It is here that rescued individuals adjust to their new lives. Jessica Mass, Director of Aftercare, states, “We believe that established, vetted aftercare centers are the experts in their country and we are servants—servants that believe in empowering dreams, vision, and hope for each survivor’s future. United we stand in the fight against human trafficking and the healing process of victims that become thriving survivors.”

## THE dōTERRA PARTNERSHIP

At a dōTERRA® Day of Service event, corporate employees assembled humanitarian and school kits for children who were rescued from sex trafficking. Beyond the kits, dōTERRA executives knew more could be done. This year, the dōTERRA Healing Hands Foundation, donated \$250,000 to the OUR Rescue cause, and officially announced a partnership between the two organizations. During the 2016 global convention, the dōTERRA Founding Executives presented CEO and founder of OUR Rescue, Tim Ballard, with an

additional check for \$250,000 to support their aftercare program, making a total donation of \$500,000 to The dōTERRA Healing Hands Foundation.

dōTERRA also announced a new HOPE blend that was developed and donated to OUR Rescue specifically for distribution in high trafficking areas. Its comforting scent is not the only thing that sets this blend apart—included on the label was an 800 hotline number for those children needing help. A 10 mL roll-on blend is now available for Wellness Advocates to purchase and features a newly designed label. All proceeds from the dōTERRA Hope Blend will go toward benefitting the dōTERRA Healing Hands Foundation.

In July of this year, dōTERRA Founding Executive and CEO David Stirling was also able to participate in a jump operation in California where a sting took place. He was able to see firsthand what OUR Rescue is doing and how they work to further their cause. David says, “We partner up with just a few institutions that are doing good things in the world. One of these is OUR. We feel like they fit in with our mission and what we are trying to do, which is bring positive change to the world. We like to help people; we do that in many different ways with our essentials oils already, but this is a way to reach in and hopefully make a dent on this huge issue and rescue a lot of these innocent children.”



**2014: 12 JUMPS | 2015: 20 JUMPS | 2016: 38 JUMPS**

**600 VICTIMS RESCUED | 250 PERPETRATORS ARRESTED | WORKING IN 13 COUNTRIES**

**OUR RESCUES  
TO DATE**



# HOPE

**WITH THE dōTERRA  
HEALING HANDS  
FOUNDATION  
AND OUR RESCUE**

## **OUR RESCUE FOLLOWS A 6-STEP PROCESS:**

- 1** Assess the feasibility of rescue.
- 2** Research the location, the children, and the background of those who are running the sex ring.
- 3** Design a strategy for rescuing the children.
- 4** Take action.
- 5** Recover the children.
- 6** Arrest, try, and convict the perpetrators.



**HOPE BLEND** with a new, redesigned label, is available for Wellness Advocates to purchase with all proceeds benefiting the dōTERRA Healing Hands Foundation.



**“To the children who we pray for daily, we say: Your long night is coming to an end. Hold on. We are on our way. And to those captors and perpetrators, even you monsters who dare offend God's precious children, we declare to you: Be afraid. We are coming for you.” –OUR**



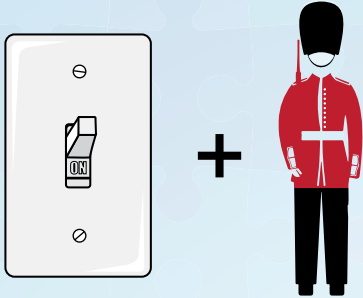
**OPERATION UNDERGROUND RAILROAD**



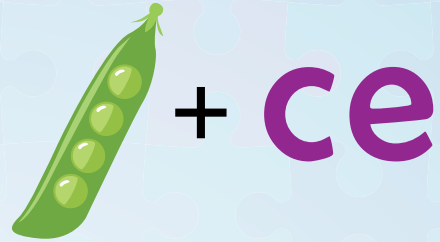
# Guess the Blend

## Pictogram Puzzle

1



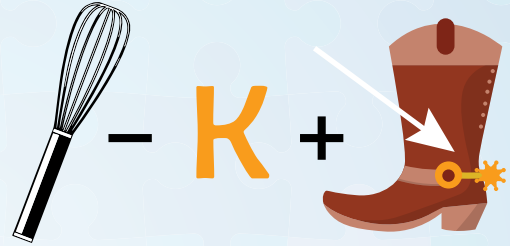
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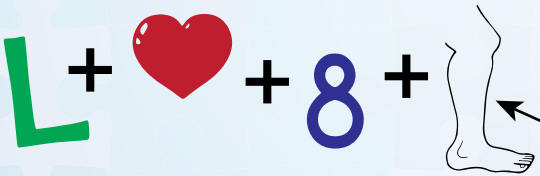
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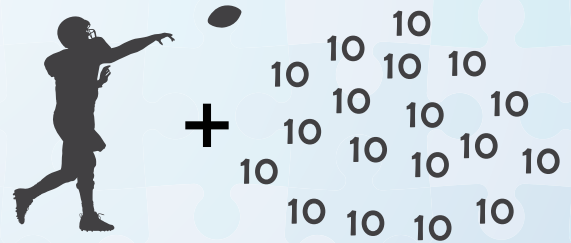
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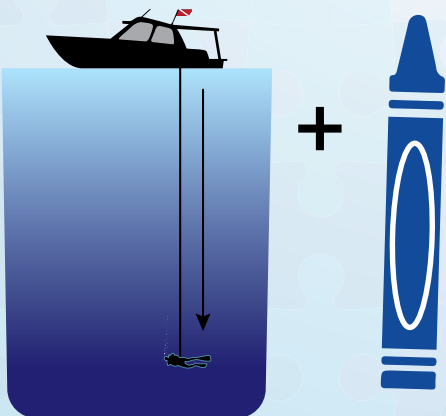
3



7



4



8



BONUS:  +  + 



# Just Breathe

Crisp, cooling, invigorating,  
refreshing aromas  
of essential oils.





# upcycle DIY

Need some last minute ideas to make your home a little more festive for the holidays? Try making this lovely holiday wreath using your empty dōTERRA essential oil bottles. You can apply this fun idea and use your creativity for any season of the year.

