

dōTERRA® | CANADA

SPRING/SUMMER 2020

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**dōTERRA PRODUCT GUIDE** (see pages 46-61)



# Fennel (sweet)

**Aromatic Description:**

Licorice, sweet, honey

**Distillation Method:**

Steam Distillation

**Plant Part:** Seed

Fennel (*Foeniculum vulgare*) is a flowering plant species in the carrot family. The ancient Egyptians and Romans awarded garlands of fennel as praise to victorious warriors because it was believed to bestow strength, courage, and longevity. Fennel can grow up to six feet in height and has delicate, feathery leaves.

### How to use:

**Cosmetic**

- ◆ Combine with moisturizer and apply to hands and feet to keep skin looking healthy
- ◆ Apply one to two drops topically to stomach for use in a soothing abdominal massage
- ◆ Combine one drop with one drop Lavender essential oil and apply to neck and chest for a relaxing massage
- ◆ Add to 60 mL water and gargle to help freshen breath

**Food**

- ◆ Add to desserts for a distinct licorice flavor
- ◆ Add one drop to water or tea for a yummy taste when craving sweets

**Household**

- ◆ Diffuse 3-4 drops in the home or office for an energizing aroma to support a productive day

*Fun Fact:* According to Strabo, a Greek geographer, the name of the Greek town Marathon literally means “a place full of fennels.” It is believed that the town was named due to its abundance of fennel plants.





# The Language of **FLOWERS**



**"Floriography,"** or the language of flowers, dates back to the Victorian era. More than just a pretty centerpiece, flowers carried subtle messages—almost like a secret code. This connection between the earth, each other, and ourselves is possible through the tranquility that comes with the aromas and beautiful colors of flowers. By learning and understanding floriography, you too can speak in blossoms!



## BLOSSOMS, BOTANICALS, AND ESSENTIAL OILS

The dōTERRA® floral and herbal essential oils have uses and benefits all their own, apart from Victorian meanings. Learning their Victorian symbolism, however, is a fun way to make your essential oils even more meaningful. Here are a few essential oils whose botanical origins had important meanings in Victorian times:

BOTANICAL OR ESSENTIAL OIL	CLASSIFICATIONS AND NICKNAMES	SYMBOLISM
Arborvitae	<i>Thuja plicata</i>	Unchanging friendship
Clary Sage	<i>Salvia sclarea</i>	Wisdom, immortality
Geranium	<i>Pelargonium graveolens</i> , "Rose Geranium"	Preference, true friendship
Helichrysum	<i>Helichrysum italicum</i> , "Everlasting flowers"	Never ceasing memory
dōTERRA Touch® Jasmine	<i>Jasminum grandiflorum</i> , "Spanish Jasmine"	Sensuality
Lavender	<i>Lavandula angustifolia</i>	Loyalty, love, devotion, virtue
dōTERRA Touch® Magnolia	<i>Michelia alba</i>	Love of nature, nobility
Marjoram	<i>Origanum majorana</i>	Joy, happiness
Melissa	<i>Melissa officinalis</i> , "Lemon Balm"	Sympathy
dōTERRA Touch® Neroli	<i>Citrus x aurantium</i> , "Orange Blossom"	Innocence, purity, eternal love, marriage
Roman Chamomile	<i>Anthemis nobilis</i>	Energy in action, energy in adversity, patience
Rose	<i>Rosa damascene</i> , "Damask Rose"	Freshness, Persian ambassador of love
Rosemary	<i>Rosmarinus officinalis</i>	Remembrance
Thyme	<i>Thymus vulgaris</i>	Courage, strength
Wintergreen	<i>Gaultheria fragrantissima</i>	Harmony
Yarrow	<i>Achillea millefolium</i>	Healing, everlasting love

## ARRANGING YOUR MESSAGE

Here are a few ways to use floriography through flowers or floral essential oils to add meaning to your next gift or gathering:



### GATHER

#### *Diffuser Blend*

This diffuser blend can help break the ice in social gatherings and create an open environment with undertones of friendship and loyalty.

- Arborvitae
- Geranium
- Wintergreen
- Lavender



### BELIEF

#### *Bouquet*

Say "you can do it!" and "good luck" by giving a bouquet that is both beautiful and meaningful.

- Marjoram
- Roman Chamomile
- Thyme



### HEALING

#### *Essential Oil Blend*

Often times, it's difficult to know how best to help someone who is hurting. Show that you care by offering a fragrant blend to a friend who needs some extra support and comforting aromas.

