

# dōTERRA<sup>®</sup> LIVING

dōTERRA<sup>®</sup> | CANADA

SPRING 2019

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## Spring Cleaning with a whole new meaning



Zendocrone is a proprietary blend that combines the benefits of Tangerine, Geranium, and Cilantro with the aromas of Rosemary and Juniper Berry.

**Zendocrone®**  
Essential Oil Blend

<b>31461813</b>	15 mL	
\$41.00 retail	\$30.75 wholesale	25.5 PV



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**DR. DAVID K. HILL, DC**  
Founding Executive/Chairman,  
Scientific Advisory Committee

**Q:**

**Why is Yarrow blended with Pomegranate Seed oil?**

**A:**



Yarrow is a very unique essential oil—not only because of its deep blue color, but when examining the existing research, it became clear that the symbiosis between its composition and spectrum of benefits and that of Pomegranate Seed oil could create something quite powerful. Pomegranate Seed oil is a great alternative as a carrier because experimental research suggests it may have skin-supporting properties and is rich in punicic acid and several other bioactive compounds. Experimental research suggests that punicic acid may provide benefits for certain body tissues. So, not only does the inclusion of Pomegranate Seed oil increase the skin soothing and cleaning properties of Yarrow, but it may also strengthen the various benefits. The blending of Yarrow and Pomegranate Seed oils is a perfect way to take advantage of our increased understanding of synergy.

*\*Coming soon*

**What makes Magnolia unique among floral essential oils?**



Although it shares some compositional similarities with other floral essential oils, such as Lavender and Ylang Ylang, and therefore many of their calming and soothing properties, Magnolia is a bit of an anomaly when it comes to essential oils rich in monoterpene alcohol linalool because it doesn't contain linalyl acetate in easily measurable quantities. This gives Magnolia a very distinct mint-like aroma, but also lends to a different spectrum of benefits than you might expect. Without the presence of linalyl acetate, linalool becomes a dominant compound and its properties really shine through. Linalool may be particularly effective as a surface cleaner, or its aroma may be particularly effective at creating a relaxing environment.

**Copaiba has quickly become my favorite oil to use. What makes Copaiba different from Black Pepper or other essential oils high in caryophyllene?**



Copaiba is high in the sesquiterpene caryophyllene, which is also found in Clove, Black Pepper, Melissa, and several other essential oils. However, it is the breadth of its benefits that make Copaiba a unique essential oil. Like Black Pepper, it is effective as a surface cleanser, but one of Copaiba's most researched and valued property is its benefits to your skin. Try adding a drop or two to your skin moisturizer to boost its skin-soothing benefits, and enjoy the distinct woody aroma.

**What are some of the benefits of Turmeric essential oil?**



I've been quite adamant for years about finding a source for Turmeric essential oil that meets our CPTG® standards. While the extract is popular and has been used historically for a variety of purposes, the essential oil has a totally separate but equally powerful range of benefits. It's not just great for internal use: experimental evidence suggests that Turmeric essential oil may help support clean and healthy-looking skin, and reduce the appearance of blemishes when applied topically. There may even be some applications in regard to oral health. I believe Turmeric is going to quickly become the go-to oil for many people, similar to Frankincense and Copaiba.

# PINK PEPPER

**Sourcing Origin:** Kenya & Peru

**Distillation Method:** Steam Distillation

**Plant Part:** Fruit

**Aromatic Description:** Spicy, fruity, slightly woody

Pink Pepper (*Schinus molle*), while similar in appearance to black pepper, is actually unrelated to true pepper. It is, however, closely related to cashews. The pink peppercorn is actually a fruit from the Schinus molle tree, a tall evergreen tree. The ancient Incans considered this tree and its small pink fruits sacred, and lined the perimeters of their temples and palaces with them.

## HOW TO USE:

### Cosmetic

- Combine two drops with Fractionated Coconut Oil for a soothing massage

### Food

- Add 1–2 drops to a glass of water after enjoying a large meal

### Household

- Inhale or diffuse with citrus or floral oils to create an invigorating aroma for a quick pick-me-up

**FUN FACT:** This oil was originally introduced in our Harmony Collection as a limited-time offer and is now a permanent product.





# Rise & Shine

MAKE-OVER  
YOUR MORNING

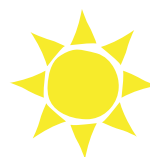
Do you have a hard time getting out of bed?  
Do you often feel rushed, unproductive, and a bit cranky?  
Here are a few ways to help you start your day  
in a positive way.



## WAKE UP EARLIER

Being rushed in the morning can hinder your mood the rest of the day.

Waking up earlier allows you to have extra time in the morning, so there's no need to rush. If you have a hard time getting up early, try going to bed earlier. The average adult needs about seven to nine hours of sleep per night for proper cognitive function. According to sleep.org, the best way to figure out when you should go to sleep is to count backwards eight hours from the time you need to wake up. However, the optimal bedtime is between 8:00pm and 12:00am. In other words, as Benjamin Franklin put it, "Early to bed, early to rise makes a man healthy, wealthy, and wise."



## LET THE LIGHT IN

Having the sunshine light can make the waking up process a little easier and more natural. Open the curtains to let the light be your natural alarm clock. The Dawn Simulation Theory states that early morning light signals have a much greater effect on the body's biological clock than light signals given at other times during the day. If you wake up before dawn, try using a sunrise alarm or smart LED light bulbs.



## EAT A HEALTHY BREAKFAST

Start your day off right with the most important meal of the day. You might consider making a smoothie bowl for breakfast. A healthy diet of fresh whole fruits and vegetables, and healthy proteins provides your body with the resources needed for growth. And don't forget to take your vitamins! **dōTERRA Lifelong Vitality™ Convenience Pack** is designed to be used in conjunction with healthy habits like regular exercise, healthy eating, proper rest, and stress management.



## AVOID SCREEN TIME

Checking your phone the moment you get up can hijack your morning routine. You may be tempted to check updates, but refrain. Checking one media outlet can trigger stress, as well as loss of time, and productivity. Instead of checking your phone first thing, consider more uplifting activities such as personal study, exercise, or fixing up a nutritious breakfast.



## EXERCISE AND STRETCH

Your body and mind have been booted down all night. Wake up your body by taking a few minutes to stretch while diffusing your favorite essential oil blend. In addition, morning exercise can increase energy and overall productivity throughout the day plus starting your day with physical activity is a good way to keep your stress level down.



## START YOUR DIFFUSER

Prep your diffuser the night before with a few drops of **Citrus Bliss®**, **dōTERRA Motivate®**, or **Elevation®**. When you awake in the morning, turn on your diffuser, take a few deep breaths, and allow the aroma of essential oils to create a stimulating atmosphere for a new day.



## MAKE YOUR BED

Start your day by accomplishing at least one goal: making your bed. This one action will provide you with the adequate motivation to continue achieving your goals throughout your day. And if the day doesn't go as well as you'd hoped, at least you come home to a made bed.



# Green Mandarin

## *A Story of Innovation*

The mandarin tree (*Citrus reticulata*) is native to southeastern Asia. By 1850, the plant had been established in southern Italy after being introduced there and was thriving in its new environment. As many settlers from Italy began moving to southern Brazil they found that the soil and growing conditions were very favorable for growing several varieties of citrus trees, just like their native Italy. Thousands of European immigrants had found a beautiful place to call home in Southern Brazil. Such is the story for one family that has played a critical role in growing and expanding Green Mandarin production in Brazil.

### Keeping Traditions Alive

Enzo, a Sicilian native, moved to Brazil in the 1970s while in his early twenties. One of the key things that Enzo brought to Brazil was a love for and expertise in growing citrus trees and processing them for essential oils. He learned this craft while working with his father and grandfather in the family citrus business in Sicily. Enzo represents the fourth generation to carry on the family traditions and expertise in citrus essential oil production. Even today some of Enzo's fondest memories harken back to the days when, as a very young boy, he would spend time with his grandfather in the citrus groves and factory.

Enzo is a key pioneer in citrus essential oil production in Brazil. A mandarin tree needs to be thinned heavily while the fruit is still young and unripe. Approximately 60-70 percent of the unripe fruit is removed in this thinning process. Historically, this green, unripe fruit had been left on the ground to decompose and become organic matter.



### Upcycled Farming

Enzo knew, thanks to his grandfather, that this unripe fruit could be better utilized and provide added benefit to each farmer. He also knew that he could produce a beautiful essential oil. His influence was critical as he went from one small farmer to another, showing them that there was value in the unripe mandarin fruits. By his efforts over many years, most farmers growing mandarin in southern Brazil now work in partnership with Enzo to harvest these unripe green mandarin fruits.

Now, because of his efforts, the income that these small-scale farmers derive from Enzo's purchase of their unripe green mandarin allows the farmers to cover the basic costs of farming for that season. This leaves all of the income derived from their normal fresh fruit sales to be "all profit"—an amazing change from the pre-green mandarin days, when a portion of the fresh fruit income had to cover overhead farming costs.

### Small Scale, Large Reward

dōTERRA is so excited to partner with Enzo and 16,000 small-scale farmers to bring Green Mandarin essential oil to market. It is an inspiring story of innovation, teamwork, and expertise coming together. Enzo collects the unripe mandarin fruit and uses the cold press process typically seen in citrus fruits to extract this beautiful essential oil. Enzo's passion for essential oils does not end with green mandarin, however. He also helps with the production of several citrus essential oils, including wild orange, tangerine, and lime essential oils. He loves essential oils and loves being a part of the dōTERRA family.

Green Mandarin is sure to quickly become one of your favorite oils. Even as a unique citrus oil, it has many of the same benefits of the other citrus oils.





# Upcycle and Reuse DIY:

## Macrame Plant Hanger

### What You'll Need

- Cording
- Metal or wood ring
- Beads (optional)

### Begin:

1. Cut 8 strips of cording making each about 12 feet long.  
*Tip:* You want your cording to be about four times the length of your finished product. You can always cut down your cording, but you can't always add.
2. Take your 8 strips, fold them in half to make 16 strips, and tie them to your ring.
3. You're ready to begin.

The three most common macrame knots are: the square knot, the spiral knot, and the half-hitch knot. Use these three knots to make any design you desire. Get creative!



### 1 The Square Knot

1. Take 4 pieces of cording, lying parallel to each other.
2. Start by making a half knot.  
*Hint:* The two outer cords will be your knotting cords and your inner cords will be what you tie your knot around.
3. Bring the far left knotting cord over your two middle cords and under your right knotting cord.
4. Take your far right knotting cord, place it under your two middle cords and over your left knotting cord, and pull tight.
5. Finish off the square knot by making another half knot in the opposite direction.

