

UNITED STATES PRODUCT GUIDE | FALL 2016



dōTERRA®



THE dōTERRA® STORY

In the spring of 2008, a group of health-care and business professionals who shared profound personal experiences with the life-enhancing benefits of essential oils came together with a common vision of bringing a new standard of essential oils to the world. They wanted something different that would appeal to all people, from those who knew nothing of essential oils to those who were considered experts in the field.

They asked themselves some defining questions: “What if we could provide the world with a new and powerful wellness alternative?” “What if we could provide this new level of wellness through a mainstream approach to essential oils?” “What if we could source, test, and manufacture a higher quality of essential oil—more pure and more potent than any other oil available on the market today?” “What if we, in the most professional manner, could partner with major hospitals, doctors, scientists, and opinion leaders to provide the most compelling authentication of essential oils on the planet?”

They concluded that, with the hard work and commitment of others who had a similar passion and vision, they could and would create a new paradigm for essential oils. With that conviction, they organized a company and named it dōTERRA, a Latin derivative meaning “Gift of the Earth.” The first dōTERRA offering of 25 single oils and 10 oil blends was introduced for sale on April 25, 2008, to the acclaim of essential oil experts and product enthusiasts who immediately recognized the superior quality of dōTERRA essential oils.

dōTERRA has continued to add wellness products and to expand their essential oils offering as the company has enjoyed tremendous growth since its beginning.

OUR MISSION

WE AT dōTERRA ARE COMMITTED TO SHARING THE LIFE-ENHANCING BENEFITS OF ESSENTIAL OILS WITH THE WORLD. WE WILL DO THIS BY:

- Discovering and developing the world’s highest-quality essential oil products through a leveraged network of highly-educated and experienced botanists, chemists, health scientists, and health-care professionals.
- Producing our essential oil products to the highest standard of quality, purity, and safety used in the industry—CPTG®.
- Distributing our products through Wellness Advocates who, working from home, introduce, educate, and sell dōTERRA wellness products locally through person-to-person contact and globally through personalized web shopping sites.
- Providing educational opportunities for all people interested in learning how essential oils can be used as a self-care wellness alternative.
- Bringing together health-care professionals of traditional and alternative medicine to encourage further study and application of essential oils in modern health-care practices.



PETITGRAIN ESSENTIAL OIL
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SERENITY SOFTGELS

PAGE 38



EMOTIONAL AROMATHERAPY TOUCH

PAGE 24



TO ORDER: doterra.com 1-800-411-8151

dōTERRA® proprietary essential wellness products are sold exclusively by Wellness Advocates through person-to-person sharing, personalized websites, and in wellness centers and spas throughout the United States and abroad. To order, talk to the Wellness Advocate who provided you with this product guide or call 1-800-411-8151 to find an advocate in your area. Wellness Advocate distributorships are available.

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What are **ESSENTIAL OILS?**

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. Essential oils can lift the mood, calm the senses, and elicit powerful emotional responses. Yet the use of essential oils goes well beyond their fragrant appeal.

Essential oils have been used throughout history in many cultures for their health-promoting properties. Modern trends toward more holistic approaches to self care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many have powerful cleansing properties. Their unique chemical structure allows them to deliver targeted benefits through topical application. Certain oils may be used as dietary aids to promote vitality and well-being.

Extraction Methods

Essential oils are most often extracted via a low-heat steam distillation process in which steam is circulated under pressure through plant material, liberating the essential oils into the steam. As the steam mixture cools, the water and oils are separated and the oil is collected in its pure form. To ensure the highest quality oil extract of correct chemical composition, temperature and pressure must be monitored very closely. Too little heat and pressure will not release the valuable oil; too much can fracture an extract's delicate chemical composition and alter its potency.

Equally important to the carefully controlled extraction process, the meticulous selection of correct plant species and plant parts harvested at the perfect moment when their essential oil compounds are most concentrated, is also required for a quality essential oil extract. This complex process is as much an art form as it is a science and requires experienced growers and distillers working together to ensure a superior product.





CPTG® Testing

dōTERRA® CPTG® essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants or other chemical residues.

As important as it is to keep contaminants out of our oils, assuring the presence of the oils' active compounds at the right levels is necessary to guarantee safety and effectiveness. Many oils claim to be high quality, and some may be pure, but few are subjected to rigorous testing standards for chemical composition. dōTERRA CPTG® essential oils are cross tested using Mass Spectrometry and Gas Chromatography to ensure both the extract purity and composition potency of each batch.

dōTERRA works closely with a global network of leading essential oil chemists and growers to select botanicals of the correct species, grown in ideal environments, and carefully harvested at the right time. The aromatic compounds of the plants are skillfully extracted by experienced distillers and subjected to chemical analysis to ensure purity and composition. dōTERRA CPTG® essential oils represent the safest and most beneficial oils available in the world today.



Most tested, most trusted.™



Equally stringent standards of safety and efficacy are applied to all dōTERRA Essential Wellness products. Guided by our Scientific Advisory Board, dōTERRA uses only top development and manufacturing partners who maintain GMP certification and enjoy industry reputation for superior innovation and quality. Each dōTERRA product is guaranteed to exceed customer satisfaction and performance expectations.





Uses

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used singly or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: diffused aromatically, applied topically to the skin, or taken internally as dietary supplements. Using essential oils can be both profoundly simple and life changing at the same time. Working with someone who has used essential oils before will help first-time users have a more beneficial and enjoyable experience.

Essential oils are naturally safe and have few, if any, undesirable side effects when used as directed. They are, however, powerfully concentrated and should be used with care. Be sure to use only pure essential oils and follow all label warnings and instructions. Essential oils should never be used in the eyes or inside the ear canal. If redness or irritation occurs when using essential oils topically, apply a vegetable oil such as Fractionated Coconut Oil to the affected area—water will not dilute essential oils. Consult your physician before using essential oils if you are pregnant or under a doctor’s care.

Look for the following symbols by the essential oil product descriptions in this product guide to help you with your oil selection. (Use instructions and appropriate cautions included on individual essential oil labels.)

The dōTERRA® network of botanical growers and distillers spans the globe from Italy to Madagascar, India to Corsica. Only the purest and most potent essential oils meet our strict CPTG® standards. Accept nothing less from your wellness professional or for your family.

APPLICATION METHODS

- A** Can be used aromatically
- T** Can be used topically
- I** Can be used internally

SKIN SENSITIVITY

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

Where do I BEGIN?

Using essential oils is intuitively simple and highly satisfying. However, the many oils available with their numberless combinations and wellness applications can be a bit overwhelming to beginners. As a simple first step on your journey with essential oils, we recommend a trio of Lavender, Lemon, and Peppermint. Three of our most popular oils, they will provide you and your family a compelling experience with the life-enhancing properties of essential oils.



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 doTERRA® essential oils. The kit includes:

- Lavender essential oil (5 mL bottle)
- Lemon essential oil (5 mL bottle)
- Peppermint essential oil (5 mL bottle)
- List of suggested uses for each oil

60200330 | three 5 mL bottles

LAVENDER *Lavandula angustifolia*

- Apply to the bottom of feet or on a pillow before sleeping
- Use with bath salts for a relaxing spa bathing experience
- Lightly apply to soothe sun-exposed skin
- Apply to back, hands, or feet of a restless or agitated child
- Use to calm and soothe occasional skin irritations
- Calm sensitive skin and soothe the pores after hair removal
- Apply to dry, chapped lips before applying lip balm
- Use with Peppermint for a healthy scalp massage
- Add to lotion for a stress-relieving hand massage*

LEMON *Citrus limon*

- Add a drop to a water bottle or to water served at a restaurant
- Diffuse aromatically or apply topically for mood elevation
- Add to drop of honey and take internally to soothe throat*
- Dilute with coconut oil for a daily fingernail conditioning massage
- Add a drop of Lemon and Peppermint to your toothbrush after use
- Diffuse in a room to neutralize odors
- Remove gum, label adhesives, and greasy substances from fabric
- Use to clean kitchen counters and stainless steel appliances
- Add to olive oil for a non-toxic furniture polish*

PEPPERMINT *Mentha piperita*

- Take one drop internally to calm occasional indigestion or upset stomach*
- Use with Lemon in water for a healthy, refreshing mouth rinse
- Diffuse aromatically or apply topically for an invigorating vapor
- Add to a cold water compress or foot bath to cool off when overheated
- Inhale as a non-stimulant, invigorating pick-me-up on long drives
- Add to shampoo and conditioner for a stimulating hair and scalp massage
- Use internally with Lavender and Lemon to protect against seasonal threats*
- Diffuse during study time

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 source botanical, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil benefits.



ARBORVITAE ESSENTIAL OIL

Thuja plicata



Known as the “tree of life,” Arborvitae is majestic in size and abundant in benefits.

- Protects against environmental and seasonal threats
- Powerful cleansing and purifying agent
- Naturally repels insects

49360001 | 5 mL bottle

BASIL ESSENTIAL OIL

Ocimum basilicum



Valued for its restorative effects, Basil is also commonly used for its calming properties.

- Acts as a cooling agent for the skin
- Promotes mental alertness and lessens anxious feelings*
- May help ease monthly feminine discomfort*

30010001 | 15 mL bottle

BERGAMOT ESSENTIAL OIL

Citrus bergamia



Cold pressed from the rind of the bergamot fruit, Bergamot is unique among citrus oils.

- Calming and soothing aroma
- Frequently used in massage therapy for its calming benefits
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits

30790001 | 15 mL bottle

BLACK PEPPER ESSENTIAL OIL

Piper nigrum



Stimulating and flavorful, Black Pepper enhances any dish—and your health.

- Contains important antioxidants*
- Maintains healthy circulation*
- Diffuse or inhale directly to soothe anxious feelings

41040001 | 5 mL bottle

CARDAMOM ESSENTIAL OIL

Elettaria cardamomum



A close relative of Ginger, Cardamom has a long history as a cooking spice and for being beneficial to the digestive and respiratory systems.*

- Helps ease indigestion and maintain overall gastrointestinal health*
- Promotes clear breathing and maintains respiratory health*
- Flavorful spice for cooking and baking for great Indian flavor

49350001 | 5 mL bottle



*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.

SINGLE ESSENTIAL OILS

Quick Reference Chart

	APPLICATION			SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE	
ARBORVITAE <i>Thuja plicata</i>	A	T		N			49360001
BASIL <i>Ocimum basilicum</i>	A	T	I	N			30010001
BERGAMOT <i>Citrus bergamia</i>	A	T	I		S		30790001
BLACK PEPPER <i>Piper nigrum</i>	A	T	I		S		41040001
CARDAMOM <i>Elettaria cardamomum</i>	A	T	I	N			49350001
CASSIA <i>Cinnamomum cassia</i>	A	T	I			D	30020001
CEDARWOOD <i>Juniperus virginiana</i>	A	T			S		49300001
CILANTRO <i>Coriandrum sativum</i>	A	T	I	N			41850001
CINNAMON BARK <i>Cinnamomum zeylanicum</i>	A	T	I			D	30030001
CLARY SAGE <i>Salvia sclarea</i>	A	T	I	N			30420001
CLOVE <i>Eugenia caryophyllata</i>	A	T	I			D	30040001
CORIANDER <i>Coriandrum sativum</i>	A	T	I	N			30780001
CYPRESS <i>Cupressus sempervirens</i>	A	T		N			30050001
DOUGLAS FIR <i>Pseudotsuga menziesii</i>	A	T		N			31590001
EUCALYPTUS <i>Eucalyptus radiata</i>	A	T			S		30060001
FENNEL, SWEET <i>Foeniculum vulgare</i>	A	T	I		S		41290001
FRANKINCENSE <i>Boswellia carterii, frereana, and sacra</i> TOP SELLER	A	T	I	N			30070001
GERANIUM <i>Pelargonium graveolens</i>	A	T	I		S		30090001
GINGER <i>Zingiber officinale</i>	A	T	I		S		31630001
GRAPEFRUIT <i>Citrus X paradisi</i>	A	T	I	N			30100001
HELICHRYSUM <i>Helichrysum italicum</i>	A	T	I	N			30410001
JUNIPER BERRY <i>Juniperus communis</i>	A	T	I	N			49290001
LAVENDER <i>Lavandula angustifolia</i> TOP SELLER	A	T	I	N			30110001
LEMON <i>Citrus limon</i> TOP SELLER	A	T	I	N			30120001
LEMONGRASS <i>Cymbopogon flexuosus</i>	A	T	I		S		30130001
LIME <i>Citrus aurantifolia</i>	A	T	I		S		30870001
MARJORAM <i>Origanum majorana</i>	A	T	I	N			30140001
MELALEUCA (TEA TREE) <i>Melaleuca alternifolia</i> TOP SELLER	A	T	I	N			30150001
MELISSA <i>Melissa officinalis</i>	A	T	I	N			30850001
MYRRH <i>Commiphora myrrha</i>	A	T	I	N			30160001
OREGANO <i>Origanum vulgare</i> TOP SELLER	A	T	I			D	30180001
PATCHOULI <i>Pogostemon cablin</i>	A	T	I	N			30890001
PEPPERMINT <i>Mentha piperita</i> TOP SELLER	A	T	I		S		30190001
PETITGRAIN <i>Citrus aurantium</i> NEW!	A	T	I		S		49520001
ROMAN CHAMOMILE <i>Anthemis nobilis</i>	A	T	I	N			30800001
ROSEMARY <i>Rosmarinus officinalis</i>	A	T	I	N			30200001
SANDALWOOD <i>Santalum album</i>	A	T	I	N			30210001
SANDALWOOD, HAWAIIAN <i>Santalum paniculatum</i>	A	T	I	N			41860001
SPEARMINT <i>Mentha spicata</i>	A	T	I		S		31610001
SPIKENARD <i>Nardostachys jatamansi</i> NEW!	A	T		N			49510001
THYME <i>Thymus vulgaris</i>	A	T	I			D	30220001
VETIVER <i>Vetiveria zizanioides</i>	A	T	I	N			30430001
WHITE FIR <i>Abies alba</i>	A	T		N			30250001
WILD ORANGE <i>Citrus sinensis</i> TOP SELLER	A	T	I	N			30170001
WINTERGREEN <i>Gaultheria fragrantissima</i>	A	T			S		31620001
YLANG YLANG <i>Cananga odorata</i>	A	T	I	N			30240001

