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dōTERRA® | CANADA

FALL/WINTER 2019

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Let's Connect!

Learning about essential oils on a daily basis has never been easier. Follow us on social media to get daily essential oil tips and tricks and stay updated on all things dōTERRA Canada!

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Want to *Amplify* your social media efforts?

Subscribe to the dōTERRA Amplify app for exclusive re-postable content.

Annual subscription $22.99 CAD

Meet Our Newest Products!

During Convention, dōTERRA announced some exciting product collection additions. Learn more about each of these all-star essential oils and start planning for how you will incorporate them into your daily routine!

Tamer™

A T | 10mL Touch

As the newest addition to the dōTERRA® Kids Collection, Tamer blends Spearmint, Japanese Peppermint, Ginger, Parsley Seed, and Black Pepper in a Fractionated Coconut Oil base to create an amazing essential oil for a soothing abdominal massage. Its gentle formula, bright packaging, and easy-to-apply roller bottle make Tamer kid-friendly and adult-approved.

Rose

A T | 5mL

Rose is a precious and indulgent essential oil sought after for its powerful topical and aromatic benefits. Known as the "Queen of Oils," dōTERRA sources Rose sustainably and responsibly to make it available for everyone. Whether applying topically to balance your skin's moisture levels or diffusing for its uplifting and positive aroma, Rose is an invaluable addition to your collection.

Lemon Eucalyptus

A T | 15mL

Derived from the tall, lemon-scented blue gum eucalypti in Kenya, Lemon Eucalyptus is a powerful essential oil. Bright and invigorating, Lemon Eucalyptus' unique scent creates a positive aroma while simultaneously offering incredible cleansing benefits. Apply topically to areas of concern for healthier-looking skin or diffuse for a revitalizing aroma.

Celery Seed

A T I | 15mL

Sourced from the celery plant, the warm aroma of Celery Seed essential oil is an excellent way to create a relaxing and uplifting aromatic experience. Along with its subtly sweet aroma, Celery Seed includes chemical components with cleansing and invigorating qualities. Apply Celery Seed topically, enjoy it aromatically, or use it to flavor your food to experience all the benefits of this powerful seed!

Citronella

A T | 15mL

From the tall and leafy grasses of Asia, the Citronella plant is steam distilled into an essential oil known for its crisp, fresh aroma. Citronella is high in citronellal and geraniol content, making it a wonderful naturally sourced solution for cleaning surfaces inside and outside the home. Along with its cleaning properties, Citronella's delightful scent makes it the ideal companion for all your summertime activities.

Black Spruce

A T | 5mL

See page 5 for information on the origins and benefits of Black Spruce essential oil.

ADAPTIV™

A T | 15mL, 10mL Touch

Grounding and sweet, Adaptiv is a beautiful combination of Wild Orange, Lavender, Copaiba, Spearmint, Neroli, and Sweetgum essential oils. The Adaptiv blend was purposefully designed to provide an aroma of calm confidence during those moments where you have too much on your plate. Available in a 15mL blend and a 10mL Touch, Adaptiv is the perfect companion for your most overwhelming days.

Essential Oil Spotlight

Black Spruce 5mL

Historically used by a number of First Nation tribes in traditional practices, Black Spruce continues to offer wonderful benefits. Distilled from the needles and branches of the *Picea mariana* tree, Black Spruce has an aroma that is reminiscent of a refreshing, invigorating walk outdoors. This relaxing yet revitalizing scent comes from Black Spruce's naturally high bornyl acetate content, making it unique among wood essential oils. Versatile in its use topically and aromatically, apply Black Spruce after strenuous exercise or diffuse throughout the day for an aromatic experience of harmony and balance.

Sourced From: Canada

Cosmetic Uses

- Combine 1–2 drops with Fractionated Coconut Oil and massage into arms and legs for a comforting massage after exercise.
- Using a carrier lotion, apply Black Spruce topically to the skin to help soothe dry, irritated skin.

Household Uses

- Diffuse when working through difficult circumstances for a calming, grounding aroma.
- Put one drop in your palm, rub hands together, and cup them to your nose for an invigorating aroma.

Aromatic Description:

Balsamic, green, fruity, woody

Coughs & Colds

Coughs and colds are regular visitors during the chilly fall and winter months. By creating a consistent routine of wellness, you and your family can have a more manageable cold season. Supplementing essential practices of good sleep and cleanliness with aromatherapy can amplify what you are already doing to keep seasonal threats at bay.

SLEEP

The power of sleep is often underestimated. During a good night's rest, your body's cells regenerate and renew! In addition to keeping you well, spending enough time in your REM cycle can also help you to feel present and less fatigued during the day. To help maintain your body's state of wellness, make sure that you are getting plenty of rest. Boost your night-time outine and quality of rest by trying a few of the following tips:

- Sip your favorite tea to begin winding down before bed.
- Diffuse a few drops of dōTERRA Serenity® essential oil to create a restful environment.
- Stretch and meditate just before getting into bed for the night.
- Roll dōTERRA Touch® Lavender on the bottoms of your feet at bedtime for a calming aroma.

CLEAN

Keeping a clean house and body is one of the best ways to support a healthy environment. Regularly washing and sanitizing hands, common surfaces of the home, and contained spaces such as your car or bathroom will not only keep things feeling fresh, but also help reduce their collection of unwanted threats! To keep your body clean from the inside-out, stay hydrated. For a flavor boost, try adding a few drops of citrus essential oil such as Lemon or Lime.

AROMATHERAPY*

To supplement your lifestyle habits of sleep and cleanliness, there are endless combinations of essential oils that can be used in aromatherapy to help alleviate the symptoms of coughs and colds! By using the essential oils in the *Coughs and Colds Toolkit*, experiment with the following aromatic techniques to find what works best for you and your family.

Steam

Add 3-4 drops of essential oil to a bowl of hot water. Cup your hands around the rim of the mug, resting your nose and mouth inside your hands. Take several deep breaths in, turning your head to the side to exhale each time.
Try: Cypress, Tea Tree, Lavender, Peppermint

Rub

Using Fractionated Coconut Oil as a carrier, rub a few drops of essential oil into chest, back of neck, and/or temples.
Try: Cardamom, Peppermint, Sandalwood, Bergamot

Diffuse

Diffuse 3-4 drops of essential oil in your favorite diffuser.
Try: Helichrysum, Cypress, Lavender, Lemon, Sandalwood

Bath

Add 4-5 drops of essential oil to an Epsom salt bath and soak for no more than 20 minutes.
Try: Helichrysum, Bergamot, Lime, Lemon, Peppermint, Tea Tree, Lavender

Coughs & Colds TOOLKIT*

Used in aromatherapy to relieve coughs and colds:
Cardamom, Peppermint, Tea Tree, Sandalwood, Bergamot, Clary Sage, Clove Bud, Cypress, Ginger, Helichrysum, Lavender, Lemon, Lime

Used in aromatherapy to relieve headaches:
Lemongrass, Sandalwood, Bergamot, Lavender, Clary Sage

*NHP #: 80060980 (Bergamot), 80060953 (Cardamom), 80060984 (Clary Sage), 80073542 (Clove Bud), 80060929 (Cypress), 80060954 (Ginger), 80060963 (Helichrysum), 80061038 (Lavender), 80060961 (Lemon), 80073544 (Lemongrass), 80060938 (Lime), 80061370 (Peppermint), 80060977 (Sandalwood), 80060950 (Tea Tree)

Warm Brews for Winter Blues

Whether you are curling up with a blanket and some cocoa, running off to work with a hot cup of coffee, or cozying up next to the fireplace with a mug of cider or tea, you'll agree — nothing beats the cold like a warm drink! No matter what your go-to hot beverage is, use this mix-and-match drink matrix to jazz-up your typical drink or host a unique holiday beverage party.

Step 1. Choose your *beverage*:

hot chocolate · coffee · tea · apple cider

Step 2. Choose your *creamer*:

almond milk · half and half · coconut milk · ice cream

Step 3. Choose your *essential oil*:

peppermint · turmeric · cassia · wild orange

Directions:

Brew 2 cups of your beverage of choice. Add one drop of essential oil and stir to combine. Top off with 1–2 tablespoons of creamer or one scoop of ice cream. Enjoy!

What did *you* create?

Let's see your creativity in action! Tag us on Instagram **@doterraca** to show off your talent.

Aromas of Fall Inside Your Home

Fall is a beautiful time of the year. It's the season of vibrant colors, family gatherings, and wonderful aromas of home-baked pumpkin spice goodies. You can diffuse essential oils to capture your favorite seasonal scent in your own home without turning on the oven or burning candles. Try some of the following diffuser blends to bring the spirit of fall indoors this season!

Autumn Meadows

- 4 Douglas Fir
- 4 Cypress
- 2 Patchouli
- 2 Juniper Berry

Spooky Forest

- 2 Clove Bud
- 2 Frankincense
- 3 Patchouli
- 3 Spikenard

Warm Pumpkin Spice

- 3 Cinnamon Bark
- 3 Ginger
- 2 Clove Bud
- 2 Cardamom

Fall Harvest

- 4 Cedarwood
- 3 Cassia
- 3 Wild Orange
- 2 Juniper Berry

Evening by the Fire

- 3 Douglas Fir
- 3 Frankincense
- 2 Sandalwood
- 2 Lavender
- 4 Wild Orange

Orange Cinnamon Buns

- 4 Wild Orange
- 3 Cinnamon Bark
- 3 Cardamom

Ginger Snaps

- 4 Ginger
- 2 Cassia
- 2 Cinnamon Bark

FALL BUCKET LIST

WHAT WILL YOU DO THIS YEAR?

The time for falling leaves and apple cider has finally come. Cozy sweaters and mugs of steaming hot cocoa feel like home, and pumpkin patches seem like the perfect place to spend a day. Whether you're a fan of carving pumpkins or creating your own Halloween costume, there is something for everyone to love about fall. Bundle up in your favorite sweater and head outside to enjoy this colorful time of year.

1. LEARN TO COOK A NEW HEARTY SOUP

As the temperature drops, eating something warm becomes more appealing and inviting. There is no shortage of great soup recipes out there, prepared either in your slow cooker or on the stove. Try using in-season vegetables for the best flavor and nutrients. Adding essential oils to your recipe will provide a boost of flavor, and you will enjoy the benefits of the oil. As herbs are out of season, try using **Oregano**, **Cilantro**, and **Black Pepper** oils instead of the herb. You might be surprised at how much flavor one drop of oil can add!

2. GO FOR A HIKE

Mother Nature is at her best during fall. The bright and vivid colors of the season make it the perfect time to head for the mountains. Find a trail with lots of trees so that you can enjoy the changing colors up close. If you live in an area without mountains, take a long walk down a path lined with trees. Make sure to keep a bottle of **Deep Blue®** or **Deep Blue® Rub** in your hiking bag to give your legs an invigorating massage before or after tackling any steep hills! If hiking is not up your alley, try a nice scenic drive through a canyon, or a relaxing bike ride through the park.

3. ATTEND A HARVEST FESTIVAL

Apple picking, corn mazes, and hay bale rides are all activities usually found at a community harvest festival. Check out your local community's website or Facebook page to find events near you. Not only will these events be fun for your entire family, but they benefit your community as well!

4. SPEND A DAY BAKING

This is the time of year when you can never decide if it is time to turn on the heater or not. Why not heat your house using your oven for a change? Baking is one of the best ways to warm your home, making it smell like all of your favorite home-baked goods. Whether your specialty is a homemade pie or pumpkin chocolate chip cookies, use this time of year to hone your skills. Adding essential oils such as **On Guard®**, **Peppermint**, or **Cassia** to your favorite recipe is a great way to add an fun kick of flavor, perfect for the season!

5. DECORATE FOR FALL OR HALLOWEEN

Changing the décor around your home is the perfect way to invite fall into your house. Whether you choose to decorate for the season or the holiday, your home will feel festive and welcoming. Try making your own diffuser blend that fills your home with the cozy scents of fall. Also, see what upcycles you can create with your essential oil bottles to use as decorations. See page 16 for fun upcycle ideas.

6. VISIT A FARMERS MARKET

Shopping local takes on a fresh new meaning in the fall. We all know the tastiest produce comes from the fall harvest. Fall is an excellent time for corn, apples, and pumpkin, but did you know many other vegetables are ripe in the fall?

- Broccoli and kale are sweeter and less bitter and sharp when harvested in cooler temperatures.
- Chilies and peppers strut their best flavors when harvested at the beginning of fall.
- Pears and apples are great sweet additions to any fall meal.