### 2 The Spiral Knot

1. Take 4 pieces of cording, lying parallel to each other.
2. Start by making a half knot.
3. Bring the far left knotting cord over your two middle cords and under your right knotting cord.
4. Then take your far right knotting cord, place it under your two middle cords and over your left knotting cord, and pull tight.
5. Continue this step, over and over to create a spiral.

### 3 Half-Hitch Knot

1. Take your far right cord and place it over the other cords.
2. Take your next cord, closest to your far right cord, and take it up and over, then under the far right cord, making a loop.
3. Pull the loop tight.
4. Repeat, making two half-hitch knots per cord.

### To Finish

1. Once your design is made, tie a knot with four strings next to each other, about 6 inches down.
2. Repeat with other 12 cords.
3. Now, take 2 cords from 2 partnering knots, knot those 4 cords together about 2-3 inches below the other.
4. Keep repeating until you reach your desired length.
5. Place plant inside plant hanger, and tie a knot at the end.

*Tip:* By cutting the top off a dōTERRA supplement bottle and spray painting it, you can create your own style of planter!





# Lemon • Citrus limon

The bright yellow rind of the lemon fruit creates a zesty essential oil that is a familiar dōTERRA favorite. Renowned for its surface cleansing abilities and aroma, Lemon is a top-selling dōTERRA favorite because of its versatility. Whether it is used as a natural cleaning agent in the home, or to add a zippy flavor to sweets and treats, Lemon essential oil holds countless benefits for any user.



## LEMON ESSENTIAL OIL SOURCING

There is no question that the Mediterranean island of Sicily produces the highest-quality lemons. This is thanks to the expertise of family-owned orchards where lemons have been grown for generations. In an area where economic downturn had caused many Sicilian orchards to close, growers who wished to stay open found a tremendous business opportunity in providing dōTERRA with Lemon essential oil.



## Lemon Buttercream

Cream one stick of butter in an electric mixer for 1-2 minutes until fluffy. Slowly add 3 cups powdered sugar, ½ cup at a time, until mixture is smooth. Add 2 tablespoons lemon juice and 2 drops Lemon essential oil and mix until combined. Add 1 tablespoon heavy cream and mix at medium-high speed until light and fluffy, about 2-3 minutes. Pairs perfectly with cupcakes or cookies.



## Lemon Cookies

Preheat oven to 177° C (350° F). In a large bowl, cream 1 cup cold butter and 2 cups sugar for 4 minutes until light and fluffy. Add 2 eggs, 1 teaspoon vanilla, 1½ tablespoons fresh lemon juice, and 1-2 drops Lemon essential oil. Stir to combine. Stir in 3 cups flour, ¼ teaspoons baking powder, ¼ teaspoon baking soda, and ½ teaspoon salt. Mix until just combined. Drop dough onto parchment paper covered baking sheet. Bake for 9-11 minutes. Allow to cool. Sprinkle with sugar or frost with Lemon Buttercream.



## Fruit and Veggie Cleanser

Mix 10 drops Lemon essential oil, ⅔ cup distilled water, and ¼ cup apple cider vinegar in an 8-ounce spray bottle. To use, shake the liquid well and spray on produce in a strainer. Let sit for 2-3 minutes and then rinse and let dry.

**TIP:** Use empty dōTERRA spray bottles to store your homemade fruit and veggie spray.



## Liquid Dishwasher Soap

In a large bowl, combine ½ ounce castile soap, ¾ cups purified water, 4 ounces white vinegar, 1 ounce citric acid powder, 1 cup kosher salt, and 30 drops Lemon essential oil. Stir until well blended. Pour into a glass soap dispenser. To use, add about 2 tablespoons per load of dishes. Store mixture in the refrigerator to prevent fermentation.



# FIVE STEPS TO BEING MORE PRODUCTIVE

The New Year is only a few months behind us, but many have already left their New Year's resolutions behind. Dr. Gail Matthews, a psychology professor at Dominican University in California says 25 percent of people abandon their New Year's resolutions after one week and 60 percent within six months. Why do we give up on our goals? What is stopping us from reaching our goals?

**"The best time to plant a tree was 20 years ago. The second best time is now."** – Chinese Proverb

We live in a world where instant gratification consumes us. If our internet search takes longer than one second, we complain about having a slow connection. Imagine the current generation on dial-up! Goals take time, and time is something we may not have much of nowadays. How can we step back and slow down? What will help us achieve our goals, and how can we conquer our distractions?

## TURN IT OFF

Phone, email, and social media are wonderful tools when used correctly. However, they can become some of our biggest distractions. Any free time that we can muster is usually spent browsing through different forms of social media. Turn off the notifications, put down your phone, and reach for your favorite focusing oil. This will help minimize common distractions when you need to be focused.



## SLEEP, SLEEP, SLEEP



If you are practicing the "I'll sleep when I'm dead" concept, it may happen sooner than you think. Recommended sleep time for most adults is 7 to 9 hours. Productivity dramatically decreases when you are sleep deprived. To help get in the mood to snooze, grab that Lavender and start diffusing, warm up that kettle and have some herbal tea (Lavender, Bergamot, Chamomile, Lemongrass, etc.), or place your favorite oils on the bottom of your feet or on your pillow. Sleep is one of the best times for your body to recover. Creating healthy sleep habits will improve the quality of your sleep, which in turn leads to more productive days.



## MEDITATE

The benefits of meditation can be crucial to slowing down, achieving goals, and conquering distractions. Set apart a few minutes each day and really focus on your breathing. Find a quiet room and diffuse your favorite grounding aromas. Studies show that individuals who incorporate meditation into their daily routine have significantly lower levels of stress. Daily meditation trains your mind to better focus on important things, keeping you on track for whatever you plan to accomplish.

**Focus completely on your breathing for two minutes. Concentrate on each breath going in and out. Immediately after, take all of your focus and place it on what you need to accomplish most.**

## WRITE IT DOWN



Do you have a goal in mind? Write it down! Dr. Matthews concluded that those who write down their goals are 42 percent more likely to achieve them. Those who not only write down their goals, but also write down steps to accomplish those goals, are even more likely to achieve them. If you are serious about change and self-improvement, write it down, review consistently, and get to work!

## INCREASE YOUR FITNESS



Believe it or not, exercise gives you endorphins. Endorphins make you happy, and happy people just don't give up on their goals. In fact, exercise increases energy levels and serotonin in the brain, which leads to improved mental clarity. You might need some dōTERRA Motivate® to get you started, but the benefits of exercise will keep you going.

If you do not work out a muscle, is it getting bigger or stronger? Of course not. The same applies to our own lives. If we are not pushing ourselves, are we growing or progressing? Let this year be different from past years. Improving ourselves should take effort. Just like a river, we have moments in our life that are fast and slow, but we

should never become stagnate. Stagnate water is full of debris and can become toxic to those around it. Do all you can to get moving, even if it is just a little. Eventually your stream will turn into a river.

***"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."***  
— Nora Roberts

If you have other ideas that will help you slow down, achieve goals, and conquer distractions, implement them! Be the change that you want to see. Let dōTERRA® essential oils help you on that journey. Whether that change is in the home, at work, or personal, there is always room for improvement.



## ESSENTIAL OILS & BLENDS TO KEEP YOU ON TRACK

Basil  
Frankincense  
Grapefruit  
Peppermint

Rosemary  
Spearmint  
Wild Orange  
InTune®

Balance®  
Elevation®  
dōTERRA Motivate®  
dōTERRA Peace®



# STOP FIGHTING BEDTIME

★ ★ AN ESSENTIAL KID'S GUIDE TO SLEEP ★ ★



WINDING DOWN AT THE END OF THE DAY CAN BE HARD. GETTING KIDS TO CALM DOWN BEFORE BEDTIME CAN FEEL ALMOST IMPOSSIBLE.

Parents always look forward to having a little peace and quiet once the kids are in bed at night. Getting them to bed, however, can sometimes prove to be a battle. Use these tips to stop fighting bedtime, and get your kids to sleep peacefully:

## ★ ★ ESTABLISH A ROUTINE

No matter their age, doing the same routine every night is key to getting your kids to sleep. Following the same steps at bedtime helps their bodies know it is time to unwind and prepare for sleep. Try using the **dōTERRA Kids Collection** oils around the same time every night. Depending on the needs of your little ones, or not so little ones, try **Rescuer™**, **Calmer™**, or **Steady™** to ease any bedtime worries.

## ★ ★ START YOUR DIFFUSER

Diffusing calming oils is one of the best ways to start bedtime. Use oils like **Lavender**, **Balance®**, or **Ylang Ylang** consistently each night. That way, before you even say it is time for bed, your children's brains will know from the calming scent.

## ★ ★ CREATE A CUSTOM BEDTIME BLEND

Smells can tell your kids brains that it is time for sleep. Aside from running your diffuser, there are a number of ways you can use oils to let your child know it is time for sleep. Try creating an essential blend to mix into a spray bottle with distilled water and spray onto your child's pillow right before bed. The scent will be with them all night long. If your child sleeps with a stuffed animal or blanket, try using a small amount of oil on the lovey. A favorite bedtime blend is **Vetiver**, **Cedarwood**, and **dōTERRA Serenity®**.

## ★ ★ STORY TIME YOGA

Establishing a yoga flow with your children before bed is a great way to work out last-minute bedtime wiggles. One helpful tip is creating a story to go along with your yoga poses. Use these poses to make up your own story with your kids.

## ★ ★ BEDTIME MASSAGE WITH WHIPPED OIL BUTTER

Connecting with your child through contact at the end of the day is a way to show your little one you care, while helping them relax. Try this oil butter recipe to use in a foot massage to calm your child before bed.

*1/4 cup cocoa butter*

*1/4 cup whole coconut oil*

*20 drops **Lavender***

*12 drops **Vetiver***

*10 drops **Frankincense***

*Simmer cocoa butter and coconut oil together until melted. Let the mixture rest for 10 minutes. Add oils and then put in the fridge for about an hour until firm. Whip the mixture with an electric mixer until soft peaks form. Massage a pea-sized amount into your children's feet.*

Bedtime does not have to be a dreadful experience. Find a couple of small ways to ease the tension. Pretty soon you will look forward to bedtime as a special time with your little ones.



# Michelle White



When she isn't outside running with her French Bulldog, traveling, or listening to best-selling audiobooks, you'll most likely find Michelle White spending time with her three beautiful children and husband. With a passion for fulfilling her dreams, Michelle has created a wellness lifestyle that has given her family the power to face their daily demands and live more positively.