## Wreath

### WHAT YOU NEED:

empty essential oil bottles (about 22)  
small red bells  
garland  
ribbon  
glue  
paint pen

### DIRECTIONS:

1. You will need to find a base to glue your empty essential oil bottles on.

**Note:** *We cut out a round piece of cardboard.*

2. Lay out your oil bottles and bells the way you would like them displayed and start gluing.

3. Glue some garland and berries to the top of the wreath and a ribbon for hanging behind it.



### TIP

*Use a paint pen to add some details by writing or drawing on the bottles. You can also add garland to the inside of the bottles.*



# IDEA NOTEBOOK

## WINTER CHILL BUSTER

For a great chill-buster I put a blend of Ginger essential oil and dōTERRA Fractionated Coconut Oil on the back of my neck to warm me up.

-Jennifer S. Lombard, Washington



## YOUR PASSION VALENTINE

Put 3-5 drops of dōTERRA Passion® essential oil on a cotton ball, and place inside a plastic bag along with your valentine card. Seal the bag and leave it overnight to give the card time to soak up the aroma.

### Ingredients:

- 8 tablespoons butter
- ¾ cup sugar of choice
- 2-4 drops Wild Orange
- 1 drop Cinnamon
- 1 teaspoon vanilla extract
- ¼ teaspoon baking powder
- ½ teaspoon salt
- 1 large egg
- 1 ½ cups unbleached all-purpose flour
- 2 cups dried cranberries; or a mixture of dried cranberries and toasted chopped walnuts or pecans

### Instructions:

1. Preheat oven to 375°F. Lightly grease two baking sheets.
2. In a large bowl, beat together butter, sugar, essential oil, vanilla, baking powder, and salt.
3. Beat in egg.
4. Add the flour, stirring until well combined.
5. Drop the dough by heaping teaspoonful onto the baking sheets, leaving about 1 ½" between each cookie. Lightly press each cookie down.
6. Bake the cookies 6-7 minutes, until they're barely set, and a light golden brown around the edges.

*Tip: You can mix in dried cranberries and chopped pecans for flavor and added texture.*



## ORANGE COOKIE BITES

## THROAT REMEDY

For an irritated throat, I add a drop each of Peppermint, Lemon, and dōTERRA On Guard® to a glass of hot water with a spoonful of raw honey for taste. Let steep until comfortably warm. Gargle, spit, and repeat. You can even drink what's left for the same benefits. Much yummier than gargling salt water!

-Jessica Sich, New York



### Share your tip!

Email [living@doterra.com](mailto:living@doterra.com) with your favorite essential oil tips, recipes, or time saver.





# WINTER WELLNESS CHECKLIST

By Dr. Jessica Herzog MD FAAP ABIHM

In many parts of the world, winter is a time of lower light and lower temperatures. It often ushers in health problems along with the snow. Here are seven top tips for keeping your immune system supported all winter long.



# WELLNESS CHECKLIST

## 1. NUTRITION BEGINNING WITH VITAMIN D

Known as the sunshine vitamin, vitamin D levels often drop in the winter. Vitamin D is critical for several core immune system functions. Having a vitamin D deficiency can affect nearly every cell in the body, putting you at risk for seasonal threats and low mood. Ask your doctor to check your level (minimum level should be 50–70 nmol/L). Depending on individual health circumstances, higher levels may be needed.

## 2. AMP UP THE COLOR, VARIETY, AND AMOUNT OF FRUITS AND VEGGIES

Nothing substitutes for a healthy diet! Phytonutrients are the power behind those colors. Increasing your intake of colorful plants also increases antioxidants, like vitamins C and A. When the immune system is actively fighting a health threat it can use much more vitamin C than during normal well times. Vitamin A, unlike vitamin D, is found in many foods, especially orange and green veggies. Vitamin A is well known to help with vision, but it also helps with gene transcription (turning on the healthy genes), immune function, skin and cell health, and reproduction. By helping with skin health, vitamin A also supports healthy gut or intestinal health, since the intestines are a form of skin cell. Intestinal health is tightly linked with immune health because about 2/3 of the immune system is in or around the gut. Zinc is a mineral needed for skin, gut, and immune health. Zinc is a mineral found in some foods, like pumpkin seeds. Consider additional zinc and vitamin C when not feeling well. In addition to getting your vitamin D level checked, you can also ask for RBC Zinc (Red Blood Cell Zinc) and vitamin A levels. Ideally, the levels should be in the middle or upper end of the labs reference ranges. I routinely see these levels lower than ideal when individuals report frequent problems. Taking the dōTERRA Lifelong Vitality Pack® daily is a great start to getting the additional vitamins and minerals your body requires to maintain healthy immunity.\*

## 3. USE dōTERRA ON GUARD DAILY

Ingest dōTERRA On Guard® dropped in empty caps or in food, or as dōTERRA On Guard+ softgels or beadlets to support your immune system;\* diffuse in your bedroom or living spaces; or topically rub dōTERRA On Guard Touch on your or your child's feet.

## 4. WASH HANDS OFTEN

Make personal cleanliness and hygiene a priority this season. It's especially important when you are constantly exposed to the public places full of people, touching things that may not be very clean. Washing your hands is the simplest, yet most important mechanism to maintaining a healthy immune system. Use dōTERRA On Guard Hand Wash daily for enhanced cleansing function and moisturizing benefits.

## 5. GET ENOUGH SLEEP

Insufficient sleep is an immune suppressant. Plan to get at least seven to eight hours, more for kids and teens and more if you aren't feeling well. Set the stage for healthy circadian rhythms by turning off all electronics a few hours before bed. If needed, try the new dōTERRA Serenity® Restful Blend and dōTERRA Serenity Restful Complex Softgels for additional sleep support.\*

## 6. EXERCISE

Countless benefits come from regular exercise, including helping to regulate blood sugar, cortisol, and other chemical messengers. These benefits make for a healthier, more robust body and immune system. We recommend at least three days a week for a minimum of 30 minutes of activity, which can include walking, interval or strength training, aerobics, etc. Find something that works best for you.

## 7. RELAX AND MEDITATE

Cortisol is one of the main stress hormones and is another immune suppressant. Meditation and deep breathing are great ways to de-stress. Many essential oils are great for relaxation. Some of our favorites include the dōTERRA Emotional Aromatherapy™ System oils, dōTERRA Balance®, dōTERRA Serenity, and Lavender.