- Melissa
- Roman Chamomile
- Rosemary
- Yarrow
- Thyme





# PRIORITIZING *Self-Care*

You probably have many important people in your life—people that you would sacrifice for, defend, or support without a second thought. Are you one of them?

You are just as important as your loved ones. In fact, you should be one of your loved ones. Taking care of your mental, emotional, and physical self allows you to support and show up for yourself throughout the hectic, hard, and happy times. While it can sometimes feel selfish to take time for you, you have to take care of yourself before you can help the people around you.



## BACK TO BASICS

True self-care can be planned around some pretty basic stuff: eating, sleeping, exercising, and positive thinking. Let's talk about what that all encompasses!

### SELF-CARE IS...

- Re-energizing and re-fueling
- Vital to your well-being
- Addressing your needs
- Enjoyable for you

### SELF-CARE IS NOT...

- Draining
- Forced
- Chore-like

Simply asking yourself, "Does this act of self-care positively impact my body, my mind, and my heart?" is one of the best and easiest ways to gauge if an activity is truly self-care. While it does take a conscious effort to incorporate purposeful self-care into your daily routine, it can be simply planned around day-to-day necessities and things you are already doing. Through creating self-care habits centered on eating, sleeping, exercising, and thinking well, you'll be on your way to a better you in no time.

## Eating Well

Eating a balanced diet is not just about getting the right amounts of fruits, veggies, and grains. It is also about allowing yourself to eat the things you want—yes, we are talking about the cake—while filling your day with foods that fuel your body with necessary nutrients. Keeping away from unnecessary processed foods or preservatives and focusing on whole foods allows your body to do what it does best—process natural, nutrient-rich food! This doesn't mean you have to eat chicken, rice, and broccoli for every meal. Experiment with new grains, legumes, and produce to find what you love, and start incorporating the food your body enjoys into your daily routine.

Support your healthy diet with dōTERRA Lifelong Vitality® or TerraZyme® supplements\* and add a drop of Grapefruit essential oil to your water at the start of the day to make hydration delicious!

## Sleeping Well

Proper rest allows the body to repair and prepare for a new day. It is critical for reducing stress and feeling well! In fact, good sleep can even affect things like weight gain and mental clarity. While it is important to get the right amount of sleep for your body, perhaps more important is the quality of sleep you get. Develop a good sleep schedule by consistently going to bed and waking up at certain times—even on weekends if possible—and create a relaxing bedtime ritual by dimming the lights, diffusing relaxing aromas, stretching, or meditating.

Prepare for bed and unwind from a long day with a relaxing bath! Add the tranquil scent of Balance® to Epsom salts and generously sprinkle into your warm bath.

## Exercising Well

Exercise supports and strengthens your body, mind, and mood! A great workout includes cardiovascular exercise for an increased heartrate, a varied pace to stimulate your aerobic system, and strength training that targets multiple muscle groups (think squats, push-ups, or lunges). However, even if you know how good exercise makes you feel, it can be hard, if not impossible, to feel motivated if you hate what you plan. If it sounds miserable, it probably will be. Enjoy your exercise by finding what you love to do and centering your exercise routine around it—swimming, biking, nature walks, dancing, or trips to the gym. The important thing is simply to get moving!

Give yourself a rejuvenating massage with Deep Blue® Rub before or after exercising.

## Thinking Well

Self-talk is the endless stream of unspoken, automatic thoughts that come through your mind during the day. Positive self-talk is a huge part of healthy stress management and can improve your health overall! The benefits seem endless, but a few notable ones are an increased life span, lower rates of depression and distress, strengthened immune system, better cardiovascular health, and improved coping skills during hardships. Meditating is one of the most effective ways to manage your thoughts through its emphasis on moment-by-moment experiences and training the mind to be calm—even despite tumultuous circumstances that may arise. Finding quiet time each day to be still and ground yourself in the present is all you need to begin practicing daily meditation and harnessing positive thoughts. Even just taking a moment to write in your journal counts!

Your mind is a garden, and what you feed is what grows. Laughter, smiles, and hope are the water and sunshine allowing your beautiful mind to bloom. By removing negative, self-deprecating, hopeless thoughts from your internal dialogue, you weed your garden to make room for more beauty. Cultivate your garden by speaking kindly to yourself, anticipating the best, and believing in yourself.