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

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

CASSIA
ESSENTIAL OIL

Cinnamomum cassia



A close relative to cinnamon, Cassia has a wonderful fragrance and thousands of years of historical use.

- Take one to two drops internally to promote healthy cardiovascular system function*
- Promotes healthy digestion*
- May help support healthy immune system function*

30020001 | 15 mL bottle

CEDARWOOD
ESSENTIAL OIL

Juniperus virginiana



Cedarwood has a warm, woody, balsamic fragrance that promotes relaxation.

- During your facial routine, add one to two drops of Cedarwood to your facial toner or moisturizer for added clarifying properties
- Add to mulch or topsoil to repel insects

49300001 | 15 mL bottle

CILANTRO
ESSENTIAL OIL

Coriandrum sativum



From the leaves of the coriander plant, Cilantro essential oil is commonly used for its fresh and tasty flavor.

- Add to salads, dips, and guacamole to experience Cilantro's distinct flavor
- Place one to two drops in a dōTERRA Veggie Cap to experience Cilantro's cleansing and detoxifying effect*
- For a fresh, herbal aroma, diffuse three to four drops of Cilantro with the citrus essential oil of your choice

41850001 | 15 mL bottle

CINNAMON BARK
ESSENTIAL OIL

Cinnamomum zeylanicum



Well-known for its use as a spice, Cinnamon also has many health-promoting benefits.

- Place one drop of Cinnamon essential oil in hot water or tea and drink slowly to soothe your throat*
- Add to your favorite recipes in place of ground cinnamon for a delightfully spicy flavor
- Supports healthy metabolic function*

30030001 | 5 mL bottle

CLARY SAGE
ESSENTIAL OIL

Salvia sclarea



Clary Sage is known for its soothing and calming properties.

- During your menstrual cycle, apply to abdomen for a soothing massage
- Combine with Roman Chamomile and add to bath water for a stress-relieving bath
- Apply one to two drops to your pillow for a restful night's sleep

30420001 | 15 mL bottle

CLOVE
ESSENTIAL OIL

Eugenia caryophyllata



Known as a popular cooking spice, Clove has many beneficial uses.

- Promotes healthy teeth and gums
- Powerful antioxidant properties

30040001 | 15 mL bottle

CORIANDER
ESSENTIAL OIL

Coriandrum sativum



Popular across many cultures for various uses, Coriander essential oil provides a myriad of health benefits.

- Place two to three drops in a dōTERRA Veggie Cap and take internally to promote digestion*
- Add to oily skin to maintain a clear complexion
- After a short workout, apply Coriander to legs for a soothing massage

30780001 | 15 mL bottle

CYPRESS
ESSENTIAL OIL

Cupressus sempervirens



Distilled from the twigs and foliage of the cypress tree, Cypress essential oil is popular for its energizing properties and use in spas.

- Prior to a long run, apply Cypress to your feet and legs for an energizing boost
- Apply two to three drops to chest to promote vitality and energy
- Add one to two drops to your toner to help improve the appearance of oily skin

30050001 | 15 mL bottle

DOUGLAS FIR
ESSENTIAL OIL

Pseudotsuga menziesii



dōTERRA Douglas Fir is sustainably sourced from young, pre-coning trees, giving it a chemical composition that's particularly rich in beta-pinene and esters.

- Provides a relaxing massage experience
- Promotes feelings of clear airways and easy breathing
- Uplifts mood and promotes a sense of focus

31590001 | 5 mL bottle



PRODUCT HIGHLIGHT

Frankincense

dōTERRA Frankincense essential oil is steam distilled from wild-crafted gum resins of the *Boswellia carterii*, *frereana*, and *sacra* trees. Highly prized in the ancient world for its fragrant and health-promoting properties, it is a favorite among modern wellness practitioners for its many emotional and physical health applications.





"I knew almost immediately after uncapping the lid that Juniper Berry would become one of my favorite essential oils. When I am under stress, it is my go to oil to diffuse. The crisp smell of nature compacted into a small glass bottle doesn't get any better!"

Caitlyn C., Chester, Virginia

EUCALYPTUS ESSENTIAL OIL

Eucalyptus radiata



Derived from eucalyptus leaves, Eucalyptus essential oil has many beneficial compounds.

- Place one to two drops in your hand and inhale deeply to clear the mind
- Add one drop to moisturizer and apply to skin for revitalizing benefits
- Place a few drops in your morning shower to invigorate and promote vitality

30060001 | 15 mL bottle

FENNEL (SWEET) ESSENTIAL OIL

Foeniculum vulgare



Used for centuries, Fennel provides many health benefits and has a distinct licorice aroma.

- May help support health of the lungs and respiratory tract*
- Take internally to promote healthy digestion*
- May help promote healthy metabolism, liver function, and circulation*

41290001 | 15 mL bottle

FRANKINCENSE ESSENTIAL OIL

TOP SELLER

Boswellia carterii, frereana, and sacra



Perhaps the most precious of the ancient oils, Frankincense is highly versatile in uses and benefits.

- Add to moisturizer to help reduce the appearance of blemishes and rejuvenate skin
- Take one to two drops in a veggie capsule to support healthy cellular function*
- Apply to the bottom of feet to promote feelings of relaxation and to balance mood

30070001 | 15 mL bottle

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

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

**GERANIUM
ESSENTIAL OIL**

Pelargonium graveolens



Known for its ability to balance emotions, Geranium is also a common ingredient in skin care products.

- Apply directly to skin or enjoy an aromatherapy steam facial to beautify skin
- Apply to skin after showering for a smoothing effect
- Add a few drops to your shampoo or conditioner for a healthy, vibrant glow

30090001 | 15 mL bottle

**GINGER
ESSENTIAL OIL**

Zingiber officinale



Ginger is most noted for its sweet flavoring and positive effect on the digestive system.

- May help reduce occasional nausea and support healthy digestion*
- Delivers antioxidant protection*
- May help reduce bloating, gas, and occasional indigestion*

31630001 | 15 mL bottle

**GRAPEFRUIT
ESSENTIAL OIL**

Citrus X paradisi



Energizing and invigorating, Grapefruit is renowned for its cleansing effects.

- Add one drop to your facial cleanser for oily skin issues
- Diffuse while dieting to increase motivation
- Add one to two drops to your water to support a healthy metabolism*

30100001 | 15 mL bottle

**HELICHRYSUM
ESSENTIAL OIL**

Helichrysum italicum



Distilled from the flower cluster of an evergreen herb, Helichrysum is one of the most precious and sought-after essential oils.

- Apply to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion
- Massage into the temples and back of neck for a soothing sensation
- May help promote a healthy metabolism*

30410001 | 5 mL bottle

**JUNIPER BERRY
ESSENTIAL OIL**

Juniperus communis



The woody, spicy, yet fresh aroma of Juniper Berry reveals its rich history of traditional use and health benefits.

- Supports healthy kidney and urinary tract function*
- Reduces the appearance of skin blemishes
- Acts as a natural cleansing and detoxifying agent*
- Add one to two drops to water or citrus drinks as part of a natural cleansing regimen*

49290001 | 5 mL bottle

**LAVENDER
ESSENTIAL OIL**

TOP SELLER

Lavandula angustifolia



Lavender has been cherished for its unmistakable aroma and health properties for thousands of years.

- Widely used for its calming and relaxing qualities
- Take internally to reduce anxious feelings*
- Helps ease feelings of tension*
- Take internally for a peaceful sleep*

30110001 | 15 mL bottle



LEMON
ESSENTIAL OIL TOP SELLER

Citrus limon



This top-selling oil has multiple uses and benefits and is cold pressed from lemon rinds to preserve its delicate nature and potent properties.

- Cleanses and purifies the air and surfaces
- Naturally cleanses the body and aids in digestion*
- Supports healthy respiratory function*
- Take internally to assist with seasonal respiratory discomfort*

30120001 | 15 mL bottle

LEMONGRASS
ESSENTIAL OIL

Cymbopogon flexuosus



Long used in Asian and Caribbean cooking for its subtle lemony flavor and aroma, Lemongrass boasts many health-promoting benefits.

- Use to flavor entrées and meat dishes
- Combine with Melaleuca (Tea Tree) and apply to toenails for clean, healthy-looking nails
- Combine with Peppermint in a capsule to support healthy gastrointestinal function and to maintain healthy digestion*

30130001 | 15 mL bottle

LIME
ESSENTIAL OIL

Citrus aurantifolia



The sharp, citrus smell of Lime makes it a must-have in any essential oils collection.

- Supports healthy immune function*
- Positively affects mood with stimulating and refreshing properties
- Often used as an internal cleanser*
- Add a drop of Lime to your drinking water for enhanced flavor and antioxidant support*

30870001 | 15 mL bottle

MARJORAM
ESSENTIAL OIL

Origanum majorana



Also known as “wintersweet” or “joy of the mountains,” Marjoram has both culinary uses and healthful benefits.

- Valued for its calming properties and positive effect on the nervous system*
- Promotes healthy immune function*
- May promote healthy cardiovascular system function*

30140001 | 15 mL bottle



PRODUCT HIGHLIGHT

Lavender

Known for its many calming properties, Lavender is the most widely used essential oil in the world. It takes over 60 pounds of lavender flower tops to produce just 16 ounces of CPTG® essential oil.

MELALEUCA (TEA TREE)
ESSENTIAL OIL TOP SELLER

Melaleuca alternifolia



More commonly called “tea tree,” Melaleuca oil is composed of 90 different compounds and limitless applications.

- Renowned for its cleansing and rejuvenating effect on the skin
- Promotes healthy immune function*
- Protects against environmental and seasonal threats*

30150001 | 15 mL bottle

MELISSA
ESSENTIAL OIL

Melissa officinalis



Our rarest oil, Melissa has a sweet, fresh, citrus-like fragrance and a wide range of beneficial properties.

- May help support a healthy immune system*
- Calms tension and nerves
- Promotes emotional health

30850001 | 5 mL bottle

*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.

MYRRH
ESSENTIAL OIL

Commiphora myrrha



Used historically in many ways—from meditation to embalming—Myrrh is still frequently recommended today.

- Powerful cleansing properties, especially for the mouth and throat
- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Diffuse to help promote awareness and uplift your mood

30160001 | 15 mL bottle

OREGANO
ESSENTIAL OIL

TOP SELLER

Origanum vulgare



Derived from the leaves of the oregano plant, Oregano essential oil has many traditional and modern uses.

- Supports healthy digestion*
- Supports healthy respiratory function*
- May help support a healthy immune system*
- Used as a powerful cleansing and purifying agent

30180001 | 15 mL bottle

PATCHOULI
ESSENTIAL OIL

Pogostemon cablin



Patchouli is easily recognizable for its rich, musky-sweet fragrance.