7. MAKE A FIRE

If you are looking for a foolproof way to enjoy this season, you can find it with a nice fire in your backyard or fireplace, roasting s'mores with family and friends. Try adding your own twist on this holiday classic. Another favorite is to make your favorite chocolate chip cookies, sans the chocolate chips, and use them as the base of the s'mores. Start your fire just before sunset and enjoy the vibrant hue as the sun goes down.

Apple Pie Diffuser Blend

- 3 drops Douglas Fir
- 2 drops Cinnamon Bark
- 3 drops Citrus Bliss®

THE POWER OF Orange

The tasty array of **orange-colored fruits and vegetables** contain an abundance of antioxidants, vitamins, fiber, and phytonutrients that are good for your skin, eyes, and heart.

Beta-carotene: The best-known nutrient in orange foods is beta-carotene, a powerful antioxidant that gives sunny fruits and vegetables their brilliant color. Experts say beta-carotene is not only good for eye health, it can also delay cognitive aging and protect skin from sun damage.

Vitamin A: Beta-carotene is a precursor for vitamin A, which is commonly referred to as retinal, retinol, and retonoic acid. Vitamin A is important for night vision, as an antioxidant that can neutralize the damaging free radicals in the body, and as a crucial part of the health of your immune system.

Vitamin C: Orange foods are full of vitamin C, an antioxidant that boosts the immune system, supports cardiovascular health, and helps rebuild collagen in the skin.

Get your fill of orange fruits and vegetables in these delicious recipes!

PERSIMMON TARTS

Ingredients

Tart Dough:
- 1¼ cups all-purpose flour
- ¼ cup finely ground almonds
- ½ cup powdered sugar
- ¼ tsp salt
- 5 ounces unsalted butter, cold
- 1 egg yolk

Filling:
- 2½ ounces unsalted butter
- ⅔ cup powdered sugar
- 1 egg
- ⅔ cup finely ground almonds
- 1 tablespoon all-purpose flour
- Pinch salt
- 3–4 drops Lemon essential oil
- 10 Fuyu persimmons
- ¼ cup honey
- Pomegranate arils, optional

Directions

To make the tart shells:

1. Place finely ground almonds, flour, sugar, and salt in a food processor and pulse until well-blended.
2. Add cold, cubed butter and pulse until mixture is in small, pea-sized pieces.
3. Add egg yolk and pulse in long 5-second bursts until dough begins clumping together.
4. Take dough out of food processor and knead lightly to incorporate any extra flour.
5. Press dough in an even layer along bottom and sides of greased 6-inch tart pans. Freeze shells for 15 minutes.
6. Spray tops of tart dough with nonstick spray, then press a sheet of foil onto each shell, shiny side down. Fill foils with dry beans, rice, or pie weights.
7. Bake tart shells at 175°C for 15 minutes. Allow tarts to cool before adding filling.

To assemble the tarts:

1. Place butter and powdered sugar in a food processor and process until smooth. Add egg, finely ground almonds, flour, salt, and Lemon essential oil, and blend in long pulses until well-combined.
2. Scoop two big spoonfuls of almond mixture into bottom of each pre-baked tart shell and spread in an even layer.
3. Bake tarts at 190°C for 12–15 minutes until filling just starts to set. Remove tarts from the oven.
4. Use a mandolin to slice persimmons into paper-thin slices. Arrange in rosette shape in tart shells, pressing down slightly to embed them into filling layer.
5. Lower oven temperature to 175°C, and bake tarts for an additional 10–15 minutes until filling completely sets and persimmon slices are tender.
6. Drizzle each tart with honey and top with pomegranate arils.

CARROT SALAD

Ingredients
- 1 cup walnut halves
- 1 tablespoon grapeseed oil
- 2 teaspoons sugar
- Kosher salt and freshly ground black pepper
- ½ cup Greek yogurt
- 2 tablespoons Sherry vinegar
- 1 teaspoon honey
- 1 drop Coriander essential oil
- 1 pound small carrots, assorted colors if desired, scrubbed, very thinly sliced lengthwise on a mandoline
- 6 medium radishes, cut into thin wedges
- 2 scallions, thinly sliced on a sharp diagonal

Directions

1. Preheat oven to 190°C. Toss walnuts and oil on rimmed baking sheet. Bake until walnuts are lightly toasted and fragrant, around 6-8 minutes. Immediately sprinkle with sugar and seasonings; toss to coat.
2. Whisk yogurt, vinegar, honey, and Coriander essential oil in a small bowl. Season with salt and pepper. Cover and chill.
3. Place carrots in a colander and set in a bowl of ice water. Let sit until carrots start to curl, about 2 minutes. Lift colander from water and drain carrots; pat dry.
4. Combine carrots, radishes, scallions, and your chilled dressing in a large bowl and toss to coat; sprinkle with walnuts.

PEACH CAPRESE

Ingredients
- 2–3 ripe peaches, sliced
- 4 ounces fresh mozzarella, sliced
- ¼ cup balsamic vinegar
- 1 tablespoon honey
- 3 drops Wild Orange essential oil
- Fresh basil, for garnish

Directions

1. In a small saucepan over medium heat, whisk together balsamic vinegar, honey, and Wild Orange essential oil until combined.
2. Bring mixture to a boil. Decrease heat to low and simmer, stirring occasionally, until mixture is reduced by about half.
3. Carefully stack peaches and mozzarella. Lightly drizzle with balsamic reduction and garnish with basil.

CURRIED BUTTERNUT SQUASH SOUP

Ingredients
- 2 tablespoons coconut oil
- 2 pounds butternut squash, peeled, seeded, and cut into small ½-inch pieces
- 1 medium yellow onion, chopped
- 4 garlic cloves, pressed and chopped
- 2–3 tablespoons Thai red curry paste
- 2–3 drops Coriander essential oil
- 1 teaspoon ground cumin
- ¼ teaspoon sea salt
- 1 teaspoon red pepper flakes
- 1 tablespoon fresh lime juice
- 4 cups vegetable broth
- 1 cup full fat coconut milk

Directions

1. Heat oil in a large pot over medium heat. Once oil is heated, add squash, onion, garlic, curry paste, Coriander essential oil, cumin, salt, and red pepper flakes to skillet. Stir to combine.
2. Cook, stirring occasionally, until onion is translucent.
3. Add vegetable broth. Bring mixture to boil, reduce heat, and simmer until squash is soft.
4. Remove from heat and let cool. Working in batches, transfer contents from the pot to a blender. Securely fasten the blender lid and purée mixture until smooth.
5. Transfer puréed soup to a serving bowl and repeat this process with remaining mixture.
6. Stir lime juice and coconut milk into blended soup and serve.

Landry Mussard

With an energetic entrepreneurial spirit, Landry Mussard left his job as a bookkeeper in the small French island of Réunion, located in the Indian Ocean, to pursue his dreams in North America. After moving to Quebec 14 years ago, Landry studied multimedia until he discovered the life-changing benefits of dōTERRA® essential oils. Landry's newfound lifestyle and confidence prompted him to leave his web job and push the boundaries of his comfort-zone to share this new passion with others. Now a tremendously successful dōTERRA business owner, Landry helps men and women build their self-assurance and well-being through the daily use of nature's solutions.

WHAT ARE YOUR PASSIONS?

I like to draw! It allows me to put my brain to rest and release my creativity. As for sports activities, anything I can do outside is good: cycling, running, or hiking. I also like reading...I buy more books than I can read.

WHAT IS YOUR FAVORITE QUOTE?

"One day or day one. You decide."

WHAT IS YOUR FAVORITE ESSENTIAL OIL?

My favorite oil is **Vetiver**!

WHY DID YOU CHOOSE dōTERRA?

What I like about dōTERRA products is their versatility. When we discover essential oils for the first time, we can have fun making everyday products (such as soap, shaving cream, and cleaners) and realize that we have a real connection with what the Earth has to offer us. Another major reason I decided to join dōTERRA was for the company's values. Every action dōTERRA takes is designed to improve the quality of life of its partners – both Wellness Advocates and farmers!

WHAT ADVICE DO YOU HAVE FOR SOMEONE JUST GETTING TO KNOW OUR PRODUCTS?

The body is a great machine. It is complex, but it knows what it needs. Have an open mind when it comes to the benefits of essential oils. Trust the process! First and foremost, believe that the products can change and improve something in your life. Essential oils are there to accompany and support you in your journey!

WHAT IS YOUR DAILY ESSENTIAL OIL ROUTINE?

MORNING: First, I take a big glass of water with 2 drops of a citrus essential oil such as **Lemon**, **Lime**, or **Grapefruit** (depending on what I have on hand). Then I start my day with a meditation and use the **dōTERRA Affirm™** or **Frankincense** according to my mood. I continue with 30 minutes of physical activity and diffuse something energizing—it is often **Citrus Bliss®**! After exercising, I add a few drops of **Eucalyptus** to my shower to give it a spa-like effect. I shave with a mixture of **Fractionated Coconut Oil**, **Geranium**, and **Salon Essentials® Protecting Shampoo**. It is extraordinary! Then, I use the **Amāvī™ Aftershave Lotion** and the **Veráge® Skin Care Collection**. To finish, I take **dōTERRA Lifelong Vitality™** supplements.

DAYTIME: Throughout my day, **Balance®** often accompanies me. It allows me to give attention to my priorities and feel focused.

EVENING: At the end of the day, it is time to exercise again. An hour before going to the gym, I take the **Deep Blue Polyphenol Complex®**. It helps a lot during my workout and I see a clear difference the following day. I diffuse something to create a calming atmosphere in the evening. I often opt for **Siberian Fir**, but I recently discovered that **Copaiba** is also wonderful in the evening! At bedtime, my non-negotiable essential oil is **Vetiver**. I have not found a more relaxing aroma to help me prepare for a restful night's sleep!

Don't let your GUARD DOWN

Freshen your breath and brighten your smile!

UPCYCLE DIY PROJECTS

Wind Chimes

WHAT YOU NEED:

- Fishing line
- Empty essential oil bottles
- Beads
- Hot glue
- Twine

DIRECTIONS:

1. Wrap twine around both ends of a stick to use as your hanger.
2. Assemble the items you want on your wind chime.

Note: *We chose to use empty essential oil bottles and beads that were lying around.*

3. Using fishing line, hang the objects from the stick. Tip: Using hot glue to apply the fishing line to your objects is easier and less time consuming than tying knots.

Note: *Make sure your objects are made from glass or metal so they will make some sort of sound in the wind.*

4. Use your imagination!

What did *you* create?

Let's see your creativity in action! Tag us on Instagram @**doterraca** to show off your talent.

Holiday Wreath

WHAT YOU NEED:

- Empty essential oil bottles (about 22)
- Small red bells
- Garland
- Ribbon
- Paint pen
- Glue

DIRECTIONS:

1. Find a base to glue your empty essential oil bottles on.

Note: *We cut out a round piece of cardboard to use as our base.*

2. Lay out your oil bottles and bells the way you would like them displayed and start gluing.
3. Glue some garland and berries to the top of the wreath and a ribbon for hanging behind it.

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

Pumpkin Decoration

WHAT YOU NEED:

- Empty essential oil bottles (19)
- Green felt
- String
- Hot glue
- Spray paint
- Painters tape

DIRECTIONS:

1. Wrap the bottles with tape, allowing only the bottom to show, and spray paint. Once dry, remove tape.
2. Arrange the bottles in rows (two rows of 3, two rows of 4, and one row of 5, arranged as displayed in the photo) and hot glue them together.
3. Take an essential oil bottle lid and glue it to the top of the pumpkin for the stem.
4. Cut leaf shapes from the green felt and hot glue them on or around the stem.
5. Tie a short length of twine around the stem to resemble the vine.

Twinkle Lights

WHAT YOU NEED:

- Clean, empty essential oil bottles
- String of twinkle lights
- Hot glue

DIRECTIONS:

1. Remove lids from your empty bottles and cut a slit in the removable plastic orifice.
2. Insert single bulb of twinkle light while still attached to strand.
3. Glue plastic orifice to bottle to keep from falling off.
4. String your lights where desired, plug in, and enjoy!

TOGETHER

THE IMMEASURABLE VALUE OF PARTNERSHIP IN NEPAL

In the Spring of 2019, dōTERRA Canada Wellness Advocates visited the beautiful country of Nepal to participate in Co-Impact Sourcing® and dōTERRA Healing Hands Foundation™ initiatives. In addition to experiencing Wintergreen distillation and a Days for Girls training, Wellness Advocates constructed a water pipeline that will provide over five-hundred families with precious access to water. Through these experiences, both Wellness Advocates and the Nepalese people were bonded together in gratitude and friendship.

