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8



Because
this
just isn't
practical.

Kills **99.9%** of germs and bacteria.

dōTERRA On Guard®

Sanitizing Mist

60201944 | 0.9 fl. oz. / 27 mL

\$8.67 retail | \$6.50 wholesale | 5 PV



ask Dr. Hill



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

Q: **A:**

I am loving the skin-supporting benefits of Copaiba, but what else can I use it for?

Copaiba is a truly powerful essential oil and the research continues to pour in about its amazing benefits. I'm particularly interested in recent research focusing on the many ways it can positively influence health when taken internally. As far as the scope of health-supporting benefits, it is similar to Frankincense in that it supports the proper function of nearly every body system. As the most plentiful essential oil source of Beta-Caryophyllene, it can have some profound effects on the endocannabinoid system and in supporting healthy cell growth, but it doesn't end there.* For daily support of the cardiovascular, immune, digestive, nervous, and respiratory systems, and for a dose of antioxidant protection, I recommend adding 1-2 drops of Copaiba to a glass of water or Veggie Cap every morning with breakfast. There is even some fascinating recent experimental research suggesting internal use may help support uterine health.* It is one of those oils that you should integrate into your daily routine for optimum health.



What resources are available for me to learn how I can expand my use of essential oils for self-care?

There are two distinct components to expanding your functional knowledge of essential oils: research and experience. We are all distinct in how we react to exogenous input. Despite the science, you may have better (or worse, or simply different) experiences with specific oils than others. So use them and develop your own model of daily use based upon your experiences. At doTERRA, we are proud to be the science leaders in the essential oil industry and we've created some amazing educational and usage tools, such as the Oil Chemistry Wheel. Soon we will be releasing a major expansion of the wheel, which will be the ultimate essential oil user's guide. Keep checking the doTERRA Science Blog (doterra.com/US/en/blog-science) for further information.

We've all heard the maxims about Frankincense being good for everything. What's a health benefit of Frankincense that most may not be aware of?

When in doubt...you know the rest. Frankincense really is good for almost anything, and the research is beginning to catch up with my experience. It's my go-to oil for internal use to support overall wellness, topically for skin health, and aromatically it promotes relaxation and focus. You may be surprised to learn about its uses around the home and in ways it can positively influence components of health that you don't generally think of. Experimental research has shown that Frankincense has pretty powerful cleansing properties, one that is effective on everything from teeth to surfaces. Add a drop to your toothpaste or water and use as a mouth rinse, or add a few drops to your all-purpose cleaner for those tough kitchen and bathroom messes.



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

Essential Oil Spotlight

SIBERIAN FIR

Sourcing Origin:

Russia

Aromatic Description:

Green, woody, fresh

Distillation Method:

Steam

Plant Part:

Needle/Twig

FUN FACT:

Siberian Fir essential oil is can be found in small amounts in many major food categories as a flavoring agent.

Siberian fir (*Abies sibirica*) is a tall evergreen tree within the Pinaceae family. Siberian fir trees are typically found in Russia, Finland, and North America. With a slight yellow tint, Siberian Fir essential oil has been described as having a refreshing scent reminiscent of pine.

HOW TO USE:

Aromatically

- ◆ Diffuse 1 drop with 1 drop Cassia and 2 drops Wild Orange for a great holiday scent.
- ◆ Put a few drops in the palms of your hands, cup your hands over your nose, and inhale deeply for a relaxing aroma.

Internally

- ◆ Add 1-2 drops to your tea to help calm your senses.*
- ◆ Add 1-2 drops in a veggie cap to help support relaxation.*

Topically

- ◆ Add a drop or two to your moisturizer and apply to the back of the neck or bottom of the feet to help balance emotions and soothe anxious feelings.
- ◆ Apply to muscles and joints or use with Fractionated Coconut Oil for a massage.



* 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.

Shoshana Bean



FROM THE BROADWAY STAGE TO TOPPING THE CHARTS AS A SOLO ARTIST (AND EVERYTHING IN BETWEEN), dōTERRA PERFORMANCE ADVOCATE SHOSHANA BEAN HAS DEDICATED HER LIFE TO HER PASSION FOR PERFORMING.

As a child, Shoshana dreamt of being on Broadway, and eventually turned that dream into a reality when she performed in shows like *Wicked*, *Hairspray*, *Funny Girl*, and more. Since her time on Broadway, Shoshana has released several solo albums, sold out concerts worldwide, been featured in movies and on TV, and performed alongside several legendary talents. Shoshana appeared as a special guest during the dōTERRA 2017 Global Convention where she performed for thousands of dōTERRA Wellness Advocates.

HOW DID YOU FIRST GET INVOLVED IN SINGING AND DANCING?

My mom is a teacher at a performing arts high school, and being a dancer herself, she placed me in a tap class at age three, then jazz and ballet. There was always music playing in my household, and in my grandmother's house where I spent a lot of time—all styles, all genres. I'm grateful for that. When I remember growing up, I remember music most of all. At age six, I auditioned for a youth theater group and the rest is history. That was it, I never stopped.

WHAT WAS YOUR FAVORITE SHOW/ROLE YOU EVER PERFORMED?

I suppose it was my experience playing Fanny Brice in *Funny Girl*. It had been a dream of mine since I was a kid, and when you've held a dream for that long and finally receive something you've spent so many hours praying for and working toward it's pretty surreal and emotional. Fanny is also a role to which I feel organically and authentically connected. I relate to her and her experiences so deeply and personally, which made that role equal parts incredibly challenging and completely natural.

DO YOU GET NERVOUS BEFORE GOING ON STAGE? HOW DO YOU HANDLE NERVES?

It depends on who is there and what's at stake, but yes, I still experience that rush of adrenaline and a little tinge of the fear of the unknown. I handle nerves by praying, meditating, doing some breathing and grounding exercises, and largely through general preparation. Being prepared removes the guesswork and any room for error. Because that's usually what we're afraid of, right? Messing up?

I also try to focus my pre-performance attention on what I'm there to give and not what I'm there to get. Once I shift my

focus to giving, I've taken the focus off myself and put it solely on my audience, where it belongs. And that removes any need to be nervous, because it isn't about me anymore.

WHAT IS THE HARDEST THING ABOUT BEING A PERFORMER AND ARTIST?

Getting used to the inconsistency. It is obviously not always a stable profession—there isn't always a check coming in once a week or even twice a month sometimes. It's hard to stay inspired and motivated when you've had the wind knocked out of you. It's hard to keep believing in yourself when it seems no one else does. It's hard to trust yourself, your instincts, and your vision for your art when so many people have their own ideas of what you should be doing and how you should be doing it.

HOW DO YOU PREPARE FOR A BIG SHOW? DO YOU HAVE A SPECIAL ROUTINE?

I try to keep big show days really simple, but it never works out that way. There is always so much to do, that I rarely get to focus on my performance alone. But generally I try to get myself up early to get my blood moving—usually with yoga. I have an extensive vocal warm up, I meditate, and I focus on my intentions. I spend time on the set, taking pictures, messing around, and listening to music (to remind myself that it's not brain surgery, we're here to have fun after all!). I pray with my band and team so that we can be on one energetic accord, and I try to have at least five minutes alone right before I go on to get my mind focused and my heart open. And then we're off!

WHERE DO YOU FIND YOUR INSPIRATION TO WRITE SONGS?

Oh that's easy! My life and my own failed romances!

WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO WANTS TO BE ON BROADWAY OR PURSUE A SOLO MUSIC CAREER?

Gird your loins! (Laughing) Truly—it's a bumpy ride to say the least. I'd say study hard, train hard, practice hard, and work hard. Take every opportunity offered to you, and more importantly, create your own opportunities.

Trust your gut. Share your heart. Be authentic. Who you are is more than enough. Be a good business person, not just a great talent. Log your mistakes to learn from them and do better next time. Respect, love, and value yourself first and foremost, so you don't look to outside sources for validation or encouragement.

Lastly, I'd say, I know we aren't curing cancer here, but what we do can be incredibly powerful. It has the power to heal hearts, bring great joy, and sometimes even change lives. With great power comes great responsibility, so respect that responsibility and treat your art with care and honor. Bring your whole heart to every gig, no matter the size. Stay grateful. Stay curious. The learning never stops.

WHO HAS BEEN YOUR BIGGEST INSPIRATION WHEN IT COMES TO SINGING AND PERFORMING? DO YOU HAVE A FAVORITE ARTIST OR PERFORMER?

My biggest inspiration? That's hard. I'm a sponge—I have so many people running through my artistic DNA. But my major influences have been Aretha (Franklin), (Frank) Sinatra, (Barbra) Streisand, Whitney (Houston), Mariah (Carey), the list goes on. My favorite artist is John Mayer, and my favorite performer would probably have to be Streisand.

HOW DID YOU FIRST HEAR ABOUT dōTERRA?

I think my first introduction was when I was working in Chicago. A friend of mine there was a huge dōTERRA user and Wellness Advocate.

WHAT ARE YOUR FAVORITE dōTERRA PRODUCTS, AND HOW DO YOU USE THEM?

I like to use dōTERRA On Guard® oil and dōTERRA On Guard Throat Drops for keeping myself healthy. I use dōTERRA Motivate® to keep me moving when I'm tired, and Melaleuca for any skin irritations. I love Jasmine just because it smells amazing, and I diffuse Lavender and Roman Chamomile to make my house, hotel room, or dressing room feel relaxing and cozy. I also like diffusing Peppermint and Grapefruit oil when I want to create a clean and energizing environment. I use Anchor from the Yoga Collection before class to help ground myself. Also, don't even get me started on the Essential Skin Care line!