### References

- Vitamin D: a new anti-infective agent?  
Ann N Y Acad Sci. 2014 May;1317:76-83. doi: 10.1111/nyas.12321. Epub 2014 Mar 4.
- Immune-enhancing role of vitamin C and zinc and effect on clinical conditions.  
Ann Nutr Metab. 2006;50(2):85-94. Epub 2005 Dec 21.
- Protective essential oil attenuates influenza virus infection: an in vitro study in MDCK cells.  
BMC Complement Altern Med. 2010 Nov 15;10:69. doi: 10.1186/1472-6882-10-69.


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



# PRODUCT GUIDE

## ESSENTIAL OIL SINGLES

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

 <p><b>ARBOVITAE</b> ESSENTIAL OIL <i>Thuja plicata</i></p> <p>A T N</p> <p>49360001   5 mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>BASIL</b> ESSENTIAL OIL <i>Ocimum basilicum</i></p> <p>A T I N</p> <p>30010001   15 mL \$26.67 retail   \$20.00 whl 20 PV</p>	 <p><b>BERGAMOT</b> ESSENTIAL OIL <i>Citrus bergamia</i></p> <p>A T I S</p> <p>30790001   15 mL \$36.67 retail   \$27.50 whl 27.5 PV</p>	 <p><b>BLACK PEPPER</b> ESSENTIAL OIL <i>Piper nigrum</i></p> <p>A T I S</p> <p>41040001   5 mL \$29.33 retail   \$22.00 whl 22 PV</p>	 <p><b>CARDAMOM</b> ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49350001   5 mL \$34.66 retail   \$26.00 whl 26 PV</p>
 <p><b>CASSIA</b> ESSENTIAL OIL <i>Cinnamomum cassia</i></p> <p>A T I D</p> <p>30020001   15 mL \$25.33 retail   \$19.00 whl 19 PV</p>	 <p><b>CEDARWOOD</b> ESSENTIAL OIL <i>Juniperus virginiana</i></p> <p>A T S</p> <p>49300001   15 mL \$17.33 retail   \$13.00 whl 13 PV</p>	 <p><b>CILANTRO</b> ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>41850001   15 mL \$34.67 retail   \$26.00 whl 26 PV</p>	 <p><b>CINNAMON BARK</b> ESSENTIAL OIL <i>Cinnamomum zeylanicum</i></p> <p>A T I D</p> <p>30030001   5 mL \$28.00 retail   \$21.00 whl 21 PV</p>	 <p><b>CLARY SAGE</b> ESSENTIAL OIL <i>Salvia sclarea</i></p> <p>A T I N</p> <p>30420001   15 mL \$48.67 retail   \$36.50 whl 36.5 PV</p>
 <p><b>CLOVE</b> ESSENTIAL OIL <i>Eugenia caryophyllata</i></p> <p>A T I D</p> <p>30040001   15 mL \$18.67 retail   \$14.00 whl 14 PV</p>	 <p><b>CORIANDER</b> ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>30780001   15 mL \$34.67 retail   \$26.00 whl 26 PV</p>	 <p><b>CYPRESS</b> ESSENTIAL OIL <i>Cupressus sempervirens</i></p> <p>A T N</p> <p>30050001   15 mL \$20.67 retail   \$15.50 whl 15.5 PV</p>	 <p><b>DOUGLAS FIR</b> ESSENTIAL OIL <i>Pseudotsuga menziesii</i></p> <p>A T N</p> <p>31590001   5 mL \$30.00 retail   \$22.50 whl 22.5 PV</p>	 <p><b>EUCALYPTUS</b> ESSENTIAL OIL <i>Eucalyptus radiata</i></p> <p>A T S</p> <p>30060001   15 mL \$18.67 retail   \$14.00 whl 14 PV</p>
 <p><b>FENNEL, SWEET</b> ESSENTIAL OIL <i>Foeniculum vulgare</i></p> <p>A T I S</p> <p>41290001   15 mL \$20.00 retail   \$15.00 whl 15 PV</p>	 <p><b>FRANKINCENSE</b> ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i></p> <p>A T I N</p> <p>30070001   15 mL \$93.00 retail   \$69.75 whl 69.75 PV</p>	 <p><b>GERANIUM</b> ESSENTIAL OIL <i>Pelargonium graveolens</i></p> <p>A T I S</p> <p>30090001   15 mL \$36.00 retail   \$27.00 whl 27 PV</p>	 <p><b>GINGER</b> ESSENTIAL OIL <i>Zingiber officinale</i></p> <p>A T I S</p> <p>30080001   15 mL \$52.00 retail   \$39.00 whl 39 PV</p>	 <p><b>GRAPEFRUIT</b> ESSENTIAL OIL <i>Citrus X paradisi</i></p> <p>A T I N</p> <p>30100001   15 mL \$21.33 retail   \$16.00 whl 16 PV</p>
 <p><b>HELICHRYSUM</b> ESSENTIAL OIL <i>Helichrysum italicum</i></p> <p>A T I N</p> <p>30410001   5 mL \$100 retail   \$75 whl 75 PV</p>	 <p><b>JUNIPER BERRY</b> ESSENTIAL OIL <i>Juniperus communis</i></p> <p>A T I N</p> <p>49290001   5 mL \$25.33 retail   \$19.00 whl 19 PV</p>	 <p><b>LAVENDER</b> ESSENTIAL OIL <i>Lavandula angustifolia</i></p> <p>A T I N</p> <p>30110001   15 mL \$28.00 retail   \$21.00 whl 21 PV</p>	 <p><b>LEMON</b> ESSENTIAL OIL <i>Citrus limon</i></p> <p>A T I N</p> <p>30120001   15 mL \$13.33 retail   \$10.00 whl 10 PV</p>	 <p><b>LEMONGRASS</b> ESSENTIAL OIL <i>Cymbopogon flexuosus</i></p> <p>A T I S</p> <p>30130001   15 mL \$13.33 retail   \$10.00 whl 10 PV</p>
 <p><b>LIME</b> ESSENTIAL OIL <i>Citrus aurantifolia</i></p> <p>A T I S</p> <p>30870001   15 mL \$17.33 retail   \$13.00 whl 13 PV</p>	 <p><b>MARJORAM</b> ESSENTIAL OIL <i>Origanum majorana</i></p> <p>A T I N</p> <p>30140001   15 mL \$25.33 retail   \$19.00 whl 19 PV</p>	 <p><b>MELALEUCA (Tea Tree)</b> ESSENTIAL OIL <i>Melaleuca alternifolia</i></p> <p>A T I N</p> <p>30150001   15 mL \$25.33 retail   \$19.00 whl 19 PV</p>	 <p><b>MELISSA</b> ESSENTIAL OIL <i>Melissa officinalis</i></p> <p>A T I N</p> <p>30850001   5 mL \$180.00 retail   \$135.00 whl 135 PV</p>	 <p><b>MYRRH</b> ESSENTIAL OIL <i>Commiphora myrrha</i></p> <p>A T I N</p> <p>30160001   15 mL \$69.33 retail   \$52.00 whl 52 PV</p>
 <p><b>OREGANO</b> ESSENTIAL OIL <i>Origanum vulgare</i></p> <p>A T I D</p> <p>30180001   15 mL \$32.00 retail   \$24.00 whl 24 PV</p>	 <p><b>PATCHOULI</b> ESSENTIAL OIL <i>Pogostemon cablin</i></p> <p>A T I N</p> <p>30890001   15 mL \$39.33 retail   \$29.50 whl 29.5 PV</p>	 <p><b>PEPPERMINT</b> ESSENTIAL OIL <i>Mentha piperita</i></p> <p>A T I S</p> <p>30190001   15 mL \$27.33 retail   \$20.50 whl 20.5 PV</p>	 <p><b>PEPPERMINT</b> BEADLET</p> <p>31570001   125 ct. \$15.33 retail   \$11.50 whl 11.5 PV</p>	 <p><b>PETITGRAIN</b> <span style="background-color: #90EE90; padding: 2px;">NEW!</span> ESSENTIAL OIL <i>Citrus Aurantium</i></p> <p>A T I N</p> <p>49520001   15 mL \$34.66 retail   \$26.00 whl 26 PV</p>
 <p><b>ROMAN CHAMOMILE</b> ESSENTIAL OIL <i>Anthemis nobilis</i></p> <p>A T I N</p> <p>30800001   5 mL \$60.00 retail   \$45.00 whl 45 PV</p>	 <p><b>ROSEMARY</b> ESSENTIAL OIL <i>Rosmarinus officinalis</i></p> <p>A T I N</p> <p>30200001   15 mL \$18.67 retail   \$14.00 whl 14 PV</p>	 <p><b>SANDALWOOD</b> ESSENTIAL OIL <i>Santalum album</i></p> <p>A T I N</p> <p>30210001   5 mL \$82.33 retail   \$61.75 whl 61.75 PV</p>	 <p><b>SPEARMINT</b> ESSENTIAL OIL <i>Mentha spicata</i></p> <p>A T I S</p> <p>31610001   15 mL \$38.67 retail   \$29.00 whl 29 PV</p>	 <p><b>SPIKENARD</b> <span style="background-color: #90EE90; padding: 2px;">NEW!</span> ESSENTIAL OIL <i>Nardostachys jatamansi</i></p> <p>A T N</p> <p>49510001   5 mL \$66.00 retail   \$49.50 whl 49.5 PV</p>