Tell yourself how awesome you are with daily affirmations. Diffuse uplifting aromas like Elevation®, dōTERRA Cheer®, or dōTERRA Arise® while you do this, ideally in the morning, and follow up with a few minutes of meditation.

Remember that we are all here to support each other. Share what works for you with friends or family on social media or in person and inspire others to care for themselves in the best way possible.

\*NHP # 80075879 (Microplex VMz®), 80082975 (Alpha CRS+®), 80074456 (xEO Mega®), 80077027 (TerraZyme®)





# Here Comes the Sun!

## Diffuser Blends

### Blue Skies

2 drops Elevation®  
2 drops Frankincense  
2 drops Siberian Fir  
2 drops Tangerine

### Island Paradise

3 drops Citrus Bliss®  
2 drops Sandalwood  
3 drops Grapefruit

### Fresh Cut Grass

1 drop Douglas Fir  
1 drop Basil  
2 drops Lemon

### Breezy

3 drops Tangerine  
3 drops Lemon  
2 drops Bergamot  
1 drop Peppermint

### Rainy Days

4 drops Clary Sage  
3 drops Bergamot  
2 drops Lavender  
2 drops Cypress

### Outdoor Wedding

1 drop Clary Sage  
2 drops Lime  
2 drops Juniper Berry

### In Bloom

1 drop Geranium  
2 drops Wild Orange  
2 drops Lime

### Spring Fling

2 drops Grapefruit  
2 drops Elevation®  
1 drop Lemongrass  
1 drop Spearmint



# Copaiba

Copaiba essential oil is derived from the resin of the copaiba tree, a massive tropical South American tree that often grows more than 100 feet high and can live to be 400 years old. Copaiba can help promote a peaceful environment and is widely used in cosmetic products including soaps, creams, lotions, and perfumes. Use Copaiba essential oil in moisturizers to enhance the appearance of healthy-looking skin, all while enjoying its peppery, soothing aroma.

## Uses

### Cosmetic

- Massage into hands, wrists, and elbows for a soothing and moisturizing effect.
- Add two drops and Epsom salt to a warm footbath.
- Add to moisturizer to enhance the appearance of healthy-looking skin.

### Household

- Diffuse for an energizing aroma during daily activity.
- Combine two drops with two drops Eucalyptus in a diffuser for an invigorating blend.

**Fun Fact:** Through Co-Impact Sourcing®, dōTERRA works with many skilled harvesters and tree-tappers along the Amazon River to collect Copaiba resin. Rural populations along and near this area have some of the highest poverty rates in Brazil, due in part to the lack of support for smallholder farmers. Because of Co-Impact Sourcing efforts, dōTERRA Copaiba essential oil supports the livelihood of at least 3,000 harvesters and their families.

**Application:** A | T | S

**Plant Part:** Resin from *Copaifera reticulata*, *officinalis*, *coriacea*, and *langsdorffii*

**Extraction Method:** Steam distillation

**Aromatic Description:** Spicy, woody







# BALANCING FITNESS

Too busy running a household to run marathons? It can sometimes feel impossible to manage the responsibilities of life while still maintaining a consistent exercise routine, particularly one that pushes you. Finding the balance in a fitness routine is key to total

success in maximizing your potential and reaching your goals. If you're not sure where to start, triathlete, yogi, mom of 3, and dōTERRA Leader Marie-Michèle Delisle provides insight on the importance, practice, and benefits of balancing fitness into your daily routine.



## Perks of Regular Exercise

The rewards of regular exercise are innumerable. If you really break it down, though, two of the greatest benefits are improved overall health and a clear mind—valuable assets to a hectic, busy life!

In terms of general health, “physical exercise is one of the main pillars of the health pyramid,” explains Marie-Michèle. “It allows you to evolve towards including healthy habits in your everyday life and, over time, you will notice better restorative sleep, a more creative and sharp mind, a positive outlook, more vitality, and better stress management, among many other benefits.” With these perks, incorporating fitness into your lifestyle isn’t just about looking great, it’s about establishing a foundation of energy whereon aspirations, daily goals, and efforts of perseverance can be met.

“As an entrepreneur, a regular training routine helps me have clarity and stay motivated,” says Marie-Michèle. Anyone who knows her would agree that the tasks on her plate require a clear mind and an abundance of motivated energy—successfully running a business and coaching others in exercise while simultaneously maintaining a happy household are enormous feats of time-management and focus. “When busiest, I take time to go for a thirty minute run just to clear my mind. Sometimes it’s an opportunity to take a step back from a situation and see the forest, not only the tree. Most of my great ideas come to me during a training session!”