*"dōTERRA has helped me be a better mommy because I have the amazing tools to proactively care for my kids and help comfort them better when they do need extra support. The business opportunity has not only allowed me to contribute on a grander scale for my own family, but I am able to help other families build their own financial pipeline as well. This brings gratitude for what I get to do every day to a whole new level of joy. I just want to do more and more good to a better quality of life to everyone, and dōTERRA truly allows me to do that."*

## ESSENTIAL OIL DAILY ROUTINE

"I start the day with turning on the diffuser. Right now we are loving Spearmint and Red Mandarin! I then drink a litre of water with either Lemon or Grapefruit oil to get things activated in my body. I also take a Terrazyme first thing and take my other two doses of LLV at breakfast and lunch. I love to work through a few sun salutations and set my intentions for the day with gratitude and goal setting. I find Anchor, Whisper, or Peace are the oils I mostly gravitate towards for my practice.

At breakfast, my kids will apply the Stronger™ blend. I usually apply Peace Touch right before we head out the door for school, but I have been really loving the calming aroma of Magnolia lately, too. After school, the first thing we all do is wash with the On Guard Hand Soap because kids touch everything and anything at school.

Each night, I load my daughter's bedroom diffuser with Bergamot oil, which helps her sleep through the night. It took me about a year to find what worked for her, so don't give up if you are struggling with finding a bedtime oil for someone you love! My son gets Arborvitae and Eucalyptus in his diffuser each night, and Easy Air massaged into his feet and chest. Our bedroom gets either Copaiba or Vetiver, as my husband and I have very full days and either of these scents help us to shut off and sleep well.

At night I also wash my face with the Verage Cleanser, apply Yarrow|Pom neat around my eyes, jawline, and neck, and then about five minutes later apply the Verage Moisturizer. We all use On Guard toothpaste, and the last thing I do each night before I turn off my light is put a drop of Frankincense under my tongue. I sleep so well and wake up feeling vibrant."

## PASSIONS

Family, gardening, yoga, reading, and any outdoor activity

## FAVORITE ESSENTIAL OILS

"I would say grounding, calming aromas are my staples. Peace, Vetiver, Anchor, Whisper, Arborvitae, Frankincense... I can't pick!"



## FAVORITE QUOTE

*"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes."*

— William James



# WAYS TO stress less THIS SPRING



Stress is part of life—there's no denying it. What matters, though, is how we deal with it. Springtime is a renewing time of year for the great outdoors, and it only makes sense to renew yourself, too. Here are 30 ways to reconnect and find peace right now.

S M T W T F S

	Keep a gratitude journal 1	Diffuse Lavender or Vetiver 2	Turn off all devices for the day 3	Stretch in the morning and evening 4	Work on a personal or house project 5	Listen to music you love 6
Enjoy a peaceful walk outside 7	Learn something new 8	Plan your morning ahead of time 9	Cut out or reduce caffeine 10	Perform a random act of kindness 11	Get a 30 minute massage 12	Focus on the positive things in everyday life 13
Eat a more balanced diet 14	Cut out negative self-talk 15	Go for a run 16	Commit to taking dōTERRA Lifelong Vitality™ Convenience Pack 17	Spend time with loved ones 18	Be selective of your time: learn to say no 19	Take a yoga class 20
Take time to breathe deeply 21	Play with your pet 22	Give an AromaTouch® Hand Technique 23	Improve your sleep schedule 24	Reach out to someone who has been on your mind 25	Read a book for 20 minutes 26	Stop multitasking 27
Communicate your needs 28	Get outside and garden or plant flowers 29	Take a day to de-clutter and clean 30				



# TURMERIC

**Aromatic Description:** Warm, spicy, earthy, woody

**Distillation Method:** Steam

**Plant Part:** Rhizome

**Sourcing Origin:** India and Nepal

Chinese and Indian herbalists have used what you may recognize as the main spice in curry, Turmeric, for over 4,000 years. In ancient cultures it was used in cooking as well as for religious purposes. In addition to its many other benefits, Turmeric essential oil acts as a great addition to your favorite savory meals.

## HOW TO USE:

### Cosmetic

- ◆ Combine with moisturizer and utilize in skin care routine to support clean and healthy-looking skin

### Food

- ◆ Use in cooking for a flavorful twist

### Household

- ◆ Diffuse for an uplifting and energizing aroma

**FUN FACT:** Although turmeric is widely known for its edible roots, all parts of the turmeric plant, including the flowers and leaves, are edible!



dōTERRA

kids

COLLECTION



Made up of six unique kid-friendly blends, the Kid's 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.





Childhood is about learning as much as it is about physical development. In those early formative years, children are developing the lifestyle habits that will greatly determine their health and well-being throughout the rest of their lives. The **Thinker Supportive Blend** and **Calmer Restful Blend** were developed specifically for daily use, and to help create a sense of harmony.

### CALMER™ RESTFUL BLEND

**Calmer Restful Blend** promotes a serene atmosphere, allowing bedtime to be a peaceful and welcomed experience. Rolling Calmer onto the bottoms of feet and the back of the neck helps when tensions are high. Combining the soothing aromas of **Lavender, Cananga, Buddha Wood, and Roman Chamomile** essential oils in a convenient and safe delivery method along with the skin moisturizing benefits of Fractionated Coconut Oil, Calmer can be used as part of your nightly ritual. Cananga and Buddha Wood essential oils, unique to Calmer, have a calming fragrance that helps promote feelings of relaxation. When it's time to restore your mind and body, apply Calmer to your wrists, breathe, and relax.

### THINKER™ SUPPORTIVE BLEND

Ideal for everyone and for daily use, **Thinker Supportive Blend** is the optimal support to use when distractions are high. Featuring **Vetiver, Peppermint, Clementine, and Rosemary** perfectly combined with Fractionated Coconut Oil, this blend is ideal for sensitive skin. Open your mind to Thinker. Thinker is a naturally sourced way to promote a sense of calm and clarity. Roll Thinker onto your temples, wrists, and the back of your neck. Herbal and slightly sweet, the unique aroma helps instill feelings of clarity. To create a supportive and positive environment, incorporate Thinker into your daily learning practice.



*You never know when your child may need a shot of reassurance or support. **Steady Grounding Blend** and **Brave Courage Blend** are the perfect aromatic complements to support calm and balanced feelings.*

### BRAVE™ COURAGE BLEND

Begin each day with confidence and belief by pairing **Brave Courage Blend** with your positive affirmation practice. Allow yourself to reset when experiencing feelings of doubt by rolling Brave onto the back of neck and pulse points. Combining **Wild Orange, Amyris, Osmanthus, and Cinnamon Bark** in a gentle and quick application method mixed expertly with Fractionated Coconut Oil, Brave provides an essential boost to your day. With a bright and warm aroma, Brave is the perfect blend to invigorate and empower you when you're feeling unmotivated. Featuring the unique essential oil from Amyris Wood, Brave helps promote a calming environment. Before tackling life's big (or small) moments, roll Brave onto the bottoms of your feet and the backs of your hands to instill courage and positivity, with the reassurance that you can accomplish anything.

### STEADY™ GROUNDING BLEND

Perfect for daily use or as needed, **Steady Grounding Blend** has a soft, inviting, and slightly fruity aroma. Steady draws on the unique benefits of essential oils such as **Amyris, Balsam Fir, Coriander, and Magnolia** perfectly blended with Fractionated Coconut Oil to deliver a calming effect ideal for all skin types. Amyris and Balsam Fir are warm wood oils with aromas that help promote feelings of relaxation. When feeling overwhelmed, roll Steady onto the back of your neck or wrists and take a deep breath, allowing yourself to find balance. Soothing to dry skin, Steady is a great every day blend.



*The best thing about essential oils is that they allow us to take ownership of our day-to-day self-care. Children face their own spectrum of daily issues. To address those issues that just come up, dōTERRA has developed **Rescuer Soothing Blend** and **Stronger Protective Blend** to protect and soothe, and are safe for everyone.*

### RESCUER™ SOOTHING BLEND

After a busy day of activity, apply **Rescuer Soothing Blend** for a relaxing sensation for growing, tired legs. **Copaiba, Lavender, Spearmint, and Zanthoxylum** are expertly combined with Fractionated Coconut Oil to soothe dry skin and promote feelings of resilience, while being gentle enough for sensitive skin. Roll Rescuer onto your legs, hands, or shoulders after exercising or a long day of physical activity to promote feelings of comfort. Zanthoxylum, an essential oil unique to this dōTERRA blend, is known for its calming and skin-soothing benefits. Rescuer has a fresh, yet calming aroma that provides soothing support.

### STRONGER™ PROTECTIVE BLEND

**Stronger Protective Blend** features **Cedarwood, Litsea, Frankincense, and Rose** in a gentle and convenient format, combined with Fractionated Coconut Oil. This unique blend is perfect for all skin types. Litsea, one of the main ingredients in Stronger, is ideal for its skin-cleansing benefits. The bright and uplifting aroma of Stronger is refreshing to the senses and works as the perfect blend for daily resiliency or when you are not feeling your best. With the powerful, rejuvenating benefits of wood and floral oils, Stronger is an ideal blend to keep skin looking healthy.

*Intended for use with parental supervision.  
Keep out of reach of children under three.*





# Cleaning the Air in Your Home

With pollution being an ever-present issue in modern times, most people probably assume they are safer when indoors. On average, most people spend about 90 percent of their time indoors. However, most homes have air pollution two to five times greater than the air outside. But don't despair—by making small and simple changes around your home, the air quality can dramatically improve.

## Three Deadly Pollutants

Three deadly pollutants have the potential to harm your family's health the most. They are carbon monoxide, secondhand smoke, and radon gas. Combat the first by installing a carbon monoxide detector to alert you if gas is present. As for secondhand smoke, the Surgeon General states that no amount of secondhand smoke is safe. Ask smokers to take it outside to keep the air in your home clean. Finally, your home may be harboring a silent killer. Radon gas is the leading cause of death among nonsmokers, and the second leading cause of lung cancer. Odorless, invisible, and naturally occurring, radon testing is the only way to catch this deadly gas.

## Using the Green Approach

The following five plants will help naturally purify the air in your home. Each is NASA-certified as plants that can remove harmful compounds from the air.

**1. Peace Lily**—This plant possesses the ability to improve air quality indoors by 60 percent. It also helps keep shower curtains and tiles free from mildew, and can absorb the vapors from alcohol and acetone.

**2. Eucalyptus**—Breathing the scent of this plant can be invigorating. dōTERRA® Eucalyptus oil comes from eucalyptus leaves. The oil's ability to promote feelings of relaxation are two of the main reasons eucalyptus makes a great houseplant.

**3. English Ivy**—This is the perfect plant for pet-lovers and office workers alike. It has the ability to clean the air of airborne fecal matter and benzene, a chemical commonly found in office equipment that makes focusing difficult.

**4. Boston Fern**—Great for anyone who suffers from occasional dry skin. This plant acts as a natural humidifier. It helps restore moisture to the air, especially in the cold winter months. It also removes traces of formaldehyde, commonly found in surface cleaners.