- Provides a grounding, balancing effect on emotions
- Promotes a smooth, glowing complexion
- Add to your daily moisturizer to help reduce the appearance of blemishes

30890001 | 15 mL bottle

PEPPERMINT
ESSENTIAL OIL

TOP SELLER

Mentha piperita



A top-selling favorite, Peppermint provides myriad health benefits.

- Promotes digestive health*
- Helps reduce bloating, gas, and occasional indigestion.*
- Promotes healthy respiratory function and clear breathing*

30190001 | 15 mL bottle

PEPPERMINT BEADLET

Experience a refreshing, invigorating burst of Peppermint in the convenience of a dissolving beadlet.

- Promotes oral and respiratory health*
- Alleviates occasional stomach upset*
- Provides all the benefits of Peppermint essential oil*

31570001 | 125 beadlets

PETITGRAIN
ESSENTIAL OIL

NEW!

Citrus aurantium



Petitgrain has a fresh, slightly herbaceous aroma and a variety of uses.

- May help support healthy cardiovascular function when taken internally*
- When taken internally, may provide antioxidant support*

49520001 | 15 mL bottle



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**ROMAN CHAMOMILE
ESSENTIAL OIL**

Anthemis nobilis



The most versatile of the chamomiles, Roman Chamomile is extracted from the daisy-like flower of the Roman chamomile plant.

- Has a calming effect on the skin, mind, and body*
- Soothes the systems of the body*
- May help support healthy immune system function*

30800001 | 5 mL bottle

**ROSEMARY
ESSENTIAL OIL**

Rosmarinus officinalis



Considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures, Rosemary has a myriad of uses.

- Supports healthy respiratory function*
- May help support healthy digestion*
- Helps reduce nervous tension and occasional fatigue*

30200001 | 15 mL bottle

**SANDALWOOD
ESSENTIAL OIL**

Santalum album



With documented history of use over several thousand years, Sandalwood has a wide variety of applications.

- Promotes healthy-looking, smooth skin
- Reduces the appearance of skin imperfections
- Enhances mood

30210001 | 5 mL bottle

**SANDALWOOD, HAWAIIAN
ESSENTIAL OIL**

Santalum paniculatum



From a renewable source in Hawaii, dōTERRA® Hawaiian Sandalwood delivers a variety of benefits.

- Helps improve the appearance of skin and hair
- Frequently used in meditation for its grounding and uplifting properties
- Apply to the neck and shoulders at bedtime for a restful night's sleep.

41860001 | 5 mL bottle



“Sandalwood is earthy and calming. I use it when I need grounding by applying a few drops on the soles of my feet or adding it in my work diffuser. Amazing results; Sandalwood can change my clients’ mood and helps me focus on what matters.”

Jacqueline L., Victoria, Australia



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SPEARMINT
ESSENTIAL OIL

Mentha spicata



Spearmint is widely used for its digestive benefits* as well as a flavoring for a variety of dishes and drinks.

- Promotes digestion and helps reduce occasional stomach upset*
- Promotes a sense of focus and an uplifting mood
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring

31610001 | 15 mL bottle

SPIKENARD
ESSENTIAL OIL

NEW!

Nardostachys jatamansi



Spikenard essential oil has a woody, spicy aroma to uplift mood and promote relaxation.

- Uplifting aroma
- Promotes feelings of calmness and relaxation when diffused

49510001 | 5 mL bottle

THYME
ESSENTIAL OIL

Thymus vulgaris



Thyme, familiar to most as a common seasoning, produces a potent essential oil.

- Supports a healthy immune system*
- Diffuse to promote a sense of alertness
- Provides cleansing and purifying effects for the skin

30220001 | 15 mL bottle

VETIVER
ESSENTIAL OIL

Vetiveria zizanioides



Vetiver is loved for its rich, exotic, complex aroma and is used extensively in perfumes.

- Vetiver is high in sesquiterpenes, which provide a grounding effect
- Use as part of a soothing, aromatic massage
- Use as an earthy base note in your favorite diffuser blends

30430001 | 15 mL bottle

WHITE FIR
ESSENTIAL OIL

Abies alba



Derived from the soft needles of the white fir tree, White Fir is most notable for its soothing effects.

- Evokes feelings of stability
- After strenuous activity, massage into skin for soothing comfort

30250001 | 15 mL bottle

WILD ORANGE
ESSENTIAL OIL

TOP SELLER

Citrus sinensis



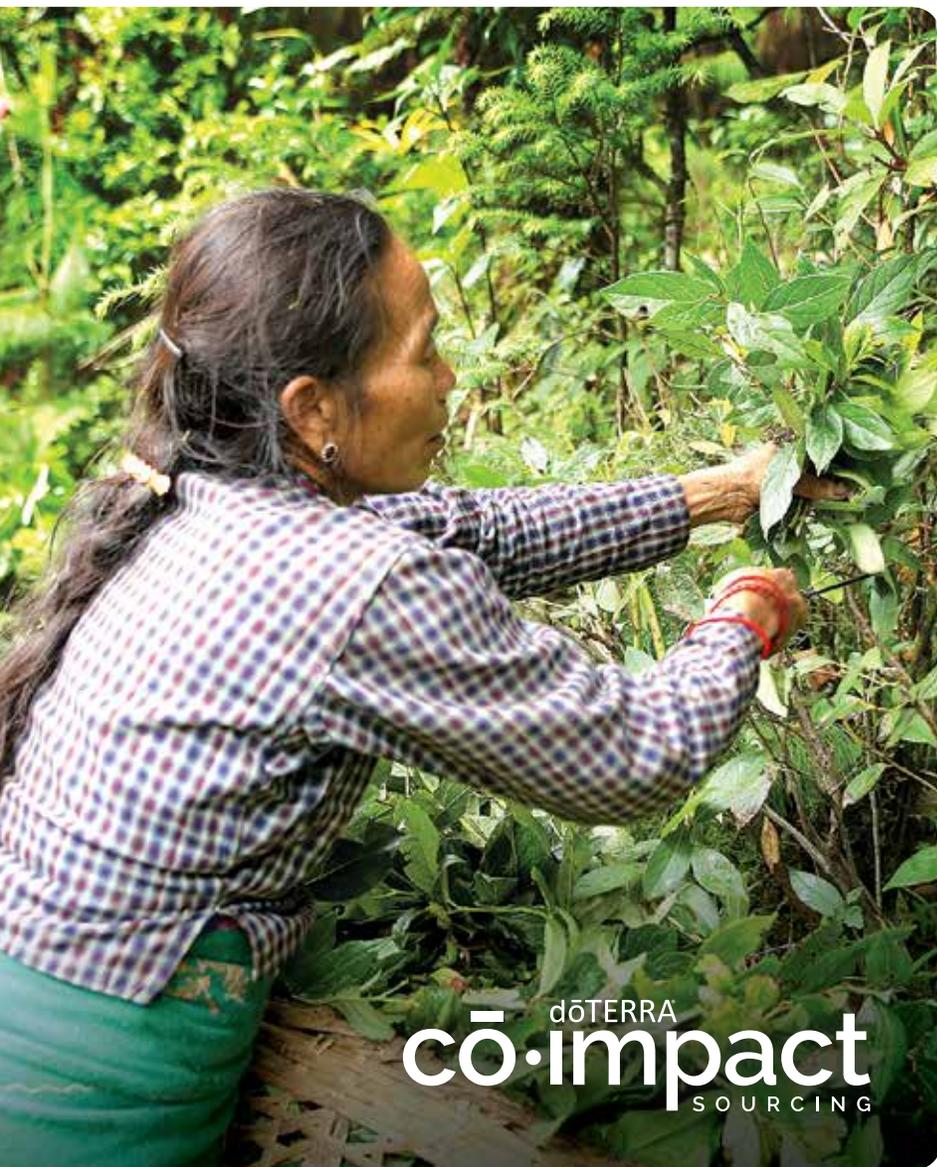
Cold pressed from the peel, Wild Orange releases an energizing, citrusy aroma.

- Powerful cleanser and purifying agent
- Place one drop Wild Orange, Peppermint, and Frankincense in your hand. Rub hands together and inhale deeply for an energizing aroma

30170001 | 15 mL bottle



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dōTERRA
cō·impact
SOURCING



PRODUCT HIGHLIGHT

Nepalese Wintergreen

Through dōTERRA's Co-Impact Initiative, our new source of Wintergreen comes from Nepal where it is wild harvested by rural villagers then distilled by community owned distillation facilities. This process creates increased economic opportunity for very remote regions in rural Nepal.

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

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

WINTERGREEN ESSENTIAL OIL

Gaultheria fragrantissima



Most consumers recognize the aroma and flavor of Wintergreen from its popularity in candy and chewing gum.

- Commonly used in oral hygiene products
- Massage into hands, back, and legs for a soothing and warming sensation after exercise
- Diffuse for a sweet, uplifting aroma

31620001 | 15 mL bottle

YLANG YLANG ESSENTIAL OIL

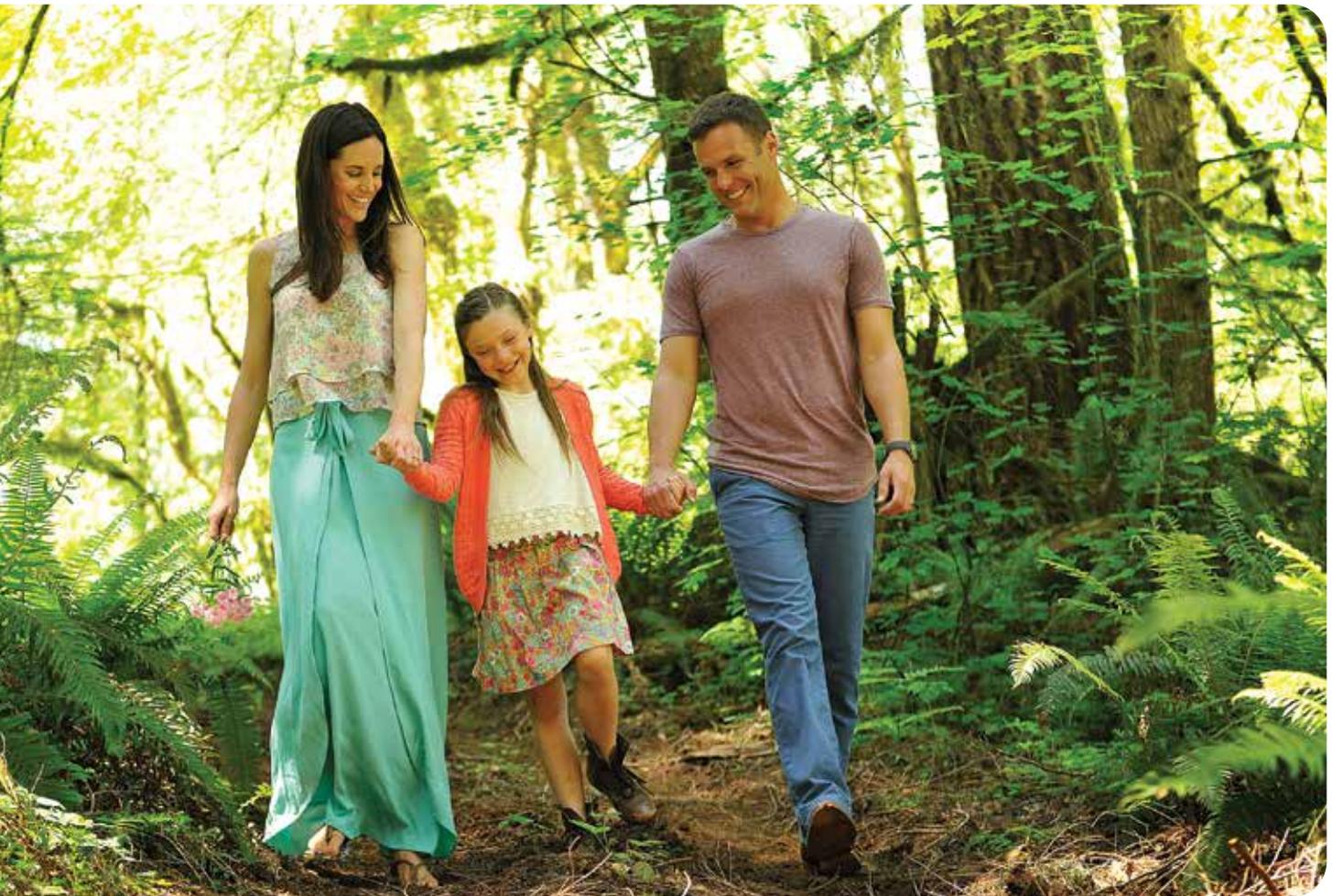
Cananga odorata



Ylang Ylang, while famed for its exquisite fragrance, has myriad benefits.