## Setting Realistic Fitness Goals

When it comes down to actually exercising, though, achieving your objectives can seem far off and difficult. “It’s easy to set goals,” says Marie-Michèle, “but the hardest part is discipline and execution.” If you struggle with getting motivated to exercise at all, let alone making it a regular part of your routine, you certainly aren’t alone. Developing a lifestyle supported by fitness is an evolution!

When you want to see immediate results, it can be easy to set large goals that are exciting in the moment but later feel impossible to achieve. Keeping it real with yourself can help you bypass the impossible-to-accomplish phase and move forward with purpose. “When you set realistic fitness goals, it allows your brain to build routines based on success,” teaches Marie-Michèle. “We tend to overestimate our short term goals and underestimate the extent of what we can achieve in the long term as we stay committed. My number one recommendation in staying motivated is to always take baby steps toward your evolution,” shares Marie-Michèle. “You must ask yourself the question, ‘do I prefer a 10% chance of achieving my goal in the short term, or a 95% chance of achieving it in a longer period?’ Once the habit-forming and adjustment periods are over, the benefits take over and you realize you cannot live without the habit it was once so difficult to create!”

### Marie-Michèle’s Tips for Creating a Motivating Fitness Routine

- Choose an activity that interests you
- Establish a specific routine
- Join a club with like-minded people
- Set small, achievable goals
- Do it for a cause
- Listen to music, a TV show, or inspiring podcasts during your training session
- Train with friends and/or find a support group
- Find a partner to hold you accountable



***“It’s easy to set goals, but the hardest part is discipline and execution.”***

— Marie-Michèle Delisle

## Keeping Promises

Keeping personal commitments to exercise goals allows you to prove to yourself that you are capable of following through with promises. It’s not always easy to do, but a shift in mindset is one of the best ways to maintain your commitment to consistent fitness.

“It’s important to see fitness as an investment in yourself and your productivity, and not as a waste of time,” explains Marie-Michèle. “Mark time for exercise in your agenda. Set a meeting with yourself that you cannot cancel under any circumstance! Then, know that it is also important to not feel guilty and be somewhat flexible. Over the past few years as I have tried to balance work and family, my motto has been, ‘it’s better to do a little than not at all.’ It often happens that I have to leave a training session early, but I still go. Some days, my exercise is a 20 minute walk, simply because that’s all I have time for.”

## Becoming a Better You

As with any goal we set, our ultimate hope is to become a better version of ourselves. It’s the whole point! Setting regular exercise goals can help you accomplish this not only physically, but also in other aspects of life.

“As a mother, I am virtually a better version of myself because of fitness,” confides Marie-Michèle. “I am happier, calmer, and more available after a training session. My energy is channeled. Fitness teaches you to leave perfection behind. It’s a lifestyle!”

By finding a way to balance a fitness routine into your busy life, it’s clear that fitness in turn offers the benefits of a balance that is irreplaceable.

### Supplementing Your Routine with Marie-Michèle

#### *Daily morning doses:*

- 1 drop Turmeric in 4 oz. water for a flavorful twist
- dōTERRA Lifelong Vitality® Supplements

#### *Exercise essentials:*

- Deep Blue® Rub and Copaiba—use in a massage before, during, or after a workout
- dōTERRA Motivate®—roll on wrists for an uplifting, enlivening aroma
- Easy Air®—massage into chest for an invigorating aroma
- AromaTouch® or Helichrysum—massage into legs



# FUN IN THE SUN

Summertime can be harsh on your skin and hair. Avoid the negative side-effects of a sunny day at the beach or pool by coming prepared with these DIY essentials curated to keep you looking and feeling fresh.



## After-Sun Spritz

Combine 1 cup Aloe Vera gel, 1/4 cup **Fractionated Coconut Oil**, 12-15 drops **Frankincense**, and 8-10 drops **Sandalwood** in a 237 mL glass spray bottle and shake well to blend. Spray on skin for a moisturizing, soothing effect after a long day of sun exposure.