**5. Spider Plant**—Do not let its name fool you; this plant is anything but creepy. Within two days the spider plant can remove almost 90 percent of toxins in your home. It gets rid of harmful substances like mold and dust allergens, but its real power is the ability to absorb formaldehyde and carbon monoxide.

## Other Easy Ways to Clean Your Air

Some simple things you might not think of can also improve the pollution in your home. These include:

- 1 Take your shoes off as soon as you get home.** Chances are that at some time during the day your shoes walked across the grass in the park, into a public bathroom, or across the sidewalk. In all of these places your shoes picked up a number of contaminants, such as e-coli, pesticides, or formaldehyde. When you wear shoes in your home, you run the risk of infecting your family with any of these toxins.
- 2 Use the correct cleaners.** Using naturally sourced cleaners such as the **On Guard® Cleaner**, or making your own cleaning products, will reduce the amount of harmful gases in your home. (See page 35 for DIY essential oil cleaning products.)
- 3 Vacuum regularly.** Dust mites are a normal occurrence in any home, but they hold onto bacteria and unsavory smells. Frequent vacuuming will reduce the amount of dust mites.
- 4 Change your air filter at least every three months.** This will keep dust mites and bacteria away, and is especially important if you have pets. To ensure moisture does not take over your home and aid in the growth of mold, run fans in your bathroom and open your windows frequently.
- 5 Diffuse essential oils.** Certain essential oils and blends such as **Purify**, **On Guard®**, **Juniper Berry**, **Lemon**, **Lime**, and **Tea Tree** contain powerful air-cleansing properties.

*Many of us spend a great deal of time indoors, at work, or in our homes. By adding a plant or two and making other simple changes, air quality in your surroundings can improve radically.*





# dōTERRA Idea Notebook

You SHARE, we CARE



## WILD ORANGE RASPBERRY CHIA SEED JAM

This protein and fiber packed treat is delicious and easy to make. Use this jam on breads, in oatmeal, on pancakes, in black bean brownies, or anything you want to add a sweet finish to.

—Lisa Freigang, WI

### INGREDIENTS:

- 4 cups frozen raspberries
- ¼ cup maple syrup
- 2 tablespoons chia seed
- ¾ teaspoon vanilla extract
- 1 tablespoon fresh squeezed lemon juice
- Dash of sea salt
- 3 drops Wild Orange essential oil

### METHOD:

1. Stir frozen raspberries, maple syrup, and sea salt in a medium pot. Over medium-high heat, gently break apart frozen raspberries to get them to release liquid. Cook for approximately 8 minutes, stirring often.
2. Reduce heat to medium and gently mash berries with potato masher until reaching desired consistency.
3. Add chia seeds and stir to combine. Simmer over medium low heat, stirring often until much of the liquid has cooked off and mixture has thickened approximately 10–15 minutes. Remove from heat and add lemon juice and vanilla extract. Let cool slightly and add Wild Orange essential oil.
4. Place in glass jar in the refrigerator to finish setting.



## ALL IN ONE MOUTH & HAND SPRAY

—Kathryn Glader, SD

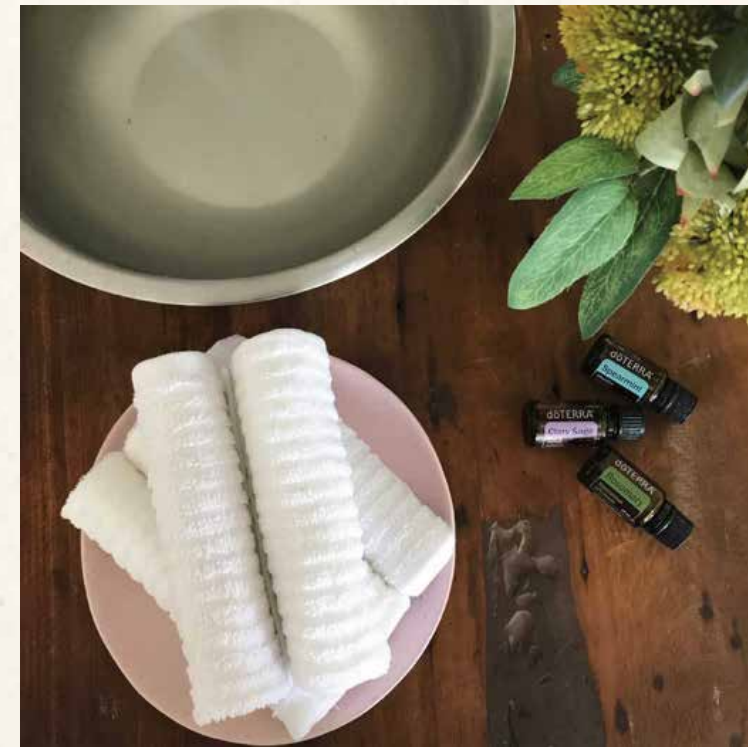
5 drops each: Lemon, Tea Tree, On Guard®  
1 drop Peppermint

Add all ingredients to 30 mL glass spray bottle, fill rest of bottle with distilled water. Shake well before each use. Spray into back of mouth and gargle as needed.

## DIY FACIAL TOWELETTES

Provide a welcoming and refreshing experience for your guests!

—Belinda Hlywa, Australia



### HOW TO:

1. Fill a stainless bowl with water.
2. Add 1 drop of each essential oil of your choice per two face cloths.
3. Add face cloth to water.
4. Soak overnight if possible; if not, at least one hour.
5. Wring out each face cloth.
6. Roll tight and place creatively on service tray.

**NOTE:** Size of the bowl will depend on how many towelettes you need to make.

## REFRESHING COOL DOWN

—Fran Pritchard, California

Soak a bandana or a scarf in water, add a couple of drops of Peppermint, place in the freezer for 1 hour, and tie around your neck for a cooling uplifting sensation. This is great for post workout. Add a spritz of TerraShield® blend before hiking or gardening.

## FRESHEN YOUR dōTERRA OFFICE SPACE

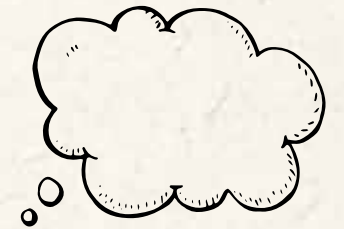
—Barb Courtney  
Newfoundland, Canada

Diffuse together:

- ◆ 3 drops of Wintergreen
- ◆ 2 drops of each, Lemongrass, Lime, and Wild Orange

Try it! You'll love it!

Email [canadalivingmagazine@doterra.com](mailto:canadalivingmagazine@doterra.com) with your favorite essential oil recipe, idea, or time saver for a chance to be featured in upcoming dōTERRA Canada Living Magazine issues.





# THE HEART OF Guatemala

## CARDAMOM & Cō-IMPACT SOURCING®

In November 2018, dōTERRA hosted the first-ever Cō-Impact Sourcing trip specifically for Canadian leaders. This trip gave attendees the opportunity to visit Guatemala, where dōTERRA® Cardamom is grown, harvested, and distilled into essential oil by local farmers. We sat down with trip attendees Jared Scott, Andrea Ryan, Lance Fryling, Sarah-Jane Pepper, and Michelle White to hear just how impactful this trip truly was.



Fibrous, green pods speckle the cardamom plants that blanket Guatemala's lush valleys. Originally brought to the region from India prior to World War I, this powerful plant flourished and is now Guatemala's largest export. Although other countries grow and export this crop, the combination of Guatemala's hot, humid climate and the nutrient-rich clay soil produces the most favorable chemical profile for cardamom. This biochemistry is what encouraged dōTERRA to begin sourcing cardamom from Guatemala, and is also what makes the dōTERRA Cardamom essential oil so powerful.



NPN 80060953

When used in aromatherapy, Cardamom can help relieve symptoms of colds, coughs, and digestive discomfort\* – such huge benefits from such a small pod. For this reason, Cardamom also makes a great addition to blends like Easy Air® and dōTERRA Passion®. "These cardamom farmers may not see it, but my little boy now thrives in his life because of their efforts to produce these oils," said Michelle. "So do millions of others throughout the world. I wanted our farmers to know that on their hardest days they are doing so much good."

### Sourcing Solutions

Despite their well-cultivated and valuable product, however, Guatemalan cardamom farmers often experience unfair treatment. Some buyers can be inconsistent while others pay very little, and corruption in the buying industry causes additional problems. To help combat these problems, dōTERRA chose Guatemala as a Co-Impact Sourcing location and began developing long-term,

mutually beneficial relationships with these growers. Founded on principles of trust, service, and appreciation, this relationship has increased the overall quality of life for Guatemala's farmers and their communities.

Making fair, on-time payments and teaching farmers how to identify and avoid corruptive buyers has been important to dōTERRA in maintaining this relationship. In addition, dōTERRA has provided resources such as a drying facility and distillery to increase the value and production of cardamom. This mutually beneficial relationship, focused on an improved quality of life for farmers, is at the heart of Co-Impact Sourcing. As described by Jared Scott, "Co-Impact Sourcing is not about sourcing product—it's about sourcing people."

### People Behind the Product

In the jungled hills of Guatemala's Alta Verapaz Valley sits the vast cardamom plantation from which dōTERRA Cardamom is sourced. As the trip attendees made the hot, rugged trek to the nearby cardamom



plantation to participate in the process of cardamom distillation, they realized just how extensive this process really was. "This was an amazing opportunity for our leaders to experience every aspect of the creation of dōTERRA Cardamom essential oil," said Jared Auger, General Manager for dōTERRA Canada. "We were able to see the difference between a ripe and unripe pod, how the plants are dried, and the distillation process of extracting the essential oil itself. Seeing the details of this process showed us just how hardworking and passionate our cardamom growers really are."

While at the plantation, attendees were able to meet some of the growers and distillers, including Elias, the head agronomist. "From the moment I met Elias and followed him through his farming process I could feel the heart of his passion and understood why dōTERRA chose to partner with him," shared Michelle. "His love for the forest and plants was profound. Andrea also fondly





*"Co-Impact Sourcing is not about sourcing product - it's about sourcing people."*  
- Jared Scott



recalled the farmers she met. "I met Jorge, who stays up for 36 hours straight sometimes to ensure that the temperature of the [cardamom pod] dryer doesn't move more than one degree in either direction," she explained. "I also met Miguel, whose new understanding of cardamom has changed his family's financial future. To meet and connect with these individuals filled my heart with appreciation."