Shoshana will be releasing her fourth studio album, *Spectrum*, February 9, 2018. Be sure to follow her for more exciting announcements and updates!

Twitter: /shoshanabean
Facebook: /shoshanabean
Instagram: /shobean
YouTube: /shoshanabean
Website: shoshanabean.com

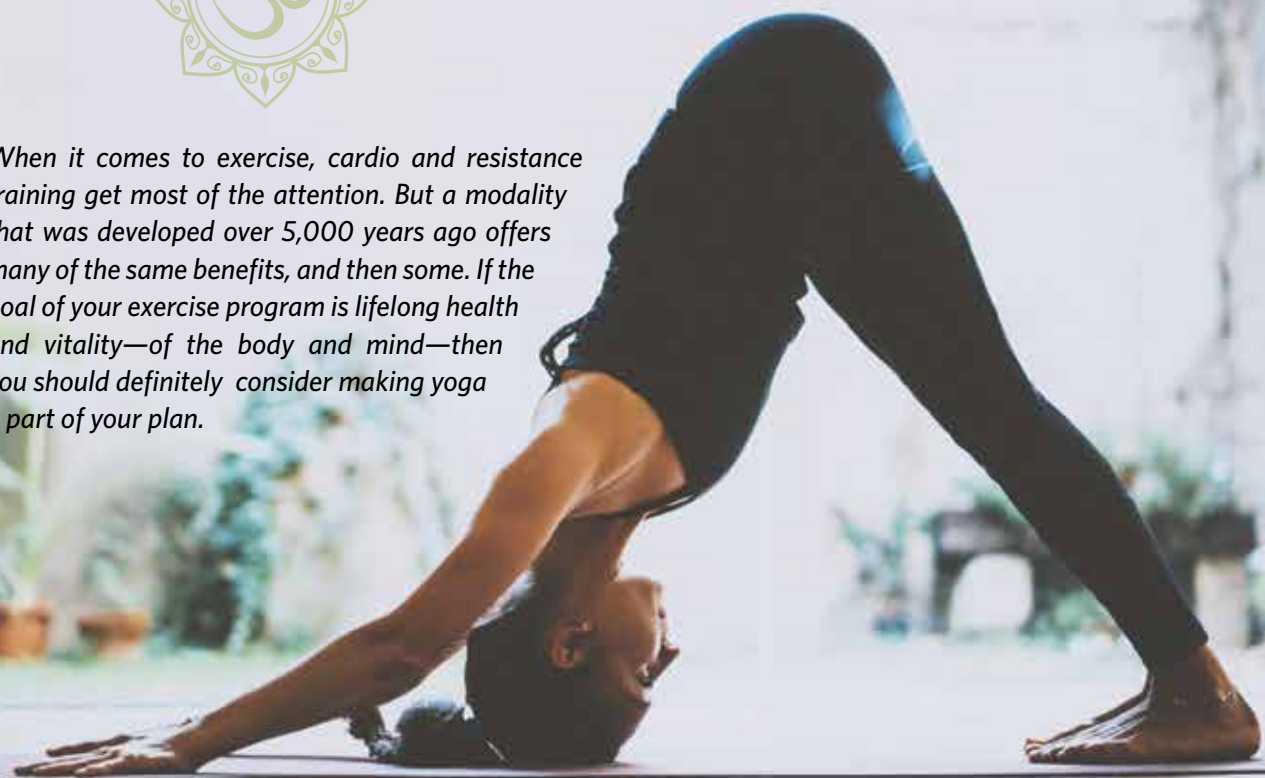
"I diffuse Lavender and Roman Chamomile to make my house, hotel room, or dressing room feel relaxing and cozy."



Benefits of Yoga



When it comes to exercise, cardio and resistance training get most of the attention. But a modality that was developed over 5,000 years ago offers many of the same benefits, and then some. If the goal of your exercise program is lifelong health and vitality—of the body and mind—then you should definitely consider making yoga a part of your plan.



The Body

Let's start jotting down the reasons to integrate asanas and pranayamas into your regular exercise routine. I hope you have a lot of ink in that pen. One of the primary reasons people stop, or never really start, an exercise program is because physical exertion can hurt, acutely and long-term. This is due both to unavoidable physiological processes (i.e., delayed onset muscle soreness (DOMS)) and because the modern lifestyle promotes sedentary behaviors

that make us stiff and immobile. Yoga is one of the best ways to address these issues. One study found that yoga was an effective means to expedite exercise recovery, decrease the intensity of DOMS, and improve post-exercise flexibility.

Adults who spend most of their days sitting experience a number of negative side effects. Not only are many adults lacking the required flexibility and mobility to safely perform various physical activities (especially hip-hinged movements, such as squats and deadlifts), but also chronic lower back and neck pain are becoming progressively more common. Yoga can help open up those hips so you can squat like a toddler without discomfort or muscular inhibition, and systematic reviews have confirmed that yoga is one of the single most potent methods of reducing pain and functional disability of the spine. And don't forget that cardio. While the methodology is totally different than logging miles on the treadmill, there is evidence that the positive physiological adaptations of regular yoga may be similar to that of running. A systematic review found that yoga was just as effective as more traditional means of cardiovascular exercise in lowering risk for cardiovascular disease and metabolic syndrome, and in improving various standard metrics of cardiorespiratory health. A holistic exercise plan simply is not complete without some variation of yoga.



The Mind

The benefits of yoga are not limited to the body; in fact, its ability to positively influence the mind is probably its most studied characteristic. Research has shown that regular yoga practice can increase blood flow to the brain, improve executive functioning and working memory capabilities, and protect against age-related cognitive decline. One recently published study found that regular yoga practice actually influences brain structure, as regular yoga practitioners were found to have greater brain cortical thickness than age-matched healthy non-practitioners. Previous research has associated cortical thickness with decreases in cognitive and executive functioning losses that come with aging. It is believed that the mechanism behind these effects is quite simple: extreme focus is an integral part of yoga practice, and the brain is much like a muscle in the sense that the more you challenge it, the more powerful and resilient it becomes. If it is mood-enhancing benefits you are looking for, lifting your hands to the sky in utkatasana ("fierce pose") does the same thing for your spirit. Researchers have found that as little as eight weeks of regular yoga practice can have dramatic positive influence on levels of anxiety and self-perception. Body or mind, yoga promotes health and wellness like few other activities can.

Essential Oils and Yoga

The unity of yoga and volatile aromatic compounds is as natural as CPTG® essential oils. One of exercise science's most proven activities for lifelong wellness (yoga) combined with one of nature's most health-promoting substances (essential oils) is a perfect match for a yoga studio (or your living room). And now you don't have to guess or spend time experimenting with DIY blends to find the best essential oils to complement your yoga experience: through a combination of art and science, the dōTERRA® Yoga Collection has done it for you. If you are in need of centering, the synergy of the essential oils contained in dōTERRA Align can help create a new sense of peace and purpose. dōTERRA Anchor, the steadying blend, combines several of the most stabilizing CPTG® oils, such as Patchouli and Cedarwood, to help you feel rooted and grounded. In dōTERRA Arise, dōTERRA has combined a number of the most uplifting terpene compounds, including limonene from Grapefruit and Lemon and bornyl acetate from Siberian Fir, to create a symbiotic blend that is both elevating and calming. For any novice or experienced yogi who is in need of centering or inspiration, the Yoga Collection provides distinct blends to help you get the most out of your yoga practice.

Add a few drops of your favorite dōTERRA Yoga Collection blend to a diffuser or your chakra points and take your physical, mental, and spiritual health to the next level.



dōTERRA

Yoga Collection

The dōTERRA Yoga essential oil collection is the perfect tool to share with others exploring their own practice. Through them, we hope you find your center, your grounding, and your own enlightenment. Namaste.

dōTERRA

Align Centering Blend

Promotes feelings of self-acceptance, trust, and fluidity. Encourages harmony and calm progress.

What's in it?

- ◆ Bergamot
- ◆ Coriander Seed
- ◆ Marjoram
- ◆ Peppermint
- ◆ Geranium
- ◆ Basil
- ◆ Rose
- ◆ Jasmine
- ◆ Fractionated Coconut Oil

Ideal yoga poses: Warrior II, Triangle, and Gate pose.

dōTERRA

Arise Enlightening Blend

Promotes feelings of happiness, clarity, and courage. Encourages rising to achieve goals and improved performance.

What's in it?

- ◆ Lemon Peel
- ◆ Grapefruit Peel
- ◆ Siberian Fir
- ◆ Melissa
- ◆ Osmanthus Flower
- ◆ Fractionated Coconut Oil

Ideal Yoga Poses: Standing, arms high, standing side stretch and Half Moon

dōTERRA

Anchor Steadying Blend

Promotes feelings of completeness, calmness, and courage. Encourages a steady foundation sense from which to move forward.

What's in it?

- ◆ Lavender
- ◆ Cedarwood
- ◆ Frankincense
- ◆ Cinnamon Bark
- ◆ Sandalwood
- ◆ Black Pepper
- ◆ Patchouli
- ◆ Fractionated Coconut Oil

Ideal Yoga Poses: Seated Meditation, Seated Twist, and Bhu Mudra.



8 Diffuser Blends with

Frankincense

Often called the "king of oils," Frankincense promotes feelings of peace and overall wellness. Blend Frankincense with other essential oils to create divine diffuser aromas.