## Beach Wave Hair Texturizer

Combine 1 teaspoon **dōTERRA Salon Essentials Healthy Hold Glaze®**, 2 tablespoons Epsom salt, and 1/2 teaspoon sea salt in a 237 mL spray bottle and stir to combine. Add 1/2 teaspoon **Fractionated Coconut Oil** and 5 drops each **Rosemary** and **Patchouli**. Top it off with water, replace the cap, and shake. Spray generously on your hair while scrunching with your hands for a natural, wavy look perfect for the beach or pool!



## Refreshing Body Wipes

Combine 2-3 tablespoons witch hazel, 3-5 drops **Lavender**, and 1-3 drops **Geranium** in a small tupperware container. Cut 10 paper towels into quarters and place them in the tupperware. Replace the lid and gently shake to distribute solution across each paper towel. Use to wipe away remnants of a summer day to keep skin fresh while at play!

**Reduce Waste:** Instead of paper towels, consider re-using small fabric pieces.

## Cool Breeze Mist

Add 1 cup Aloe Vera juice, 1/4 cup water, 3-5 drops **Peppermint**, and 3-5 drops **Ylang Ylang** to a 237 mL glass spray bottle and shake well. Spray across skin, avoiding contact with eyes, for a cool, refreshing mist while out in the heat.



# Squeeze the Day!



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



## Hot summer days deserve cold summer drinks!

From pool parties to picnics and every activity in between, keep your family and friends refreshed with an endless variety of deliciously fruity and herbaceous citrus-ades. Make a big batch of your favorite combination or get creative with a drink bar. The best part about this mix-and-match recipe is that there are no rules!

### STEP 1: Choose a Drink\*



lemonade



limeade



blood orangeade



grapefruit-ade

### STEP 2: Choose a Fruit



blueberry



peach



blackberry



pomegranate

### STEP 3: Choose an Essential Oil



basil



rosemary



ginger



lavender

Add ½ cup of fruit to a large pitcher of your citrus-ade. Mull the fruit at the bottom of the pitcher with a spoon, and then add 1 drop of your essential oil. Mix well to combine and chill until it's ready to serve.

For a fun twist, pour your custom drink into popsicle molds and freeze overnight. The next day, you will have refreshingly cold personalized popsicles!

## Basic Citrus-ade Recipe\*

### What you need:

- 1 ½ cup sugar
- 1 ½ cup citrus juice (lemon, lime, blood orange, or grapefruit)
- 8 cups water

### How to make it:

Make a simple syrup by combining sugar and 1 cup of water in a saucepan. Bring to a boil and whisk until the sugar has dissolved. Remove from heat, pour into a heat-proof bowl, and cool to room temperature. While the syrup is cooling, juice your chosen citrus. In a large pitcher, combine the citrus juice, simple syrup, and remaining 7 cups water. Stir to combine.



# Simply Celebrate!

Canada Day is right around the corner, which means parades, parties, and (probably) poutine. Celebrating is easy, just as long as you keep it simple and prep ahead of time. Basic decorations and serve-yourself food bars can help you put together a party in a pinch and give both you and your guests plenty of mingling freedom. With a few extra bells and whistles, everyone will think the get-together has taken you weeks to plan. It's okay—we won't tell that it only took you a few hours.

## Put out some games.

Let the games begin! Leaving out a few short board or card games for your guests is a great way to keep people entertained and mingling. Just collect your favorites and spread them out across an empty table. Guests will be having fun in no time!

## Give your guests a sweet welcome.

Add 6 drops Copaiba and 4 drops Citrus Bliss® to your favorite diffuser. Begin diffusing about 30 minutes before guests arrive for a sweet, maple-y aroma.



### Prep a poutine bar.

The best part about the serve-yourself bar format is that your guests can help themselves and mingle freely. Throw together an easy poutine bar in under an hour. Here's how:

1. Cook up enough fries for your guests. Reduce your oven temperature as low as it will go, and keep your potatoes on a tray inside to keep warm until guests start to arrive.
2. While your fries cook, whip up your favorite beef or vegetarian gravy and transfer it to a slow cooker to keep warm.
3. In several small to medium sized bowls, set out cheese curds, shredded cheese, green onions, bacon, pulled pork, roasted mushrooms, and any other favorite poutine toppings. Put out the gravy with a ladle and move your fries to a party size bowl with tongs.
4. Set out plenty of re-usable bowls and utensils with a pitcher of water, lemonade, or Caesar cocktails for the adults.

### Dress up your space.

Make your home look festive with a red and white banner. Simply cut triangles out of red construction paper or felt and attach to twine with safety pins or glue. Grab a friend or the kids to help, and you'll be done in no time!