VALUE OF A BOTTLE

Amidst the serene stillness of the Nepalese forest, harvesters snap branches of wintergreen leaves from the trees. Dressed in colorful clothes with large grass baskets on their backs, these harvesters, exclusively women, passionately and gently harvest this waxy, fragrant foliage. Baskets bursting, the women proceed to carry their 70 – 90 pound load back to a local distillery on the lush, stepped hillside. At the distillery, a small, crackling wood fire sits below a large metal vault, known as a still. Inside, hundreds of pounds of the harvester's wintergreen leaves are tightly packed and blanketed in thick steam. Potent chemical constituents from the wintergreen rise with the steam through small funnels until slowly trickling into a small glass container. Here, the wintergreen's pure essential oil boasts its brilliant naturally red hue.

Watching as the distillers and harvesters carefully completed this process, trip attendees stood in awe. "After witnessing this incredible distillation process, the beautiful wintergreen oil was poured into small bottles and given to each of us to take home," explained Roxanne Harris, a dōTERRA Canada Wellness Advocate. "When it was given to me, it felt like I had been given a rare and precious gift of immeasurable value."

VIBRANT RELATIONSHIPS

The value of a single bottle of Wintergreen essential oil is difficult to quantify. The time-intensive work of the harvesters, the attentive labor of the distillers, and Wintergreen's abundant benefits make it truly special. After Co-Impact Sourcing in Katmandu valley for several years, dōTERRA's partnership with Nepal has grown beyond distilling.

The relationship between dōTERRA and Nepal is as vibrant as the Wintergreen oil itself. "There is genuine care for each person in the sourcing, growing, harvesting, and distilling process," said Roxanne Harris. "The bond created by Co-Impact Sourcing has allowed everyone involved to create a greater product, have greater joy, feel increased happiness and pride in their work, and live in a safer, healthier community." This bond is built upon a pillar of trust and dedication within sourcing communities, fortified by sustainable jobs, fair wages, and partnerships. The program seeks to amplify native resources and empower local people.

"Every country is endowed with unique natural resources," said Bishnu Adhikari, Director of Co-Impact Sourcing and Strategic Sourcing. "The beautiful thing about dōTERRA and its Co-Impact Sourcing model is that it helps identify a country's resources and, arm-in-arm with the country's native people, creates a business solution to poverty through using these resources to create pure and naturally sourced essential oils. This is done in Nepal and in different countries around the globe. There is nothing else like it."

This model truly makes Co-Impact Sourcing mutually beneficial – changing both the lives of those who source and those who use essential oil. "The practice is unifying and gratifying for everyone involved," shared Bekah Nixon, dōTERRA Canada General Manager. "A cornerstone of Co-Impact Sourcing is the desire to assist others in obtaining financial independence for expanded opportunities."

Co-Impact Sourcing seeks to promote self-reliance in individuals, families, and communities by empowering growth. "Co-Impact Sourcing empowers growth by lifting people to a level of self-respect, self-worth, and value that far exceeds what society has historically placed upon them," Roxanne Harris explains. "It is a relationship of genuine love, trust, and commitment in the most genuine way possible. It lifts, educates, empowers, and inspires communities to become all they were made to be and more through gifts of tools, resources, partnerships, and financial stability."

Through these gifts, people can lift themselves from poverty with their individual brilliance and unique talents. "Seeing Co-Impact Sourcing in action changes your view of the world," shares Lance Fryling, a dōTERRA Canada Wellness Advocate. "It not only affects the people in your community, but across the world. It makes us all a more global citizen." With empowering individuals and improving quality of life at the center of Co-Impact Sourcing, the dōTERRA Healing Hands Foundation™ seeks to expand upon these efforts. From constructing a medical clinic in Makawanpur or providing temporary housing after Nepal's devastating earthquake to conducting Days for Girls trainings in local villages, the dōTERRA Healing Hands Foundation supports the objectives of Co-Impact Sourcing in vital ways.

NEW OPPORTUNITIES

While in Nepal, dōTERRA Canada Wellness Advocates were able to participate in a Days for Girls training. During each program, trained Days for Girls leaders educate young girls about basic feminine hygiene and give each attendee a re-usable hygiene kit. “Throughout the training, the girls had so many questions about how we care for ourselves and our babies,” shares Roxanne Harris of her experience. “Many of the girls were shy, surprised, and overwhelmed at the material being taught to them and were so happy to receive their own hygiene kit. The need for this program is huge.”

“This is a new stage of life for these girls, one where they can have greater confidence in who they are,” said Bekah Nixon. “The work we do through Co-Impact Sourcing® and dōTERRA Healing Hands Foundation™ is huge in its impact, yet so small in its control. These women are incredible, intelligent, capable, and strong. Our effort is simply to provide resources that allow them to grow into the women they are meant to become.” Women are a huge focus of Co-Impact Sourcing and dōTERRA Healing Hands Foundation efforts in Nepal and their lives are abounding with new opportunities through these wonderful programs.

The beautiful women involved in harvesting Wintergreen are one such example of Co-Impact Sourcing’s ability to provide change and opportunity. The labor-intensive process of gathering wintergreen leaves and carrying them to the distillery is reserved primarily for women in this lush Nepalese community. Until dōTERRA began its Co-Impact Sourcing initiative in Nepal, women had very little financial opportunity near their homes and, if employed at all, would be required to travel to outlying villages for work. Women with employed husbands found difficulty in acquiring work, particularly if they had children. By harvesting wintergreen, women are able to stay close to home and work hours that allow them to be home for their children. With this additional income, their children are able to attend school and ultimately strengthen themselves, their families, and communities with greater opportunity. The women in these communities carry more than just wintergreen on their backs – they carry their families and future generations.

ESSENTIAL RESOURCES

Walking over an hour each way to the nearby river, women and girls spend significant time every day collecting water for their families. During the Co-Impact Sourcing trip, Canada leaders jumped in to help dōTERRA Healing Hands Foundation™ construct a water pipeline for Makawanur in the Thaha Municipality of Nepal to alleviate this pressing need. Wheelbarrows and shovels in hand, dust flew as Wellness Advocates and village locals worked together to dig and cement the pipeline. Lining the newly dug trench with smiles, dirt, laughter, and sweat, Wellness Advocates and locals passed plates of cement down an assembly line. Mixed by hand, this concrete will frame the pipeline for generations to come – ultimately blessing thousands of lives beyond those it will presently serve. The joy and gratitude along the pipeline was tangible as the group worked and smiled together. “It was so gratifying to work with the locals,” shared Lance Fryling. “With limited communication, we aided each other in our small tasks such as digging the trench and mixing and pouring the cement. It was awesome to see how we all worked together.” The unifying act of working together truly strengthened the relationships of Wellness Advocates in Canada and bonded them with a spirit of joyful service to the Nepalese people.

In addition to providing water accessibility for everyone in these remote villages, the amount of time freedom this provides to youth and mothers is significant. Time that would have been spent gathering water – two hours per day, fourteen hours per week, and just over four weeks per year – can now be used on education, work, hobbies, time with family, and more. “The importance of this water pipeline is undeniably life altering for the five hundred families that it will service,” expressed Roxanne Harris. “Brimming with gratitude, elderly women tearfully expressed their thanks for our help with the pipeline. Everyone was so thankful for our contribution.”

Much like this pipeline carries water to the villages surrounding the precious Wintergreen source, dōTERRA hopes to similarly act as a pipeline of essential resources to these communities. “Working together on the water pipeline was a beautiful illustration of the partnership we are creating with Nepal,” said Bekah Nixon, “but you didn’t have to attend the trip to contribute to this amazing impact. You partner with Nepal every time you use Wintergreen and every time you share it with others. Our wonderful Wintergreen harvesters and distillers are changing your life with every bottle, and you are changing theirs.”

BONDED TOGETHER

Both Co-Impact Sourcing and dōTERRA Healing Hands Foundation have generated resources for the Nepalese people that will sustainably benefit them for generations to come. Women, and entire communities, are flourishing in both business and life with increased opportunity and self-sustainability through aid-projects, sustainable jobs, and fair wages. Unified in partnership with dōTERRA and Wellness Advocates, change is not only possible, but a reality. “We may not speak the same language, live the same culture, or have the same challenges,” shares Bekah Nixon, “but at the end of the day we are all people – people that are striving to change and strengthen our communities for generations to come. Whether sourcing or sharing essential oils, we can accomplish anything when we do it together.”

make your skin care ESSENTIAL

From cleansing to toning, essential oils can boost your skin care regimen and promote a beautiful glow. Whether you already have an established regimen or are just getting started, show your skin the love it deserves by incorporating naturally sourced products into your daily skin care routine!

CLEANSE

Who doesn't love feeling clean? In addition to making you feel great, cleansing your face both morning and night can prevent dirt build-up that might compromise the overall health of your skin. Search for cleansers that are free from chemicals such as sodium lauryl sulfate or BHA and instead opt for cleansers with gentle, moisturizing ingredients.

Boost Your Benefits: Add a drop of Cypress to your cleanser of choice to soothe dryness and increase your clean. Also consider using Tea Tree or Cedarwood for similar benefits!

TONE

If you want a your skin to retain its moisture throughout the day, be sure to incorporate a toner into your routine! Not only does toner restore your skin's natural pH balance, but it also helps remove any excess oil, dirt, or leftover cleanser. No matter your skin type, try to avoid alcohol-based toners and instead use a toner with naturally based ingredients.

Boost Your Benefits: dōTERRA Touch® Rose promotes a heathy-looking, even skin tone while helping to balance moisture levels in the skin. Its delicate, floral scent is also elevating and enriching! Use dōTERRA Touch Rose, Juniper Berry, or any of the dōTERRA Touch® florals to supplement your toner of choice.

MOISTURIZE

Help your skin de-stress and regenerate by moisturizing regularly! Not only does moisturizing prevent dry skin, but it can also reduce the appearance of blemishes and wrinkles. When choosing a moisturizer, find one without parabens or fragrances and instead opt for a light-formula with SPF.

Boost Your Benefits: Yarrow|Pom is an amazing nutritive duo made up of incredible cosmetic constituents. Add a drop of Yarrow|Pom to your favorite moisturizer to help promote young, healthy looking skin and reduce the appearance of blemishes. Other essential oils you may consider using for similar benefits are Copaiba, Helichrysum, Clary Sage, and Patchouli.

AFTERSHAVE

Men, don't neglect adding aftershave to your skincare routine! Shaving can cause skin irritation. By replenishing moisture and adding a protective layer to combat redness, breakouts, and chafed skin, aftershave is an essential. When looking for the right aftershave for your skin type, avoid synthetic colorants or fragrances, both of which can aggravate the skin and are common allergens.

Boost Your Benefits: Add one drop each of Cedarwood and Tea Tree to the aftershave of your choice for its clarifying properties and relaxing aroma!

Fall Candles

WITH ESSENTIAL OILS

WHAT YOU NEED

- 1 pound beeswax
- 1/4 cup coconut oil
- 2 glass jars (355 mL each) or 20 small metal candle molds
- Cotton wicks
- Clove Bud, Cassia, and Holiday Joy
- Masking tape
- Tin can (either one 830 mL or two 445 mL cans)
- Small saucepan

INSTRUCTIONS

- Place beeswax into one large can or divide evenly between two smaller cans.
- Fill a small saucepan with 2 inches of water and place can(s) in the center. Turn the burner to medium-low heat and keep a close eye on the beeswax while it melts.
- While waiting for the wax to melt, set up your wicks. Take a piece of masking tape and punch a small hole in the center. Slide the wick through the hole, center the tape over the top of one of the jars or metal candle molds and secure it to both sides.
- Once the beeswax has melted, turn off the heat and add your coconut oil. Stir until combined.
- Allow the mixture to cool to 85°C and add about 20 drops of each essential oil. Stir until well-incorporated.
- Pour the wax into glass jars or metal candle molds.
- Let your candles cool on the counter for 5 or 6 hours before trimming the wicks and removing the tape.

Looking for more *great* ideas?

Get tips and recommendations for creative ways to use dōTERRA® products by watching the *Empowered Life Series!*

This tri-annual webinar series features expert essential oil users who present on a variety of topics including personal care routines, cooking with essential oils, cleaning, and other fun DIYs. Live an *empowered life* by incorporating dōTERRA into your everyday routine!

Check out doTERRA.com/CA/en/empowered-life-series for more information.

SPICE IT UP WITH ESSENTIAL OILS

DIY: Transforming Your Spice Cabinet with Essential Oils

Did you know you can substitute most dry spices and herbs with essential oils? Compared to your ordinary dry herb collection, essential oils are far more potent and flavorful. With just one drop of essential oil added to your favorite recipe, you'll experience a burst of fresh flavor with unique benefits.