Grounding

- ◆◆◆◆ Siberian Fir
- ◆◆ Douglas Fir
- ◆◆ Frankincense
- ◆◆◆ Grapefruit
- ◆◆ Vetiver

- ◆ Spikenard
- ◆◆ Lemongrass
- ◆◆ Blue Tansy
- ◆◆◆ Peppermint
- ◆◆◆ Frankincense

Energizing

- ◆◆ Peppermint
- ◆◆◆ Lemon
- ◆◆◆◆ Tangerine
- ◆◆◆ Frankincense

- ◆◆ Wild Orange
- ◆◆◆ Frankincense
- ◆◆ Cinnamon

Calming

- ◆◆◆ Frankincense
- ◆◆◆ Bergamot
- ◆◆◆ Lavender

- ◆◆◆ Bergamot
- ◆◆ Frankincense
- ◆◆ Ylang Ylang

- ◆◆◆ Vetiver
- ◆◆◆ Frankincense
- ◆◆ Lavender
- ◆◆ Roman Chamomile
- ◆◆ Sandalwood

- ◆◆◆ Eucalyptus
- ◆◆◆ Frankincense
- ◆◆◆ Arborvitae

Tip: Add Frankincense to the essential oils that contain the properties you are looking for. For example, if you would like to create a calming or grounding blend, add essential oils that contain those properties, such as Lavender or Vetiver. You can add essential oils such as Peppermint or Wild Orange for an uplifting or an energizing aroma.

BREAKING THE **GUINNESS** **WORLD RECORD** | **5,110 KITS** IN LESS THAN **1 HOUR**

“When we learned that young women are using leaves, mattress stuffing, newspaper, corn husks, and other materials for feminine hygiene, we were heartbroken; we knew we needed to help. We are excited to make the hygiene kits and, through this small act of service, support these girls in receiving an education and increasing their self-esteem.” *–Emily Wright*



On Friday September 8, 2017, at the dōTERRA YOU global convention, the dōTERRA Healing Hands Foundation® broke the GUINNESS WORLD RECORD® for the Most Personal Hygiene Kits Assembled in One Hour. The previous record had been set in January of 2017 at 1,002 kits.

Jimmy Coggins, an adjudicator from GUINNESS WORLD RECORDS, oversaw the attempt, verified that all components made it into the kits, and counted the kits at the end. To actually assemble the kits, 10 separate items had to be collected and placed into bags. With over 300 volunteers helping assemble kits, the participants ran out of kit components at 36 minutes and 41 seconds. Together they were able to assemble 5,110 kits.

The assembled kits will be distributed during the dōTERRA Co-Impact

Sourcing® Expeditions in Kenya, Nepal, Guatemala, and Haiti. What makes the kits even more special is the fact that every item in the kit is based on the feedback from the girls that use them—including fabric shields, liners, panties, wash clothes, soap, instructions, and a beautiful drawstring bag that can also be used for schoolwork. Each kit lasts three years and provides dignity and freedom to girls around the world.

The dōTERRA Healing Hands Foundation Manager Tammy Hutchinson says, “Assembling 5,110 kits was a great

achievement! However, when you consider how each of those kits affect an individual, how it changes a girl’s life and that of her family, that is when you realize the enormity of what was accomplished. Because of those kits, 5,110 women and girls have the freedom to stay in school and get an education, to interact with their family and community, and to work each day as needed without limitations. Now that is a great achievement!”

Beth Thode, a dōTERRA Wellness Advocate who was part of this record-

breaking event says, “I felt honored and privileged to be part of such a wonderful project for Days for Girls! It was so heartwarming to meet Celeste and know that dōTERRA employees and Wellness Advocates had so much teamwork to make the Guinness world record happen for the benefit of the girls.”

The dōTERRA Healing Hands Foundation has been a proud partner of Days For Girls since 2015. By 2015, Days for Girls had reached just over 400,000 women and girls in 101 nations. Since the dōTERRA Healing Hands Foundation’s

partnership, they have doubled their reach to 802,527 women and girls in 114 nations on six continents and plan to reach one million women and girls by the end of 2017. This is the multiplying factor of support from the dōTERRA Healing Hands Foundation.

HOW TO GET INVOLVED

- Donate
- Sew kits
- Participate in an expedition
- Find a local group

Visit daysforgirls.org

source to you™



Growers



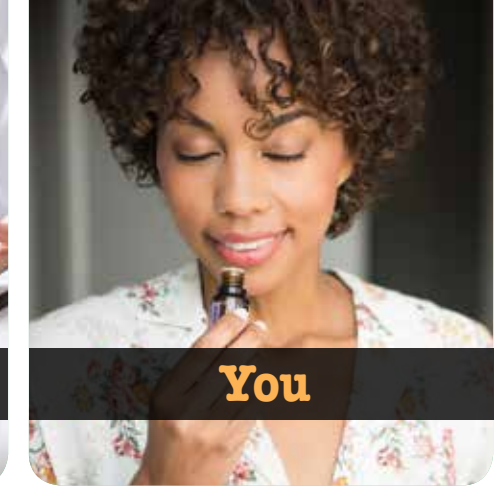
Distillers



Scientists



Practitioners



You

As the usage of essential oils continues to grow, so does the danger. Cutting corners to fulfill demand has become common in the industry. The dōTERRA commitment to ensure quality without compromise is second to none. The testing of dōTERRA essential oils begins long before the oils are distilled. **Source To You** takes you through the journey and the process of the dōTERRA essential oils from start to finish.

Q: What is the benefit of pre-paying our growers?

Many of our growers live in developing countries where the majority of their income is earned during the harvest season. By the time the next growing season comes around, much of that income has been spent on day-to-day expenses. Pre-paying growers smooths income streams over the year and gives them the ability to wait for the ideal time to harvest their plants, rather than harvesting for cash. This in turn ensures their plants will produce the quantity and quality of oil that we demand.

Q: How has our Co-Impact® Sourcing initiative helped growers?

The effects of the dōTERRA Co-Impact Sourcing initiatives have been wide and varied. By doing everything from ensuring the growers and harvesters have a consistent buyer paying a fair price to organizing functioning cooperatives and even helping install necessary production equipment (dryers, stills, etc.) where needed has allowed more profits to remain in those communities. When combining these initiatives with the projects supported by the dōTERRA Healing Hands Foundation®, humanitarian and environmental needs can also be addressed sustainably.

Q: What is Esseterre?

When we tried to work closely with suppliers in Bulgaria for various oils, but most importantly Lavender, none of the existing suppliers were willing to work with us under our Co-Impact Sourcing model, so we established Esseterre. Esseterre is a dōTERRA wholly owned distillation facility in Bulgaria. Our team there works with contracted farmers to help improve Lavender, Melissa, and other plant production, distill those plants with the most state-of-the-art distillation equipment available, immediately analyze the oil upon completion of the distillation process in our onsite laboratory, and then pay the farmers that same day for their harvest—something no other company in Bulgaria is able to do. Esseterre has changed farmers' expectations of how they should be treated and has raised the bar in how business is done in Bulgaria.

Q: What are we doing to ensure the highest quality of essential oils?

dōTERRA is committed to being the leader in essential oil quality. We do this through the most extensive testing process in the business. We study every aspect of the oil to ensure that it meets the highest standards of excellence in aroma, chemistry, and source material. By partnering on the ground with growers, harvesters, and distillers, we are able to have visibility into our supply chain right from the start. This makes a huge difference when it comes time to test the oils and evaluate their purity—we know where they've come from and how they were produced. From the moment of distillation until the time the oil is bottled and labeled with dōTERRA logo at our manufacturing facility, the many tests of quality demonstrate that the oil is pure and potent, ready for you to enjoy.

Q: Why is it important to have practitioners?

One of the missions dōTERRA is committed to is bringing together healthcare professionals of traditional and alternative medicine to encourage further study and application of essential oils in modern healthcare practices. Collaborating with practitioners with various specialties helps bridge the gap between the use of essential oils and western medicine. We currently work with osteopathic physicians (D.O.) and medical doctors (M.D.). In addition, dōTERRA plans on establishing clinics across the country and potentially worldwide where we'll have traditional western medicine along with essential oils in caring for patients. We expect to see healthcare costs drop, and for doctors to have time to care for what matters most: the patient. For more information about dōTERRA health clinics go to healthcare.doterra.com

Q: How does this website benefit me?

With the growing popularity of essential oils, many companies are claiming they have pure oils, but fail to provide credible proof of that purity. Source To You establishes that dōTERRA, from start to finish, will provide the best possible essential oils, pure and unadulterated. For more information visit: sourcetoyou.com

Q: How do I find my Quality ID?

Your Quality ID is located on the bottom of dōTERRA single essential oil bottles purchased after May 2016. Each Quality ID includes six or seven numbers and one letter.



Changing Lives

one flower at a time

Hele, a veteran harvester from Egypt, starts her harvest with a headlamp and basket at 2:30 am.



NEROLI ESSENTIAL OIL

Neroli, the flower from the bitter orange tree, was introduced into Egypt by the Arabs in 642 AD. Egyptian Neroli remains virtually untouched, unlike most orange trees across the world that have been altered by mix breeding. At the end of the 17th century, Anne Marie Orsini, Duchess of Bracciano and princess of Nerola, Italy, was said to be so fascinated with orange flower essence that she would bathe in it. She spread the practice to those around her, thus giving her name to the orange flower essence: Neroli.

The Bitter Orange Tree is able to produce three different oils. Neroli comes from the flower of the tree. Petitgrain comes from the leaf and twig of the tree. Lastly, orange comes from the rind of the orange fruit. However, dōTERRA Wild Orange is sourced from the sweet orange fruit. Producers can only choose one oil to cultivate because harvesting one will make it impossible for the other parts of the tree to mature. The Neroli flower only has a small window for harvest—from mid-March to the end of April.