## EXPLORE CANADA'S

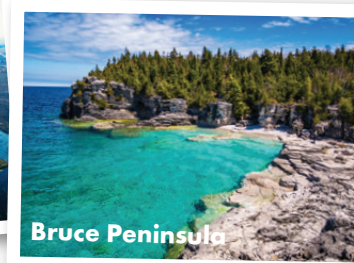
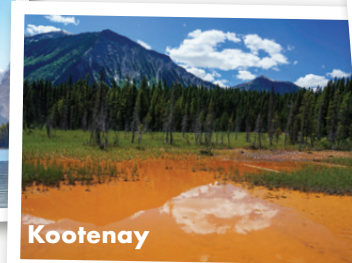
# National parks

*"Wilderness is not a luxury but necessity of the human spirit."*

– Edward Abbey

**A** healthy lifestyle goes beyond what you consume or even how much you spend. In fact, you don't have to look far to find wellbeing—just step outside and consider the physical, mental, and emotional benefits that nature has to offer. Spending time among trees and breathing in fresh air can give you a newfound sense of peace and lasting rejuvenation. From mountains and lakes to arctic wilderness, Canada has no shortage of magnificent scenery making wellness accessible and fun!

The National Parks Service of Canada works hard to preserve land for human exploration, so take advantage—you'll leave feeling revived and ready to tackle the hustle and bustle of everyday life. Check out some of our favorite parks and choose an adventure to embark on with your family, friends, or all on your own.



### 1 YUKON:

#### Kluane National Park and Reserve

Pack some hiking boots and get ready for extreme adventure in Kluane National Park. This protected park is home to the largest non-polar ice fields in the world and the highest peak in Canada, Mount Logan. Kluane is known for its beautiful hikes and gorgeous blue waters. If you're looking for a new experience, rent a kayak and explore the rich waters of Kathleen Lake—you may even catch a glimpse of some caribou, wolves, or grizzlies on your exploration.

**BEST TIME TO VISIT:** July gives way to warmer temperatures and peak scenery.

**MUST-HAVE:** dōTERRA Touch® Lavender—finally enjoy your time under the stars. Apply dōTERRA Touch Lavender to the bottoms of your feet for a relaxing aroma that will help you unwind.

### 2 BRITISH COLUMBIA:

#### Kootenay National Park

Among five other National parks in British Columbia, Kootenay National Park is nestled nicely in the beautiful Canadian Rocky Mountains. Experience breathtaking landscapes with fun hikes to lakes and glaciers alike, or take a well-groomed trail to colorful pools that are sure to take your breath away!

**BEST TIME TO VISIT:** Mid to late September boasts vibrant changing leaves and temperatures cool enough for hiking.

**MUST-HAVE:** Deep Blue® Rub Lotion—get ready to head out on your next adventure! Use Deep Blue Rub in a massage for a cooling affect.

### 3 NORTHWEST TERRITORIES:

#### Wood Buffalo National Park

Watch out for this one! Canada's largest National Park isn't named this way for nothing—it's home to the rare Wood Bison. Skate on a frozen pond and stay until nightfall to see the vastness of an unpolluted night sky or enjoy warmer season activities such as canoeing on Pine Lake. Just be sure to allot enough time to explore this giant playground!

**BEST TIME TO VISIT:** January and February give you the best luck at seeing aurora borealis.

**MUST-HAVE:** Binoculars—shift your perspective and take a closer look at wildlife.

### 4 ALBERTA:

#### Jasper National Park

Jasper is as backcountry as it gets! On select dates from March to October, you can reach new heights by boarding the Jasper Sky Tram. You'll be amazed at the vast landscapes you see and your senses will be truly elevated. Home to bighorn sheep, bears, elk, moose, and countless other species, you'll leave Jasper with a plethora of beautiful images and memories.

**BEST TIME TO VISIT:** Springtime is key! Animals tend to come out of hiding after a long winter.

**MUST-HAVE:** TerraShield® Spray—let's face it, the outdoors are home to all sorts of foreign smells. Stay fresh with this natural and light blend of fragrant essential oils.

### 5 ONTARIO:

#### Bruce Peninsula National Park

Experience the contrasting colors of Bruce Peninsula National Park. Visit The Grotto, a secluded swimming hole inside a cave that boasts crystal-clear blue water complementing the surrounding bright green shrubbery. Fun for the whole family, Horse Lake Trail is a light 1 kilometer hike that takes you through a diverse series of habitats where you'll likely see some friendly critters along the way.