CREATING YOUR FAVORITE FLAVORS WITH ESSENTIAL OILS

Tip: *Usually, one drop of essential oil is equivalent to two teaspoons of dried herbs. However, it's a good idea to start with less and gradually add more to taste. Dip a toothpick into the bottle and stir into your recipe until you reach the desired flavor. Use a clean toothpick each time you dip into your bottle to keep your essential oils pure!*

ITALIAN SEASONING BLEND

Ingredients:
- Basil essential oil
- Marjoram essential oil
- Oregano essential oil
- Rosemary essential oil
- Thyme essential oil
- 2 tablespoons garlic powder or 1 garlic clove, chopped

Directions:
Mix all ingredients into a homemade spaghetti sauce.

HERBS DE PROVENCE BLEND

Ingredients:
- Thyme essential oil
- Marjoram essential oil
- Rosemary essential oil
- Lavender essential oil
- Fennel essential oil
- 2 teaspoons dried orange zest (optional)

Directions:
Add to soups, on chicken, or on roasted vegetables.

PUMPKIN PIE MIX

Ingredients:
- Cinnamon Bark essential oil
- Ginger essential oil
- Clove Bud essential oil
- 2 teaspoons nutmeg

Directions:
Combine all ingredients and mix into a pumpkin pie filling.

HERB OIL DIP

Ingredients:
- Oregano essential oil
- Rosemary essential oil
- Basil essential oil
- 1 teaspoon crushed red pepper
- 1 teaspoon ground black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt
- ¼ cup extra virgin olive oil (or as needed)

Directions:
1. Combine all ingredients, except olive oil, on a deep plate or bowl.
2. Pour olive oil over mixture.

CARDAMOM TEA

Ingredients:
- Cardamom essential oil
- Clove Bud essential oil
- Cinnamon Bark essential oil
- Ginger essential oil
- 2 tablespoons honey
- Milk

Directions:
Place all ingredients in three cups of water, heat, but do not boil, for half an hour and strain. Add honey and milk.

BLACK PEPPER
Use to flavor your favorite savory dishes.

CARDAMOM
Used in Indian and Middle Eastern cuisine. Add to rice dishes, cookies, and teas.

CINNAMON BARK
Use in homemade desserts, baked goods, and hot beverages.

BASIL
Excellent in pestos or pasta dishes.

CILANTRO
Add to fresh salsa, or Pico de Gallo.

CLOVE BUD
Add to apple cider, fruit pies, and pineapple glazed ham.

FENNEL
Popular in Italian cuisine, meat dishes, marinades, and salad dressings.

GINGER
Add to savory and sweet sauces, baked goods, and vinaigrettes.

MARJORAM
Try in sauces and marinades.

OREGANO
Great addition to pasta sauces, pizza, and chili.

ROSEMARY
Mix into your wheat or white bread recipe, or make flavored olive oil.

THYME
Delicious in herbed bread and flavored butters.

Yoga & Meditation

Whether you are in school, working, or raising a family, chances are that stress affects your daily life! Chronic stress can take a huge toll on both your body and mind, causing mental and physical fatigue, increased blood pressure or heart rate, and more. This means that regularly managing stressors in a healthy way is an essential part of living a wellness lifestyle. Combatting stress is a multifaceted approach, but consistently practicing yoga and meditation can provide you with the self-care you need to face each day's stressors with clarity, courage, and a sense of calm.

What is YOGA?

Yoga is a Sanskrit term meaning "union." The Hindu practice of yoga is intended to bring body and mind into unison through purposeful poses and stretches. These exercises aim to ground you mentally and physically, simultaneously allowing you to harness and control your breathing. Many yoga poses are simple and can be practiced with a yoga mat in the comfort of your home, but you may also consider attending a local yoga class with a few friends.

What is MEDITATION?

Meditation is the practice of bringing your mind to a restful awareness that encourages inherent mental clarity. By focusing on a particular object or meditative phrase (mantra), you practice training your mind toward grounded attention. In conjunction with yoga, meditation assists in bringing your body and mind into peaceful unison.

CLARITY

Life is more fulfilling when you find happiness in rising to your challenges, which is easier to do when you have a sense of clarity and direction. The following yoga poses, paired with hopeful meditation, can help you conquer the day in a purposeful way:

Mantras of hope:
Example: I can face my challenges and conquer them!

_____

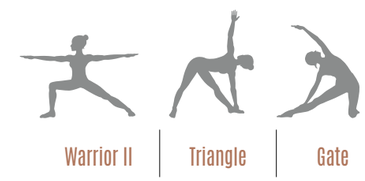
_____

_____

Aromas of positivity:

COURAGE

Having a sense of harmony and self-acceptance fills you with the courage to change and adapt! The following yoga poses, paired with positive meditation, can provide you with the self-affirmation you need to feel strong in the midst of your busy schedule:



Mantras of self-love:
Example: I love myself and make a difference in the lives of others!

_____

_____

_____

Aromas of strength:

CALM

Everyone needs to feel complete and have a calm foundation from which to move forward. The following yoga poses, paired with peaceful meditation, can provide an emotional anchor on which you can rely when life inevitably throws twists and turns your way:

Mantras of core-beliefs:
Example: I believe that everything will work out in my favor!

_____

_____

_____

Aromas of peace:

Diffuse 3-4 drops of the oil of your choice, or apply topically to the back of your neck and inside of your wrists to align your mindset with your practice.

A Garden of *Healing*

The dōTERRA Healing Hands Foundation™ has partnered with Covenant House, an incredible organization based in Toronto, Canada that is expending efforts to support victims of sex trafficking. The Avdell Home, a branch of Covenant House, is specifically dedicated to this effort. In the spring of 2019, doTERRA® Canada Wellness Advocates Megan Spoelstra, Dawn Calvinisti, and Dr. Marissa Heitzel joined Canada General Manager Bekah Nixon and Canada Director of Marketing Suzanne Viehweg to plant an aromatherapy garden at the Avdell Home.

Surrounded by tall lattice fences and gentle hanging flower baskets, the backyard of the Avdell Home is a beautiful oasis. The Avdell Home is an important branch of Covenant House Toronto dedicated specifically to providing housing and specialized services to women who have experienced sex trafficking. While Covenant House, established in 1982, offers numerous services to youth who are homeless or at risk, the Avdell Home is special to Covenant House's mission to combat human trafficking. With the same mission in mind, dōTERRA Healing Hands partnered with Covenant House to sponsor the Avdell Home's establishment in 2018.

The grand opening of the Avdell Home last fall was an exciting moment for both Covenant House and dōTERRA. Joined together with the same vision, this was an incredible step forward for both organizations in providing refuge and protection for victims leaving difficult situations. This year, Healing Hands is proud to join arms with Covenant House again to further support the Avdell Home.

Accompanied by a few Canadian Wellness Advocates, Canada General Manager Bekah Nixon and Canada Director of Marketing Suzanne Viehweg arrived at Covenant House in June to plant an aromatherapy garden for the residents of the Avdell Home.

"The Avdell Home is a place of hope and healing, and that is precisely what the aromatherapy garden represents," explains Bekah Nixon. "Planting the garden was a beautiful experience. To work alongside the residents of the home was impactful on all levels and emphasized the importance of Covenant House's work. It was an absolute privilege. The planting day was only a moment in time, but it will live in our hearts long into the future."

The group planted a total of 27 types of aromatic foliage, including Cypress, Helichrysum, Lavender, Vetiver, Roman Chamomile, Basil, Rosemary, and Thyme. "We know that by doing something as simple as planting a garden and mulching it, this beautiful backyard will help to bring people outside when they feel like things are challenging," said Dr. Marissa Heitzel. "They will be able to smell the flowers and pick some of the Lavender or the Thyme. That is a beautiful memory."

Some of these plants are sourced across the world to create dōTERRA essential oils, so customers everywhere can enjoy their aromatic benefits. Now, in the backyard of the Avdell Home, the residents will always have access to these calming, uplifting aromas. "Essential oils truly are the gift of the earth, and this experience has deepened my passion for essential oils with a rich, new meaning," expresses Dawn Calvinisti. "The earth is giving back to the women at the Avdell Home. I wish every member of my team could experience the priceless peace felt in the backyard as we planted the aromatherapy garden."

The aromatherapy garden was a tender opportunity for everyone involved. "I am humbled and grateful beyond words to have participated in this planting project," shares Megan Spoelstra. "Planting with the staff and residents of the Avdell Home was a precious experience. I am forever changed by my interaction with the residents and am grateful to have had a part in offering them this gift."

The backyard of the Avdell Home is available to the residents at all times and is protected by high security, serving as a serene refuge to these incredible women. The staff team at the Avdell Home similarly act as a sanctuary of trust for the residents, most of whom are just learning to have faith in others again. "Covenant House's commitment to these girls truly provides them with safety, security, and strength unlike anything I have experienced," expressed Suzanne Viehweg. "The Avdell Home is purely brimming with love."

The aromatherapy garden was simply an additional manifestation of this love. "We hope everyone who ever lives in the Avdell Home can feel buoyed up by the powerful aromas of these plants," Bekah Nixon shares. Describing the impact of the Covenant House, Bekah Nixon continues, "Having experienced the passion and vision of Covenant House, I am convinced now more than ever that the evil in this world stands no chance as long as we collectively stand up and fight for those who have lost their voice. This is a movement to liberate, empower, and strengthen the weary. I applaud Covenant House in the humblest of ways for the depth and breadth of the work they are doing, and am filled with gratitude for the opportunity we have to partner with such a tremendous organization."

The aromatherapy garden contributes to Covenant House's vision of helping women reclaim their power and ignite their potential to obtain a brilliant future in the wake of a traumatic past. Just as the roots of each plant, the residents of the Avdell Home are provided resources to root themselves in a new life. Combined with loving sunlight from Avdell Home staff, nourishment of basic needs, and lessons of self-love, these women will find healing. Much like the plants in the aromatherapy garden whose varying attributes contribute unique benefits to the world, the residents' unique life experiences and individuality will allow them to blossom into powerful influences for good. The Avdell Home is here to support these women in every moment as they root themselves in new soil and find grounded strength. dōTERRA Healing Hands is grateful to collaborate with this truly valiant cause.

Yarrow|Pom

30 mL Essential Oil Blend

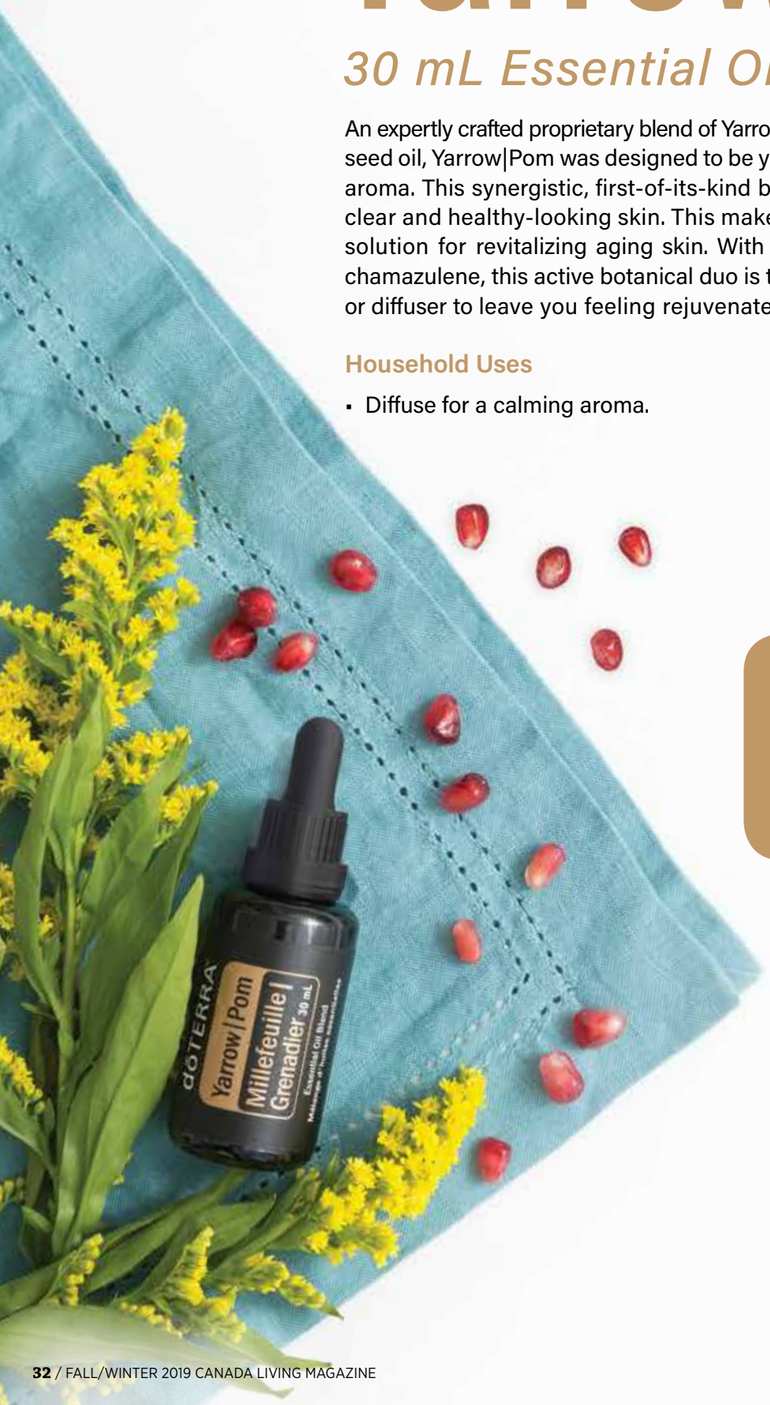
An expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil, Yarrow|Pom was designed to be your go-to oil for glowing skin and a soothing aroma. This synergistic, first-of-its-kind blend naturally promotes the look of young, clear and healthy-looking skin. This makes Yarrow|Pom the ideal naturally-sourced solution for revitalizing aging skin. With natural punicic acid, β-caryophyllene, and chamazulene, this active botanical duo is the perfect addition to your skincare routine or diffuser to leave you feeling rejuvenated.