**THYME**  
ESSENTIAL OIL  
*Thymus vulgaris*

A T I D

**30220001** 15 mL  
\$36.67 retail | \$27.50 whl  
27.5 PV

**VETIVER**  
ESSENTIAL OIL  
*Vetiveria zizanioides*

A T I N

**30430001** 15 mL  
\$46.00 retail | \$34.50 whl  
34.5 PV

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

A T N

**30250001** 15 mL  
\$26.67 retail | \$20.00 whl  
20 PV

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

A T I N

**30170001** 15 mL  
\$14.00 retail | \$10.50 whl  
10.5 PV

**WINTERGREEN**  
ESSENTIAL OIL  
*Gaultheria fragrantissima*

A T S

**31620001** 15 mL  
\$25.33 retail | \$19.00 whl  
19 PV

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

A T I N

**30240001** 15 mL  
\$47.00 retail | \$35.25 whl  
35.25 PV

**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)

## PROPRIETARY ESSENTIAL OIL BLENDS

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

**AROMATOUGH®**  
MASSAGE BLEND

T N

**31200001** 15 mL  
\$34.67 retail | \$26.00 whl  
26 PV

**dōTERRA BALANCE®**  
GROUNDING BLEND

A T N

**31010001** 15 mL  
\$26.67 retail | \$20.00 whl  
20 PV

**dōTERRA BREATHE®**  
RESPIRATORY BLEND

A T S

**60200190** 15 mL  
\$26.66 retail | \$20.00 whl  
20 PV

**CITRUS BLISS®**  
INVIGORATING BLEND

A T N

**31020001** 15 mL  
20.00 retail | \$15.00 whl  
15 PV

**CLARYCALM®**  
MONTHLY BLEND  
FOR WOMEN

A T N

**49480001** 10 mL  
\$32.67 retail | \$24.50 whl  
24.5 PV

**DEEP BLUE®**  
SOOTHING BLEND

T S

**60200143** 5 mL  
\$42.67 retail | \$32.00 whl  
64 PV

**DEEP BLUE®**  
SOOTHING BLEND

T S

**60200144** 10 mL  
\$85.33 retail | \$64.00 whl  
64 PV

**DIGESTZEN®**  
DIGESTIVE BLEND

A T I N

**31030001** 15 mL  
\$41.33 retail | \$31.00 whl  
31 PV

**ELEVATION**  
JOYFUL BLEND

A T N

**31040001** 15 mL  
\$49.33 retail | \$37.00 whl  
37 PV

**HD CLEAR®**  
TOPICAL BLEND

T N

**49400001** 10mL  
\$28.00 retail | \$21.00 whl  
21 PV

**IMMORTELLE**  
ANTI-AGING BLEND

T N

**37140001** 10mL  
\$92.67 retail | \$69.50 whl  
69.5 PV

**INTUNE®**  
FOCUS BLEND

A T N

**41840001** 15 mL  
\$46.00 retail | \$34.50 whl  
34.5 PV

**dōTERRA ON GUARD®**  
PROTECTIVE BLEND

A T I S

**31100001** 15 mL  
\$42.67 retail | \$32.00 whl  
32 PV

**dōTERRA ON GUARD®**  
BEADLET

**31580001** 125 ct.  
\$20.00 retail | \$15 whl  
15 PV

**PASTTENSE®**  
TENSION BLEND

A T N

**31350001** 10 mL  
\$24.67 retail | \$18.50 whl  
18.5 PV

**PURIFY**  
CLEANSING BLEND

A T N

**31060001** 15 mL  
\$24.00 retail | \$18.00 whl  
18 PV

**dōTERRA SERENITY®**  
RESTFUL BLEND

A T N

**49530001** 15 mL  
\$40.00 retail | \$30.00 whl  
30 PV

**SLIM & SASSY®**  
METABOLIC BLEND

A T I S

**31370001** 15 mL  
\$32.67 retail | \$24.50 whl  
24.5 PV

**TERRASHIELD®**  
OUTDOOR BLEND

A T N

**31190001** 15 mL  
\$12.67 retail | \$10.50 whl  
10.5 PV

**TERRASHIELD®**  
SPRAY BOTTLE

**31160001** 30 mL bottle  
\$26.00 retail | \$19.50 whl  
17 PV

**WHISPER®**  
BLEND FOR WOMEN

A T N

**31080001** 5 mL  
\$32.00 retail | \$24.00 whl  
24 PV

**ZENDOCRINE®**  
DETOXIFICATION BLEND

A T I S

**31460001** 15 mL  
\$32.67 retail | \$24.50 whl  
24.5 PV



# ESSENTIAL OIL KITS



## dōTERRA TOUCH® KIT

Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, Touch Kit makes application simple with 10 mL roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they're ready to use so that you can immediately start to benefit from essential oils.

- dōTERRA Breathe®
- Deep Blue®
- DigestZen®
- Frankincense
- Lavender
- Melaleuca (Tea Tree)
- dōTERRA On Guard®
- Oregano
- Peppermint

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

**dōTERRA BREATHE®**  
TOUCH BLEND

T | N or S

<b>60200192</b>	10 mL roll-on
\$17.33 retail	\$13.00 whl
13 PV	

**FRANKINCENSE**  
TOUCH BLEND

T | N or S

<b>6020224</b>	10 mL roll-on
\$60.67 retail	\$45.50 whl
45.5 PV	

**OREGANO**  
TOUCH BLEND

T | N or S

<b>60200227</b>	10 mL roll-on
\$21.00 retail	\$15.75 whl
15.75 PV	

**DEEP BLUE®**  
TOUCH BLEND

T | N or S

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

**LAVENDER**  
TOUCH BLEND

T | N or S

<b>60200225</b>	10 mL roll-on