- Provides antioxidant support*
- Blend several drops of Ylang Ylang with dōTERRA Fractionated Coconut Oil and massage into back and shoulders to help reduce the effects of daily stress

30240001 | 15 mL bottle



dōTERRA® | FAMILY ESSENTIALS KIT



FAMILY ESSENTIALS KIT TOP SELLER

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

The Family Essentials Kit includes:

- Ten 5 mL bottles of essential oils and blends

Lavender	Oregano	DigestZen®
Lemon	Frankincense	dōTERRA On Guard®
Peppermint	Deep Blue®	
Melaleuca (Tea Tree)	dōTERRA Breathe®	
- Lists of suggested uses for each oil

21400001 | ten 5 mL bottles

dōTERRA® | FAMILY ESSENTIALS KIT



FRANKINCENSE ESSENTIAL OIL

A T I N

One of the most precious essential oils of the ancient world, Frankincense is an essential addition to your family's health care. dōTERRA's exclusive Frankincense is powerfully versatile and a favorite alternative for many applications—when in doubt, use Frankincense!

- Apply to neck and forehead with Lavender and Peppermint to promote feelings of relaxation
- Take internally in capsules to support healthy cellular function*
- Use with Fractionated Coconut Oil or favorite face moisturizer for beautiful, radiant skin
- Use aromatically and topically to help lift mood and awareness

LAVENDER ESSENTIAL OIL

A T I N

All Things Calming

- Diffuse or apply topically to soothe emotions
- Massage on back or bottom of feet and apply a drop to pillow at bedtime
- Apply topically to soothe skin

LEMON ESSENTIAL OIL

A T I N

Clean and Freshen

- Supports healthy respiratory function*
- Diffuse in a room to neutralize odors and elevate mood
- Use to clean kitchen counters and stainless steel appliances
- Take internally with water to cleanse the body*

PEPPERMINT ESSENTIAL OIL

A T I S

Cool and Invigorate

- Use with Lemon in water for a healthy, refreshing mouth rinse
- Inhale deeply to invigorate lungs and increase alertness
- Add to water in a spray bottle and mist body when overheated
- Apply to neck and forehead with Lavender to promote relaxation

MELALEUCA (TEA TREE) ESSENTIAL OIL

A T I N

Beneficial for the Skin

- Apply to skin as part of a daily cleansing program
- Use with shampoo or conditioner for healthy-looking scalp and hair
- Apply to feet and toenails after showering, swimming, or working out

OREGANO ESSENTIAL OIL

A T I D

Natural Immune Support

- Take several drops in an empty veggie cap for periodic immune support*
- Use internally to support healthy respiratory function*
- Use internally as part of a monthly cleansing regimen for GI health*

DEEP BLUE® SOOTHING BLEND

T S

Soothing and Cooling Support

- Rub on lower back muscles after a day of heavy lifting at work or during a move
- Use with a carrier oil for a cooling, comforting massage

dōTERRA BREATHE® RESPIRATORY BLEND

A T S

Cleansing and Invigorating

- Apply topically to chest to promote feelings of clear airways and easy breathing
- Diffuse or add to humidifier at bedtime for more restful sleep
- Apply to chest or bottom of feet during seasonal changes

DIGESTZEN® DIGESTIVE BLEND

A T I N

Digestive Support

- When traveling or trying new foods, take DigestZen to soothe occasional stomach discomfort*
- Take internally at meal times to support healthy, comfortable digestion*
- Add to water or tea to maintain a healthy gastrointestinal tract*

dōTERRA ON GUARD® PROTECTIVE BLEND

A T I S

Natural Defense

- Dilute and gargle morning and night as a cleansing mouth rinse
- Take several drops in an empty veggie cap for added immune support*
- Dilute in spray bottle to clean doorknobs, telephones, and other community surfaces
- Diffuse in your home or office during fall and winter months



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dōTERRA TOUCH® OIL BLENDS

Striking the proper balance between protecting sensitive skin while still delivering the benefits found in essential oils is not just a matter of science, but also of art. dōTERRA Touch has achieved that balance. Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, dōTERRA Touch makes application simple with 10 mL roll-ons. Ideal for children and adults, dōTERRA Touch Oils are ready to use so that you can start benefiting from essential oils immediately. Enjoy the convenience and benefits of dōTERRA Touch.



dōTERRA TOUCH KIT

60200333 | nine 10 mL roll-ons

“Tested pure, trusted safe for your family.”



dōTERRA BREATHE® TOUCH BLEND



dōTERRA Touch Breathe provides the perfect balance of dōTERRA Breathe essential oil blend with Fractionated Coconut Oil to maintain feelings of easy breathing.

60200192 | 10 mL roll-on



DEEP BLUE® TOUCH BLEND



Experience the benefits of our proprietary Deep Blue essential oil blend in a gentle formula that's perfect for children and adults.

60200145 | 10 mL roll-on



DIGESTZEN® TOUCH BLEND



dōTERRA Touch DigestZen is the perfect companion for road trips and to have on hand when feelings of stomach upset occur.

60200223 | 10 mL roll-on



**FRANKINCENSE
TOUCH BLEND**



dōTERRA Touch Frankincense can be applied quickly and easily throughout the day to feel its grounding, balancing effects.

60200224 | 10 mL roll-on



**LAVENDER
TOUCH BLEND**



Widely used for its calming qualities, dōTERRA Touch Lavender provides soothing comfort to the skin while promoting feelings of relaxation.

60200225 | 10 mL roll-on



**MELALEUCA
(TEA TREE)
TOUCH BLEND**



The perfect balance of Melaleuca (Tea Tree) essential oil and Fractionated Coconut Oil has been combined in dōTERRA Touch Melaleuca (Tea Tree), making it ideal to use on gentle and sensitive skin.

60200226 | 10 mL roll-on



**OREGANO
TOUCH BLEND**



dōTERRA Touch Oregano provides a gentle option for those with sensitive skin to receive the renowned benefits of Oregano essential oil.

60200227 | 10 mL roll-on



**dōTERRA
ON GUARD®
TOUCH BLEND**



Enjoy the unique aroma and powerful benefits of dōTERRA On Guard essential oil blend in a convenient roll-on application.

60200142 | 10 mL roll-on



**PEPPERMINT
TOUCH BLEND**



dōTERRA Touch Peppermint can be used anytime, anywhere for a quick energy boost and to experience its cleansing, cooling aroma.

60200228 | 10 mL roll-on

dōTERRA EMOTIONAL AROMATHERAPY® SYSTEM

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each delicate blend contains pure essential oils that can be used aromatically or topically to help balance and brighten your changing moods. Just a few drops of these naturally complex, fragrant blends can elicit profound emotional responses to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

EMOTIONAL BLENDS USE INSTRUCTIONS:

- Use aromatically in an essential oil diffuser.
- Apply 1 or 2 drops in your palms, rub hands together, cup in front of your nose, and inhale deeply (do not touch eyes).
- Dilute and apply topically to aromatherapy touch points such as the back of the neck, the wrists, and over the heart.

dōTERRA EMOTIONAL AROMATHERAPY SYSTEM

21140001 | six 5 mL bottles



dōTERRA MOTIVATE® ENCOURAGING BLEND



Are you frustrated at work? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be? Then stop, reset, and restart with dōTERRA Motivate Encouraging Blend of mint and citrus essential oils. dōTERRA Motivate will help you unleash your creative powers and find the courage that comes from believing in yourself again. Go ahead and raise the bar—you can do it!

- Combines Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, and Vanilla
- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism

31740001 | 5 mL bottle

dōTERRA CHEER® UPLIFTING BLEND



Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But sometimes no amount of positive self-talk is enough to avoid the blues. dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down. Its sunny, fresh, optimistic aroma will brighten any moment of your day.

- Features Wild Orange, Clove, Star Anise, Lemon Myrtle, Zdravetz, Nutmeg, Vanilla, Ginger, and Cinnamon Bark
- Promotes feelings of optimism, cheerfulness, happiness
- Counteracts negative emotions of feeling down, blue, or low

31720001 | 5 mL bottle

dōTERRA PASSION® INSPIRING BLEND



Have you lost your why, your mojo, your passion? Too much of even a good thing can become predictable and boring over time. dōTERRA Passion Inspiring Blend of spice and herb essential oils will help you rekindle excitement in your life. Jump out of an airplane, dive into an ocean, or try something really scary like dancing. With dōTERRA Passion, you will find the daring to try something new, as well as discover renewed joy for the current blessings in your life.

- Merges Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla, and Damiana
- Ignites feelings of excitement, passion, and joy
- Counteracts negative feelings of boredom, and disinterest

31760001 | 5 mL bottle



dōTERRA FORGIVE® RENEWING BLEND



Are you carrying a burden that grows heavier with time? Would you be better off just letting it go and facing a future unfettered by anger and guilt? When you are ready to move forward, the dōTERRA Forgive Renewing Blend of tree and herb essential oils will help you discover the liberating action of forgiving, forgetting, and moving on. Start each of your tomorrows relieved and contented with Forgive Renewing Blend.

- Features Spruce, Bergamot, Juniper Berry, Myrrh, Arborvitae, Nootka Tree, Thyme, Citronella
- Promotes feelings of contentment, relief, and patience
- Counteracts negative emotions of anger and guilt

31750001 | 5 mL bottle

dōTERRA CONSOLE® COMFORTING BLEND



Losing something or someone you love can be deeply disorienting and painful. Words unspoken and questions unanswered may keep you worried and unsettled. The dōTERRA Console Comforting Blend of floral and tree essential oils will help you close the door on sadness and take your first steps on a hopeful path toward emotional healing. Bind your broken heart with Console Comforting Blend.

- Combines Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, Osmanthus
- Promotes feelings of comfort and hope
- Counteracts negative emotions of grief, sadness, or hopelessness

31730001 | 5 mL bottle

dōTERRA PEACE® REASSURING BLEND



Life is crazy right now, but things will slow down when the kids are older, right? Wrong! dōTERRA Peace Reassuring Blend of floral and mint essential oils is a positive reminder that having more stuff and doing more things won't necessarily make life happier. Slow down, take a deep breath, and reconnect with the composed, peaceful you. Everything turning out fine begins with believing it will—and a few drops of Peace Reassuring Blend.

- Combines Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, Spearmint
- Promotes feelings of peace, reassurance, and contentment
- Counteracts anxious and fearful emotions

31710001 | 5 mL bottle



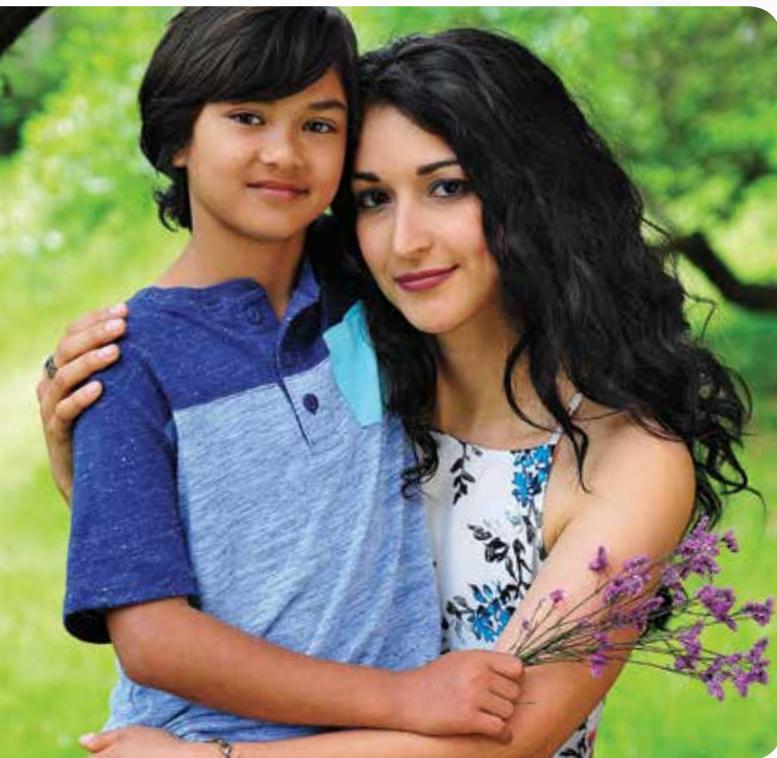
dōTERRA EMOTIONAL AROMATHERAPY® TOUCH

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 and can be applied every day to specific points on the body to help balance and brighten your changing moods.