### Expanding Education

Because of the Co-Impact Sourcing relationship between dōTERRA and the cardamom farmers, dōTERRA clearly saw the needs of their region. To provide services and education in the isolated communities surrounding the planation, dōTERRA Healing Hands™ funded the construction of the Sikaab'e Training Center. Sikaab'e has provided countless individuals and families

in the surrounding area with education and training on an expansive variety of vocational skills, including masonry, carpentry, hospitality, culinary arts, and more. "The school is quite remote and set into the hillside with a beautiful view of the valley," Lance said. "The grounds are farmed, partially to educate the locals on best practices for growing cardamom, cacao, and dual-purpose shade and lumber trees, and partially to raise funds for the school."

During their time at Sikaab'e, the attendees of the Co-Impact Sourcing trip also constructed a new multi-functional workshop for the training center where students can learn woodworking, metal fabrication, and masonry. This project will not only increase the school's capacity, but also support the surrounding communities with new goods and services. Although Sikaab'e has had a profound impact on the Alta Verapaz Valley, the genuine love dōTERRA has for the people

of Guatemala has motivated a multitude of other service projects in the community.

### Connecting with the Community

To continue strengthening the relationships with this region, the attendees of the Co-Impact Sourcing® trip participated in additional community service opportunities as a thank you to the farmers and their families.

"A few of us with wellness backgrounds set up a 'wellness center' where we offered AromaTouch® massages for the employees and students of Sikaab'e and to some local families," Andrea explained. Many of the recipients had never received a massage before and were grateful for the incredible experience. "One individual apologized with a soft voice that he had no way to pay for the massage. We then shared that it was our gift to them for their hard work in the community. [His shock and gratitude] really showed us the power of the relationships we can build through Co-Impact Sourcing," shared Jared Scott.

The leaders also spent a day in the city of Chiacach with Days for Girls to teach women about the reproductive system and menstrual cycles, as well as provide reusable sanitary products. "I watched the women and girls stand captivated for hours. We witnessed the expressions of older women shift from confusion to understanding, and you could see the young ladies embrace the idea that they could have better control for their future," Michelle described. "It's all about dignity, understanding, and empowerment."

### Making a Lasting Impact

Another memorable event for the leaders was participating in a graduation ceremony at the local elementary school. When invited to share a few words at the ceremony, Jared Auger spoke directly to the students, teachers, and parents. "You may not know or realize, but the work you do impacts millions of lives. We are a small group, but we come on behalf of those millions to thank you for the gift of this

essential oil," he explained, holding up a bottle of dōTERRA® Cardamom essential oil. "You are truly changing our communities and nations by empowering us with the tools necessary to support the wellness of our families. We will forever be grateful to you for all that you do."

Along with the other leaders, Andrea expressed gratitude for her experience in Guatemala and for all of the good done by dōTERRA. "Co-Impact Sourcing is about fair wages. It is about offering dignity to farmers who have often been taken

advantage of in the past. It is about creating sustainability within a community. It is about making a lasting impact."

"I walk[ed] away feeling like we have really made a difference in this small community," said Lance. "And, by repeating it enough times, we are making a difference in communities across the globe." Through Co-Impact Sourcing, dōTERRA is able to support, give back to, and thank the individuals and communities who are truly changing the world, one drop at a time.





# COMMON GARDENING MISTAKES & How to Avoid Them

Starting a garden can sometimes become more of a challenge than initially expected. If you're anything like most first-time gardeners, you're bound to make a few mistakes as you learn along the way. We talked to Rick Lattin, a generational organic farmer from Fallon, Nevada, to outline some common issues and how to avoid them.

## MISTAKE I:

### Overcrowding

Differentiate between upright growing plants and vining crops (like melons or cucumbers). Vining crops usually require more space: three to five feet between plants in rows at least three to four feet sometimes more-apart.

Transplants have different spacing needs based on size and growing condition of the specific crop. Tomatoes, the most common transplant, usually need an area of at least two feet in each direction. Peppers can be planted closer together. When planting small seeds like beets, carrots, and turnips, thin them to about two inches per plant—they will ripen faster and have less problems caused by overcrowding.

### Other resources to check:

1. Seed packages: Many of these packages have spacing info.
2. A good seed catalog, like Johnny's Seeds: These often have online suggestions for growing a variety of plants, and their catalog has transplant and seed placement information



## MISTAKE II:

### Over or under watering

The most important advice for home gardeners and farmers alike is drip irrigation. A system of tubes, valves, and emitters allows you to put the water where the plant needs it. You can easily find all the supplies you need at your local hardware or gardening store.

When you water, start with well composted soil that will hold water. Avoid watering in the middle of the day, and have your system on a timer so that it's consistent. Check the soil on a regular basis by digging down a few inches and grabbing a small handful of soil. It's best if you can make it into a small ball that sticks together and is not dry. If you can squeeze water out, it is too wet; but if it crumbles and won't stay together, it is too dry.

Keep in mind that different plants at different stages require you to give them more or less water. Melons with their large vines require much more water as they start to yield fruit. Check your plants often to pick up on when this is happening and up your irrigation. On the other hand, as some plants start to fill with ripe fruit it is often better to stress the plant a little by giving it less water. This helps bring out the flavor in some crops like tomatoes.

One of the biggest problems with over and under watering comes with not spending enough time in your garden. Get to know your plants—visit and talk to them daily if possible.



## MISTAKE III:

### What to grow from seeds or transplants

The rule of thumb is that plants that grow quickly and are good at sprouting should grow from seeds, while anything else can do well as a transplant, which is essentially a baby plant sold in a pot or a pack of four or six.

**Seeds:** Most of the greens (lettuce, etc.), carrots, beets, turnips, radishes and similar crops.

**Transplants:** Tomatoes, peppers, and eggplants. Broccoli, kale, cauliflower, and cabbage also handle transplanting very well.

**Both:** Melons and squashes can be transplanted. But, the only melon that is very difficult to grow from seed is the seedless watermelon—they do better as transplants.

## FERTILIZER:

If you're worried about your soil quality, get your soil tested by someone that can interpret the test for you and make suggestions for fertilizer. Most Cooperative Extension offices offer soil testing for area gardeners. A rule of thumb: if you are buying compost rather than making it yourself, put a covering at least two inches deep over your soil and work it into the soil.

Home gardeners can improve their gardens by adding compost and letting part of your garden take a rest by planting cover crops (like oats, alfalfa, or garden peas) between growing seasons, then rake or plow the crop into the soil. This adds vital nutrients like nitrogen. Many organic gardeners use cover crops and composted chicken manure to add a greater variety of nutrients.

## PESTS:

The most general thing to do for any bug problem is to keep the garden area clean and free of debris and hiding places for pests. **Peppermint, Clove, Cedarwood, Geranium, Lemongrass, Rosemary, or Arborvitae** essential oils can also help repel bugs naturally. Put 10 drops of any of these oils in a spray bottle with water (preferably when the weather is not very hot) and spray the areas of concern.

### But when it comes to specifics, here's how to get rid of three main pests:

1. **Aphids.** Use a neem oil based spray. This method is easy on plants, but gets rid of the aphids. Aphids can also be controlled to a certain extent by planting some "trap crops" like Alyssum, dill, and yarrow around the garden that attract the aphids instead.
2. **Squash bugs.** Squash bugs can survive cold winters and hide almost anywhere. Check for eggs on the underside of the leaves of the plants (they are usually orange in color) and squish them before they hatch. Organic growers also plant other varieties, that the bugs prefer, on the outside of their squash or pumpkin crops.
3. **Spider mites.** They love dry areas and dust. Try to control by misting the plants—water bothers them. Keep cars that stir up dust as far as possible from your plants.





# dōTERRA Touch® Magnolia

**Aromatic Description:** Fruity, floral, balsamic

**Distillation Method:** Steam Distillation

**Plant Part:** Flower

While essential oil extract from the magnolia flower has a very similar chemistry to other floral oils such as Lavender and Ylang Ylang, it has a unique aroma. Magnolia essential oil is particularly known for its relaxing aroma as well as being beneficial to the skin.

## How to use:

- ◆ Apply topically to soothe skin
- ◆ Combine with Neroli and apply to chest or back of neck for a relaxing aromatic massage
- ◆ Incorporate into beauty routine for a clean and healthy-looking complexion
- ◆ Inhale during difficult situations for a calming aroma

**Fun Fact:** The color of the Magnolia flower depends on the species. It can be pink, white, red, purple, or yellow.



# 17 WAYS TO USE dōTERRA ON GUARD® MIST



## 1 PUBLIC TRANSPORTATION

Apply to hands before or after touching public surfaces such as handles, straps, poles, or signal buttons.

## 2 PHONES

Apply 1-2 mists to hands after phone use, particularly after talking on someone else's phone.

## 3 HANDLES, SWITCHES, AND BUTTONS

Although these objects are used daily, how often do you think they get cleaned? After touching door handles, light switches, elevator buttons, etc., apply 1-2 mists to hands.

## 4 MONEY

Apply 1-2 mists after handling dollar bills and coins.

## 5 TRAVELING

Bring on your travels. Mist your hands during your flight, at the airport, or any public place where you share surfaces with many people or when washing with soap and water is not convenient.

## 6 DOCTORS' OFFICES

Apply to hands before and after a visit to the doctor.

## 7 CAMPING

Bring on your next campout and apply before eating, after using the restroom, or after touching camping equipment.

## 8 SHOPPING

Use after touching shopping cart handles, card readers, meat trays, and any potentially harmful surfaces.

## 9 NURSERIES

After children play with toys or attend a nursery with other children, apply one mist to their hands to help cleanse and refresh.

## 10 EATING OUT

Bring on a night out, not only to help cleanse your hands before eating, but also in case of a sticky, greasy menu or dirty utensil handles.

## 11 SOCIAL EVENTS

Apply after meeting with individuals and shaking hands, whether it's in business meetings, interviews, or religious events.

## 12 GYM

Apply to hands after a gym workout where you are touching weights, locker doors, and handles while adjusting equipment.

## 13 SPORTS

Whether you are on a sports team or play sports for recreation, you're guaranteed to end up touching a variety of surfaces. Apply after handling equipment, shaking teammates hands, using the locker room, etc.

## 14 PORTABLE TOILETS

If you happen to find yourself in a situation without running water, apply 1-2 mists to hands.

## 15 PLAYGROUNDS

You never know who or what has touched public playgrounds. Apply 1-2 mists to your children's hands after they play on monkey bars, ladders, climbing walls, etc.

## 16 TISSUES

When you're feeling under the weather, cleanse your hands after blowing your nose or tossing used tissues in the trash.

## 17 SCHOOL

Children can bring home things worse than bad grades. After a day of sharing a desk with another student, borrowing pencils, or using public books, encourage them to get in the habit of applying dōTERRA On Guard Mist to their hands as soon as they get in the car after school or arrive home.