\$18.33 retail	\$13.75 whl
13.75 PV	

**dōTERRA ON GUARD®**  
TOUCH BLEND

T | N or S

<b>60200142</b>	10 mL roll-on
\$28.00 retail	\$21.00 whl
21 PV	

**DIGESTZEN®**  
TOUCH BLEND

T | N or S

<b>60200223</b>	10 mL roll-on
\$27.00 retail	\$20.25 whl
20.25 PV	

**MELALEUCA (TEA TREE)**  
TOUCH BLEND

T | N or S

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

**PEPPERMINT**  
TOUCH BLEND

T | N or S

<b>60200228</b>	10 mL roll-on
\$18.00 retail	\$13.50 whl
13.5 PV	



## dōTERRA EMOTIONAL AROMATHERAPY™ KIT

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each blend contains pure essential oils that can be used aromatically or topically to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

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

<b>21140001</b>	150 PV
\$212.00 retail	\$159.00 wholesale

**dōTERRA MOTIVATE®**  
ENCOURAGING BLEND

A | T | S

<b>31740001</b>	5 mL bottle
\$30.67 retail	\$23.00 whl
23 PV	

**dōTERRA CHEER®**  
UPLIFTING BLEND

A | T | S

<b>31720001</b>	5 mL bottle
\$33.33 retail	\$25.00 whl
25 PV	

**dōTERRA PASSION®**  
INSPIRING BLEND

A | T | S

<b>31760001</b>	5 mL bottle
\$56.00 retail	\$42.00 whl
42 PV	

**dōTERRA CONSOLE®**  
COMFORTING BLEND

A | T | N

<b>31730001</b>	5 mL bottle
\$49.33 retail	\$37.00 whl
37 PV	

**dōTERRA FORGIVE®**  
RENEWING BLEND

A | T | S

<b>31750001</b>	5 mL bottle
\$26.67 retail	\$20.00 whl
20 PV	

**dōTERRA PEACE®**  
REASSURING BLEND

A | T | N

<b>31710001</b>	5 mL bottle
\$37.33 retail	\$28.00 whl
28 PV	



### dōTERRA EMOTIONAL AROMATHERAPY™ TOUCH

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



<b>21850001</b>		
\$133.33 retail	\$100.00 wholesale	100 PV

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

**dōTERRA PASSION® TOUCH**  
INSPIRING BLEND  
A T S  
**60200150** | 10 mL roll-on  
\$36.67 retail | \$27.50 whl  
27.5 PV

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

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

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

**dōTERRA PEACE® TOUCH**  
REASSURING BLEND  
A T N  
**60200151** | 10 mL roll-on  
\$24.00 retail | \$18.00 whl  
18 PV



### INTRODUCTION TO ESSENTIAL OILS KIT top seller

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

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

<b>60200330</b>	three 5 mL bottles	
\$26.67 retail	\$20.00 wholesale	15 PV

### AROMATOUCH® TECHNIQUE KIT

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

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

<b>20570001</b>		
\$133.33 retail	\$100.00 wholesale	100 PV

### FAMILY ESSENTIALS KIT top seller

This collection of 10 nurturing essential oils and blends provides what you need to care for your family's everyday health needs with simple and safe methods featuring essential oils. The Family Essentials Kit includes:

- Ten 5 mL bottles of essential oils and blends  
Lavender Frankincense  
Lemon Deep Blue®  
Peppermint dōTERRA Breathe®  
Melaleuca (Tea Tree) DigestZen®  
Oregano dōTERRA On Guard®

<b>21400001</b>	ten 5 mL bottles	
\$166.67 retail	\$125.00 wholesale	115 PV



## PRODUCT GUIDE

# ESSENTIAL USAGE

### INTERNAL USE



#### VEGGIE CAPS

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

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

<b>34100001</b>	160 HPMC capsules
\$5.33 retail	\$4.00 wholesale   0 PV

### TOPICAL USE



#### FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical use.

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

<b>31640001</b>	3.8 oz
\$16.00 retail	\$12.00 wholesale   12 PV



#### dōTERRA® SPA HAND & BODY LOTION

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

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

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

### AROMATIC USE



#### PETAL DIFFUSER

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

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

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



#### AROMA-ACE DIFFUSER

Output volume control allows you to choose the intensity of your aromatherapy experience