JASMINE ABSOLUTE

Jasmine is a species of more than 200 flowering vines and shrubs of the Oleaceae family. Known throughout history for its floral scent, Jasmine has been revered in countries such as China, Japan, and all throughout Southeast Asia. Pakistan has even designated Jasmine as its national flower. Jasmine differs from other oils because it is an absolute, which means the oil is extracted using a unique method.

An absolute goes through a sophisticated process of separating the paraffins and waxes from the volatiles. This process allows for more of the aromatic compounds to be present in the absolute, resulting in an exquisite, yet potent final product. Due to the fragile nature of the Jasmine flower, steam distillation is too strenuous and will not produce the right compounds that we look for.

HARVESTING FLOWERS

What do Jasmine and Neroli have in common? They are both cultivated in Egypt. **It takes 1 ton of Jasmine flowers to produce 3 pounds of jasmine absolute—that's approximately 6,000,000 flowers.** Jasmine and Neroli flowers are not picked by machines, but rather by hand, one by one. This goes to show how much time and effort goes into producing such beautiful oils. Each individual flower is not only changing the lives of those using them, but changing the lives of those harvesting them.

to prolong the life of the plant. Hele has been doing this for 10 years, getting faster and faster with time. Her speed has made it possible for her to get to other jobs and back to her family much quicker.

Hele, a veteran harvester from Egypt, started out like many other harvesters, trying to earn money for her family. Beginning her day at 2:30 am, Hele starts her harvest with a headlamp, basket, and her fingers. Each day the harvesters are only allotted a certain amount of bushes to pick in order

When asked about her job, Hele says it is a great time to socialize with her friends. Many of the other harvesters are women in similar circumstances. This makes it more enjoyable and the time goes by much faster. Payments are fair and on time. In fact, the harvesters get to watch their loads get weighed to make sure the amount is correct. Hele may be just one harvester in Egypt, but her hard work in picking the flowers one by one makes it possible for us to enjoy the numerous benefits of Jasmine and Neroli.





THE SCIENCE OF
Aroma & Touch

The AromaTouch Technique® is a combination of two of the most powerful senses, used in conjunction to establish one simple way to give those you care for an individual essential oil experience. But just because it's simple doesn't mean it isn't profound. Whether it's offering a hand technique to a new acquaintance or a full AromaTouch Technique to a close friend, the olfactory and sensory stimulation induced by volatile aromatic compounds and human touch is a scientifically validated means to developing a strong connection with someone and positively influencing their well-being.

Aroma

Aroma is an important component of the AromaTouch Technique because it instantaneously prompts powerful emotional, physiological, and biochemical responses. As research has exhibited, activating your olfactory system can direct your mind to specific memories, relax you, positively influence the function of different body systems, and help create a close connection with whomever you are sharing the experience with.

Have you ever wondered how walking through an orange

grove can immediately induce powerful memories of your childhood? Or how the faint aroma of cinnamon can remind you of mom's Sunday-morning cinnamon rolls, even 30 years later? It is basic human biology. There is a direct connection between your nose and your brain's emotional control center: the limbic system. This is because the olfactory bulb is the only neural structure in the forebrain that takes input to the amygdala yet does not receive reciprocal projections. In other words, information from your nose goes

directly to the limbic system, which controls mood, memory, and emotions. Your body also contains far more receptors associated with smell (over 1,000) than it does for any other sense. Due to this, you are capable of discerning countless aromas—many of which you may not even be able to describe—with amazing sensitivity and accuracy. Human biology has made the olfactory system the most subtle yet effective means to induce specific and distinct responses. This is one of the primary reasons why essential oils can be so powerful in influencing well-being.

Touch

The AromaTouch Technique is all about creating an emotional connection, and the science behind that connection is as validated as it is compelling. Tactile communication is our first form of communication. We begin receiving tactile signals in the womb, and then touch plays a critical role in parent-child relationships before verbal communication is possible. It is, in essence, the first sense we acquire and it is astonishingly effective. In recent studies, researchers have shown that emotional communication is very effective through touch, nearly as effective as words and facial cues. Not only is touch able to communicate the tone of emotion (whether it is positive or negative, intense or subtle), but it may allow for precise differentiation between types of emotion. With voice and facial cues, we can identify just one or two positive

signals that are not confused with each other. Research has exhibited that touch can communicate multiple emotions—love, gratitude, sympathy, fear, anger—and with astounding exactness. This effect isn't just limited to loved ones; another study found that touch communicates emotion nearly as effectively when it occurs between strangers. While our understanding of the mechanisms involved with touch and emotional messaging is still limited, we do know that it can be more effective than even verbal communication in strengthening existing bonds and developing new ones.

Along with the emotional component, gentle touch can also influence physiological responses in ways other communication simply cannot.

Unlike massage, which involves powerful hand movements that are focused on specific outcomes (breakdown of muscular adhesions, stimulating the central nervous system, aiding recovery, etc.), the gentleness of an AromaTouch Technique has a much different spectrum of benefits. Tender touch almost instantaneously activates the release of oxytocin (often referred to as the "love" or "hug" hormone), decreases heart rate and blood pressure, and has a beneficial influence on multiple other stress-sensitive systems. Furthermore, the person initiating the contact generally experiences the same response as the person on the receiving end. Unlike a massage, the benefits of giving an Aromatouch Technique to someone can be just as powerful as receiving one.

The AromaTouch Technique is a scientific approach to combining smell, tactile communication, and the power of CPTG® essential oils to improve well-being. Visit doterra.com/US/en/aromatouch-technique-trainers to learn more or to find a training event near you, and start developing stronger and healthier connections.

BREAKING THE STEREOTYPE

of ESSENTIAL OILS



for

MEN



It's Not Just for Women?

There seems to be a common stereotype out there that essential oils are only for women. True, the majority of dōTERRA members are women, but did you know that men have used essential oils all throughout history? In the height of Egypt's power, male priests were the only authorities allowed to use aromatic oils. So why has the tide changed? What makes the men in today's world different from their male ancestors? Understanding stereotypes that surround essential oils can help answer these questions, and even change some perspectives.



“I tried it once and they didn't work.”

Essential oils are a lifestyle, not a use-once-cure-all product. Just like exercise isn't going to magically shape your body after one workout, one use of essential oils isn't going to magically improve your health. Although we still receive benefits with one workout or one use of essential oils, the change may not be noticeable. As for improving overall health, there is a level of commitment that involves long-term usage.

“They are only good for their smells.”

The smell of essential oils are what attract many people, but the benefits of essential oils go far deeper than just the aroma. dōTERRA essential oils are pure and work with your body in natural ways to help promote overall health. Not only do they smell good, they are good for you. Test them and see for yourself!

“dōTERRA isn't really a business; it's just something my wife does while I am at work.”

Many people are casual about their dōTERRA business; it isn't until real money is coming back that the men start gaining interest. John Busch IV, a Wellness Advocate, began like many other men in this business: full of doubts. It wasn't until he fully committed himself that he saw results. He said, “I find myself saying at least three times a week or more how thankful I am that I was wrong. Wrong about how the oils could help my daughter, wrong about my wife succeeding with dōTERRA as a business, and wrong that the oils could do anything for me as a man. If it was good enough for the kings and rulers of old, why would it not have great significance for you now?”

“Going into business with your significant other is too hard.”

This is a stereotype across the board, not just in the essential oil business. When it comes down to it, your attitude is what makes it hard or easy. Thank goodness we have an oil for that! Chandler Fausett, a Wellness Advocate, said, “My wife and I have been able to start this business together and we work extremely close. We discuss the goals we both want to achieve, select individual responsibilities, and evaluate weekly with each other on our progress. This is an incredible business to work with your spouse on.”

“Essential oils are just a fad that will soon end.”

The use of essential oils have been around since before humans began keeping records. The recent popularity of essential oils stems from many things—greater availability of different types of oils, stronger research into the effectiveness of the oils, and more opportunities to share personal experiences with the oils. Essential oils are on a train that is just gaining speed.

These are just a few of the many stereotypes men have about the essential oil industry. So what makes the men in today's world different from their male ancestors? Possibly it's the lack of knowledge or the conformity to what a man's role is in our current society. Regardless, these stereotypes along with all the others, can be overcome by doing one simple thing: try them. Give them a chance to prove you wrong. Educate yourself instead of being educated by those around you. This will give you your own perspective about the oils, and possibly change your mind. At the end of the day, anyone can benefit from incorporating essential oils into their daily routine.

SLIM &
SASSY

Sherry Marshal

2017 SLIM & SASSY® COMPETITION GRAND PRIZE WINNER While Sherry is a grand prize winner for the 2017 Slim & Sassy Contest, she continues to work toward new goals to help her maintain her newfound healthy lifestyle. Sherry says, "I want to thank dōTERRA for giving me the opportunity to participate in this challenge. It has been truly life changing. I have this new freedom and confidence that wasn't present before, and I wake up feeling this way every day. It is never too late to be who you might have been."

For most of her life, Sherry Marshal's health has taken a back seat as she put the needs of others first. In 1989, Sherry became a single parent, and all her efforts went into providing for and taking care of her three children. She soon learned that it was easy to neglect her own needs when so many people relied on her for help.

In 1992, Sherry's dad died at the age of 62. With her mother now a widow, Sherry took on the responsibility of caring for her in her father's absence. Taking on this extra role as caretaker added more stress to Sherry's life, leaving even less time for her to care for herself.