EMOTIONAL AROMATHERAPY TOUCH KIT

21850001 | 10 mL roll-on



EMOTIONAL AROMATHERAPY TOUCH INSTRUCTIONS:

Each Emotional Aromatherapy Touch blend can be applied to specific points on the body to elicit profound emotional responses.

- Rub dōTERRA Motivate Touch into your temples to set your focus for the day.
- A cheerful heart is good medicine. Rub dōTERRA Cheer Touch over your heart.
- Apply dōTERRA Passion Touch on your wrists to spark creativity, clarity, and wonder.
- Rub dōTERRA Forgive Touch over your heart to help you forgive yourself and others.
- Relieve the weight of the world by massaging dōTERRA Console Touch into your shoulders.
- Give yourself peace of mind by rubbing dōTERRA Peace Reassuring Blend into your temples.



dōTERRA emotional
aromatherapy™



dōTERRA MOTIVATE® TOUCH NEW!
ENCOURAGING BLEND



dōTERRA Motivate Touch provides gentle and quick application of dōTERRA Motivate mint and citrus essential oil blend. The fresh, minty aroma promotes feelings of confidence, courage, and belief.

- Features Fractionated Coconut Oil, Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, and Vanilla Bean
- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism.

60200149 | 10 mL roll-on



dōTERRA CHEER® TOUCH NEW!
UPLIFTING BLEND



dōTERRA Cheer Touch combines Fractionated Coconut Oil with the sunny, fresh aroma of dōTERRA Cheer essential oil blend. This convenient and gentle roll-on can be applied to the skin to counteract negative emotions and provide a boost of happiness and positivity when one is feeling down.

- Features Fractionated Coconut Oil, Lemon Myrtle, Clove, Wild Orange, Star Anise, Ginger, Zdravetz, Cinnamon Bark, Nutmeg, and Vanilla
- Promotes feelings of optimism, cheerfulness, and happiness
- Counteracts negative emotions of feeling down, blue, or low

60200146 | 10 mL roll-on



dōTERRA PASSION® TOUCH NEW!
INSPIRING BLEND



Have you lost your why or passion for life? dōTERRA Passion Touch combines Fractionated Coconut Oil with the spice and herb blend of dōTERRA Passion to help you rekindle the excitement in your life.

- Combines Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla, and Damiana
- Ignites feelings of excitement, passion, and joy
- Counteracts negative feelings of boredom and disinterest

60200150 | 10 mL roll-on



dōTERRA FORGIVE® TOUCH NEW!
RENEWING BLEND



dōTERRA Forgive Touch contains the tree and herb essential oils found in our proprietary dōTERRA Forgive blend along with Fractionated Coconut Oil for gentle application and ease of use. dōTERRA Forgive was developed to help you discover the liberating action of forgiving, forgetting, and moving on.

- Merges Fractionated Coconut Oil, Spruce, Bergamot, Juniper Berry, Myrrh, Arbovitae, Nootka Tree, Thyme, and Citronella
- Promotes feelings of contentment, relief, and patience
- Counteracts negative emotions of anger and guilt

60200148 | 10 mL roll-on



dōTERRA CONSOLE® TOUCH NEW!
COMFORTING BLEND



dōTERRA Console Touch promotes feelings of comfort and hope during times of loss. This proprietary blend combines the sweet and musky aroma of dōTERRA Console essential oil blend with Fractionated Coconut Oil for gentle application.

- Features Fractionated Coconut Oil, Frankincense Resin, Patchouli Leaf, Ylang Ylang Flower, Labdanum Flower Absolute, Amyris Bark, Sandalwood Wood, Rose Flower, Osmanthus Flower Absolute
- Promotes feelings of comfort and hope
- Counteracts negative emotions of grief, sadness, and hopelessness

60200147 | 10 mL roll-on



dōTERRA PEACE® TOUCH NEW!
REASSURING BLEND



In today's fast paced society, it's easy to feel anxious, overwhelmed, and fearful—no matter what your age. Use dōTERRA Peace Touch Reassuring Blend to promote feelings of contentment, composure, and reassurance when anxious feelings overwhelm your emotions.

- Combines Fractionated Coconut Oil, Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint
- Promotes feelings of peace, reassurance, and contentment
- Counteracts anxious and fearful emotions

60200151 | 10 mL roll-on





aromatouch[®] TECHNIQUE

STEP 1



STEP 2



STEP 3



STEP 4





**AROMATOUCH®
TECHNIQUE KIT**

NEW BOX!

Increase the benefits you experience with CPTG® essential oils by incorporating the AromaTouch Technique into your healthy lifestyle philosophy. This kit contains 5 mL bottles of the eight CPTG® oils used in the AromaTouch Technique, as well as the AromaTouch Technique presentation box. You will also receive dōTERRA® Fractionated Coconut Oil (4 oz) when you purchase this kit.

20570001 | Eight 5 mL bottles



The dōTERRA® AromaTouch Technique is a simple step-by-step method of applying essential oils topically to produce a profound overall wellness experience.

The AromaTouch Technique Kit includes 5 mL bottles of dōTERRA Balance® Grounding Blend, Lavender, Melaleuca (Tea Tree), dōTERRA On Guard® Protective Blend, AromaTouch® Massage Blend, Deep Blue® Soothing Blend, Wild Orange, Peppermint, and a 4 oz bottle of Fractionated Coconut Oil. The kit also includes an instruction video in a beautiful presentation box. Equally compelling to novice users and licensed professionals, the AromaTouch Technique represents an exciting new era of essential oil application and benefits.

"I love doing the AromaTouch Technique on moms and dads so they can learn how to do the same for their families. It is a win-win situation."

Peggy S., Utah, USA



Proprietary ESSENTIAL OIL BLENDS

dōTERRA® 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® essential oils.

AROMATOUGH® MASSAGE BLEND



This proprietary massage blend combines the benefits of oils well known for their soothing and relaxing effects.

- Features Basil, Grapefruit, Cypress, Marjoram, Peppermint, and Lavender essential oils
- Promotes feelings of relaxation and lessens feelings of tension

31200001 | 15 mL bottle

dōTERRA BALANCE® GROUNDING BLEND



dōTERRA Balance Grounding Blend has a warm, woody aroma that creates a sense of calmness and well-being.

- Features Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus
- Promotes an overall sense of relaxation
- Evokes feelings of tranquility and balance
- Helps ease anxious feelings

31010001 | 15 mL bottle

dōTERRA BREATHE® RESPIRATORY BLEND



dōTERRA Breathe is a powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca (Tea Tree), Lemon, Ravensara, and Cardamom essential oils
- Maintains feelings of clear airways and easy breathing
- Helps minimize the effects of seasonal threats
- Diffuse or inhale directly when environmental threats are high

49370001 | 15 mL bottle



ESSENTIAL OIL BLENDS

Quick Reference Chart

	APPLICATION			SKIN SENSITIVITY			SKU
	AROMATIC	TOPICAL	INTERNAL	NEAT	SENSITIVE	DILUTE	
AROMATOUGH® Massage Blend <i>Cypress, Peppermint, Marjoram, Basil, Grapefruit, Lavender</i>		T		N			31200001
dōTERRA BALANCE® Grounding Blend <i>Fractionated Coconut Oil, Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile, Osmanthus Absolute</i>	A	T		N			31010001
dōTERRA BREATHE® Respiratory Blend <i>Laurel Leaf, Eucalyptus, Peppermint, Melaleuca (Tea Tree), Lemon, Cardamom, Ravintsara, Ravensara</i>	A	T			S		49370001
CITRUS BLISS® Invigorating Blend <i>Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, with Vanilla Absolute</i>	A	T		N			31020001
CLARYCALM® Monthly Blend for Women <i>Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa, Vitex</i>	A	T		N			35270001
DEEP BLUE® Soothing Blend TOP SELLER <i>Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, German Chamomile, Osmanthus</i>		T			S		60200143
DIGESTZEN® Digestive Blend TOP SELLER <i>Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon, Fennel</i>	A	T	I	N			31030001
ELEVATION Joyful Blend <i>Lavandin, Tanergine, Lavender, Amyris, Clary Sage, Hawaiian Sandalwood, Ylang Ylang, Ho Wood, Osmanthus Absolute, Lemon Myrtle, Melissa</i>	A	T		N			31040001
HD CLEAR® Topical Blend <i>Black Cumin Seed Oil, Ho Wood, Melaleuca (Tea Tree), Eucalyptus, Geranium, Litsea</i>		T		N			49400001
IMMORTELLE Anti-Aging Blend <i>Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, Rose</i>		T		N			37140001
INTUNE® Focus Blend <i>Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, Roman Chamomile</i>	A	T		N			41840001
dōTERRA ON GUARD® Protective Blend TOP SELLER <i>Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary</i>	A	T	I		S		31100001
PASTTENSE® Tension Blend <i>Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, Rosemary</i>	A	T		N			31350001
PURIFY Cleansing Blend <i>Lemon, Siberian Fir, Citronella, Lime, Melaleuca (Tea Tree), Cilantro</i>	A	T		N			31060001
dōTERRA SERENITY® Restful Blend NEW FORMULA! <i>Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla Absolute, Hawaiian Sandalwood</i>	A	T		N			49350001
SLIM & SASSY® Metabolic Blend TOP SELLER <i>Grapefruit, Lemon, Peppermint, Ginger, Cinnamon</i>	A	T	I		S		31370001
TERRASHIELD® Outdoor Blend <i>Fractionated Coconut Oil, Ylang Ylang, Tamanu, Nootka, Cedarwood, Catnip, Lemon Eucalyptus, Litsea, Vanilla Absolute, Arborvitae</i>	A	T		N			31700001
WHISPER® Blend for Women <i>Fractionated Coconut Oil, Patchouli, Bergamot, Hawaiian Sandalwood, Rose Absolute, Vanilla Absolute, Jasmine Absolute, Cinnamon Bark, Vetiver, Labdanum Absolute, Cocoa Absolute, Ylang Ylang</i>	A	T		N			31080001
ZENDOCRINE® Detoxification Blend <i>Tangerine, Rosemary, Geranium, Juniper Berry, Cilantro</i>	A	T	I	N			31460001

EMOTIONAL AROMATHERAPY OIL BLENDS

dōTERRA MOTIVATE® Encouraging Blend <i>Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary, Vanilla Absolute</i>	A	T			S		31740001
dōTERRA CHEER® Uplifting Blend <i>Wild Orange, Clove, Star Anise, Lemon Myrtle, Nutmeg, Vanilla Absolute, Ginger, Cinnamon Bark, Zdravetz</i>	A	T			S		31720001
dōTERRA PASSION® Inspiring Blend <i>Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla Absolute, Damiana</i>	A	T			S		31760001
dōTERRA FORGIVE® Renewing Blend <i>Spruce, Bergamot, Juniper Berry, Myrrh, Arborvitae, Nooka Tree, Thyme, Citronella</i>	A	T			S		31750001
dōTERRA CONSOLE® Comforting Blend <i>Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, Osmanthus Absolute</i>	A	T		N			31730001
dōTERRA PEACE® Reassuring Blend <i>Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, Spearmint</i>	A	T		N			31710001

APPLICATION METHODS A Can be used aromatically T Can be used topically I Can be used internally
SKIN SENSITIVITY N Can be used topically with no dilution (NEAT) S Dilute for young or sensitive skin (SENSITIVE) D Dilute before using topically (DILUTE)



CITRUS BLISS®
INVIGORATING BLEND



The harmonious blend of Citrus Bliss combines the powerful benefits of popular citrus essential oils.

- Merges Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine essential oils with a hint of vanilla
- Helps reduce stress
- Positively affects mood with energizing, uplifting, and refreshing properties

31020001 | 15 mL bottle

CLARYCALM®
MONTHLY BLEND
FOR WOMEN



ClaryCalm is a unique blend of essential oils developed especially for women.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Palmarosa, Carrot Seed, and Vitex essential oils
- Provides a cooling and calming effect
- Helps soothe heightened emotions

35270001 | 10 mL roll on

“DigestZen is my life-saving oil! When I don’t get enough sleep, my stomach cramps up. I don’t sleep well when my husband is gone, and he works on a rotation where he is away as much or more than he is home. DigestZen is the oil I use very regularly to help calm my stomach during those long weeks when he is gone.”

Jennifer B., Eagle River, Alaska

DEEP BLUE® TOP SELLER
SOOTHING BLEND



Deep Blue provides soothing effects that can be felt immediately.

- Rub Deep Blue on lower back muscles after a day of heavy lifting
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids’ legs before bedtime

60200143 | 5 mL bottle

60200144 | 10 mL roll on

DIGESTZEN® TOP SELLER
DIGESTIVE BLEND



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

- Features a proprietary blend of Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon, and Fennel essential oils
- Promotes healthy digestion*
- Helps maintain a healthy gastrointestinal tract*
- Helps reduce bloating, gas, and occasional indigestion*

See page 62 for DigestZen Softgels

31030001 | 15 mL bottle

ELEVATION
JOYFUL BLEND



Elevation is a proprietary blend of mood-elevating essential oils.