- Preserves the natural essence and complete benefits of essential oils by not using heat or water
- Comes with a 15 mL bottle of dōTERRA On Guard® Protective Blend

<b>33030001</b>	
40 PV	\$173.27 retail   \$129.95 wholesale



#### AROMA LITE DIFFUSER

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

<b>33130001</b>	
\$119.93 retail	\$89.95 wholesale   40 PV



#### LOTUS DIFFUSER

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

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

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



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



#### dōTERRA® SPA

#### ROSE HAND LOTION

**New Formula!**

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

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

<b>37520001</b>	3.3 fl oz./100mL
\$20.00	0 PV



#### dōTERRA® HOPE TOUCH

**New!**

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

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

<b>37510001</b>	10 mL roll-on
\$20.00	0 PV



# dōTERRA ON GUARD® PRODUCTS

## dōTERRA ON GUARD® FOAMING HAND WASH

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

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

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

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

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

38020001	\$44.67 retail	\$33.50 wholesale	33.5 PV
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## dōTERRA ON GUARD® top seller PROTECTIVE BLEND



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

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

## dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

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

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

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

## dōTERRA ON GUARD® PROTECTING THROAT DROPS

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

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

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

## dōTERRA ON GUARD® LAUNDRY DETERGENT

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

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

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

## dōTERRA ON GUARD® BEADLETS

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

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

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

## dōTERRA ON GUARD® CLEANER CONCENTRATE

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

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

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

## dōTERRA ON GUARD®+ SOFTGELS

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

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

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



## dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

The amazing benefits of dōTERRA On Guard Whitening Toothpaste need to be shared and this convenient packaging provides the opportunity to share it with 10 of your closest friends.

- Pack of 10 in a convenient envelope
- Same formula as the full-sized tube
- Easy to share and convenient to take on-the-go

39000001	10 samples, 2 g each
\$4.66 retail	\$3.50 wholesale   0 PV

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



# DEEP BLUE® PRODUCTS

## DEEP BLUE® top seller SOOTHING BLEND



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

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

<b>60200143</b>	5 mL bottle	
\$42.67 retail	\$32.00 wholesale	32 PV
<b>60200144</b>	10 mL roll on	
\$85.33 retail	\$64.00 wholesale	64 PV

## DEEP BLUE® RUB SAMPLES

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

- Ten 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	\$5.00 wholesale	0 PV

## DEEP BLUE® RUB SOOTHING LOTION

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

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

<b>38900001</b>	4 fl oz	
\$39.00 retail	\$29.25 wholesale	29.25 PV

## LITER BOTTLE New!

<b>50210001</b>	1 liter	
\$252.00 retail	\$189.00 wholesale	160 PV

## DEEP BLUE POLYPHENOL COMPLEX®

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

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

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



# dōTERRA BREATHE® PRODUCTS



## dōTERRA BREATHE® RESPIRATORY BLEND



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

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

<b>60200190</b>	15 mL bottle	
\$26.66 retail	\$20.00 wholesale	20 PV



## dōTERRA BREATHE® RESPIRATORY DROPS

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

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

<b>35460001</b>	30 drops	
\$19.33 retail	\$14.50 wholesale	14.5 PV



## dōTERRA BREATHE® VAPOR STICK

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

- Provides cooling, invigorating vapor
- Quick, convenient delivery system
- Provides a cooling, soothing effect

<b>34290001</b>	.4 oz	
\$11.33 retail	\$8.50 wholesale	5 PV



# dōTERRA SERENITY® PRODUCTS



## dōTERRA SERENITY™ SOFTGELS RESTFUL COMPLEX NEW!

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

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

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



## dōTERRA SERENITY® RESTFUL BLEND New Formula



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

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

<b>49530001</b>	15 mL bottle
\$40.00 retail	\$30.00 wholesale   30 PV

# HAIR CARE



## dōTERRA 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 Root to Tip Serum in the Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

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

## dōTERRA SALON ESSENTIALS® PROTECTING SHAMPOO

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

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

<b>36220001</b>	8.34 fl oz
\$26.00 retail	\$19.50 wholesale   19.5 PV

## dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

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

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

<b>36230001</b>	8.34 fl oz
\$30.67 retail	\$23.00 wholesale   23 PV

## dōTERRA SALON ESSENTIALS® ROOT TO TIP SERUM

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

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

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

## dōTERRA 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	\$18.00 wholesale   15 PV

## SHAMPOO/CONDITIONER SAMPLES 10 COMPANION SETS

<b>36390001</b>	\$11.33 retail	\$8.50 wholesale	0 PV
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## PROTECTING SHAMPOO 2-PACK

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

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

<b>36260001</b>	\$37.33 retail	\$28.00 wholesale	23 PV
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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# SKIN CARE



## HD CLEAR® TOPICAL BLEND



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

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

<b>49400001</b>	10 mL roll on
\$28.00 retail	\$21.00 wholesale   21 PV

## HD CLEAR® KIT

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

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

## HD CLEAR® FACIAL LOTION

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

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

<b>49410001</b>	50 mL/1.7 fl oz
\$45.33 retail	\$34.00 wholesale   34 PV

## HD CLEAR® FOAMING FACE WASH

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

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG essential oils and plant extracts that will leave your skin extra clean and soft

<b>49420001</b>	50 mL/1.7 fl oz
\$28.00 retail	\$21.00 wholesale   21 PV

## VERÁGE™ SKIN CARE COLLECTION

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

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

## VERÁGE™ TONER

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

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

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

## VERÁGE™ CLEANSER

Smooth skin begins with Veráge Cleanser. This all natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

- Infused with CPTG essential oils of Wild Orange, Melaleuca (Tea Tree), and Basil to gently cleanse and lift away impurities
- Invigorates and cleanses skin while natural emollients nourish and hydrate

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

## VERÁGE™ IMMORTELLE HYDRATING SERUM

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

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Specialized plant technology promotes optimal hydration

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

## VERÁGE™ MOISTURIZER

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

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin
- Uses natural ingredients to hydrate skin, helping reduce the appearance of fine lines and wrinkles

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





### FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca (Tea Tree) and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to soothe and provide healthy looking skin.