After 30 years, Sherry gave up smoking in 1998 because her daughter begged her to quit. After quitting smoking, Sherry used food as a replacement for her former addiction. She turned to food during times of stress and used it to "medicate" herself when confronted with challenges or stressful situations.

For years, Sherry followed this pattern of using food to relieve stress and relying on eating to make her feel better or to help her deal with her emotions. In 2012, Sherry's mother began to struggle with a serious health issue, adding even more to Sherry's plate as the family caretaker. When she wasn't working full time at her job, Sherry was taking care of her mom—feeding her, driving her to the doctor, and looking after her. This left very little time for Sherry to prepare food or make healthy choices, further limiting her ability to control her weight.

The Turning Point

Although many obstacles stood between Sherry and a healthy life (and had for years), Sherry still longed to take care of herself and her body. One day, she received a copy of dōTERRA® Living Magazine and read the story about Rachel Cody, the Slim & Sassy

Contest Grand Prize Winner for 2016. Inspired by Rachel's weight loss journey and interested in the Slim & Sassy Contest platform, Sherry decided to participate. Not only did she agree to participate in the contest, but firmly declared, "I'm doing this and I'm going to win." Sherry says, "This article gave me the push I needed to make changes now."

In addition to Rachel's Slim & Sassy story, Sherry admits that much of her motivation to participate in the contest and change her life came from her parents. When speaking of her dad's death, Sherry says, "He was never able to see my children grow up. I don't want to die at a young age like my dad. I want to see my children get married someday. I want to see my future grandchildren. I want a chance to spoil them and see them grow up." Sherry also saw the deterioration of her mother's health as a rude awakening. After seeing her parents' discomfort and spending so many years taking care of others, Sherry decided to take time for herself and embark on her own weight loss journey.

A Winning Attitude

As Sherry began the Slim & Sassy contest, she still faced many of the obstacles that had made losing weight difficult in the past. However, with clear goals in mind and motivation to change her life, Sherry began seeing results that helped her continue to improve and build a healthy lifestyle. She says, "In the past, I did not use the proper detoxification products, supplements, or oils to help my body metabolize fat properly and help me de-stress without turning to my food addiction." After losing 46 pounds and taking her dress size from a 20 to a 14, Sherry feels that she has finally found a routine that works for her personally.* Sherry says, "I no longer allow food to control my life. Meditation, daily exercise, and fresh, raw food are actually things I look forward to now!"



"It is never too late to be who you might have been"

-Sherry Marshal

After overcoming many obstacles to lose weight, Sherry hopes that others can avoid the negative thoughts and myths that filled her mind before beginning her Slim & Sassy journey. Here are a few mistakes and mentalities that Sherry says to avoid:

"Weight loss just doesn't work for me."

This negative thought kept replaying in my mind. But in the past, I wasn't consistent, I wasn't adequately prepared, and I did not write down my goals, which is why weight loss hadn't worked for me.

"I'm too old to lose weight."

I let myself believe that because I'm 60 years old, I can't possibly lose weight, but this contest helped me realize that I can do whatever I put my mind to. It's never too late.

"I don't have time to eat healthy."

I realize now how crippling this can be. It only takes a split second to step back, reevaluate, and make a better choice.

"I will never achieve my goals."

In the past, I never wrote down my goals. Once I made clear goals and rewarded myself positively for achieving short term goals, I worked my way up to achieving long term goals instead of never reaching goals that were just in my head.

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



RESULTS: 46 POUNDS AND TOOK HER DRESS SIZE FROM A 20 TO A 14.



ESSENTIAL WINTER BREAKFAST



GINGER PANCAKES

INGREDIENTS

- 1 ½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 drop Ginger oil
- 1 toothpick Clove oil
- 1 dash of nutmeg
- 1/3 cup brown sugar
- 2 tablespoons molasses
- 4 tablespoons butter, melted
- ¾ cup milk
- 2 eggs

METHOD

1. In a large bowl, combine all dry ingredients.
2. In separate bowl, whisk together milk, butter, molasses, Ginger oil, Clove oil, and eggs.
3. Slowly add wet ingredients to the dry ingredients while mixing.
Tip: stir until combined; do not over-mix.
4. Scoop about a ¼ cup mixture onto skillet.
5. Flip when pancake begins to bubble.
Hint: cook for about 2 minutes on each side, or until golden brown.
6. Top with homemade Wild Orange syrup.



OVERNIGHT CINNAMON MUESLI

INGREDIENTS

- 2 cups quick oats
- ¼ cup raisins
- ¼ cup plain yogurt
- 1 tablespoon honey
- 1 toothpick Cinnamon Bark oil
- 3 cups half and half

METHOD

1. Combine all ingredients and mix well.
2. Cover and put in refrigerator overnight.
3. Enjoy in the morning.



WILD ORANGE SYRUP

INGREDIENTS

- 1 cube butter
- 1 cup sugar
- 1 cup buttermilk
- 1 drop Wild Orange oil
- 1 tablespoon corn syrup
- ½ teaspoon baking soda

METHOD

1. Melt butter in a large pot on medium heat.
2. Once melted, mix in sugar.
3. Add buttermilk, Wild Orange oil, and corn syrup, whisk until combined.
4. While mixing, slowly add baking soda.
Hint: it should start foaming quickly. Keep stirring until foaming stops.
5. Take off heat and serve with Ginger pancakes.



HOT APPLE CIDER

INGREDIENTS

- 6 cups apple cider
- ¼ cup maple syrup
- 1 drop Cinnamon Bark oil
- 1 toothpick Clove oil
- 6 allspice berries
- 1 orange
- 1 lemon
- 1 apple

METHOD

1. Combine apple cider, maple syrup, Cinnamon Bark oil, and Clove oil in large pot on simmer.
2. Slice orange, lemon, and apple.
3. Cut a square of cheesecloth, put allspice berries, orange, lemon, and apple in the middle.
4. Pick up corners of the cheesecloth and tie off with a string.
5. Put in pot and boil for 5–10 minutes.

Tips For Organizing YOUR ESSENTIAL OILS COLLECTION

As you expand your dōTERRA essential oil collection, organizing and admiring your precious oil bottles can be one of the most relaxing and therapeutic activities. It's empowering to realize what each essential oil you own can do for you and your family. How many of you had purchased a kit and ended up only using a couple of oils not knowing what to do with the rest? This is a good time for you to challenge yourself to explore the benefits of those dust-covered oil bottles. Here are a few tips to get you started with organizing your essential oils in a way that's both useful and beautiful, but most importantly that works best for you.

First thing first, decide how and where you would like to store and display your essential oil bottles—whether you purchase special essential oil wood boxes, or create your own storage space. Put all of your essential oils out so you can see them all at once. Then, select your favorite.

A B C

ALPHABETICAL ORDER

Arrange your single oils and essential oil blends in alphabetical order. Refer to the product guide section in the back for a complete alphabetical list of dōTERRA essential oils and blends.



CAP STICKER COLOR

Use dōTERRA essential oil bottle cap stickers to color coordinate the oils based on the colors of the stickers—this system is especially satisfying if you have a slightly meticulous personality, and you find great enjoyment from color coordinating everything you see.



ESSENTIAL OIL PROPERTIES

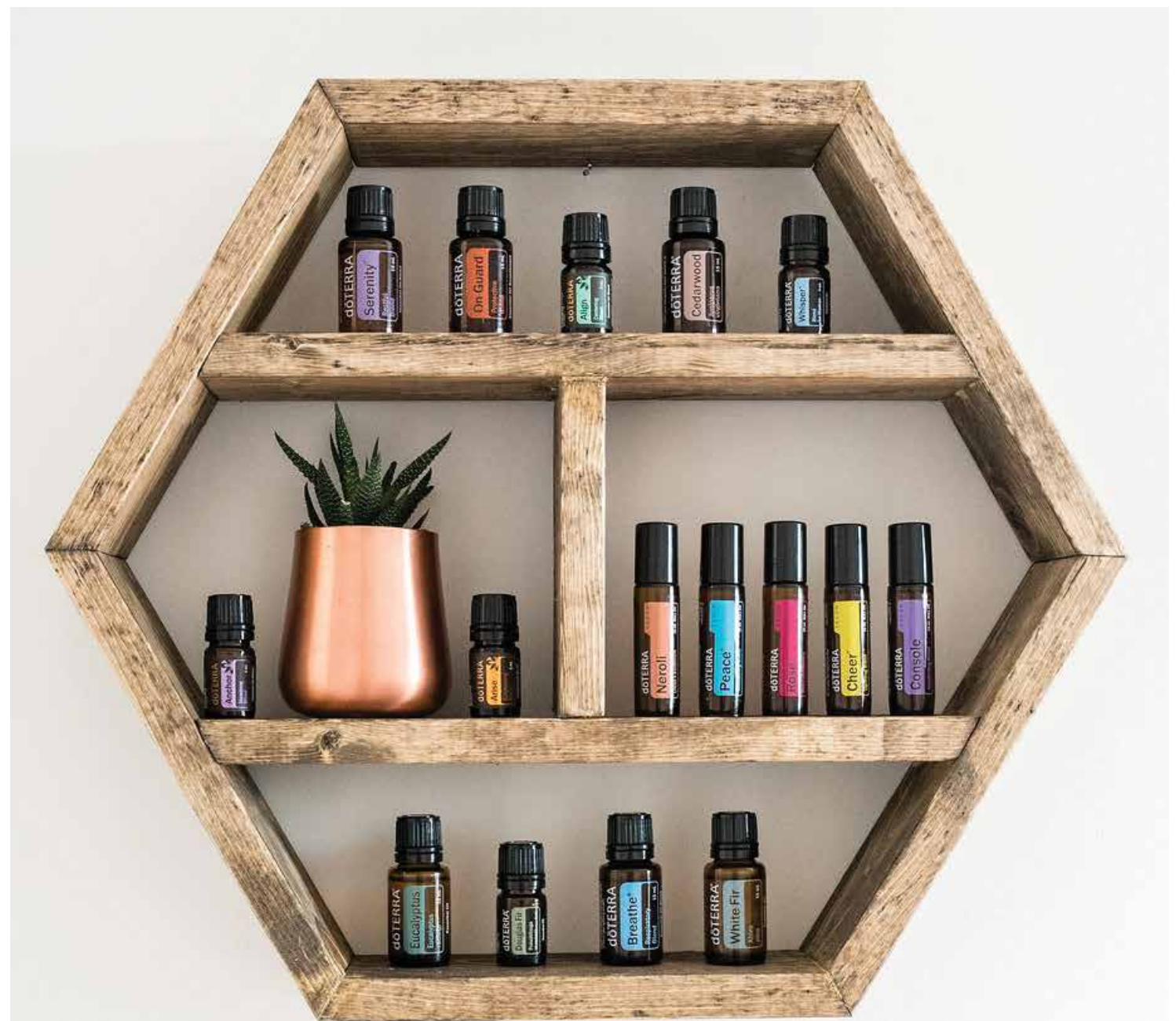
Separate oils based on their properties found on the dōTERRA Properties Wheel. For example, there are essential oils with calming properties such as Lavender and Roman Chamomile, and most citrus oils will have uplifting properties.