Household Uses

- Diffuse for a calming aroma.

Cosmetic Uses

- Mix with daily moisturizer to promote youthful, healthy-looking skin.
- Apply a drop to the skin for a soothing, glowing effect.
- Use a few drops and rub into desired areas for a soothing massage.



Ingredients: Pomegranate Seed oil and Yarrow essential oil

Aromatic Description: Herbaceous, fruity, spicy

Fun Fact:

The ancient Greek hero Achilles utilized Yarrow in his battles to help his soldiers, which earned the herb its scientific name, *Achillea Millefolium*. *Achillea* after Achilles and *Millefolium* meaning "thousand leaves".

Find Peace, Inspire Joy

Whether buying gifts, arranging travel plans, or organizing dinner parties, the hustle-and-bustle of the holiday season can sometimes distract from the peace and joy found in family, giving, and gratitude. Finding ways to center your holidays on feelings of peace and joy can make this season even more meaningful! Designed with this in mind, the dōTERRA Holiday blends can help you focus your home on the things that matter most - even in the flurried frenzy of your holiday plans.

Holiday Peace

Guests, parties, and holiday cooking are just some of the wonderfully hectic events that take place in the winter months, but they don't have to overwhelm you! Take time each day to find your peace with the grounding aroma of Holiday Peace.

BLEND: Siberian Fir, Douglas Fir, Himalayan Fir, Grapefruit, Frankincense, Vetiver
AROMA: Calming, peaceful, grounding
FIND PEACE: Diffuse three to four drops of Holiday Peace while reflecting on your gratitude for the people and plans in your day. You may consider writing these down in a gratitude journal!

Holiday Joy

The holidays are a wonderful time to make and remember happy memories. Whether your family and friends are nearby or you are missing loved ones, your holiday season can be joyful and memorable. Inspire joy in your home with the enriching and elevating aroma of Holiday Joy.

BLEND: Nutmeg, Cassia, Cinnamon Bark, Wild Orange, Pine, Vanilla
AROMA: Cheerful, uplifting, enlivening
INSPIRE JOY: Diffuse three to four drops of Holiday Joy while pondering the beautiful memories you have shared with your loved ones. It may be helpful to write these memories down and share them with a close friend or family member.

DIY

Gifts

Apple Cinnamon Cake

Whether you're looking for a sweet treat to hand out to your neighbors or something simple to bring to a family holiday gathering, this scrumptious Apple Cinnamon Cake is just the thing you need! Both delicious *and* healthy, this vegan cake is full of heart-healthy ingredients that are perfect for the holiday season.

Ingredients

- 1 ½ cups all purpose flour
- 2 ½ tbsp baking powder
- ¾ cup raw sugar
- ½ cup olive oil
- ½ cup orange juice
- ½ cup walnuts
- 2 small apples, grated
- 1 tablespoon ground cinnamon
- 1 drop Cinnamon Bark essential oil

Instructions

- Preheat oven to 175°C. Lightly coat your tin with olive oil.
- Juice orange in bowl and set aside.
- In a separate bowl, mix together flour, cinnamon, and baking powder. Set aside.
- Grate the apples. Set aside.
- In a different large bowl, add sugar, olive oil, and Cinnamon Bark essential oil. Mix together using a handheld or free-standing mixer.
- Add the flour mix and the orange juice to a bowl with sugar and oil alternatively and keep mixing. It is okay if the mixture looks dry. The grated apples will provide additional moisture.
- Add the apples and the walnuts and fold in gently with a spoon until just combined.
- Pour the mixture into baking dish and bake for 45 minutes (or until a toothpick can be inserted and removed clean). Slice and enjoy!

What did **you** create?

Let's see your creativity in action! Tag us on Instagram **@doterraca** to show off your talent.

Lip Balm

Give the gift of smooth, moisturized lips with this simple DIY lip balm recipe! Infused with Peppermint and Lavender essential oils, this easy and thoughtful gift will become a fast-favorite to anyone who receives it!

Ingredients

- 28 grams beeswax
- 28 grams coconut oil
- 14 grams shea butter
- 14 grams cocoa butter
- 20 drops Peppermint oil
- 10 drops Lavender oil

Note: *This recipe makes 85 grams of lip balm, so make sure you have enough containers—about 20 lip balm tubes. You can always reduce the batch size by cutting the recipe in half.*

Instructions

- Line up empty containers. If using a lip balm stick, make sure it has been twisted down.
- Measure beeswax, shea butter, cocoa butter, and coconut oil into a glass jar.
- Fill a large saucepan with one to one-and-a-half inches of water and bring to a boil.
- Once boiling, add glass jar to center of saucepan.
- Stir every few minutes until ingredients are melted and combined.
- Once wax has melted, remove from heat and let sit for three minutes then add essential oils.
- If you would like to make tinted lip balm, add a pinch of colored mineral makeup to get your desired color. Stir until combined.
- Pour tinted lip balm into containers and let cool.

Peppermint Scrub

Looking for a festive and fun way to spread holiday cheer? Try this fun candy cane scrub made with Peppermint essential oil. You will only need a few ingredients for this festive scrub, and it can easily be customized with your favorite colors and essential oils.

Ingredients

- ¾ cup white sugar
- ½ cup Fractionated Coconut Oil
- 12 drops Peppermint oil
- Skin safe food coloring

Tip: *In place of white sugar, you could use sea salt. In place of Fractionated Coconut Oil, you could use almond oil, grapeseed oil, or olive oil.*

Instructions

- Combine sugar, carrier oil, and essential oil in a bowl.
- Divide mixture equally into two bowls.
- In one bowl, add red skin safe food coloring.
- Layer red and white scrub into clear container to create a "candy cane" effect.

Spirit of Service

With the holiday season comes a spirit of service. Taking advantage of opportunities to serve this season—and year-round!—can be an uplifting and purposeful way to spend time with your family and friends. On top of being fulfilling and confidence-boosting for yourself and your family, service can change the lives of those you serve. Because many common service projects require significant time and resources, it can be daunting to know where to start. However, there are a variety of service opportunities for your entire family to participate in that are easy, cost-effective, and equally impactful! During this bustling holiday season, prioritize time for family service in your schedule. Check out some of the suggestions below, and fill up the Kindness Calendar with ways your family can harness the spirit of serving this season!

Service Ideas

- ☐ Shovel a neighbor's walkway
- ☐ Invite a struggling friend to dinner
- ☐ Perform the AromaTouch® Hand Technique on loved ones
- ☐ Bake cookies for your neighbors
- ☐ As a family, write notes to give to teachers, friends at school, neighbors, or others that could use a kind word
- ☐ Volunteer at a local soup kitchen
- ☐ Offer to do some yardwork for someone in need
- ☐ Go for a family walk and pick up any trash lying on the streets
- ☐ Bake bread for your local soup kitchen
- ☐ Raid your pantry to find items you can donate to a nearby homeless shelter (boxed or canned foods are perfect!)
- ☐ Bring breakfast to a coworker
- ☐ Have everyone in your family de-clutter their rooms, and donate lightly used items to a homeless shelter, women's shelter, children's hospital, etc.
- ☐ Offer free babysitting to a friend
- ☐ Volunteer at a local animal shelter
- ☐ Collect grocery coupons for a nearby food bank
- ☐ Offer to record histories of grandparents, elderly neighbors, or members of an elderly home
- ☐ Make treats and write thank you notes for first responders
- ☐ Make it a family goal to recycle every day of the month
- ☐ Call a family member or friend you haven't talked to in a while
- ☐ Visit an elderly neighbor
- ☐ Put together sack lunches and give them to homeless people you see while out driving

How did *you* serve?

Use the hashtag #BeKindTogether to share how you have participated in the spirit of service this season.

Kindness Calendar

November		December	
1st		1st	
2nd		2nd	
3rd		3rd	
4th		4th	
5th		5th	
6th		6th	
7th		7th	
8th		8th	
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27th		27th	
28th		28th	
29th		29th	
30th		30th	
		31st	

ESSENTIAL OIL SINGLES

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

ARBORVITAE
ESSENTIAL OIL
Thuja plicata
A T N
49361713 | 5 mL
$37.67 retail | $28.25 whl
23.5 PV

BASIL
ESSENTIAL OIL
Ocimum basilicum
A T I N
30011813 | 15 mL
$41.00 retail | $30.75 whl
25.5 PV

BERGAMOT
ESSENTIAL OIL
Citrus bergamia
A T I S
30791813 | 15 mL
$51.33 retail | $38.50 whl
32 PV

BLACK PEPPER
ESSENTIAL OIL
Piper nigrum
A T I S
41041813 | 5 mL
$37.67 retail | $28.25 whl
23.5 PV

BLACK SPRUCE NEW
ESSENTIAL OIL
Tanacetum annuum
A T N
60209144 | 5 mL
$30.67 retail | $23.00 whl
19 PV

BLUE TANSY
ESSENTIAL OIL
Tanacetum annuum
A T N
60203634 | 5 mL
$145.33 retail | $109.00 whl
85 PV
May stain surfaces, clothing, skin

CARDAMOM
ESSENTIAL OIL
Elettaria cardamomum
A T I N
49351813 | 5 mL
$44.33 retail | $33.25 whl
27.5 PV

CASSIA
ESSENTIAL OIL
Cinnamomum cassia
A T I D
30021813 | 15 mL
$32.33 retail | $24.25 whl
20 PV

CEDARWOOD
ESSENTIAL OIL
Juniperus virginiana
A T S
49301713 | 15 mL
$22.33 retail | $16.75 whl
14 PV

CELERY SEED NEW
ESSENTIAL OIL
Juniperus virginiana
A T N
60210109 | 15 mL
$61.67 retail | $46.25 whl
38 PV

CILANTRO
ESSENTIAL OIL
Coriandrum sativum
A T I N
41851813 | 15 mL
$44.33 retail | $33.25 whl
27.5 PV

CINNAMON BARK
ESSENTIAL OIL
Cinnamomum zeylanicum
A T I D
30031813 | 5 mL
$41.00 retail | $30.75 whl
25.5 PV

CITRONELLA NEW
ESSENTIAL OIL
Cymbopogon winterianus.
A T N
60209658 | 15 mL
$30.67 retail | $23.00 whl
19 PV

CLARY SAGE (NHP)
ESSENTIAL OIL
Salvia sclarea
A T N
30422113 | 15 mL
$62.33 retail | $46.75 whl
38.5 PV | NPN# 80060984

CLOVE
ESSENTIAL OIL
Eugenia caryophyllata
A T I D
30041813 | 15 mL
$27.33 retail | $20.50 whl
17 PV

COPAIBA
ESSENTIAL OIL
Copaifera spp.
A T I S
60202899 | 15 mL
$60.00 retail | $45.00 whl
37 PV

CORIANDER
ESSENTIAL OIL
Coriandrum sativum
A T I N
30781813 | 15 mL
$42.67 retail | $32.00 whl
26.5 PV

CYPRESS (NHP)
ESSENTIAL OIL
Cupressus sempervirens
A T N
30052113 | 15 mL
$26.67 retail | $20.00 whl
16.5 PV | NPN# 80060929