<b>37010001</b>	4 oz
\$22.00 retail	\$16.50 wholesale   16.5 PV

### PORE REDUCING TONER

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

<b>37020001</b>	4 fl oz
\$23.33 retail	\$17.50 wholesale   17.5 PV

### HYDRATING CREAM

Packed with emollient-rich ingredients to provide intense moisture without leaving an oily residue, dōTERRA Hydrating Cream is designed to assist in the rejuvenation of mature skin, restore balance to the skin, and help reduce the visible signs of aging to reveal a more youthful and glowing appearance.

<b>37160001</b>	1.7 oz
\$46.00 retail	\$34.50 wholesale   34.5 PV

### TIGHTENING SERUM

Featuring CPTG essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh in generous proportion, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration.

<b>37040001</b>	1 oz
\$66.00 retail	\$49.50 wholesale   49.5 PV



### ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG essential oils of Lavender, Jasmine, Geranium and Frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging, improving skin tone, reducing the appearance of wrinkles as well as helping to keep skin looking young and vibrant.

<b>37030001</b>	1.7 oz
\$46.00 retail	\$34.50 wholesale   34.5 PV

### INVIGORATING SCRUB

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

<b>37050001</b>	2.5 oz
\$24.00 retail	\$18.00 wholesale   18 PV

### IMMORTELE ANTI-AGING BLEND

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

<b>37140001</b>	10 mL roll on
\$92.67 retail	\$69.50 wholesale   69.5 PV



### REVEAL FACIAL SYSTEM

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

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

<b>37340001</b>	2 tubes—1.7 oz each
\$80.00 retail	\$60.00 wholesale   60 PV

## PERSONAL CARE



### NATURAL DEODORANT

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

- Cypress, Melaleuca (Tea Tree), Cedarwood, and Bergamot essential oils provide purifying benefits, helping to reduce underarm odor
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

<b>37420001</b>	1.7 oz
\$11.33 retail	\$8.50 wholesale   5 PV



### CORRECT-X® ESSENTIAL OIL OINTMENT

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

- Petroleum free
- Includes plant-based ingredients that protect skin from water and dirt
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca (Tea Tree), Cedarwood, and Lavender

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



# PRODUCT GUIDE

## dōTERRA® SPA



### REFRESHING BODY WASH NEW!

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

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

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

### REPLENISHING BODY BUTTER NEW!

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

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

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

### DETOXIFYING MUD MASK NEW!

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

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

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

### HAND AND BODY LOTION NEW!

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

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

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

### HAND AND BODY LOTION 3-PACK NEW!

<b>60200498</b>	
\$50.67 retail	\$38.30 wholesale   30 PV

### CITRUS BLISS® HAND LOTION NEW!

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

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

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

### BODY SCRUB NEW!

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

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin
- Natural sugar cane gently exfoliates skin

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

### LIP BALM NEW!

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

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

### ORIGINAL NEW!

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

### TROPICAL NEW!

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

### HERBAL NEW!

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

### LIP BALM VARIETY 3-PACK NEW!

<b>37570001</b>	
\$20.00 retail	\$15.00 wholesale   10 PV

### MOISTURIZING BATH BAR NEW!

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

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

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

### dōTERRA SPA BATH BAR 3-PACK NEW!

<b>37560001</b>	
\$19.33 retail	\$14.50 wholesale   10 PV

### 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	\$6.99 wholesale   5 PV

### dōTERRA SERENITY® CALMING BATH BAR

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

<b>36140001</b>	4 fl oz tube
\$9.32 retail	\$6.99 wholesale   5 PV



# 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	\$69.50 wholesale	60 PV
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### 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\*
- Supports healthy hormonal balance\*
- Supports healthy bones, heart, breast tissue, and other body structures\*

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



### BONE NUTRIENT ESSENTIAL COMPLEX

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

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

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



### CLARYCALM® MONTHLY BLEND FOR WOMEN



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

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

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

# CHILDREN'S HEALTH

### dōTERRA A2Z CHEWABLE™ New Flavor

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

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

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

### IQ MEGA®

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

- Provides 1,000 mg of concentrated, pure Omega 3 oils per serving
- Supports healthy brain, cardiovascular, immune, and joint function\*
- Formulated to be used with dōTERRA a2z Chewable tablets

35320001	150 mL
\$46.00 retail	\$34.50 wholesale   30 PV

### PB Assist® Jr NEW!

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

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

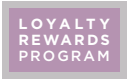
34420001	30 Sachets
\$32.67 retail	\$24.50 wholesale   20 PV



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

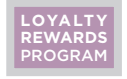


# DAILY VITALITY



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

21480001	\$106.00 retail	\$79.50 wholesale	60 PV
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**dōTERRA DAILY NUTRIENT PACK® MICROPLEX VMz® AND xEO MEGA®**

21490001	50 PV
\$79.33 retail	\$59.50 wholesale



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

35350001	120 vegetable capsules
\$46.00 retail	\$39.50 wholesale   39.5 PV



**xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX**

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

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from 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\*

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



**vEO MEGA® ESSENTIAL OIL OMEGA COMPLEX**

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

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

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



**ALPHA CRS®+ CELLULAR VITALITY COMPLEX**

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

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

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





## PERSONALIZED WELLNESS PROGRAM

LOYALTY  
REWARDS  
PROGRAM

### Customize and Save

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

### BUY 1 LIFELONG VITALITY OR DAILY NUTRIENT PACK



\$79.50  
wholesale  
60 PV

OR



\$59.50  
wholesale  
50 PV

### AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



**Microplex  
VMz®**  
\$20.00  
10 PV



**xEO  
Mega®**  
\$20.00  
10 PV



**Mito2  
Max®**  
\$20.00  
10 PV



**Deep Blue  
Polyphenol  
Complex®**  
\$20.00  
10 PV



**DigestZen  
TerraZyme®**  
\$20.00  
10 PV



**PB Assist®+**  
\$20.00  
10 PV



**Kids Kit  
(IQ Mega®  
& A2Z)**  
\$25.00  
10 PV

## DIGESTIVE HEALTH



### DIGESTZEN® DIGESTIVE BLEND



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

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Eases feelings of queasiness\*
- Helps reduce bloating, gas, and occasional indigestion\*