- Features Lavandin, Tangerine, Lavender Amyris, Clary Sage, Hawaiian Sandalwood, Ylang Ylang, Ho Wood, Osmanthus, Lemon Myrtle, Melissa essential oils
- Elevates mood and promotes vitality
- Helps create a positive and energizing mood

31040001 | 15 mL bottle

**HD CLEAR®
TOPICAL BLEND**



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

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Wood, Melaleuca (Tea Tree), Eucalyptus, Geranium, and Litsea
- Promotes a clear complexion
- Helps reduce breakouts

49400001 | 10 mL roll on

**IMMORTELE®
ANTI-AGING BLEND**



This powerful blend of essential oils nourishes and supports skin to help sustain smoother, more radiant, and youthful-looking skin.

- Features the renewing power of rare essential oils—Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, and Rose
- Helps reduce the appearance of fine lines and wrinkles
- Helps reduce contributing factors to the appearance of aging skin

37140001 | 10 mL roll on

**INTUNE®
FOCUS BLEND**



InTune is a proprietary blend of carefully selected essential oils known to promote a sense of clarity and focus.

- Features Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Hawaiian Sandalwood, and Roman Chamomile
- Enhances and sustains a sense of focus
- Supports efforts of those who have difficulty paying attention and staying on task

41840001 | 10 mL roll on

**dōTERRA ON GUARD®
PROTECTIVE BLEND**



dōTERRA On Guard offers a fragrant, natural, effective alternative to synthetic options for immune support.*

- Features a combination of Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary essential oils
- Formulated to support healthy immune function*
- Supports the body's natural antioxidant defenses*
- Safe for use on countertops, as a non-toxic cleaner, or to purify the air through diffusion

See page 40 for On Guard + Softgels

31100001 | 15 mL bottle

dōTERRA ON GUARD® BEADLET

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

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

31580001 | 125 beadlets



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



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

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

PASTTENSE®
TENSION BLEND

A T N

PastTense is a distinctive blend of essential oils known to reduce the feelings associated with tension and stress.

- Features Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil, and Rosemary essential oils
- Helps ease stressful feelings
- Helps calm emotions
- Packaged for convenient application in a roll-on bottle

31350001 | 10 mL roll on

PURIFY
CLEANSING BLEND

A T N

Purify is designed to eliminate odors naturally without toxic additives.

- Features Lemon, Siberian Fir, Citronella, Lime, Melaleuca (Tea Tree), and Cilantro essential oils
- Refreshing aroma eradicates unpleasant odors and clears the air
- Protects against environmental threats

31060001 | 15 mL bottle

dōTERRA SERENITY®
RESTFUL BLEND

NEW FORMULA!

A T N

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, Hawaiian Sandalwood
- Creates a perfect escape with its calming, renewing fragrance
- Promotes feelings of relaxation and a restful sleeping environment

49350001 | 15 mL bottle

SLIM & SASSY®
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*
- Diuretic, stimulant, and calorie free

31370001 | 15 mL bottle

TERRASHIELD®
OUTDOOR BLEND



Just a small amount of super-concentrated TerraShield provides powerful outdoor protection.

- A proprietary blend of essential oils carefully balanced in a base of Fractionated Coconut Oil
- Diffuse during outdoor events
- Apply before hiking or camping

31700001 | 15 mL bottle

31160001 | 30 mL spray bottle

WHISPER®
BLEND FOR WOMEN



Create a beautiful and unique personal fragrance with the essences of the most appealing CPTG® essential oils.

- Contains Patchouli, Bergamot, Hawaiian Sandalwood, Rose, Vanilla extract, Jasmine extract, Cinnamon, Cocoa extract, Labdanum, Vetiver, Ylang Ylang
- Warming aroma that entices the senses
- Promotes calming emotions throughout the day

31080001 | 5 mL bottle

ZENDOCRINE®
DETOXIFICATION BLEND



Zendocrine essential oil blend supports the body's natural ability to rid itself of unwanted substances.*

- Features Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Purifying and detoxifying to the body's systems*
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin*

31460001 | 15 mL bottle



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

ESSENTIAL USAGE

The benefits of CPTG® essential oils can be realized through several delivery methods: aromatically, topically, and internally. dōTERRA helps facilitate the different options for the use of essential oils in their various forms by providing quality products that follow traditional applications as well as more technologically advanced applications with state-of-the-art diffusers. Using a variety of application methods can offer a unique and exciting experience with each oil. Be sure to refer to the essential oil usage charts and follow usage recommendations to ensure safe application.

AROMATIC USE

PETAL DIFFUSER

The dōTERRA® Petal Diffuser is a small, user-friendly diffuser that delivers health-promoting benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 330 square feet. The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customize the release of essential oils into the air.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet
- Simple, 3-piece diffuser is easy and convenient to use

33150001

AROMA LITE DIFFUSER

Experience the aromatic benefits of dōTERRA CPTG® essential oils with the dōTERRA Aroma Lite Diffuser. Utilizing real-time atomization technology, the Aroma Lite Diffuser creates an ultra-fine mist output of 1-3 microns for maximum diffusion of dōTERRA essential oils.

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

33130001

LOTUS DIFFUSER

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

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

33160001



Petal Diffuser



Aroma Lite Diffuser



Lotus Diffuser

INTERNAL USE

VEGGIE CAPS

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

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients that do not interfere with digestion
- Includes 160 HPMC capsules

34100001 | 160 HPMC capsules



MADE WITH SLS-FREE
VEGETABLE CAPSULES



TOPICAL USE

dōTERRA® SPA HAND & BODY LOTION NEW FORMULA!

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

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

37510001 | 6.7 fl oz./200mL

3-PACK

60200498 | 3-6.7 fl oz./200mL tubes

FRACTIONATED COCONUT OIL



Combine dōTERRA® Fractionated Coconut Oil with your favorite dōTERRA essential oils for your own readily-absorbable blend.

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

31640001 | 115 mL/4 oz



Aroma-Ace™ Diffuser

AROMA-ACE DIFFUSER

The state-of-the-art diffusion technology found in the Aroma-Ace Diffuser allows you to quickly enjoy the benefits of diffusing essential oils.

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

33030001



Play longer and harder with **DEEP BLUE[®] PRODUCTS**

The soothing combination of CPTG[®] essential oils of Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, German Chamomile, and Osmanthus create the dōTERRA[®] Deep Blue proprietary blend. Available in a cream, roll-on, and supplement, Deep Blue provides soothing effects and targeted benefits.



DEEP BLUE® TOP SELLER**SOOTHING BLEND**

Deep Blue provides soothing effects that can be felt immediately.

- Rub Deep Blue on lower back after a day of heavy lifting
- Apply on feet and knees before and after exercise
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime

60200143 | 5 mL bottle

60200144 | 10 mL roll on

DEEP BLUE® RUB**SOOTHING LOTION**

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides a soothing and cooling effect.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Perfect for the athlete in your life, Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

38900001 | 4 oz

LITER BOTTLE

50210001 | 1 liter

DEEP BLUE® RUB SAMPLES

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

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

38950001 | Ten 2 mL samples

DEEP BLUE**POLYPHENOL COMPLEX™**

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

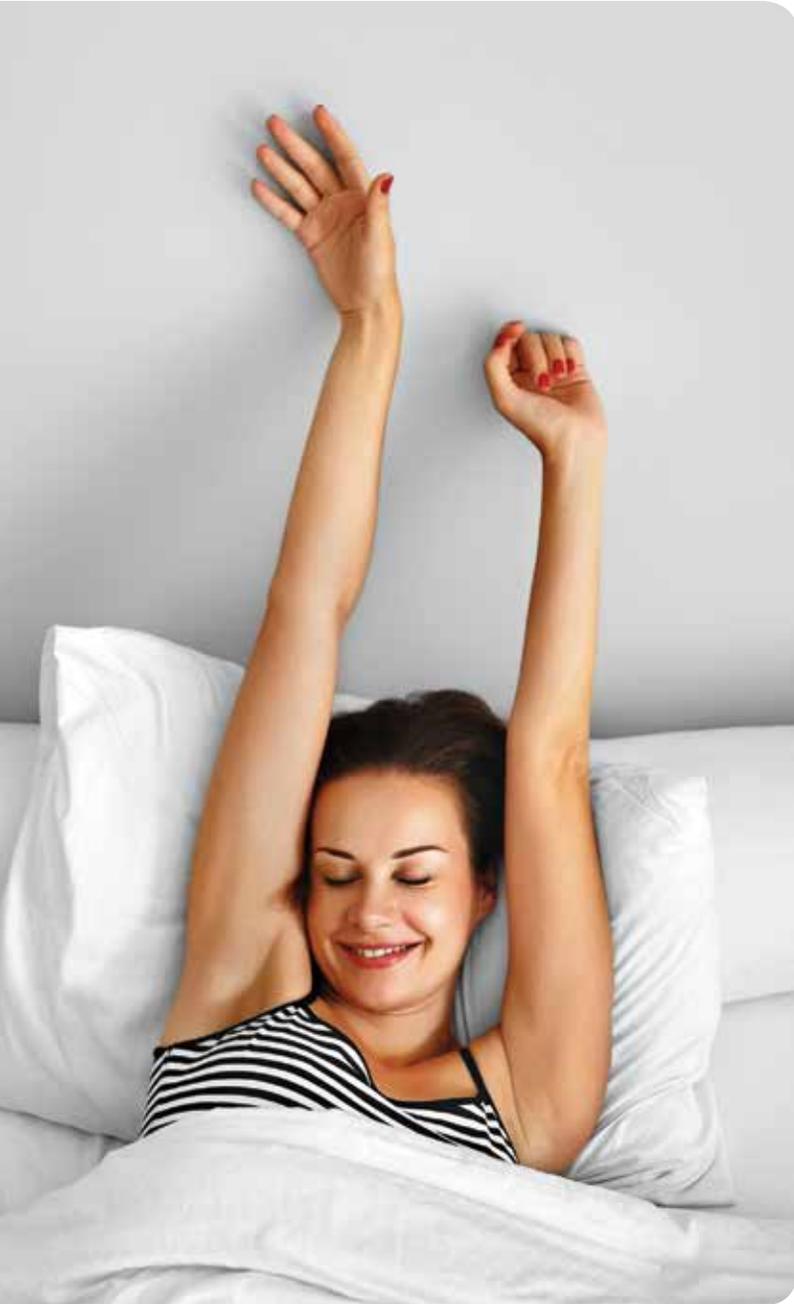
- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function*
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols to soothe aches and discomfort*
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

34360001 | 60 vegetable capsules



SERENITY PRODUCTS

In today's fast-paced society, we all experience occasional sleeplessness, and few of us obtain the recommended eight or more hours of sleep each night. dōTERRA Serenity Softgels and dōTERRA Serenity essential oil blend together provide a natural and safe solution for individuals who have occasional difficulty falling and staying asleep. Formulated with essential oils known for their ability to help calm the mind and body, this powerful duo works to promote a restful and satisfying night's sleep.



dōTERRA SERENITY® NEW FORMULA! RESTFUL BLEND



Serenity combines essential oils renowned for their ability to support a restful sleep when used aromatically.