DOUGLAS FIR
ESSENTIAL OIL
Pseudotsuga menziesii
A T N
31591713 | 5 mL
$33.33 retail | $25.00 whl
20.5 PV

EUCALYPTUS
ESSENTIAL OIL
Eucalyptus radiata
A T S
30061713 | 15 mL
$29.00 retail | $21.75 whl
18 PV

FENNEL
ESSENTIAL OIL
Foeniculum vulgare
A T I S
41291813 | 15 mL
$25.67 retail | $19.25 whl
16 PV

FRANKINCENSE
ESSENTIAL OIL
Boswellia carterii, sacra, papyrifera, and frereana
A T N
30071713 | 15 mL
$116.33 retail | $87.25 whl
67 PV

GERANIUM
ESSENTIAL OIL
Pelargonium graveolens
A T I S
30091813 | 15 mL
$53.00 retail | $39.75 whl
33 PV

GINGER
ESSENTIAL OIL
Zingiber officinale
A T I S
31631813 | 15 mL
$70.00 retail | $52.50 whl
43.5 PV

GRAPEFRUIT
ESSENTIAL OIL
Citrus X paradisi
A T I N
30101813 | 15 mL
$30.67 retail | $23.00 whl
19 PV

GREEN MANDARIN
ESSENTIAL OIL
Citrus nobilis
A T I N
60207636 | 15 mL
$48.00 retail | $36.00 whl
30 PV

HELICHRYSUM (NHP)
ESSENTIAL OIL
Helichrysum italicum
A T N
30412113 | 5 mL
$119.67 retail | $89.75 whl
63.5 PV | NPN# 80060963

JUNIPER BERRY
ESSENTIAL OIL
Juniperus communis
A T N
49291813 | 5 mL
$32.33 retail | $24.25 whl
20 PV

LAVENDER
ESSENTIAL OIL
Lavandula angustifolia
A T I N
30111813 | 15 mL
$39.33 retail | $29.50 whl
24.5 PV

LEMON
ESSENTIAL OIL
Citrus limon
A T I N
30121813 | 15 mL
$18.67 retail | $14.00 whl
11.5 PV

LEMON EUCALYPTUS NEW
ESSENTIAL OIL
Melaleuca alternifolia
A T N
60210108 | 15 mL
$20.67 retail | $15.50 whl
13 PV

LEMONGRASS
ESSENTIAL OIL
Cymbopogon flexuosus
A T I S
30131813 | 15 mL
$17.00 retail | $12.75 whl
10.5 PV

LIME
ESSENTIAL OIL
Citrus aurantifolia
A T I S
30871813 | 15 mL
$22.33 retail | $16.75 whl
14 PV

MARJORAM
ESSENTIAL OIL
Origanum majorana
A T I N
30141813 | 15 mL
$32.33 retail | $24.25 whl
20 PV

MELISSA
ESSENTIAL OIL
Melissa officinalis
A T I N
30851813 | 5 mL
$196.67 retail | $147.50 whl
106 PV

MYRRH (NHP)
ESSENTIAL OIL
Commiphora myrrha
A T N
30162113 | 15 mL
$101.00 retail | $75.75 whl
53 PV | NPN# 80060962

OREGANO
ESSENTIAL OIL
Origanum vulgare
A T I D
30181813 | 15 mL
$37.67 retail | $28.25 whl
23.5 PV

PATCHOULI (NHP)
ESSENTIAL OIL
Pogostemon cablin
A T N
30892113 | 15 mL
$48.00 retail | $36.00 whl
30 PV | NPN# 80060989

PEPPERMINT (NHP)
ESSENTIAL OIL
Mentha piperita
A T I S
30192113 | 15 mL
$37.67 retail | $28.25 whl
23.5 PV | NPN# 80061370

PEPPERMINT (NHP)
BEADLET
31571813 | 125 ct.
$21.33 retail | $16.00 whl
13 PV | NPN# 80078395

PETITGRAIN (NHP)
ESSENTIAL OIL
Citrus aurantium
A T N
60200722 | 15 mL
$42.67 retail | $32.00 whl
26.5 PV | NPN# 80072499

PINK PEPPER
ESSENTIAL OIL
Schinus molle
A T I N
60205308 | 5 mL
$44.33 retail | $33.25 whl
27.5 PV

ROMAN CHAMOMILE (NHP)
ESSENTIAL OIL
Anthemis nobilis
A T N
60200810 | 5 mL
$77.00 retail | $57.75 whl
47.5 PV | NPN# 80072461

ROSE
ESSENTIAL OIL
Rosa damascena
A T I N
60202783 | 5 mL
$470.33 retail | $352.75 whl
212 PV

ROSEMARY
ESSENTIAL OIL
Rosmarinus officinalis
A T I N
30201813 | 15 mL
$27.33 retail | $20.50 whl
17 PV

SANDALWOOD (NHP)
ESSENTIAL OIL
Santalum album
A T N
30212113 | 5 mL
$119.67 retail | $89.75 whl
63.5 PV | NPN# 80060977

SANDALWOOD, HAWAIIAN
ESSENTIAL OIL
Santalum paniculatum
A T N
41861713 | 5 mL
$119.67 retail | $89.75 whl
63.5 PV

SIBERIAN FIR
ESSENTIAL OIL
Abies sibirica
A T I N
60203586 | 15 mL
$34.33 retail | $25.75 whl
21.5 PV

SPEARMINT
ESSENTIAL OIL
Mentha spicata
A T I S
31611813 | 15 mL
$48.00 retail | $36.00 whl
30 PV

SPIKENARD
ESSENTIAL OIL
Nardostachys jatamansi
A T N
60200723 | 5 mL
$84.67 retail | $63.50 whl
52.5 PV

TANGERINE
ESSENTIAL OIL
Citrus reticulata
A T I N
60202904 | 15 mL
$25.67 retail | $19.25 whl
16 PV

TEA TREE (NHP)
ESSENTIAL OIL
Melaleuca alternifolia
A T I N
30152113 | 15 mL
$36.00 retail | $27.00 whl
22.5 PV | NPN# 80060950

THYME
ESSENTIAL OIL
Thymus vulgaris
A T I D
30221813 | 15 mL
$50.33 retail | $37.75 whl
31 PV

TURMERIC
ESSENTIAL OIL
Curcuma longa
A T I N
60207639 | 15 mL
$48.00 retail | $36.00 whl
30 PV

VETIVER
ESSENTIAL OIL
Vetiveria zizanioides
A T I N
30431713 | 15 mL
$70.00 retail | $52.50 whl
43.5 PV

WILD ORANGE
ESSENTIAL OIL
Citrus sinensis
A T I N
30171813 | 15 mL
$17.00 retail | $12.75 whl
10.5 PV

WINTERGREEN
ESSENTIAL OIL
Gaultheria fragrantissima
A T S
31621713 | 15 mL
$37.67 retail | $28.25 whl
23.5 PV

YARROW | POM NEW
ESSENTIAL OIL BLEND
Active Botanical Nutritive Duo
T N
60207955 | 30 mL
$162.33 retail | $121.75 whl
100.5 PV

YLANG YLANG
ESSENTIAL OIL
Cananga odorata
A T I N
30241713 | 15 mL
$63.33 retail | $47.50 whl
39.5 PV

TOUCH BLENDS

dōTERRA TOUCH® JASMINE
ESSENTIAL OIL
A T N
60202907 | 10 mL
$71.67 retail | $53.75 whl
44.5 PV

dōTERRA TOUCH® MAGNOLIA
ESSENTIAL OIL
A T N
60207637 | 10 mL
$48.00 retail | $36.00 whl
30 PV

dōTERRA TOUCH® NEROLI
ESSENTIAL OIL
A T N
60202906 | 10 mL
$80.33 retail | $60.25 whl
50 PV

dōTERRA TOUCH® ROSE
ESSENTIAL OIL
A T N
60202901 | 10 mL
$119.67 retail | $89.75 whl
69 PV

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

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

PROPRIETARY ESSENTIAL OIL BLENDS

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

ADAPTIV BLEND NEW
A T N
60210107 | 15 mL
$64.00 retail | $48.00 whl
39.5 PV

ADAPTIV TOUCH NEW
A T N
60210121 | 10 mL
$34.33 retail | $25.75 whl
21.5 PV

AROMATOUCH®
T N
31201713 | 15 mL
$48.00 retail | $36.00 whl
30 PV

BALANCE®
A T N
31011713 | 15 mL
$36.00 retail | $27.00 whl
22.5 PV

CITRUS BLISS®
A T N
31021713 | 15 mL
$30.67 retail | $23.00 whl
19 PV

CLARYCALM®
A T N
60201141 | 10 mL
$46.33 retail | $34.75 whl
28.5 PV

DEEP BLUE®
T S
31051713 | 5 mL
$56.33 retail | $42.25 whl
35 PV

DEEP BLUE® ROLL-ON
T S
60201831 | 10 mL
$101.00 retail | $75.75 whl
58.5 PV

EASY AIR®
A T S
60200204 | 15 mL
$37.67 retail | $28.25 whl
23.5 PV

ELEVATION®
A T N
31041713 | 15 mL
$73.67 retail | $55.25 whl
45.5 PV

HD CLEAN®
T N
60201145 | 10 mL
$36.00 retail | $27.00 whl
22.5 PV

IMMORTELLE®
T N
60205381 | 10 mL
$119.00 retail | $89.25 whl
74 PV

INTUNE®
A T N
60201832 | 10 mL
$59.00 retail | $44.25 whl
36.5 PV

ON GUARD®
A T I S
31101813 | 15 mL
$58.00 retail | $43.50 whl
36 PV

PASTTENSE®
A T N
60201161 | 10 mL
$33.33 retail | $25.00 whl
20.5 PV

dōTERRA PURIFY®
A T N
31061713 | 15 mL
$34.33 retail | $25.75 whl
21.5 PV

dōTERRA SERENITY®
A T N
60200721 | 15 mL
$54.67 retail | $41.00 whl
34 PV

SMART & SASSY®
A T I S
31371813 | 15 mL
$44.33 retail | $33.25 whl
27.5 PV

TERRASHIELD®
A T N
60201692 | 15 mL
$18.00 retail | $13.50 whl
11 PV

TERRASHIELD® SPRAY
60201693 | 30 mL
$33.33 retail | $25.00 whl
18 PV

dōTERRA WHISPER®
A T N
31081713 | 5 mL
$41.00 retail | $30.75 whl
25.5 PV

ZENDOCRINE®
A T I N
31461813 | 15 mL
$41.00 retail | $30.75 whl
25.5 PV

ZENGEST®
A T I N
31031813 | 15 mL
$56.33 retail | $42.25 whl
35 PV

dōTERRA COLLECTION

INTRODUCTION TO ESSENTIAL OILS COLLECTION TOP SELLER

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

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

60203914 | Three 5 mL bottles
$36.00 retail | $27.00 wholesale | 17 PV

AROMATOUCH® TECHNIQUE COLLECTION

This kit contains 5 mL bottles of the eight CPTG® oils used in the AromaTouch Technique, as well as the AromaTouch Technique presentation box. Includes dōTERRA® Fractionated Coconut Oil (115 mL).

- Balance®
- Lavender
- Tea Tree
- On Guard®
- AromaTouch®
- Deep Blue®
- Wild Orange
- Peppermint

60203910 | Eight 5 mL bottles, one 115 mL bottle
$175.00 retail | $131.25 wholesale | 108.5 PV

FAMILY ESSENTIALS COLLECTION TOP SELLER

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

- Ten 5mL bottles of essential oils and blends
  Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue®, Easy Air®, ZenGest®, On Guard®
- List of suggested uses for each oil

60204086 | Ten 5 mL bottles
$219.00 retail | $164.25 wholesale | 125 PV

ESSENTIAL OIL COLLECTIONS

dōTERRA ESSENTIAL AROMATICS® COLLECTION

The dōTERRA Essential Aromatics Collection contains six unique essential oil blends. Each blend contains pure essential oils that can be used aromatically or topically to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

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

21141713 | Six 5 mL bottles
$270.33 retail | $202.75 wholesale | 158.5 PV

dōTERRA MOTIVATE®
ESSENTIAL OIL BLEND
A T S
31741713 | 5 mL
$39.33 retail | $29.50 whl
24.5 PV

dōTERRA CHEER®
ESSENTIAL OIL BLEND
A T S
31721713 | 5 mL
$42.67 retail | $32.00 whl
26.5 PV

dōTERRA PASSION®
ESSENTIAL OIL BLEND
A T S
31761713 | 5 mL
$57.89 retail | $43.42 whl
36 PV

dōTERRA FORGIVE®
ESSENTIAL OIL BLEND
A T S
31751713 | 5 mL
$34.33 retail | $25.75 whl
21.5 PV

dōTERRA CONSOLE®
ESSENTIAL OIL BLEND
A T N
31731713 | 5 mL
$63.33 retail | $47.50 whl
39.5 PV

dōTERRA PEACE®
ESSENTIAL OIL BLEND
A T N
31711713 | 5 mL
$51.33 retail | $38.50 whl
32 PV

dōTERRA TOUCH® COLLECTION

dōTERRA TOUCH® COLLECTION

With nine of our most popular oils in a base of Fractionated Coconut Oil, the dōTERRA Touch Collection combines the best benefits found in essential oils, with the goal of protecting sensitive skin.