<b>31030001</b>	15 mL bottle
\$41.33 retail	\$31.00 wholesale   31 PV



### DIGESTZEN® SOFTGELS

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

<b>35430001</b>	60 vegetarian softgels
\$26.00 retail	\$19.50 wholesale   15 PV



MADE WITH VEGETARIAN SOFTGELS



### DIGESTTAB® CHEWABLE TABLETS

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

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

<b>34380001</b>	100 chewable tablets
\$18.67 retail	\$14.00 wholesale   10 PV

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



# DIGESTIVE HEALTH



**DIGESTZEN TERRAZYME®  
DIGESTIVE ENZYME  
COMPLEX** top seller

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

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

<b>35110001</b>	90 vegetable capsules
\$50.00 retail	\$37.50 wholesale   37.5 PV



**PB ASSIST®+  
PROBIOTIC DEFENSE FORMULA**

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

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

<b>35160001</b>	30 vegetable capsules
\$46.00 retail	\$34.50 wholesale   34.5 PV



**GX ASSIST®  
GI CLEANSING FORMULA**

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

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

<b>35040001</b>	60 softgels
\$34.67 retail	\$26.00 wholesale   26 PV



**ZENDOCRINE®  
DETOXIFICATION BLEND**



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

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

<b>31460001</b>	15 mL bottle
\$32.67 retail	\$24.50 wholesale   24.5 PV



**ZENDOCRINE® SOFTGELS**

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

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

<b>34280001</b>	60 vegetarian softgels
\$32.67 retail	\$24.50 wholesale   21.5 PV



**ZENDOCRINE®  
DETOXIFICATION COMPLEX**

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

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

<b>35120001</b>	60 vegetable capsules
\$32.67 retail	\$24.50 wholesale   24.5 PV





# SPECIALIZED SUPPLEMENTS



## DDR PRIME®

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

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

### DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

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

### DDR PRIME SOFTGELS™

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



## TRIEASE® SEASONAL BLEND SOFTGELS

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

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

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



## DEEP BLUE POLYPHENOL COMPLEX®

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

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

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



## TERRAGREENS®

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

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

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



## MITO2MAX® ENERGY & STAMINA COMPLEX

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

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

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



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

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



# PRODUCT GUIDE

## SLIM & SASSY®



### SLIM & SASSY® top seller METABOLIC BLEND



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

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

<b>31370001</b>	15 mL bottle
\$32.67 retail	\$24.50 wholesale   24.5 PV



### SLIM & SASSY® SOFTGELS

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

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

<b>34270001</b>	60 vegetarian softgels
\$46.00 retail	\$34.50 wholesale   30 PV



### SLIM & SASSY® New! METABOLIC GUM

AVAILABLE EARLY 2017

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

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

<b>60200347</b>	32 pieces
\$11.33 retail	\$8.50 wholesale   5 PV



### SLIM & SASSY® TRIMSHAKE

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

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



### SLIM & SASSY® V SHAKE

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

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

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



### SLIM & SASSY® TRIM KIT

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

<b>40770001</b>	1 Chocolate, 1 Vanilla
\$200 retail	\$150 wholesale   125 PV
<b>35280001</b>	2 Chocolate
\$200 retail	\$150 wholesale   125 PV
<b>35290001</b>	2 Vanilla
\$200 retail	\$150 wholesale   125 PV
<b>60130001</b>	2 V Shake
\$200 retail	\$150 wholesale   125 PV

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

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



# ENROLLMENT KITS



## NATURAL SOLUTIONS

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

<b>60200543</b>	<b>\$219.90 Savings</b>
\$733.33 retail	\$550.00 wholesale   400 PV



## CLEANSE AND RESTORE

Cleanse & Restore, dōTERRA Lifelong Vitality Pack®, PB Assist®+, GX Assist®, Zendocrine® Softgels, Zendocrine® Complex, DDR Prime®, DigestZen TerraZyme®, Lemon 15 mL, Wellness Advocate Introductory Packet

<b>60200541</b>	<b>\$81.50 Savings</b>
\$326.67 retail	\$245.00 wholesale   175 PV



## AROMATOUCH DIFFUSED

AromaTouch® Technique Kit, Petal Diffuser, Enrollment Packet, Wellness Advocate Introductory Packet

<b>60200547</b>	<b>\$32.00 Savings</b>
\$200.00 retail	\$150.00 wholesale   100 PV



## HOME ESSENTIALS

- **15 mL bottles:** Frankincense, Lavender, Lemon, Melaleuca, Oregano, Peppermint, dōTERRA Breathe®, DigestZen®, dōTERRA On Guard®
- **5 mL bottle:** Deep Blue®
- **Other Products:** Petal Diffuser, Wellness Advocate Introductory Packet

<b>41180001</b>	<b>\$86.25 Savings</b>
\$366.67 retail	\$275.00 wholesale   225 PV



## FAMILY WELLNESS

- **10 mL roll-ons:** Emotional Aromatherapy Touch Cheer, Emotional Aromatherapy Touch Peace, dōTERRA Breathe® Touch Blend, Deep Blue® Touch Blend, DigestZen® Touch Blend, Frankincense Touch Blend, Lavender Touch Blend, Melaleuca (Tea Tree) Touch Blend, dōTERRA On Guard® Touch Blend, Peppermint Touch Blend
- **Other Products:** dōTERRA Lifelong Vitality Pack®, PB Assist® Jr., dōTERRA a2z Chewable™, Wellness Advocate Introductory Packet

<b>60200542</b>	<b>\$99.25 Savings</b>
\$366.67 retail	\$275.00 wholesale   225 PV



## FAMILY ESSENTIALS KIT® AND BEADLETS

Family Essentials Kit, Peppermint Beadlets, dōTERRA On Guard® Beadlets, Wellness Advocate Introductory Packet

<b>60200540</b>	<b>\$36.50 Savings</b>
\$200.00 retail	\$150.00 wholesale   110 PV

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



dōTERRA®

389 South 1300 West  
Pleasant Grove, UT 84062  
1 800 411 8151  
doterra.com

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

# PB assist® Jr

*Probiotic Powder*

**Too  
delicious**  
to be a  
probiotic.



Delivers **5 billion live cells** of a unique blend of six different probiotic strains, specifically selected for their benefits among children.

**PB assist Jr.**  
*Probiotic Powder*

<b>34420001</b>	30 Sachets	
\$32.67 retail	\$24.50 wholesale	20 PV



dōTERRA®

CPTG Certified Pure Therapeutic Grade®