# SPRING CLEANING WITH ESSENTIAL OILS:

BOOST YOUR CLEANING POWER WITH THESE ESSENTIAL OIL DIYS FOR A SAFE AND NATURALLY SOURCED ALTERNATIVE THAT WILL LEAVE YOUR HOUSE SMELLING FRESH.

## CARPET REFRESHER

- What You'll Need**
- 1 cup baking soda
  - 25 drops essential oil of your choice - try Lemon, Grapefruit, or Purify.

- Directions:**
1. Combine ingredients in a bowl and mix well.
  2. Transfer to a jar with a mesh lid, and let sit for 8 hours.
  3. Shake on stale carpet; let sit overnight.
  4. Vacuum in the morning.

## ALL-PURPOSE CLEANER

- What You'll Need**
- 2 cups water
  - 1 1/2 cups vinegar
  - 1 teaspoon all-natural dish soap
  - 10 drops Lemon essential oil
  - 5 drops Tea Tree essential oil
  - 10 drops On Guard®

- Directions:**
1. Combine all ingredients in spray bottle; shake well.
  2. Spray where desired.
  3. Wipe surfaces.

## TUB AND SHOWER CLEANING GEL

- What You'll Need**
- 1 cup vinegar
  - 1/2 cup all-natural dish soap
  - 10 drops Lemon essential oil

- Directions:**
1. Combine in squeeze bottle; shake well.
  2. Squeeze on desired area; scrub and let sit for 2 hours.
  3. Wash away residue.

## TOILET SCRUB

- What You'll Need**
- 1/2 cup water
  - 1/2 cup baking soda
  - 1/4 cup hydrogen peroxide
  - 1/4 cup all-natural dish soap
  - 15 drops Eucalyptus essential oil

- Directions:**
1. Combine in spray bottle and shake well.
  2. Spray in toilet and let sit for 2 hours.
  3. Scrub and flush.

## STOVE SCRUB

- What You'll Need**
- 1/4 cup all-natural dish soap
  - 1 cup baking soda
  - 15 drops Citrus Bliss®

- Directions:**
1. Combine in small jar and let sit for 1 hour.
  2. Scrub on stove with sponge and let sit.
  3. Wipe away with a wet cloth.

## MIRROR AND WINDOW CLEANER

- What You'll Need**
- 2 cups water
  - 1/3 cup vinegar
  - 1/3 cup rubbing alcohol
  - 10 drops Spearmint essential oil

- Directions:**
1. Combine in spray bottle and spray where desired.
  2. Wipe away with paper towel for a streak-free finish.



# Spring Diffuser Blends

## April Showers

- Vetiver
- Lemon

## May Flowers

- Lavender
- Bergamot
- Ylang Ylang

## Fresh New Start

- Balance®
- dōTERRA Purify®
- Lime

## Clean the Air

- Bergamot
- Grapefruit
- Lemongrass

## Subtly Spring

- Lavender
- Bergamot

## Clean Green

- Lemongrass
- Eucalyptus
- Lavender

## Clean Laundry

- Siberian Fir
- Cypress
- Wintergreen














































## Breath of Fresh Air







- Lavender
- Peppermint
- Lemon



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.

 <div><b>ARBORVITAE</b> ESSENTIAL OIL <i>Thuja plicata</i> <b>A T N</b> 49361713   5 mL \$37.67 retail   \$28.25 whl 23.5 PV</div>	 <div><b>BASIL</b> ESSENTIAL OIL <i>Ocimum basilicum</i> <b>A T I N</b> 30011813   15 mL \$41.00 retail   \$30.75 whl 25.5 PV</div>	 <div><b>BERGAMOT</b> ESSENTIAL OIL <i>Citrus bergamia</i> <b>A T I S</b> 30791813   15 mL \$51.33 retail   \$38.50 whl 32 PV</div>	 <div><b>BLACK PEPPER</b> ESSENTIAL OIL <i>Piper nigrum</i> <b>A T I S</b> 41041813   5 mL \$37.67 retail   \$28.25 whl 23.5 PV</div>	 <div><b>BLUE TANSY</b> ESSENTIAL OIL <i>Tanacetum annuum</i> <b>A T N</b> 60203634   5 mL \$145.33 retail   \$109.00 whl 85 PV</div>
 <div><b>CARDAMOM</b> ESSENTIAL OIL <i>Elettaria cardamomum</i> <b>A T I N</b> 49351813   5 mL \$44.33 retail   \$33.25 whl 27.5 PV</div>	 <div><b>CASSIA</b> ESSENTIAL OIL <i>Cinnamomum cassia</i> <b>A T I D</b> 30021813   15 mL \$32.33 retail   \$24.25 whl 20 PV</div>	 <div><b>CEDARWOOD</b> ESSENTIAL OIL <i>Juniperus virginiana</i> <b>A T S</b> 49301713   15 mL \$22.33 retail   \$16.75 whl 14 PV</div>	 <div><b>CILANTRO</b> ESSENTIAL OIL <i>Coriandrum sativum</i> <b>A T I N</b> 41851813   15 mL \$44.33 retail   \$33.25 whl 27.5 PV</div>	 <div><b>CINNAMON BARK</b> ESSENTIAL OIL <i>Cinnamomum zeylanicum</i> <b>A T I D</b> 30031813   5 mL \$41.00 retail   \$30.75 whl 25.5 PV</div>
 <div><b>CLARY SAGE (NHP)</b> ESSENTIAL OIL <i>Salvia sclarea</i> <b>A T N</b> 30422113   15 mL \$62.33 retail   \$46.75 whl 38.5 PV   NPN# 80060984</div>	 <div><b>CLOVE</b> ESSENTIAL OIL <i>Eugenia caryophyllata</i> <b>A T I D</b> 30041813   15 mL \$27.33 retail   \$20.50 whl 17 PV</div>	 <div><b>COPAIBA</b> ESSENTIAL OIL <i>Copaifera spp.</i> <b>A T I S</b> 60202899   15 mL \$60.00 retail   \$45.00 whl 37 PV</div>	 <div><b>CORIANDEr</b> ESSENTIAL OIL <i>Coriandrum sativum</i> <b>A T I N</b> 30781813   15 mL \$42.67 retail   \$32.00 whl 26.5 PV</div>	 <div><b>CYPRESS (NHP)</b> ESSENTIAL OIL <i>Cupressus sempervirens</i> <b>A T N</b> 30052113   15 mL \$26.67 retail   \$20.00 whl 16.5 PV   NPN# 80060929</div>
 <div><b>DOUGLAS FIR</b> ESSENTIAL OIL <i>Pseudotsuga menziesii</i> <b>A T N</b> 31591713   5 mL \$33.33 retail   \$25.00 whl 20.5 PV</div>	 <div><b>EUCALYPTUS</b> ESSENTIAL OIL <i>Eucalyptus radiata</i> <b>A T S</b> 30061713   15 mL \$29.00 retail   \$21.75 whl 18 PV</div>	 <div><b>FENNEL</b> ESSENTIAL OIL <i>Foeniculum vulgare</i> <b>A T I S</b> 41291813   15 mL \$29.00 retail   \$19.25 whl 16 PV</div>	 <div><b>FRANKINCENSE</b> ESSENTIAL OIL <i>Boswellia carterii, sacra, papyrifera, and frereana</i> <b>A T N</b> 30071713   15 mL \$116.33 retail   \$87.25 whl 67 PV</div>	 <div><b>GERANIUM</b> ESSENTIAL OIL <i>Pelargonium graveolens</i> <b>A T I S</b> 30091813   15 mL \$53.00 retail   \$39.75 whl 33 PV</div>
 <div><b>GINGER</b> ESSENTIAL OIL <i>Zingiber officinale</i> <b>A T I S</b> 31631813   15 mL \$70.00 retail   \$52.50 whl 43.5 PV</div>	 <div><b>GRAPEFRUIT</b> ESSENTIAL OIL <i>Citrus X paradisi</i> <b>A T I N</b> 30101813   15 mL \$30.67 retail   \$23.00 whl 19 PV</div>	 <div><b>GREEN MANDARIN</b> ESSENTIAL OIL <i>Citrus nobilis</i> <b>A T I N</b> 60207636   15 mL \$48.00 retail   \$36.00 whl 30 PV</div>	 <div><b>HELICHRYSUM (NHP)</b> ESSENTIAL OIL <i>Helichrysum italicum</i> <b>A T N</b> 30412113   5 mL \$119.67 retail   \$89.75 whl 63.5 PV   NPN# 80060963</div>	 <div><b>JUNIPER BERRY</b> ESSENTIAL OIL <i>Juniperus communis</i> <b>A T N</b> 49291813   5 mL \$32.33 retail   \$24.25 whl 20 PV</div>
 <div><b>LAVENDER</b> ESSENTIAL OIL <i>Lavandula angustifolia</i> <b>A T I N</b> 30111813   15 mL \$39.33 retail   \$29.50 whl 24.5 PV</div>	 <div><b>LEMON</b> ESSENTIAL OIL <i>Citrus limon</i> <b>A T I N</b> 30121813   15 mL \$18.67 retail   \$14.00 whl 11.5 PV</div>	 <div><b>LEMONGRASS</b> ESSENTIAL OIL <i>Cymbopogon flexuosus</i> <b>A T I S</b> 30131813   15 mL \$17.00 retail   \$12.75 whl 10.5 PV</div>	 <div><b>LIME</b> ESSENTIAL OIL <i>Citrus aurantifolia</i> <b>A T I S</b> 30871813   15 mL \$22.33 retail   \$16.75 whl 14 PV</div>	 <div><b>MARJORAM</b> ESSENTIAL OIL <i>Origanum majorana</i> <b>A T I N</b> 30141813   15 mL \$32.33 retail   \$24.25 whl 20 PV</div>
 <div><b>TEA TREE (NHP)</b> ESSENTIAL OIL <i>Melaleuca alternifolia</i> <b>A T I N</b> 30152113   15 mL \$36.00 retail   \$27.00 whl 22.5 PV   NPN# 80060950</div>	 <div><b>MELISSA</b> ESSENTIAL OIL <i>Melissa officinalis</i> <b>A T I N</b> 30851813   5 mL \$196.67 retail   \$147.50 whl 106 PV</div>	 <div><b>MYRRH (NHP)</b> ESSENTIAL OIL <i>Commiphora myrrha</i> <b>A T N</b> 30162113   15 mL \$101.00 retail   \$75.75 whl 53 PV   NPN# 80060962</div>	 <div><b>OREGANO</b> ESSENTIAL OIL <i>Origanum vulgare</i> <b>A T I D</b> 30181813   15 mL \$37.67 retail   \$28.25 whl 23.5 PV</div>	 <div><b>PATCHOULI (NHP)</b> ESSENTIAL OIL <i>Pogostemon cablin</i> <b>A T N</b> 30892113   15 mL \$48.00 retail   \$36.00 whl 30 PV   NPN# 80060989</div>
 <div><b>PEPPERMINT (NHP)</b> ESSENTIAL OIL <i>Mentha piperita</i> <b>A T I S</b> 30192113   15 mL \$37.67 retail   \$28.25 whl 23.5 PV   NPN# 80061370</div>	 <div><b>PEPPERMINT (NHP)</b> BEADLET 31571813   125 ct. \$21.33 retail   \$16.00 whl 13 PV   NPN# 80078395</div>	 <div><b>PETITGRAIN (NHP)</b> ESSENTIAL OIL <i>Citrus aurantium</i> <b>A T N</b> 60200722   15 mL \$42.67 retail   \$32.00 whl 26.5 PV   NPN# 80072499</div>	 <div><b>PINK PEPPER</b> ESSENTIAL OIL <i>Schinus molle</i> <b>A T I N</b> 60205308   5 mL \$44.33 retail   \$33.25 whl 27.5 PV</div>	 <div><b>ROMAN CHAMOMILE (NHP)</b> ESSENTIAL OIL <i>Anthemis nobilis</i> <b>A T N</b> 60200810   5 mL \$77.00 retail   \$57.75 whl 47.5 PV   NPN# 80072461</div>
 <div><b>ROSEMARY</b> ESSENTIAL OIL <i>Rosmarinus officinalis</i> <b>A T I N</b> 30201813   15 mL \$27.33 retail   \$20.50 whl 17 PV</div>	 <div><b>SANDALWOOD (NHP)</b> ESSENTIAL OIL <i>Santalum album</i> <b>A T N</b> 30212113   5 mL \$119.67 retail   \$89.75 whl 63.5 PV   NPN# 80060977</div>	 <div><b>SANDALWOOD, HAWAIIAN</b> ESSENTIAL OIL <i>Santalum paniculatum</i> <b>A T N</b> 41861713   5 mL \$119.67 retail   \$89.75 whl 63.5 PV</div>	 <div><b>SIBERIAN FIR</b> ESSENTIAL OIL <i>Abies sibirica</i> <b>A T I N</b> 60203586   15 mL \$34.33 retail   \$25.75 whl 21.5 PV</div>	 <div><b>SPEARMINT</b> ESSENTIAL OIL <i>Mentha spicata</i> <b>A T I S</b> 31611813   15 mL \$48.00 retail   \$36.00 whl 30 PV</div>