INDIVIDUAL ROOM

For convenient access, place essential oils that you are likely to use in your kitchen, bathroom, kids room, laundry room etc. You can hang a display shelf in your living room with a diffuser and your favorite essential oils blends—this is good a way to incorporate essential oils into your home décor.

What to do with extra essential oil bottles? If you find opened duplicates, you can carefully pour them into one bottle. Use unopened bottles as a giveaway on your social media page or a giveaway at your next dōTERRA essential oil class.



DIY HEXAGON SHELF

What you need

- 4 inch by 6 foot whitewood
- wood glue
- staple gun
- stain (optional)
- staples

Directions

1. Cut wood into six, 8-inch pieces on a 30 degree angle.
2. Glue pieces together to make a hexagon.
3. On the back, put two staples at each angle to hold the wood together until the glue dries.
4. When the glue is dry, stain it your desired color.

Tip: add additional shelves for more organization.

Love the Skin You're In

DR. AMY WOLTHOFF, MD, BOARD CERTIFIED DERMATOLOGIST

dōTERRA has hit a home run with the new skin care line! Not only do the products improve overall skin appearance, but they now have added cutting-edge cosmeceutical ingredients that attend to the most common concerns patients ask me about regarding their skin.

General Skin Healthcare



protecting the barrier.

CLEANSE: A good cleanser is important to rid the skin of excess oils, makeup, and pollution. The Creamy Facial Cleanser utilizes natural saponins of Yucca Root and Soapbark extract. It has Macadamia seed oil, vitamin E, and an amino acid derived humectant from Proline to help with conditioning the skin and



Some of my patients feel the rougher the scrub the better results they will get. In reality, any repeated irritation can lead to long-term damage to the skin's appearance.

EXFOLIATE: An exfoliator is important to remove dead skin and other pore-clogging impurities. I love the Invigorating Scrub with the gentle jojoba esters that not only exfoliate, but also have moisturizing properties. The included Burdock extract can help purify and tone the skin. Ideally, the cleanser and exfoliator you use should not irritate the skin.



not only conditioning the skin, but also reinforcing the skin's natural barrier against environmental pollutants. The Anti-Aging Moisturizer does this along with the added benefit of including peptides and summer snowflake bulb extract that help with skin tone, texture, and reducing the appearance of fine lines and wrinkles.

MOISTURIZE: After gentle cleansing it is important to use a moisturizer whether your skin is oily or dry. It should be something that you do every day, just like drinking water. You should drink water whether you are thirsty or not. By the time you feel thirsty, you are likely already dehydrated. It's the same with dry or cracked skin. Moisturizers play a role in



CONDITION: If your skin is a little more on the dry side, the Hydrating Cream does an amazing job at conditioning while soothing the skin. One of the main ingredients is cocoa seed butter, known to be a nutrient-rich emollient. The included

probiotics provide more intense hydration and aid in the skin barrier renewal process. Most people do not realize that even just dry skin can cause inflammation and turn into a rash. Moisturizing is the one of the most important steps in nourishing your largest organ!



investment. Make sure that before stepping outside (even if just driving in your car) you put on a broad-spectrum sunscreen. Many of my patients are surprised to find out that UVA rays penetrate window glass. You may not realize this because it is not the sunburn ray (UVB), but UVA is responsible for sunspots and premature aging.

PROTECT: During and after enhancing the health and appearance of your skin, you will need to protect your



Specific Concerns

DARK SPOTS: dōTERRA Brightening Gel addresses dark spots from years of sun causing uneven pigmentation. The gel utilizes natural properties of Juniper Berry, Melissa, and furanocoumarin-free Bergamot (important because it does not increase risk for sun sensitization) in a special vitamin C base. Many cosmeceuticals have vitamin C (a natural brightener) but if it's not in a specific formulation, it can break down prior to the active molecule reaching its target. In the Brightening Gel, the vitamin C is protected from oxygen exposure breakdown by microencapsulation technology. I love the included Ginger root extract known for anti-redness and calming properties.

FINE LINES AND WRINKLES: There are many anti-aging products on the market. To simplify, I tell my patients the most important ingredient to help promote renewed skin is retinol, a vitamin A derivative. The limiting factor to consistent use of retinol is often dryness and irritation. The new Eye Cream uses Bakuchiol (a natural retinoid-like compound), Frankincense, Ylang Ylang, and Blue Tansy (combined with the amazing cool rollerball applicator) to help with the common issues around the eyes including the appearance of fine lines and wrinkles, dark circles, and puffiness. These are complemented with the meadowfoam seed oil and two other natural polysaccharides known to soothe and hydrate, while tightening the skin.

The Tightening Serum made with Frankincense, Sandalwood, and Myrrh supports skin elasticity and suppleness. Rhizobian and acacia gum provide the lifting benefits. As we age our collagen and elastin (what makes our skin tight and supple) is broken down faster than it can be produced, often leaving behind the appearance of sagging, wrinkled skin. Perfluorodecalin in the serum promotes skin renewal and elasticity to help tighten and tone.

DULL SKIN/PORES: Astringents can be helpful for balancing and toning the skin. The Pore Reducing Toner uses Lavender, Ylang Ylang, and German Chamomile to remove traces of remaining oil and dirt, which can build up and dull the appearance of the skin, without drying the skin. The oligosaccharide rich lentil extracts increase skin hydration while helping reduce oily looking skin. This combined with the Invigorating Scrub will increase luminosity and brightness of the skin.

DIY:

Hand-knitted

WOOL BLANKET

What you need:

150 yards of super chunky yarn and an open work space.

Directions:



Step 1
Form a simple slipknot, keep it loose, and leave about a 6 inch tail.



Step 2
Bring your working yarn through the knot to make a loop.



Step 3
Repeat step two until you have a total of 20 stitches.

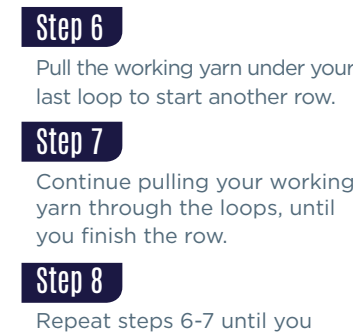


Step 4
On the last stitch, take the working yarn and tuck it under the last top ridge to make a loop.
Tip: This stitch is called a knit stitch.



Step 5
Pull the working yarn through the next ridge to make another loop. Keep repeating until the end.

Hint: You should be able to see multiple loops hanging from your first row.



Step 6
Pull the working yarn under your last loop to start another row.

Step 7
Continue pulling your working yarn through the loops, until you finish the row.

Step 8
Repeat steps 6-7 until you have about 2 yards of yarn left.



Step 9
On the last row, start your cast off the same way, by tucking your yarn under the last two loops to create two more loops on the last row.



Step 10
Tuck your inner most loop you just created underneath your outer most loop.



Step 11
Create another loop in the third column, and repeat step 10.



Step 12
Continue all the way down the row to cast off.



Step 13
On your last loop, pull the rest of your yarn through and pull until snug. Tie off.



Tip: Wool naturally absorbs oils for a long period of time. Put a few drops of your favorite essential oil on the blanket and relax.

Blue Tansy

Sourcing Origin:
Morocco
Aromatic Description:
Fruity, mellow, balsamic
Distillation Method:
Steam
Plant Part:
Flower/Leaf/Stem

Blue Tansy (*Tanacetum annuum*) is often confused with Common Tansy (*Tanacetum vulgare*), although Blue Tansy produces an essential oil with very different chemical components. Blue Tansy contains no thujone and high amounts of chamazulene. When the plant is distilled, the chamazulene gives Blue Tansy its rich blue hue. Blue Tansy can be used for its ability to help reduce the appearance of blemishes and soothe skin irritation.

HOW TO USE:

Aromatically

- Find your favorite blend to diffuse. Blue Tansy blends well with Clary Sage, Coriander, Geranium, Juniper Berry, Lavender, Petitgrain, Rose, Spearmint, and Ylang Ylang.
- Inhale deeply for an uplifting sensation.