- Features Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla extract, Hawaiian Sandalwood
- Promotes feelings of relaxation and a restful sleeping environment
- Lessens feelings of tension and calms emotions

49530001 | 15 mL bottle

dōTERRA SERENITY™ NEW! 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 of and the ease of going to sleep*
- Encourages restful sleep*

34390001 | 60 Softgels

SERENITY COMBO PACK

60200524 | 15 mL bottle and 1 bottle softgels

Respiratory support with dōTERRA BREATHE® PRODUCTS

Deep breathing is cleansing, freeing, and invigorating. It elevates our minds and energizes our bodies. It is the essence of life, the reassurance of vitality. The remarkable blend of essential oils found in the dōTERRA Breathe Respiratory Blend maintains feelings of clear airways and easy breathing, especially when seasonal impediments to breathing are high. Now, with the easy application of the dōTERRA Breathe Vapor Stick, you can quickly enjoy the benefits of this powerful blend anytime, anywhere.

dōTERRA BREATHE® VAPOR STICK

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

- Maintains feelings of clear airways and easy breathing
- Provides a cooling, soothing sensation

34290001 | .4 oz.



dōTERRA BREATHE® RESPIRATORY BLEND

A T S

dōTERRA Breathe is a powerful essential oil blend that maintains feelings of clear airways and easy breathing.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca (Tea Tree), Lemon, Ravensara, and Cardamom essential oils
- Maintains feelings of clear airways and easy breathing
- Helps minimize the effects of seasonal threats
- Diffuse or inhale directly when environmental threats are high

49370001 | 15 mL bottle



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

Support immune function* with dōTERRA ON GUARD® PRODUCTS

dōTERRA On Guard is one of the most popular and versatile dōTERRA® CPTG® essential oil blends. The proprietary combination of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils is an active component in a first line of defense for immune support.* It is a non-toxic and superb way to support the immune system.* The dōTERRA On Guard Protective Blend has been integrated into a variety of dōTERRA products to provide diverse ways to use its powerful benefits.

dōTERRA ON GUARD® TOP SELLER PROTECTIVE BLEND

A T I S



dōTERRA On Guard offers a fragrant, natural, effective alternative to synthetic options for immune support.*

- Features a combination of Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary essential oils
- Formulated to support healthy immune function*
- Protects against environmental threats
- Safe for use on countertops, as a non-toxic cleaner, or to purify the air through diffusion

31100001 | 15 mL bottle

dōTERRA ON GUARD® BEADLET

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

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

31580001 | 125 beadlets



dōTERRA ON GUARD®+ SOFTGELS PROTECTIVE BLEND

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

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

35420001 | 60 vegetarian softgels

 **MADE WITH VEGETARIAN SOFTGELS**



**dōTERRA ON GUARD®
LAUNDRY DETERGENT**

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

- Helps rid environmental threats from each load of laundry to keep your family safe and your clothes fresh and clean
- Contains 10 mL of dōTERRA On Guard Protective Blend for an added cleaning boost
- 64 loads in each bottle; 1 tablespoon = 1 load (using a high efficiency washer)
- Great as a pre-treatment for stains

38980001 | 32 fl oz

**dōTERRA ON GUARD®
CLEANER CONCENTRATE**

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

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

38140001 | 12 fl oz

**dōTERRA ON GUARD®
FOAMING HAND WASH**

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

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



**dōTERRA ON GUARD® FOAMING
HAND WASH WITH 2 DISPENSERS**

38070001 | 16 oz Hand Wash, 2 dispensers



SINGLE REFILL

38010001 | 16 oz Hand Wash



TWIN PACK REFILL

38020001 | 16 oz Hand Wash





**dōTERRA ON GUARD®
PROTECTING THROAT DROPS**

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

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

34050001 | 30 drops

**dōTERRA ON GUARD®
NATURAL WHITENING TOOTHPASTE**

Clean teeth gently with the added benefit of dōTERRA On Guard essential oil blend.

- Fluoride free formulation
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush
- Boasts the protective benefits of dōTERRA On Guard essential oil blend

38910001 | 4 oz



**dōTERRA ON GUARD® NATURAL
WHITENING TOOTHPASTE
SAMPLES**

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

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

39000001 | 10 samples, 2 g each



Quick and Effective CORRECT-X®

Frankincense, Helichrysm, Melaleuca (Tea Tree), Cedarwood, and Lavender—all CPTG® essential oils—form the base of dōTERRA Correct-X. This multi-purpose, natural ointment helps soothe your skin and keep it clean while recovering from distress. Correct-X provides a moisture barrier that helps protect against additional damage while simultaneously soothing and hydrating the skin. This petroleum and preservative free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.



CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is a natural topical ointment using powerful CPTG essential oils that assist in soothing skin.

- Helps soothe while simultaneously hydrating
- Absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin
- Keeps skin clean while recovering from distress
- Keep on hand, when taking children to playground, sporting events, or camping

60110001 | 15 mL/.5 oz



Prevent underarm odor with dōTERRA® NATURAL DEODORANT

NATURAL DEODORANT

dōTERRA Natural Deodorant is a natural formula infused with Cypress, Melaleuca (Tea Tree), Cedarwood, and Bergamot essential oils to create an effective, odor-fighting product for both men and women. These powerful essential oils inhibit underarm odor while leaving a fresh, clean scent.

- 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 smooth and healthy
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

37420001 | 1.7 oz





Healthy, radiant skin with
dōTERRA® VERÁGE™

dōTERRA Veráge is an exclusive collection of natural skin care products that nourish your skin, helping to reduce the visible signs of aging while also promoting smooth, supple skin. The advanced plant technology used in Veráge promotes an optimal lipid balance—the same balance found in healthy, youthful-looking skin. Each product is composed of true gifts from the Earth—nourishing plant extracts, pure and potent essential oils, and select natural ingredients. The Veráge Skin Care Collection delivers benefits your skin will love, naturally.



VERÁGE™ CLEANSER

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

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

37380001 | 60 mL/ 2 oz

VERÁGE™ TONER

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

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

37390001 | 50 mL/1.7 fl oz

VERÁGE™ IMMORTELLE HYDRATING SERUM

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

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Provides optimal lipid balance for smoother, more youthful-looking skin

37400001 | 15 mL/.5 fl oz

VERÁGE™ MOISTURIZER

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

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

37410001 | 30 mL/1 oz

Clinically supported benefits of the Veráge ingredients

- Smooths skin texture
- Reduces appearance of wrinkles
- Minimizes the appearance of mechanical creasing
- Minimizes pore appearance
- Evens tone

**VERÁGE™ SKIN CARE COLLECTION**

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

42690001

Keep your skin looking radiant with dōTERRA® ESSENTIAL SKIN CARE

dōTERRA Essential Skin Care is a family of skin care products designed to help keep your skin feeling and looking young, healthy, and gorgeous by maximizing the natural power of essential oils. The Essential Skin Care line includes cutting-edge technologies that complement the careful selection of CPTG® essential oils added in generous proportions to each product. Target the visible signs of aging with dōTERRA Essential Skin Care.



REVEAL FACIAL SYSTEM®

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

- Features dōTERRA® citrus essential oils of Lime and Wild Orange to purify the skin
- Bamboo silk beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Nutrient-rich formula helps maintain a radiant complexion

37340001 | two 1.7 oz tubes

INVIGORATING SCRUB

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

- Exfoliant action comes from tiny jojoba beads, which first exfoliate the skin and then dissolve to provide unique moisturization properties
- Contains a polyphenol-rich brown and red algae extract to promote a reduction in the appearance of brown (age) spots, resulting in more even skin tone and clarity

37050001 | 2.5 oz

FACIAL CLEANSER

With the CPTG® essential oils of Melaleuca (Tea Tree) and Peppermint, dōTERRA Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to reduce blemishes while protecting the appearance of the skin.

- Macadamia nut oil conditions the skin
- Proprietary vitamin blend supports overall healthy-looking skin

37010001 | 4 oz

HYDRATING CREAM

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

- Cocoa seed butter is a nutrient-rich emollient that helps keep skin looking hydrated in addition to acting as a conditioning agent that supports healthy-looking skin
- Erythritol provides moisturizing properties to the skin

37160001 | 1.7 oz

TIGHTENING SERUM

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

- Contains rhizobian, acacia gum, and proprietary oat extracts, which provide immediate “lifting” effects
- Biomimetic peptides help brighten skin and reduce the appearance of age spots, resulting in a smooth, even complexion

37040001 | 1 oz

ANTI-AGING MOISTURIZER

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

- Contains ingredients that promote skin rejuvenation, helping reduce the appearance of wrinkles
- A natural, aqueous extract of dormant Summer Snowflake Flower bulbs to promote a clearer, more even skin tone

37030001 | 1.7 oz

PORE REDUCING TONER

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

- Formulated to create the appearance of toned and tightened skin
- Soybean extract is known to promote the appearance of hydrated, healthy-looking skin

37020001 | 4 fl oz

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 | 10 mL roll on

1 SKIN CARE SYSTEM WITH ANTI-AGING MOISTURIZER

Includes Facial Cleanser, Pore Reducing Toner, Tightening Serum, and Anti-Aging Moisturizer.

37070001

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

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

37060001

3 SKIN CARE SYSTEM WITH HYDRATING CREAM

Includes Facial Cleanser, Pore Reducing Toner, Tightening Serum, and Hydrating Cream.

37250001

4 SKIN CARE SYSTEM WITH HYDRATING CREAM ON LOYALTY REWARDS PROGRAM

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

37240001



Clear, smooth skin starts with HD CLEAR®

HD Clear is a line of natural and highly effective products that address problem skin at its core. This three-step system works synergistically to purge skin of impurities; promote a smooth, clear complexion; and help reduce the appearance of blemishes. Included in each formula are CPTG® essential oils along with specialized plant extracts proven to improve skin texture and appearance. Using HD Clear every day will result in a clear, smooth, healthy-looking complexion.

HD CLEAR® FOAMING FACE WASH

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

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

49420001 | 50 mL/1.7 oz

HD CLEAR® TOPICAL BLEND



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

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

49400001 | 10 mL roll on



HD CLEAR® KIT

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

42700001

HD CLEAR® FACIAL LOTION

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

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca (Tea Tree), Eucalyptus, Geranium, and Litsea
- Promotes clear complexion
- Soothes skin

49410001 | 50 mL/1.7 fl oz



dōTERRA® WOMEN

dōTERRA Women is a line of products formulated to address the unique and changing health needs of women. Normal hormone levels influence a woman's good health and emotional well-being from her early teens to her transition through menopause. dōTERRA Women gently supports a woman through the menstrual cycle and helps diminish the normal symptoms of menopause.* dōTERRA Women supports healthy bones and heart as women age, while the essential oil blend provides temporary relief from heightened emotions related to regular hormone cycles in women. The dōTERRA Women line of products provides natural support throughout the different phases of life.



CLARYCALM® MONTHLY BLEND FOR WOMEN



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

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Helps balance mood throughout the month

35270001 | 10 mL roll on

BONE NUTRIENT LIFETIME COMPLEX

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

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

35240001 | 120 capsules



PHYTOESTROGEN LIFETIME COMPLEX

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

- Includes a standardized soy extract with genistein, a powerful phytoestrogen
- Supports a women's transition to menopause with a concentrated extract of flax seed lignans*
- Supports healthy bones, heart, breast tissue, and other body structures*

35260001 | 60 capsules



WOMEN'S HEALTH KIT

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

35250001





Beautiful, shiny hair with dōTERRA
SALON ESSENTIALS® HAIR CARE

dōTERRA Salon Essentials® Hair Care products are inspired by the concept that extremely pure botanical extracts combined with the most advanced technological ingredients will provide unparalleled hair care benefits that optimize beautiful hair and a healthy scalp. Carefully selected CPTG® essential oils deliver targeted benefits in all four products. Protecting Shampoo, Smoothing Conditioner, Root to Tip Serum, and Healthy Hold Glaze work collectively or individually to promote healthy, soft, and beautifully shiny hair.

CLINICALLY SUPPORTED BENEFITS OF THE ESSENTIAL HAIR CARE INGREDIENTS

- Helps protect color-treated hair
- Proven softening effects
- Better conditioning and detangling
- Maintains moisture capacity in both hair and scalp
- Strong and smooth looking hair
- Less hair breakage
- Proprietary blend of essential oils for healthy-looking hair and scalp

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

dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

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

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

36230001 | 8.34 fl oz

dōTERRA SALON ESSENTIALS® SHAMPOO/CONDITIONER SAMPLES

36390001 | 10 Companion Sets

dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

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

- Provides immediate conditioning, smoothing, and shine
- When hair is untamable, apply for a light hold and perfect, soft style
- Helps keep hair looking healthy even when exposed to sunlight and blow drying
- Heat activated conditioning

36270001 | 4 fl oz

dōTERRA SALON ESSENTIALS® ROOT TO TIP SERUM

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

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

49050001 | 30 mL



dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

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

36280001

LOYALTY REWARDS PRICING

PROTECTING SHAMPOO 2-PACK

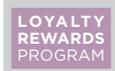
36240001

SMOOTHING CONDITIONER 2-PACK

36250001

SHAMPOO AND CONDITIONER

36260001



Pamper yourself with
dōTERRA® SPA

dōTERRA SPA is a line of CPTG® essential oil-infused products that provide an aromatic and pampering at-home spa experience. Each product has been carefully formulated with natural ingredients that leave your skin feeling soft, smooth, and fresh all day long.



REFRESHING BODY WASH NEW!

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

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

37460001 | 8.45fl oz/250 mL

REPLENISHING BODY BUTTER NEW!

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

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

37470001 | 7 oz/198g

DETOXIFYING MUD MASK NEW!

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

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

37490001 | 4 oz/113.4g



HAND & BODY LOTION NEW FORMULA!