 <div><b>SPIKENARD</b> ESSENTIAL OIL <i>Nardostachys jatamansi</i> <b>A T N</b> 60200723   5 mL \$84.67 retail   \$63.50 whl 52.5 PV</div>	 <div><b>TANGERINE</b> ESSENTIAL OIL <i>Citrus reticulata</i> <b>A T I N</b> 60202904   15 mL \$25.67 retail   \$19.25 whl 16 PV</div>	 <div><b>THYME</b> ESSENTIAL OIL <i>Thymus vulgaris</i> <b>A T I D</b> 30221813   15 mL \$50.33 retail   \$37.75 whl 31 PV</div>	 <div><b>TURMERIC</b> ESSENTIAL OIL <i>Curcuma longa</i> <b>A T I N</b> 60207639   15 mL \$48.00 retail   \$36.00 whl 30 PV</div>	 <div><b>VETIVER</b> ESSENTIAL OIL <i>Vetiveria zizanioides</i> <b>A T I N</b> 30431713   15 mL \$70.00 retail   \$52.50 whl 43.5 PV</div>
 <div><b>WILD ORANGE</b> ESSENTIAL OIL <i>Citrus sinensis</i> <b>A T I N</b> 30171813   15 mL \$17.00 retail   \$12.75 whl 10.5 PV</div>	 <div><b>WINTERGREEN</b> ESSENTIAL OIL <i>Gaultheria fragrantissima</i> <b>A T S</b> 31621713   15 mL \$37.67 retail   \$28.25 whl 23.5 PV</div>	 <div><b>YLANG YLANG</b> ESSENTIAL OIL <i>Cananga odorata</i> <b>A T I N</b> 30241713   15 mL \$63.33 retail   \$47.50 whl 39.5 PV</div>		

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.

 <div><b>AROMATOUCH®</b> <b>T N</b> 31201713   15 mL \$48.00 retail   \$36.00 whl 30 PV</div>	 <div><b>BALANCE®</b> <b>A T N</b> 31011713   15 mL \$36.00 retail   \$27.00 whl 22.5 PV</div>	 <div><b>CITRUS BLISS®</b> <b>A T N</b> 31021713   15 mL \$30.67 retail   \$23.00 whl 19 PV</div>	 <div><b>CLARYCALM®</b> <b>A T N</b> 60201141   15 mL \$46.33 retail   \$34.75 whl 28.5 PV</div>	 <div><b>DEEP BLUE®</b> <b>T S</b> 31051713   5 mL \$56.33 retail   \$42.25 whl 35 PV</div>
 <div><b>DEEP BLUE® ROLL-ON</b> <b>T S</b> 60201831   10 mL \$101.00 retail   \$75.75 whl 58.5 PV</div>	 <div><b>EASY AIR®</b> <b>A T S</b> 60200204   15 mL \$37.67 retail   \$28.25 whl 23.5 PV</div>	 <div><b>ELEVATION®</b> <b>A T N</b> 31041713   15 mL \$73.67 retail   \$55.25 whl 45.5 PV</div>	 <div><b>HD CLEAN®</b> <b>T N</b> 60201145   10 mL \$36.00 retail   \$27.00 whl 22.5 PV</div>	 <div><b>IMMORTELE®</b> <b>T N</b> 60205381   10 mL \$119.00 retail   \$89.25 whl 74 PV</div>
 <div><b>INTUNE®</b> <b>A T N</b> 60201832   10 mL \$59.00 retail   \$44.25 whl 36.5 PV</div>	 <div><b>ON GUARD®</b> <b>A T I S</b> 31101813   15 mL \$58.00 retail   \$43.50 whl 36 PV</div>	 <div><b>PASTTENSE®</b> <b>A T N</b> 60201161   10 mL \$33.33 retail   \$25.00 whl 20.5 PV</div>	 <div><b>dōTERRA PURIFY®</b> <b>A T N</b> 31061713   15 mL \$34.33 retail   \$25.75 whl 21.5 PV</div>	 <div><b>dōTERRA SERENITY®</b> <b>A T N</b> 60200721   15 mL \$54.67 retail   \$41.00 whl 34 PV</div>
 <div><b>SMART &amp; SASSY®</b> <b>A T I S</b> 31371813   15 mL \$44.33 retail   \$33.25 whl 27.5 PV</div>	 <div><b>TERRASHIELD®</b> <b>A T N</b> 60201692   15 mL \$18.00 retail   \$13.50 whl 11 PV</div>	 <div><b>TERRASHIELD® SPRAY</b> 60201693   30 mL bottle \$33.33 retail   \$25.00 whl 18 PV</div>	 <div><b>dōTERRA WHISPER®</b> <b>A T N</b> 31081713   5 mL \$41.00 retail   \$30.75 whl 25.5 PV</div>	 <div><b>ZENDOCRINE®</b> <b>A T I N</b> 31461813   15 mL \$41.00 retail   \$30.75 whl 25.5 PV</div>
 <div><b>ZENGEST®</b> <b>A T I N</b> 31031813   15 mL \$56.33 retail   \$42.25 whl 35 PV</div>				

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



TOUCH BLENDS



**dōTERRA TOUCH® JASMINE**  
ESSENTIAL OIL

A T N


<b>60202907</b>	10 mL roll-on
\$71.67 retail	\$53.75 whl
44.5 PV	



**dōTERRA TOUCH® MAGNOLIA** NEW  
ESSENTIAL OIL

A T N

<b>60207637</b>	10 mL roll-on
\$48.00 retail	\$36.00 whl
30 PV	



**dōTERRA TOUCH® NEROLI**  
ESSENTIAL OIL

A T N

<b>60202906</b>	10 mL roll-on
\$80.33 retail	\$60.25 whl
50 PV	



**dōTERRA TOUCH® ROSE**  
ESSENTIAL OIL

A T N

<b>60202901</b>	10 mL roll-on
\$119.67 retail	\$89.75 whl
69 PV	



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

<b>60200639</b>	174 PV
\$296.33 retail	\$222.25 wholesale




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.

<b>60200720</b>	six 10 mL roll-on bottles
\$173.33 retail	\$130.00 wholesale   107.5 PV

dōTERRA TOUCH® COLLECTION



**dōTERRA TOUCH® EASY AIR®**  
ESSENTIAL OIL BLEND

A T N


<b>60200456</b>	10mL roll-on
\$24.00 retail	\$18.00 whl
15 PV	



**dōTERRA TOUCH® DEEP BLUE®**  
ESSENTIAL OIL BLEND

A T N

<b>60200458</b>	10 mL roll-on
\$73.67 retail	\$55.25 whl
45.5 PV	



**dōTERRA TOUCH® ZENGEST®**  
ESSENTIAL OIL BLEND

A T N


<b>60200463</b>	10 mL roll-on
\$37.67 retail	\$28.25 whl
23.5 PV	



**dōTERRA TOUCH® FRANKINCENSE**  
ESSENTIAL OIL BLEND

A T N

<b>60200575</b>	10 mL roll-on
\$77.67 retail	\$58.25 whl
48 PV	



**dōTERRA TOUCH® LAVENDER**  
ESSENTIAL OIL BLEND

A T N

<b>60200459</b>	10 mL roll-on
\$25.67 retail	\$19.25 whl
16 PV	



**dōTERRA TOUCH® TEA TREE**  
ESSENTIAL OIL BLEND

A T N

<b>60200460</b>	10 mL roll-on
\$21.33 retail	\$16.00 whl
13 PV	



**dōTERRA TOUCH® ON GUARD®**  
ESSENTIAL OIL BLEND

A T N

<b>60200457</b>	10 mL roll-on
\$37.67 retail	\$28.25 whl
23.5 PV	



**dōTERRA TOUCH® OREGANO**  
ESSENTIAL OIL BLEND

A T N

<b>60200462</b>	10 mL roll-on
\$24.67 retail	\$18.50 whl
15.5 PV	



**dōTERRA TOUCH® PEPPERMINT**  
ESSENTIAL OIL BLEND

A T N

<b>60200461</b>	10 mL roll-on
\$24.67 retail	\$18.50 whl
15.5 PV	

dōTERRA ESSENTIAL AROMATICS® TOUCH



**dōTERRA CHEER® TOUCH**  
ESSENTIAL OIL BLEND

A T N

<b>60200715</b>	10mL roll-on
\$27.67 retail	\$20.75 whl
17 PV	



**dōTERRA CONSOLE® TOUCH**  
ESSENTIAL OIL BLEND

A T N

<b>60200719</b>	10mL roll-on
\$41.00 retail	\$30.75 whl
25.5 PV	



**dōTERRA FORGIVE® TOUCH**  
ESSENTIAL OIL BLEND

A T N

<b>60200716</b>	10mL roll-on
\$22.33 retail	\$16.75 whl
14 PV	



**dōTERRA MOTIVATE® TOUCH**  
ESSENTIAL OIL BLEND

A T N

<b>60200717</b>	10mL roll-on
\$25.67 retail	\$19.25 whl
16 PV	



**dōTERRA PASSION® TOUCH**  
ESSENTIAL OIL BLEND

A T N

<b>60200713</b>	10mL roll-on
\$46.67 retail	\$35.00 whl
29 PV	



**dōTERRA PEACE® TOUCH**  
ESSENTIAL OIL BLEND

A T N

<b>60200718</b>	10mL roll-on
\$34.33 retail	\$25.75 whl
21.5 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 Forgive®
- dōTERRA Console®
  - dōTERRA Passion®
  - dōTERRA Peace®