Topically

- Add a few drops with Fractionated Coconut Oil for a soothing massage.
- Add 1-2 drops to your favorite skin cleanser to help promote clean and clear-looking skin (test on small patch of skin first).

Other

- Use as a natural dye and pleasant fragrance in place of a soap colorant.

Note: Blue Tansy may stain surfaces, fabrics, and skin.

Fun Fact: Blue Tansy is often times mistakenly referred to as Moroccan Chamomile, though Moroccan Chamomile is actually an entirely different species.



WHAT SHOULD YOU DIFFUSE?



dōTERRA HIGHLIGHTS



2017 YEAR END REVIEW

CORPORATE GROWTH

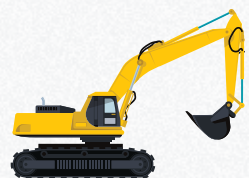
2,484 EMPLOYEES IN 16 OFFICES GLOBALLY



dōTERRA INTERNATIONAL WAS AWARDED THE 2017 PLEASANT GROVE-LINDON BUSINESS OF THE YEAR BY THE PLEASANT GROVE-LINDON CHAMBER OF COMMERCE.



dōTERRA BREAKS GROUND TO EXPAND CORPORATE HEADQUARTERS, INCLUDING A FLAGSHIP CLINIC WITH PLANS TO BUILD AND/OR PARTNER WITH INTEGRATIVE MEDICAL CLINICS AROUND THE UNITED STATES.



NEW MARKETS

MALAYSIA, NEW ZEALAND, UK, ITALY, COSTA RICA, RUSSIA, VIENNA



PO-TERRA CARES

47 dōTERRA HEALING HANDS FOUNDATION® PARTNER PROJECTS.

MORE THAN **20,000** JOBS CREATED THROUGH dōTERRA CO-IMPACT SOURCING®

dōTERRA BREAKS GUINNESS WORLD RECORDS™ FOR THE MOST PERSONAL HYGIENE KITS ASSEMBLED IN ONE HOUR:

5,110 HYGIENE KITS IN JUST 36 MINUTES



dōTERRA IMPLEMENTS A NEW AND IMPROVED SHOPPING AND ENROLLMENT SITE.

CO-IMPACT SOURCING TRIPS

GUATEMALA, NEPAL, BULGARIA, KENYA

EVENTS



dōTERRA YOU GLOBAL CONVENTION WITH MORE THAN

30,500 ATTENDEES FROM 68 COUNTRIES + 10,000 ONLINE

WELLNESS ADVOCATES

8,438 SILVER



2,609 GOLD



741 PLATINUM



1,147+ REACHING DIAMOND AND ABOVE RANKS

SOCIAL PRESENCE



143K PINTEREST FOLLOWERS

367K INSTAGRAM FOLLOWERS

1+MIL FACEBOOK FOLLOWERS

ESSENTIAL OIL LAUNCH

BLUE TANSY, COPAIBA, SIBERIAN FIR, TANGERINE, JASMINE TOUCH, ROSE TOUCH, NEROLI TOUCH, dōTERRA ON GUARD® SANITIZING MIST, AND YOGA COLLECTION



HAPPY NEW YEAR

“We all get the exact same 365 days. The only difference is what we do with them.”

- Hillary DePiano

FAVORITE MEMORY _____

FAVORITE PLACE I'VE VISITED _____

LESSONS LEARNED _____

MY ACCOMPLISHMENTS _____

2017

I'M LOOKING FORWARD TO _____

I WANT TO LEARN _____

I WANT TO GO TO/VISIT _____

BAD HABIT I WANT TO BREAK _____

GOALS _____

2018

FREE TO Give

dōTERRA

A TIME FOR RESOLUTIONS

This time of the year is a great opportunity to spend time with family and friends and reflect on what we can improve on for the next year. The Free to Give program would like to challenge dōTERRA members to set a New Year's Resolution to pay off debt in 2018! Becoming debt free helps bring feelings of peace and prosperity, and can bring about dramatic results to your financial lifestyle.

The Free to Give program has several resources that can help you assess what kind of New Year's Resolutions you can make financially. These resources include a Monthly Budget, Expense Tracker, and a Debt Payment Tracker. You can also purchase the book *The 4 Laws of Financial Prosperity* by Blaine Harris and Charles Coonradt found in your dōTERRA back office.

Set goals to pay off your debt in one or more of the following categories:



Credit Cards



Loans and Bills



Car Payments



Mortgage

To enroll in the Free to Give Program got to, <https://www.doterra.com/US/en/form/free-to-give>. For more tools, resources, and information regarding the Free to Give Program, please visit our website at doterrafreetogive.com or email freetogive@doterra.com. You can also participate in the dōTERRA Free to Give Facebook Group!

dōTERRA has helped me focus
and pay off my medical bills early! It feels great to
receive a token of appreciation!

-Ashby Collins
Alexandria, VA

We worked hard to pay off our credit cards—\$7,000 paid off in a year. We made sacrifices and it was all worth it. The truck payment is next. Our goal is to have it paid off by the end of this year. We don't make much money, but when we decided we would put every extra little bit towards our debt, we were very surprised how fast it happened.

The law of attraction was also a huge part of this. Get your goals on your vision boards and speak them out loud!
If we can do it so can you!

-Stacie Glad
Sandy, UT

Thank you dōTERRA
for offering this great program. I had \$19,000 in credit card debt when I joined the program. Today I received my credit card token for paying off all my credit cards! The car payment is next!

-Kris Keske
Denver, CO

We paid off our mortgage five years early.

Was it a struggle? Were there sacrifices along the two year journey? Did we have some weeks where we almost went into the red? Yes—on all counts. But we had a vision. We set the goal to put every penny we could toward our mortgage. Would I do it again? YES! In a heartbeat!

If you had come to me a couple of years ago and told me I would be working from home, building a beautiful network marketing business, and have my mortgage paid off seven years early, I honestly would have laughed in your face and would have said, "Impossible!" One thing I now know for sure, NOTHING IS IMPOSSIBLE!

-Sue Hetherington
Ontario, Canada



ESSENTIAL OIL SINGLES

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

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

SANDALWOOD, HAWAIIAN ESSENTIAL OIL <i>Santalum paniculatum</i> A T N 41860001 5mL \$82.33 retail \$61.75 whl 61.75 PV	SIBERIAN FIR <small>NEW!</small> ESSENTIAL OIL <i>Abies sibirica</i> A T I N 60203125 15mL \$26.66 retail \$20.00 whl 20 PV	SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i> A T I S 31610001 15mL \$38.67 retail \$29.00 whl 29 PV	SPIKENARD ESSENTIAL OIL <i>Nardostachys jatamansi</i> A T N 49510001 5mL \$66.00 retail \$49.50 whl 49.5 PV	TANGERINE <small>NEW!</small> ESSENTIAL OIL <i>Citrus reticulata</i> A T I N 49440001 15mL \$18.75 retail \$15.00 whl 15 PV
THYME ESSENTIAL OIL <i>Thymus vulgaris</i> A T I D 30220001 15mL \$36.67 retail \$27.50 whl 27.5 PV	VETIVER ESSENTIAL OIL <i>Vetiveria zizanioides</i> A T I N 30430001 15mL \$46.00 retail \$34.50 whl 34.5 PV	WILD ORANGE ESSENTIAL OIL <i>Citrus sinensis</i> A T I N 30170001 15mL \$14.00 retail \$10.50 whl 10.5 PV	WINTERGREEN ESSENTIAL OIL <i>Gaultheria fragrantissima</i> A T S 31620001 15mL \$25.33 retail \$19.00 whl 19 PV	YLANG YLANG ESSENTIAL OIL <i>Cananga odorata</i> A T I N 30240001 15mL \$47.00 retail \$35.25 whl 35.25 PV

PROPRIETARY ESSENTIAL OIL BLENDS

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

AROMATOUGH® MASSAGE BLEND T N 31200001 15mL \$34.67 retail \$26.00 whl 26 PV	dōTERRA BALANCE® GROUNDING BLEND A T N 31010001 15mL \$26.67 retail \$20.00 whl 20 PV	dōTERRA BREATHE® RESPIRATORY BLEND A T S 60200190 15mL \$26.66 retail \$20.00 whl 20 PV	CITRUS BLISS® INVIGORATING BLEND A T N 31020001 15mL 20.00 retail \$15.00 whl 15 PV	CLARYCALM® MONTHLY BLEND FOR WOMEN A T N 49480001 10mL \$32.67 retail \$24.50 whl 24.5 PV
DEEP BLUE® SOOTHING BLEND T S 60200143 5mL \$42.67 retail \$32.00 whl 32 PV	DEEP BLUE® SOOTHING BLEND T S 60200144 10mL \$85.33 retail \$64.00 whl 64 PV	DIGESTZEN® DIGESTIVE BLEND A T I N 31030001 15mL \$41.33 retail \$31.00 whl 31 PV	ELEVATION JOYFUL BLEND A T N 31040001 15mL \$49.33 retail \$37.00 whl 37 PV	HD CLEAR® TOPICAL BLEND T N 49400001 10mL \$28.00 retail \$21.00 whl 21 PV
IMMORTELLE ANTI-AGING BLEND T N 37140001 10mL \$92.67 retail \$69.50 whl 69.5 PV	INTUNE® FOCUS BLEND A T N 41840001 10mL \$46.00 retail \$34.50 whl 34.5 PV	dōTERRA ON GUARD® PROTECTIVE BLEND A T I S 31100001 15mL \$42.67 retail \$32.00 whl 32 PV	dōTERRA ON GUARD® BEADLET 31580001 125 ct. \$20.00 retail \$15 whl 15 PV	PASTTENSE® TENSION BLEND A T N 31350001 10mL \$24.67 retail \$18.50 whl 18.5 PV
PURIFY CLEANSING BLEND A T N 31060001 15mL \$24.00 retail \$18.00 whl 18 PV	dōTERRA SERENITY® RESTFUL BLEND A T N 49530001 15mL \$40.00 retail \$30.00 whl 30 PV	SLIM & SASSY® METABOLIC BLEND A T I S 31370001 15mL \$32.67 retail \$24.50 whl 24.5 PV	TERRASHIELD® OUTDOOR BLEND A T N 31190001 15mL \$12.67 retail \$9.50 whl 9.5 PV	TERRASHIELD® SPRAY BOTTLE 31600001 30mL bottle \$26.00 retail \$19.50 whl 17 PV
WHISPER® BLEND FOR WOMEN A T N 31080001 5mL \$32.00 retail \$24.00 whl 24 PV	ZENDOCRINE® DETOXIFICATION BLEND A T I S 31460001 15mL \$32.67 retail \$24.50 whl 24.5 PV	APPLICATION METHODS A Can be used aromatically T Can be use topically I Can be used internally SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)		