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

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

37510001 | 6.7 fl oz./200mL

3-PACK

60200498 | 3—6.7 fl oz./200mL tubes

CITRUS BLISS® HAND LOTION NEW FORMULA!

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

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

37500001 | 2.5 fl oz/75mL

LIP BALMS NEW!

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

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

ORIGINAL

37530001 | 0.16 oz/4.5g

TROPICAL

37540001 | 0.16 oz/4.5g

HERBAL

37550001 | 0.16 oz/4.5g

VARIETY 3-PACK

37570001

EXFOLIATING BODY SCRUB NEW!

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

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

37480001 | 8 oz/226g



*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.



MOISTURIZING BATH BAR NEW!

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

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

37450001 | 4 oz/113g

BATH BAR 3-PACK

37560001 |



dōTERRA® SPA BASICS KIT NEW!

Hand & Body Lotion, Body Wash

60200499 |

TOTAL dōTERRA® SPA KIT NEW!

Bath Bar, Body Wash, Exfoliating Scrub, Mud Mask, Body Butter, Hand & Body Lotion, Citrus Bliss, Lip Balm (Tropical, Original, Herbal)

60200501 |

dōTERRA® SPA LUXURY KIT NEW!

Body Scrub, Mud Mask, Body Butter

60200502 |



CITRUS BLISS® INVIGORATING BATH BAR

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

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

36130001 | 4 oz



dōTERRA SERENITY® CALMING BATH BAR

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

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

36140001 | 4 fl oz tube



dōTERRA Healing Hands FOUNDATION™

The dōTERRA Healing Hands Foundation™ is dōTERRA International's registered 501(c)(3) non-profit organization committed to improving lives through partnering with organizations that offer hope to millions around the world. The foundation seeks to bring healing and hope to the world, for lives free of disease and poverty, and to ultimately empower impoverished communities with the tools needed to become self-reliant. dōTERRA International, LLC provides all the overhead and administrative costs of the dōTERRA Healing Hands Foundation, ensuring that 100 percent of all donations go directly to those receiving aid.

U For more information, please visit doterrahealinghands.org



dōTERRA® SPA ROSE HAND LOTION NEW FORMULA!

dōTERRA SPA Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. This silky formula contains natural moisturizers and humectants that leave hands soft, supple, and nourished. Known for its skin-beneficial properties, Rose essential oil enhances this lotion with the authentic and uplifting aroma of rose petals.

- Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

37520001 | 3.3 fl oz./ 100mL





dōTERRA® DAILY VITALITY

dōTERRA Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with dōTERRA CPTG® essential oils and a lifelong commitment to the dōTERRA wellness lifestyle, they naturally support a lifetime of looking, feeling, and living younger, longer.



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 response to oxidative stress*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend*

35370001 | 120 vegetable capsules



xEO MEGA®
ESSENTIAL OIL OMEGA COMPLEX
xEO Mega is a revolutionary formula that blends CPTG® essential oils with natural marine- and plant-sourced omega-3 oils and carotenoids.

- Supports cardiovascular, immune, joint, and brain health*
- Delivers equal ratio of EPA and DHA from sustainable fish oil concentrates and Echium oil with SDA and GLA fatty acids
- Complete spectrum of carotenoids and vitamin E for antioxidant protection, plus vitamin D*
- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils

35360001 | 120 softgels



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

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

35350001 | 120 vegetable capsules





LOYALTY REWARDS PROGRAM

Save nearly 50% by purchasing all three products in the Lifelong Vitality Pack on your Loyalty Rewards order! Join as a dōTERRA member and save even more!



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

21480001

LOYALTY REWARDS PROGRAM

Customize and Save

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

BUY 1 LIFELONG VITALITY OR dōTERRA DAILY NUTRIENT PACK



OR



AND CHOOSE UP TO 3 ADDITIONAL SUPPLEMENTS AT REDUCED PRICES



Microplex VMz®

xEO Mega®

Mito2 Max®

Deep Blue Polyphenol Complex™

DigestZen TerraZyme®

PB Assist®+

Kids Kit (IQ Mega® & a2z)

dōTERRA® Specialized SUPPLEMENTS

Biological, environmental, and physiological factors all contribute to each individual’s nutritional health needs being unique. This means that some require an additional nutritional boost in some areas. Through cutting-edge scientific development, dōTERRA has provided a way to give that extra boost with specialized supplements. These supplements can be used in addition to the dōTERRA LifeLong Vitality Pack® to enhance certain functions.

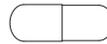


MITO2MAX® ENERGY & STAMINA COMPLEX

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

- Promotes better microcirculation with Oligonol®† 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; non habit forming

34350001 | 60 vegetable capsules



MADE WITH SLS-FREE VEGETABLE CAPSULES



DEEP BLUE POLYPHENOL COMPLEX®

A nutritional supplement that contains powerful polyphenols clinically tested to help with 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 aches and discomfort*
- Can be used in tandem with Deep Blue® Rub or Deep Blue Soothing Blend

34360001 | 60 vegetable capsules



MADE WITH SLS-FREE VEGETABLE CAPSULES



vEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

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

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

34260001 | 120 liquicaps



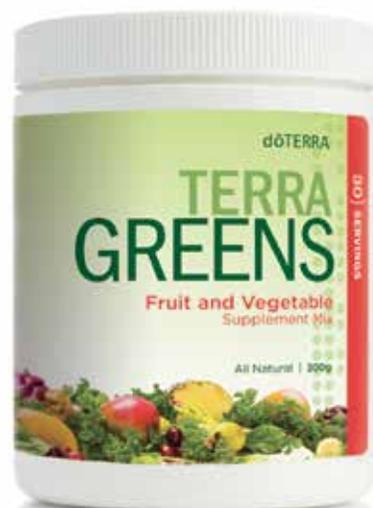
MADE WITH VEGETARIAN LIQUICAPS

TERRAGREENS®

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

- Blend of leafy greens and super fruits
- Chock full of naturally occurring vitamins and minerals
- Provides important antioxidants
- Flavored with Lemon and Ginger CPTG essential oils

60120001 | 300 g





**DDR PRIME® / DDR PRIME®
SOFTGELS**
ESSENTIAL OIL
CELLULAR COMPLEX

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

- Provides antioxidant protection against oxidative stress*
- Supports a healthy response to cellular stressors*
- Promotes healthy cellular response and regeneration*

41510001 | 30 mL bottle

34410001 | 60 softgels

 **MADE WITH VEGETARIAN SOFTGELS**

TRIEASE® SOFTGELS
SEASONAL BLEND

TriEase Softgels were developed to protect against seasonal and environmental elements and to support 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 respiratory function when combined together.*

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

49310001 | 60 vegetarian softgels

 **MADE WITH VEGETARIAN SOFTGELS**

*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.





DigestZen® DIGESTIVE HEALTH

Lifelong health is very much dependent on digestive health. A properly functioning digestive system is not only essential for food nutrient absorption, but also performs critical immune and detoxification functions in the body. Compromised digestive function can result in energy deficiencies, compromised immunities, weight gain, and gastrointestinal discomfort. The DigestZen line of digestive health products provides targeted solutions for optimal digestive function and comfort.*



DIGESTZEN TERRAZYME® TOP SELLER DIGESTIVE ENZYME COMPLEX

DigestZenTerraZyme 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

 MADE WITH SLS-FREE VEGETABLE CAPSULES

GX ASSIST® GI CLEANSING FORMULA

Cleanse your GI tract before starting with PB Assist+ with this combination of CPTG® essential oils.*

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

35040001 | 60 softgels

 MADE WITH ENTERIC SOFTGELS

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 (fructooligosaccharides) that encourage culture adhesion and growth*
- Time-release double capsule delivery system is designed to help protect sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity*

35160001 | 30 vegetable capsules

 MADE WITH SLS-FREE VEGETABLE CAPSULES



DIGESTZEN® TOP SELLER
DIGESTIVE BLEND

A T I N

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

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

31030001 | 15 mL bottle

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.*

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

35430001 | 60 vegetarian softgels

 **MADE WITH VEGETARIAN SOFTGELS**



DIGESTTAB®
CHEWABLE TABLETS

DigestTab is a calcium carbonate tablet that is infused with DigestZen Digestive Blend to deliver the benefits of the 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 provide relief from occasional sour stomach*
- Provides 200 mg of calcium per tablet

34380001 | 100 chewable tablets

*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.



ZENDOCRINE® DETOXIFICATION BLEND



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

- Features a proprietary blend of Tangerine, Rosemary, Juniper Berry, Cilantro, and Geranium essential oils
- Supports healthy liver function*
- Can be used individually or in combination with Zendocrin Detoxification Complex

31460001 | 15 mL bottle

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



MADE WITH SLS-FREE
VEGETABLE CAPSULES

ZENDOCRINE® SOFTGELS DETOXIFICATION BLEND

Zendocrin Softgels help cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.* Zendocrin Softgels provide an easy and convenient way to consume Zendocrin essential oil blend, a proprietary formula that helps detoxify the body, promote healthy liver, lung, kidney, colon, and skin function.

- 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



MADE WITH VEGETARIAN SOFTGELS



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dōTERRA® Children's **SUPPLEMENTS**

Inspired by the dōTERRA Lifelong Vitality Pack®, these products make it easy to enjoy taking omega-3s, whole food nutrients, vitamins, and minerals in convenient liquid and chewable forms. Kids love them because they taste great; adults love them because they are easy to swallow.



dōTERRA a2z CHEWABLE™ NEW FLAVOR

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

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

34500001 | 60 tablets

**PB ASSIST® JR** NEW!

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

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

34420001 | 30 Sachets

IQ MEGA®

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

- Provides 1,000 mg omega-3s per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with dōTERRA a2z Chewable tablets

35320001 | 150 mL



*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.

Weight management with **SLIM & SASSY®**

The dōTERRA® Slim & Sassy line of products encourages overall health and wellness through attaining and maintaining healthy body weight.* Take advantage of a wide range of benefits by incorporating the Slim & Sassy Metabolic Blend, Contrōl, TrimShake, and our premier line of supplements into your lifestyle!

SLIM & SASSY® TOP SELLER
METABOLIC BLEND



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

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

31370001 | 15 mL bottle



SLIM & SASSY® SOFTGELS

Slim & Sassy Softgels contain dōTERRA's 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.*

- Supports healthy metabolism*
- Helps manage hunger cravings*
- Promotes healthy digestion*
- Perfect for any weight management program*

34270001 | 90 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



*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.



"I use Slim & Sassy oil blend, TrimShake, and the dōTERRA Lifelong Vitality Pack daily. I have more energy to do my daily responsibilities. I have self-esteem to hold conversations about the oils I use. I'm not ashamed to look people in the eye when talking to them about wellness now that I'm doing it myself!"

Beth P., Danville, AL

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
35200001	chocolate

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 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	
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SLIM & SASSY® TRIM KIT

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

40770001	1 chocolate, 1 vanilla
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35280001	2 chocolate
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35290001	2 vanilla
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60130001	2 V shakes
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ESSENTRATRIM®

125 mg of EssentraTrim®, a patented extract of Ashwagandha that has been clinically demonstrated to help control stress-induced appetite, overeating, and carbohydrate cravings, helps support blood sugar levels already in the normal range and enhances energy levels while helping alleviate fatigue during dieting and exercise.

†Essentra Trim is a registered trademark of Nutra Genesis LLC

SOLATHIN®

Slim & Sassy® TrimShake includes 50 mg of Solathin® per serving, a special protein extract from natural food sources that supports an increased feeling of satiety. Solathin® has also been demonstrated to help control snacking between meals, portion control, and feeling full faster and longer. Along with being an excellent source of protein, Solathin® is also hypo-allergenic and enhances the flavor and texture of TrimShake.

†Solathin is a registered trademark of Cyvex Nutrition

LOYALTY
REWARDS
PROGRAM



The dōTERRA® **LOYALTY REWARDS PROGRAM**

Do you have a favorite dōTERRA product you cannot live without? Would you enjoy the convenience of receiving dōTERRA Lifelong Vitality Pack® automatically each month? Would you like to earn free product every time you place an order? The dōTERRA Loyalty Rewards Program (LRP) provides a convenient way to receive an automatic monthly order of your favorite dōTERRA products delivered directly to your home. Each month you participate in the Loyalty Rewards Program, you earn an increasing number of LRP credits that can be used as cash to purchase product—earn up to 30 percent on qualified LRP orders! You can change the products in your monthly order or cancel your LRP agreement at any time without obligation. Talk to the Wellness Advocate who gave you this product guide or call 1-800-411-8151 for more complete program information.

dōTERRA®