- Easy Air®
- Deep Blue®
- ZenGest®
- Frankincense
- Lavender
- Tea Tree
- On Guard®
- Oregano
- Peppermint

60200639	174 PV
$296.33 retail	$222.25 wholesale

dōTERRA TOUCH® COLLECTION

dōTERRA TOUCH® EASY AIR®
ESSENTIAL OIL BLEND
A T N

60200456	10 mL
$24.00 retail	$18.00 whl
15 PV	

dōTERRA TOUCH® DEEP BLUE®
ESSENTIAL OIL BLEND
A T N

60200458	10 mL
$73.67 retail	$55.25 whl
45.5 PV	

dōTERRA TOUCH® ZENGEST®
ESSENTIAL OIL BLEND
A T N

60200463	10 mL
$37.67 retail	$28.25 whl
23.5 PV	

dōTERRA TOUCH® FRANKINCENSE
ESSENTIAL OIL BLEND
A T N

60200575	10 mL
$77.67 retail	$58.25 whl
48 PV	

dōTERRA TOUCH® LAVENDER
ESSENTIAL OIL BLEND
A T N

60200459	10 mL
$25.67 retail	$19.25 whl
16 PV	

dōTERRA TOUCH® TEA TREE
ESSENTIAL OIL BLEND
A T N

60200460	10 mL
$21.33 retail	$16.00 whl
13 PV	

dōTERRA TOUCH® ON GUARD®
ESSENTIAL OIL BLEND
A T N

60200457	10 mL
$37.67 retail	$28.25 whl
23.5 PV	

dōTERRA TOUCH® OREGANO
ESSENTIAL OIL BLEND
A T N

60200462	10 mL
$24.67 retail	$18.50 whl
15.5 PV	

dōTERRA TOUCH® PEPPERMINT
ESSENTIAL OIL BLEND
A T N

60200461	10 mL
$24.67 retail	$18.50 whl
15.5 PV	

YOGA COLLECTION

YOGA COLLECTION NEW

Comprised of exclusive CPTG® essential oil blends, the doTERRA Yoga Collection is the perfect addition to your yoga practice and daily life. These blends provide aromas to steady, center, and enlighten your spirit through every breath while you strengthen and stretch your body.

60207904	Three 5 mL bottles	
$89.00 retail	$66.75 wholesale	53 PV

ARISE NEW
ENLIGHTENING BLEND
A T S

60207903	5 mL
$32.33 retail	$24.25 whl
20 PV	

ANCHOR NEW
STEADYING BLEND
A T S

60207901	5 mL
$34.33 retail	$25.75 whl
21.5 PV	

AFFIRM NEW
CENTERING BLEND
A T S

60207902	5 mL
$29.00 retail	$21.75 whl
18 PV	

ESSENTIAL OIL COLLECTIONS

dōTERRA ESSENTIAL AROMATICS® TOUCH

The dōTERRA Essential Aromatics® Touch Collection contains six unique essential oil blends combined with Fractionated Coconut Oil in 10 mL Roll-Ons for convenient and gentle topical application. These proprietary blends provide benefits for the entire family and can be applied to specific points on the body.

60200720	Six 10 mL roll-on bottles	
$173.33 retail	$130.00 wholesale	107.5 PV

dōTERRA ESSENTIAL AROMATICS® TOUCH

dōTERRA CHEER® TOUCH
ESSENTIAL OIL BLEND
A T N

60200715	10 mL
$27.67 retail	$20.75 whl
17 PV	

dōTERRA CONSOLE® TOUCH
ESSENTIAL OIL BLEND
A T N

60200719	10 mL
$41.00 retail	$30.75 whl
25.5 PV	

dōTERRA FORGIVE® TOUCH
ESSENTIAL OIL BLEND
A T N

60200716	10 mL
$22.33 retail	$16.75 whl
14 PV	

dōTERRA MOTIVATE® TOUCH
ESSENTIAL OIL BLEND
A T N

60200717	10 mL
$25.67 retail	$19.25 whl
16 PV	

dōTERRA PASSION® TOUCH
ESSENTIAL OIL BLEND
A T N

60200713	10 mL
$46.67 retail	$35.00 whl
29 PV	

dōTERRA PEACE® TOUCH
ESSENTIAL OIL BLEND
A T N

60200718	10 mL
$34.33 retail	$25.75 whl
21.5 PV	

dōTERRA KIDS COLLECTION NEW

Made up of seven unique kid-friendly blends, the dōTERRA Kids Collection is perfect for using with little ones on-the-go! It contains blends formulated specifically for navigating the ups-and-downs of childhood. Use these blends as powerful daily affirmations as you care for your child.

60211161	Seven 10 mL bottles	
$162.33 retail	$121.75 wholesale	90 PV

Brave™
A T N

60207641	10 mL
$36.00 retail	$27.00 whl
22.5 PV	

Calmer™
A T N

60207640	10 mL
$32.33 retail	$24.25 whl
20 PV	

Rescuer™
A T N

60207642	10 mL
$25.67 retail	$19.25 whl
16 PV	

Steady™
A T N

60207643	10 mL
$25.67 retail	$19.25 whl
16 PV	

Stronger™
A T N

60207644	10 mL
$24.00 retail	$18.00 whl
15 PV	

Tamer™ NEW
A T N

60210258	10 mL
$25.67 retail	$19.25 whl
16 PV	

Thinker™
A T N

60207645	10 mL
$27.33 retail	$20.50 whl
17 PV	

ESSENTIAL USAGE

INTERNAL USE

VEGGIE CAPS

Made of inert vegetable ingredients, the Veggie Caps help you customize your daily wellness routine in a simple and convenient way. These HPMC food-grade capsules allow you to take dōTERRA natural health products approved for internal use.

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

60204616	160 HPMC capsules	
$7.00 retail	$5.25 wholesale	0 PV

TOPICAL USE

FRACTIONATED COCONUT OIL

T | N

Ideal for combining with essential oils for topical use.

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

31641713	115 mL	
$20.67 retail	$15.50 wholesale	13 PV

dōTERRA healing hands FOUNDATION™

Through the dōTERRA Healing Hand Foundation™, a $25.75 donation is made with every purchase of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion.

dōTERRA® SPA ROSE HAND LOTION

- dōTERRA SPA Rose Hand Lotion is a silky, hydrating lotion abundantly infused with CPTG® essential oil of Bulgarian Rose.

60200781	100 mL	
$34.33 retail	$25.75 wholesale	0 PV

dōTERRA HOPE® TOUCH

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

- Easily blend with your favorite essential oil for a customized aromatic experience

60202235	10 mL	
$34.33 retail	$25.75 wholesale	0 PV

ON GUARD® PRODUCTS

ON GUARD® TOP SELLER

ESSENTIAL OIL BLEND

A T I S

The On Guard blend has a spicy, energizing, uplifting aroma, and a chemical makeup that has cleansing properties.

31101813	15 mL	
$58.00 retail	$43.50 wholesale	36 PV

ON GUARD® MOUTHWASH NEW

Now, you can add the On Guard Mouthwash to your life as an everyday essential to support oral hygiene. The alcohol-free On Guard Mouthwash was formulated to clean teeth and gums, leaving your breath fresh and your smile bright!

60207971	473 mL	
$24.67 retail	$18.50 wholesale	10.5 PV

ON GUARD® WHITENING TOOTHPASTE

Clean teeth with the added benefit of On Guard Essential Oil Blend.

- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush

38911713	125 g	
$14.67 retail	$11.00 wholesale	5.5 PV

ON GUARD® WHITENING TOOTHPASTE 10PK NEW

60206826	$6.00 retail	$4.50 wholesale	0 PV

ON GUARD® LAUNDRY DETERGENT

On Guard Laundry Detergent is color safe for washable fabrics at all temperatures and is free of synthetic fragrances and dyes. It's powerful blend of ingredients combined with On Guard Essential Oil Blend and bio-originated enzymes are structured to lift stains and leave clothes refreshingly clean.

- Contains On Guard Essential Oil Blend (over $28 retail value) for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle

38981713	947 mL	
$42.00 retail	$31.50 wholesale	21.50 PV

ON GUARD® MIST

One of dōTERRA's most popular essential oil blends, On Guard provides an invigorating citrus-spice aroma and contains surface cleansing properties. The On Guard Mist, infused with moisturizing apple extract, cleanses hands when soap and water are unavailable. Conveniently packaged in a travel-sized bottle, the On Guard Mist is perfect for use on the go.

- Use to cleanse hands after touching gym equipment, door handles, shopping carts, or other communal surfaces.
- Spray in gym bag, shoes, and other smelly locations as a surface cleanser to kill odor causing bacteria.
- On Guard Essential Oil Blend provides an invigorating citrus spice aroma

60206797	27 mL	
$11.00 retail	$8.25 wholesale	5 PV

ON GUARD® CLEANER CONCENTRATE

On Guard Cleaner Concentrate is designed to be the ideal cleaning product. It is fortified with the proprietary blend of CPTG ® essential oils of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary, which elevate

- No preservatives added, helping to provide a safe and effective household cleaning product
- Plant-based surfactants help improve the cleaning process as well as contribute to a product that is gentle enough for you, your family, and the environment

38141713	355 mL	
$24.67 retail	$18.50 wholesale	10.5 PV

ON GUARD® FOAMING HAND WASH

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

- Conveniently packaged in a 16-ounce bottle that fills 8-ounce foaming dispensers
- Formulated with the unique On Guard Essential Oil Blend
- The spice and citrus aromas of On Guard invigorate the senses during and after use

ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

60200596	$38.33 retail	$28.75 wholesale	19.5 PV

SINGLE REFILL

38011713	$31.67 retail	$23.75 wholesale	19.5 PV

TWIN PACK REFILL

60200778	$57.33 retail	$43.00 wholesale	35.5 PV

DEEP BLUE® PRODUCTS

DEEP BLUE® TOP SELLER

T | S

Formulated to soothe and cool, dōTERRA Deep Blue serves as an enriching blend of oils perfect for a massage.

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

31051713	5 mL	
$56.33 retail	$42.25 wholesale	35 PV

60201831	10 mL	
$101.00 retail	$75.75 wholesale	58.5 PV

DEEP BLUE® RUB LOTION

Formulated to soothe and cool, the dōTERRA Deep Blue® Rub serves as an enriching blend of oils perfect for a massage after a long day or an intense workout.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Provides a cooling and soothing sensation to targeted areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

38901713	120 mL	
$54.67 retail	$41.00 wholesale	32 PV

DEEP BLUE POLYPHENOL COMPLEX® NHP

The Deep Blue Polyphenol Complex delivers polyphenol extracts of frankincense, turmeric, green tea, ginger, pomegranate, and grape seed. Take as needed, or take every day for long-lasting benefits. NPN # 80071413

- Source of antioxidants
- Helps protect against and reduce oxidative damage caused by free radicals

34361813	60 capsules	
$101.67 retail	$76.25 wholesale	63 PV

SHAMPOO AND CONDITIONER SAMPLES 10 PK NEW

60206511	10 Pack	
$14.67 retail	$11.00 wholesale	0 PV

HAIR CARE

SALON ESSENTIALS® HAIR CARE SYSTEM

Combining pure botanical extracts with advanced technological ingredients makes the Salon Essentials Hair Care System the perfect solution for promoting soft and beautifully shiny hair.

60200654		
$132.33 retail	$99.25 wholesale	74 PV

SALON ESSENTIALS® PROTECTING SHAMPOO

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

- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable

36221713	250 mL	
$33.33 retail	$25.00 wholesale	20.5 PV

60203210	946 mL	
$77.00 retail	$57.75 wholesale	37 PV

SALON ESSENTIALS® SMOOTHING CONDITIONER

Salon Essentials Smoothing Conditioner brings hair to life through a combination of doTERRA essential oils that will reduce visible signs of hair damage while also helping to prevent static, leaving your hair healthy, strong, and smooth.