TOUCH BLENDS



dōTERRA TOUCH® KIT

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

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

60200333 | 160 PV
\$225.33 retail | \$169.00 wholesale



dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

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

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

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

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

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

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

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

dōTERRA PEACE® TOUCH
REASSURING BLEND
A T N
60200151 | 10mL roll-on
\$24.33 retail | \$18.25 whl
18.25 PV

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

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

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

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

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

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

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

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

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

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

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

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

ESSENTIAL OIL KITS



dōTERRA EMOTIONAL AROMATHERAPY® KIT

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

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

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



INTRODUCTION TO ESSENTIAL OILS KIT TOP SELLER

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

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

60200330 | three 5mL bottles
\$26.67 retail | \$20.00 wholesale | 15 PV

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

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

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

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

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

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



dōTERRA YOGA COLLECTION NEW!

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

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



AROMATOUCH® TECHNIQUE KIT

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

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

20570001 | eight 5mL bottles, one 4 oz bottle
\$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 5mL bottles of essential oils and blends
Lavender Frankincense
Lemon Deep Blue®
Peppermint dōTERRA Breathe®
Melaleuca (Tea Tree) DigestZen®
Oregano dōTERRA On Guard®
- List of suggested uses for each oil

60200331 | ten 5mL bottles
\$166.67 retail | \$125.00 wholesale | 115 PV

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

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, Ylang Ylang, Helichrysum, and Osmanthus essential oils
- Apply as part of a soothing massage

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

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

DEEP BLUE® RUB SOOTHING LOTION

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

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

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

32-OUNCE BOTTLE

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

DEEP BLUE® RUB SAMPLES

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

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

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

DEEP BLUE POLYPHENOL COMPLEX®

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

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

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



dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND



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

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

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



dōTERRA BREATHE® RESPIRATORY DROPS

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

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

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



dōTERRA BREATHE® VAPOR STICK

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

- Provides cooling, invigorating vapor
- Provides a cooling, soothing effect

34290001	.4 oz
\$11.33 retail	\$8.50 wholesale 5 PV

dōTERRA SERENITY® PRODUCTS



dōTERRA SERENITY® SOFTGELS RESTFUL COMPLEX

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

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

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



dōTERRA SERENITY® RESTFUL BLEND



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

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

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

HAIR CARE



dōTERRA SALON ESSENTIALS® PROTECTING SHAMPOO

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

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

36220001	8.34 fl oz/250mL
\$26.00 retail	\$19.50 wholesale 19.5 PV

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

dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

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

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

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

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

dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

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

36280001	70 PV
\$103.33 retail	\$77.50 wholesale

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

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



SHAMPOO/CONDITIONER SAMPLES

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

dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

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

- 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

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



PROTECTING SHAMPOO 2-PACK

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

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

36260001	\$37.33 retail	\$28.00 wholesale	23 PV
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PRODUCT GUIDE

FACIAL CLEANSER NEW FORMULA!

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

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

INVIGORATING SCRUB NEW FORMULA!

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

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

PORE REDUCING TONER NEW FORMULA!

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

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

BRIGHTENING GEL COMING SOON!

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

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



TIGHTENING SERUM NEW FORMULA!

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

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

ANTI-AGING EYE CREAM NEW!

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

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

ANTI-AGING MOISTURIZER NEW FORMULA!

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

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

HYDRATING CREAM NEW FORMULA!

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

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

IMMORTELLE ANTI-AGING BLEND

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

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

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

CORRECT-X® ESSENTIAL OIL OINTMENT

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

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

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

PERSONAL CARE



NATURAL DEODORANT

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

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

37420001	1.7 oz
\$11.33 retail	\$8.50 wholesale 5 PV



WOMEN'S HEALTH



quick shopping reference for all products
U.S. RETAIL PRICING

LOYALTY
REWARDS
PROGRAM

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 ESSENTIAL COMPLEX

dōTERRA® Women Phytoestrogen Essential Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.*

- Includes a standardized soy extract with genistein, a powerful phytoestrogen*
- Supports healthy hormonal balance*
- Supports healthy bones, heart, breast tissue, and other body structures*

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

MADE WITH SLS-FREE
VEGETABLE CAPSULES

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

MADE WITH SLS-FREE
VEGETABLE CAPSULES

CLARYCALM® MONTHLY BLEND FOR WOMEN

A T N

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

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

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

CHILDREN'S HEALTH

dōTERRA a2Z CHEWABLE™

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2Z Chewable tablets provide the nutrients your body needs for optimal health.*

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection*
- 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 over 1,500 mg of Omega-3s per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with dōTERRA a2Z Chewable tablets

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

PB ASSIST® JR

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

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

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



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

DAILY VITALITY

LOYALTY REWARDS PROGRAM



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

21480001		
\$106.00 retail	\$79.50 wholesale	60 PV

LOYALTY REWARDS PROGRAM



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

60201121		
\$116.00 retail	\$89.50 wholesale	60 PV



MICROPLEX VMz® FOOD NUTRIENT COMPLEX

dōTERRA Microplex VMz is a food nutrient formula of bioavailable vitamins and minerals often deficient in modern diets.

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

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



xEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

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

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



vEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

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

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



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 dōTERRA LIFELONG VITALITY PACK OR dōTERRA DAILY NUTRIENT PACK



\$79.50 wholesale
60 PV



\$89.50 wholesale
60 PV



\$59.50 wholesale
50 PV

AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



Microplex VMz®
\$20.00
10 PV



xEO Mega®
\$20.00
10 PV



Mito2 Max®
\$20.00
10 PV



Deep Blue Polyphenol Complex®
\$20.00
10 PV



DigestZen TerraZyme®
\$20.00
10 PV



PB Assist+®
\$20.00
10 PV



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

DIGESTIVE HEALTH



DIGESTZEN® DIGESTIVE BLEND



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*

31030001	15mL bottle	
\$41.33 retail	\$31.00 wholesale	31 PV



DIGESTZEN® SOFTGELS

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

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



DIGESTTAB® CHEWABLE TABLETS

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

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

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

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DIGESTIVE HEALTH



DIGESTZEN TERRAZYME® DIGESTIVE ENZYME COMPLEX TOP SELLER

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

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

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



PB ASSIST®+ PROBIOTIC DEFENSE FORMULA

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

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

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



GX ASSIST® GI CLEANSING FORMULA

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

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

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



ZENDOCRINE® DETOXIFICATION BLEND



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

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

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



ZENDOCRINE® SOFTGELS

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

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

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



ZENDOCRINE® DETOXIFICATION COMPLEX

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

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

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



SPECIALIZED SUPPLEMENTS



DDR PRIME®

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

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

DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

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

DDR PRIME SOFTGELS™

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



TRIEASE® SEASONAL BLEND SOFTGELS

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

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

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



DEEP BLUE POLYPHENOL COMPLEX®

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

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

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



TERRAGREENS®

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

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

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



MITO2MAX® ENERGY & STAMINA COMPLEX

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

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

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



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

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

SLIM & SASSY®



SLIM & SASSY® TOP SELLER
METABOLIC BLEND



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

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

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



SLIM & SASSY® SOFTGELS

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

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

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



SLIM & SASSY®
METABOLIC GUM

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

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

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



SLIM & SASSY® TRIM KIT

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

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



SLIM & SASSY® TRIMSHAKE

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

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



SLIM & SASSY® V SHAKE

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

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

35440001	
\$52.67 retail	\$39.50 wholesale 25 PV

ENROLLMENT KITS



NATURAL SOLUTIONS

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

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



CLEANSE AND RESTORE

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

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



AROMATOUCH DIFFUSED

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

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



HOME ESSENTIALS

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

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



NEW LOOK!

EMOTIONAL AROMATHERAPY DIFFUSED KIT

- **5mL bottles:** dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Passion®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Peace®
- **Other Products:** Lumo Diffuser, Wellness Advocate Introductory Packet

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



NEW LOOK!

FAMILY ESSENTIALS KIT AND BEADLETS

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

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

For additional enrollment kit options visit doterra.com

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

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dōTERRA®

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SALT LAKE CITY, UTAH

dōTERRA LUMO

Aroma Diffuser

Fill the air
with things
you **love**



dōTERRA LUMO

Aroma Diffuser

60203080

\$93.33 retail

\$70.00 wholesale

40 PV



dōTERRA®

CPTG Certified Pure Therapeutic Grade®