<b>21141713</b>	six 5mL bottles
\$270.33 retail	\$202.75 wholesale   158.5 PV



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

<b>60203914</b>	three 5mL bottles
\$36.00 retail	\$27.00 wholesale   17 PV



**dōTERRA MOTIVATE®**  
ESSENTIAL OIL BLEND

A T S

<b>31741713</b>	5 mL bottle
\$39.33 retail	\$29.50 whl
24.5 PV	



**dōTERRA CHEER®**  
ESSENTIAL OIL BLEND

A T S

<b>31721713</b>	5 mL bottle
\$42.67 retail	\$32.00 whl
26.5 PV	



**dōTERRA PASSION®**  
ESSENTIAL OIL BLEND

A T S

<b>31761713</b>	5 mL bottle
\$71.67 retail	\$53.75 whl
44.5 PV	



**dōTERRA FORGIVE®**  
ESSENTIAL OIL BLEND

A T S

<b>31751713</b>	5 mL bottle
\$34.33 retail	\$25.75 whl
21.5 PV	



**dōTERRA CONSOLE®**  
ESSENTIAL OIL BLEND

A T N

<b>31731713</b>	5 mL bottle
\$63.33 retail	\$47.50 whl
39.5 PV	



**dōTERRA PEACE®**  
ESSENTIAL OIL BLEND

A T N

<b>31711713</b>	5 mL bottle
\$51.33 retail	\$38.50 whl
32 PV	



dōTERRA KIDS COLLECTION NEW

Made up of six unique kid-friendly blends, the Kid's 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.

<b>60207646</b>	SIX 10 mL bottles
\$162.67 retail	\$122.00 wholesale   90 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

<b>60203910</b>	eight 5mL 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      Frankincense  
Lemon      Deep Blue®  
Peppermint      Easy Air®  
Tea Tree      ZenGest®  
Oregano      On Guard®
- List of suggested uses for each oil

<b>60204086</b>	ten 5mL bottles
\$219.00 retail	\$164.25 wholesale   125 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

<b>60204616</b>	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

<b>31641713</b>	115 mL
\$20.67 retail	\$15.50 wholesale   13 PV

AROMATIC USE



**PETAL DIFFUSER**

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

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

<b>33151713</b>	
\$80.33 retail	\$60.25 wholesale   21 PV



**LUMO DIFFUSER**

Transform any room into a serene or uplifting environment by diffusing CPTG® essential oils with a custom-designed, nature-inspired, ultrasonic diffuser.

- Seven lighting color options
- Customizable output—2 or 5 hours continuous, 10 hours intermittent (4 minutes on/4 minutes off)
- Coverage of up to 540 square feet

<b>60204952</b>	
\$119.67 retail	\$89.75 wholesale   42.5 PV



**AROMA LITE DIFFUSER**

Small and compact, the Aroma Lite diffuser silently purifies and humidifies the air and has an optional night light, making it perfect for travel or nighttime use.

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

<b>33131713</b>	
\$153.67 retail	\$115.25 wholesale   42.5 PV



Through the dōTERRA Healing Hands™, 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.

<b>60200781</b>	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

<b>60202235</b>	10 mL roll-on
\$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.

<b>31101813</b>	15 mL bottle
\$58.00 retail	\$43.50 wholesale   36 PV

**ON GUARD® 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

<b>38911713</b>	125 g
\$14.67 retail	\$11.00 wholesale   5.5 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

<b>38981713</b>	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

<b>60206797</b>	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

<b>38141713</b>	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**

<b>60200596</b>	\$38.33 retail	\$28.75 wholesale	19.5 PV
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**SINGLE REFILL**

<b>38011713</b>	\$31.67 retail	\$23.75 wholesale	19.5 PV
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**TWIN PACK REFILL**

<b>60200778</b>	\$57.33 retail	\$43.00 wholesale	35.5 PV
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**ON GUARD® WHITENING TOOTHPASTE 10PK** **NEW**

<b>60206826</b>	\$6.00 retail	\$4.50 wholesale	0 PV
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# DEEP BLUE® PRODUCTS

## DEEP BLUE® TOP SELLER

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 bottle
\$56.33 retail	\$42.25 wholesale   35 PV

60201831	10 mL roll-on
\$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

# 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

## 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

## SALON ESSENTIALS® SMOOTHING CONDITIONER

Salon Essentials Smoothing Conditioner brings hair to life through a combination of dōTERRA 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

## SHAMPOO AND CONDITIONER SAMPLES 10 PK NEW

60206511	10 Pack
\$14.67 retail	\$11.00 wholesale   0 PV



### PROTECTING SHAMPOO 2-PACK

60200743	\$42.00 retail	\$31.50 wholesale	19.5 PV
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### SMOOTHING CONDITIONER 2-PACK

60200742	\$48.00 retail	\$36.00 wholesale	23 PV
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### SHAMPOO AND CONDITIONER

60200741	\$48.00 retail	\$36.00 wholesale	23 PV
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# 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 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

**NEW FORMULA!**  
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.

<b>60203376</b>	118 mL
\$28.33 retail	\$21.25 wholesale   17.5 PV

dōTERRA® INVIGORATING SCRUB

**NEW FORMULA!**  
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.

<b>60203373</b>	70 g
\$30.67 retail	\$23.00 wholesale   19 PV

PORE REDUCING TONER **NEW FORMULA!**

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.

<b>60203356</b>	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.

<b>60203375</b>	30 mL
\$59.00 retail	\$44.25 wholesale   36.5 PV

dōTERRA® TIGHTENING SERUM

**NEW FORMULA!**  
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.

<b>60203354</b>	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.

<b>60203357</b>	15 mL
\$77.00 retail	\$57.75 wholesale   47.5 PV

dōTERRA® ANTI-AGING MOISTURIZER

**NEW FORMULA!**  
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.

<b>60203371</b>	50 mL
\$59.00 retail	\$44.25 wholesale   36.5 PV

HYDRATING CREAM **NEW FORMULA!**

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.

<b>60203359</b>	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.

<b>60205381</b>	10 mL roll on
\$119.00 retail	\$89.25 wholesale   74 PV



HD CLEAN® TOPICAL BLEND

**T N**  
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

<b>60201145</b>	10 mL roll on
\$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.

<b>60200752</b>	
\$80.33 retail	\$60.25 wholesale   43.5 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.

<b>42691713</b>	
\$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

<b>37391713</b>	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

<b>37381713</b>	60 mL
\$42.67 retail	\$32.00 wholesale   26.5 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

<b>49411713</b>	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

<b>49421713</b>	50 mL
\$37.67 retail	\$28.25 wholesale   23.5 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

<b>37401713</b>	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.

<b>37411713</b>	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 odor
- 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



**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

ENROLLMENT COLLECTIONS



**NATURE'S SOLUTIONS**

- **15 mL bottles:** AromaTouch®, Balance®, Frankincense, Lavender, Lemon, Peppermint, Wild Orange, ZenGest®, Serenity®, Tea Tree, Easy Air®
- **10 mL roll-on bottle:** PastTense®
- **Other Products:** dōTERRA Lifelong Vitality™ Convenience Pack, TerraZyme®, Correct-X®, Peppermint Beadlets, Deep Blue® Rub, dōTERRA Lumo Diffuser, Fractionated Coconut Oil (115 mL), Protecting Shampoo, Smoothing Conditioner, dōTERRA Essentials Booklet, Wooden Box

60203900	
\$800.00 retail	\$600.00 wholesale   400 PV



**AROMATOUCH® DIFFUSED COLLECTION**

- **Collection Contents:** (5 mL bottles) AromaTouch®, Balance®, Deep Blue®, Lavender, On Guard®, Peppermint, Tea Tree, Wild Orange
- **Other items:** Fractionated Coconut Oil (115 mL), Petal Diffuser, dōTERRA Essentials Booklet

60203917	
\$240.00 retail	\$180.00 wholesale   100 PV



**HOME ESSENTIALS COLLECTION**

- **15 mL bottles:** Frankincense, Lavender, Lemon, Tea Tree, Oregano, Peppermint, Easy Air®, ZenGest®, dōTERRA On Guard®
- **5 mL bottle:** Deep Blue®
- **Other Products:** Petal Diffuser, The dōTERRA Essentials Booklet

60203859	
\$440.00 retail	\$330.00 wholesale   234 PV



**dōTERRA ESSENTIAL AROMATICS® DIFFUSED**

- **5 mL bottles:** dōTERRA Motivate®, dōTERRA Cheer®, dōTERRA Passion®, dōTERRA Forgive®, dōTERRA Console®, dōTERRA Peace®
- **Other Products:** Petal Diffuser, The dōTERRA Essentials Booklet

21311713	
\$331.00 retail	\$248.25 wholesale   154 PV



**FAMILY ESSENTIALS AND PEPPERMINT BEADLETS**

**Essentials Collection:** (5 mL bottles) Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue®, Easy Air®, ZenGest®, On Guard®, Peppermint Beadlets (2), The dōTERRA Essentials Booklet

60203915	
\$246.67 retail	\$185.00 wholesale   123.5 PV

For additional enrollment collection options  
visit [dotterra.com/CA/en](https://dotterra.com/CA/en)



## NOTES

[illegible][illegible]



dōTERRA®

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Pleasant Grove, UT 84062  
1 800 411 8151  
doterra.com/CA/en

# dōTERRA LUMO

*Aroma Diffuser*

Fill the air  
with things  
you **love**



**dōTERRA LUMO**

*Aroma Diffuser*

**60204952**

\$119.67 retail

\$89.75 wholesale

42.5 PV



dōTERRA®

CPTG Certified Pure Tested Grade