- Includes a proprietary blend of CPTG essential oils for the hair and scalp
- Smoothes hair and provides an anti-static effect

36231713	250 mL	
$39.33 retail	$29.50 wholesale	24.5 PV

60203212	946 mL	
$85.67 retail	$64.25 wholesale	42.5 PV

SALON ESSENTIALS® ROOT TO TIP SERUM

The Root to Tip Serum provides a healthy environment for your scalp and promotes smooth, shiny hair without weighing hair down.

- Provides immediate conditioning, smoothing, and shine
- Helps to improve the appearance of healthy hair, resulting in fewer visible split ends

36211713	30 mL	
$60.00 retail	$45.00 wholesale	37 PV

PROTECTING SHAMPOO 2-PACK

60200743	$42.00 retail	$31.50 wholesale	19.5 PV

SMOOTHING CONDITIONER 2-PACK

60200742	$48.00 retail	$36.00 wholesale	23 PV

SHAMPOO AND CONDITIONER

60200741	$48.00 retail	$36.00 wholesale	23 PV

dōTERRA® SPA

dōTERRA® SPA REFRESHING BODY WASH

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

37461713	250 mL	
$21.67 retail	$16.25 wholesale	10.5 PV

dōTERRA® SPA REPLENISHING BODY BUTTER

Pamper your skin with the luxurious feel of the dōTERRA SPA Replenishing Body Butter infused with Wild Orange and Douglas Fir essential oils.

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil provides uplifting aromatic benefits

60200796	198 g	
$30.00 retail	$22.50 wholesale	16 PV

dōTERRA® SPA CLARIFYING MUD MASK

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

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils—known for their cleansing and smoothing benefits
- Shea butter provides moisturization and balances the skin

37491713	113.4 g	
$24.67 retail	$18.50 wholesale	12.5 PV

dōTERRA® SPA HYDRATING BODY MIST NEW

Show your skin a little extra love with the Hydrating Body Mist, perfect for your whole body! The aromatic benefits of our Beautiful essential oil blend and the nourishing properties of coconut, sunflower, avocado, and passion fruit combine in this hydrating mist to help improve overall appearance for healthy-looking and radiant skin.

60207704	125 mL	
$42.67 retail	$32.00 wholesale	23.5 PV

dōTERRA® SPA HAND AND BODY LOTION

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

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

60200795	200 mL	
$24.67 retail	$18.50 wholesale	15.5 PV

dōTERRA® SPA HAND AND BODY LOTION 3-PACK

60203471		
$51.00 retail	$38.25 wholesale	26.5 PV

dōTERRA® SPA CITRUS BLISS® HAND LOTION

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 is energizing and uplifting
- 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

60200730	75 mL	
$11.00 retail	$8.25 wholesale	5 PV

dōTERRA® SPA EXFOLIATING BODY SCRUB

dōTERRA® SPA Exfoliating Body Scrub is a natural scrub infused with CPTG Wild Orange, Grapefruit, and Bergamot essential oils that gently exfoliates and polishes the skin.

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin

60200724	226 g	
$33.33 retail	$25.00 wholesale	16 PV

dōTERRA® SPA LIP BALM

dōTERRA SPA Lip Balm is a naturally-sourced 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 experience
- Moringa oil is an emollient that helps improve how the lips look and feel
- Avocado oil provides hydration, and softening to keep lips looking healthy

ORIGINAL

60200725	4.5 g	
$11.00 retail	$8.25 wholesale	5 PV

TROPICAL

60200727	4.5 g	
$11.00 retail	$8.25 wholesale	5 PV

HERBAL

60200726	4.5 g	
$11.00 retail	$8.25 wholesale	5 PV

LIP BALM VARIETY 3-PACK

60203481		
$25.00 retail	$18.75 wholesale	10 PV

dōTERRA® SPA MOISTURIZING BATH BAR

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 a refreshing scent
- Jojoba seed oil deeply moisturizes

37451713	113 g	
$11.67 retail	$8.75 wholesale	5.5 PV

SKIN CARE

dōTERRA® FACIAL CLEANSER

dōTERRA Facial Cleanser combines CPTG® essential oils of Tea Tree and Peppermint, known for their ability to purify and tone skin, with naturally-sourced cleansers of Yucca Root Extract and Soapbark Extract which gently wash away impurities leaving skin looking clean, fresh, and smooth.

60203376	118 mL	
$28.33 retail	$21.25 wholesale	17.5 PV

dōTERRA® INVIGORATING SCRUB

CPTG® essential oils of Grapefruit and Peppermint make exfoliating a refreshing aromatic experience while jojoba esters polish your skin. Botanicals of Mandarin Orange Extract, Jasmine Extract, and Greater Burdock Extract tone, smooth, and hydrate skin.

60203373	70 g	
$30.67 retail	$23.00 wholesale	19 PV

PORE REDUCING TONER

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

60203356	118 mL	
$36.00 retail	$27.00 wholesale	22.5 PV

BRIGHTENING GEL

Naturally-sourced extracts, vitamins, and cutting-edge ingredient technologies combine with CPTG® essential oils of FCF Bergamot, Juniper Berry, and Melissa to brighten and even skin tone. dōTERRA® Brightening Gel is a gentle and effective way to noticeably brighten the skin by reducing the appearance of dark spots and hyperpigmentation.

60203375	30 mL	
$59.00 retail	$44.25 wholesale	36.5 PV

dōTERRA® TIGHTENING SERUM

Featuring CPTG® essential oils of Frankincense, Sandalwood, and Myrrh, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Naturally-sourced extracts and gums combine with powerful ingredients for firmer, younger-looking skin.

60203354	30 mL	
$84.67 retail	$63.50 wholesale	52.5 PV

EYE CREAM

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

60203357	15 mL	
$77.00 retail	$57.75 wholesale	47.5 PV

dōTERRA® ANTI-AGING MOISTURIZER

dōTERRA Essential Skin Care Moisturizer is packed with powerful dōTERRA essential oils that are combined to improve skin tone, reduce the appearance of wrinkles, and help reduce future visible signs of normal aging.

60203371	50 mL	
$59.00 retail	$44.25 wholesale	36.5 PV

HYDRATING CREAM

The intensive moisture your skin has been waiting for. dōTERRA® Hydrating Cream is saturated with nature's ingredients. dōTERRA Hydrating Cream provides intense hydration and nourishment to the skin, improving skin's natural health and beauty. Perfect for day or night use.

60203359	48 g	
$61.67 retail	$46.25 wholesale	38 PV

IMMORTELLE ANTI-AGING BLEND

A proprietary blend of powerfully renewing, rare essential oils used throughout history for their beautifying benefits, Immortelle is formulated to protect and nourish dry skin while helping to reduce the signs of the appearance of aging.

60205381	10 mL	
$119.00 retail	$89.25 wholesale	74 PV

HD CLEAN® TOPICAL BLEND

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The ultimate blend for troubled skin, HD Clean is made with skin-benefiting essential oils that will help keep the skin looking and feeling smooth, clean, and healthy.

- Features a unique blend of black cumin seed oil as well as CPTG® essential oils of Ho Wood, Tea Tree, Eucalyptus, Geranium, and Litsea

60201145	10 mL	
$36.00 retail	$27.00 wholesale	22.5 PV

HD CLEAN® KIT

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

60200752		
$80.33 retail	$60.25 wholesale	43.5 PV

HD CLEAN® FACIAL LOTION

Enjoy a beautiful, smooth complexion with HD Clean 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, Tea Tree, Eucalyptus, Geranium, and Litsea
- Promotes clear complexion, and soothes the skin

49411713	50 mL	
$58.00 retail	$43.50 wholesale	36 PV

HD CLEAN® FOAMING FACE WASH

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

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

49421713	50 mL	
$37.67 retail	$28.25 wholesale	23.5 PV

VERÁGE® SKIN CARE COLLECTION

The Veráge Skin Care Collection contains only the best ingredients of dōTERRA® essential oils, emollients, and plant extracts that will leave skin feeling nourished and hydrated while encouraging confidence through reduced signs of visible aging.

42691713		
$144.00 retail	$108.00 wholesale	73.5 PV

VERÁGE® TONER

Veráge Toner combines CPTG® essential oils with nourishing plant extracts to tighten, tone, 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.

- Coriander and Cypress are known for their toning, soothing, and rejuvenating benefits to the skin
- Easy mist application

37391713	50 mL	
$37.67 retail	$28.25 wholesale	23.5 PV

VERÁGE® CLEANSER

Veráge Cleanser is a highly-effective cleanser that gently lifts dirt and makeup away, yet reaches deep into pores to purify skin.

- Wild Orange and Basil are known for their ability to cleanse and purify
- Tea Tree is renowned for its cleansing and rejuvenating effect on the skin

37381713	60 mL	
$42.67 retail	$32.00 wholesale	26.5 PV

VERÁGE® IMMORTELLE HYDRATING SERUM

Experience the age-defying effects of Veráge Immortelle Hydrating Serum. This powerful formula combines CPTG® essential oils with a specialized plant technology to promote more youthful looking skin. Veráge Immortelle Hydrating Serum is an innovative, highly effective formula that produces results you can see and feel, instantly.

- CPTG essential oils of Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, and Rose play a fundamental role in supporting healthy-looking skin

37401713	15 mL	
$111.00 retail	$83.25 wholesale	69 PV

VERÁGE® MOISTURIZER

Perfect for all skin types, Veráge Moisturizer combines the CPTG® essential oils of Jasmine, Geranium, Sea Buckthorn Berry, and Juniper Berry with plant extracts for deep hydration and skin nourishment. Using advanced plant technology, this light, non-greasy moisturizer absorbs quickly, but hydrates deeply with rich shea butter and emollients. Veráge Moisturizer promotes a moisture balance in the skin and helps reduce the appearance of fine lines and wrinkles, resulting in a smooth, even complexion

- CPTG essential oils of Jasmine, Geranium, Sea Buckthorn Berry, and Juniper Berry help improve the overall appearance of the skin.

37411713	30 mL	
$48.00 retail	$36.00 wholesale	30 PV

PERSONAL CARE

dōTERRA® DEODORANT

dōTERRA Deodorant is an effective, odor-fighting product for both women and men.

- Cypress, Tea Tree, Cedarwood, and Bergamot (FCF) essential oils provide purifying benefits, helping reduce underarm odo
- Shea butter hydrates skin without leaving a greasy after-feel.
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

37421713	50 g	
$14.67 retail	$11.00 wholesale	5.5 PV

CORRECT-X®

Correct-X is a multi-purpose moisturizing ointment that helps clean and soothe skin.

- Similar to the natural oils found in skin, Jojoba provides hydration, helping to improve the appearance of the texture of skin
- Safe and easy to use
- Utilizes CPTG® essential oils of Frankincense, Helichrysum, Tea Tree, Cedarwood, and Lavender

60111713	15 mL	
$20.67 retail	$15.50 wholesale	10.5 PV

DAILY VITALITY

dōTERRA Lifelong Vitality™ Convenience Pack (NHP) INCLUDING ALPHA CRS®+, MICROPLEX VMZ®, AND xEO MEGA ®

Designed to be used in conjunction with healthy habits like regular exercise, healthy eating, proper rest, and stress management, each product offers benefits important to lifelong vitality. Microplex VMz™ provides critical vitamins and minerals (NPN 80075879). Alpha CRS+® protects against free radical damage (NPN 80082975). xEO Mega® supports cardiovascular and brain health (NPN 80074456).

60202934	30 Day Supply	
$126.67 retail	$95.00 wholesale	60 PV

TRIEASE BLEND SOFTGELS (NHP)

NEW

Traditionally used in Herbal Medicine to aid digestion (stomachic), help relieve flatulent dyspepsia (carminative) and help relieve nausea and vomiting. NPN: 80079883

49311813	60 vegetable capsules	
$39.33 retail	$29.50 wholesale	21 PV

MADE WITH SLS-FREE VEGETABLE CAPSULES

TERRAZYME® (NHP) TOP SELLER

TerraZyme is an exclusive blend of digestive enzymes that support the proper digestion of proteins and carbohydrates. NPN 80077027

35111813	90 vegetable capsules	
$64.00 retail	$48.00 wholesale	39.5 PV

MADE WITH SLS-FREE VEGETABLE CAPSULES

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

spa
dōTERRA

Hydrating Body Mist with Beautiful Blend

Replenish.
Refresh.
Radiate.

dōTERRA SPA

Hydrating Body Mist

60207704	125 mL	
$42.67 CAD retail	$32.00 CAD wholesale	23.5 PV

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dōTERRA | CPTG Certified Pure Tested Grade®