**BEST TIME TO VISIT:** Summer months can be crowded, so try visiting in May when it's just warm enough to take a dip in the water.

**MUST-HAVE:** Waterproof camera—capture fun memories in and out of the water while keeping your camera safe and sound.

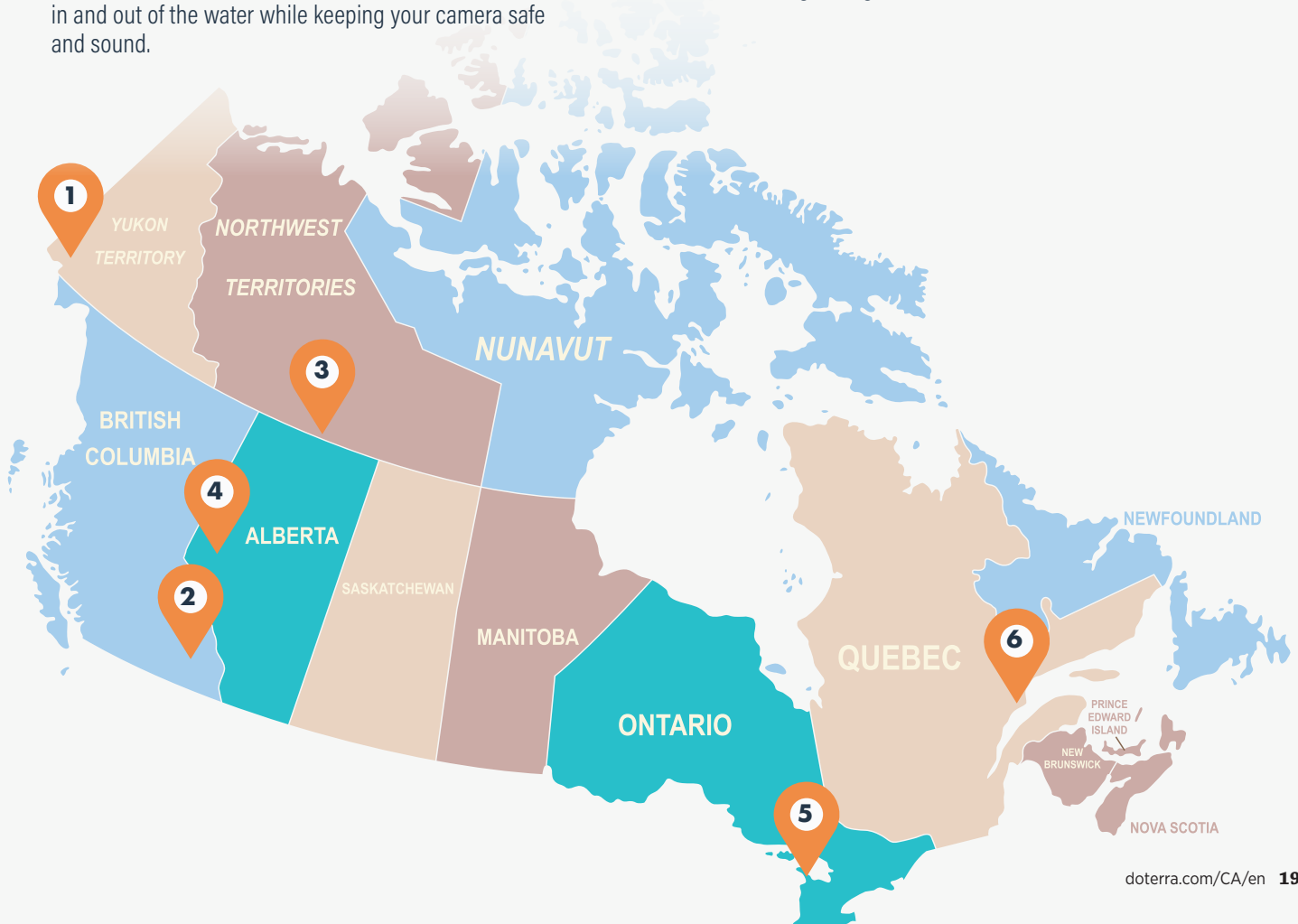
### 6 QUEBEC:

#### Fjord-du-Saguenay National Park

Think Norway, but in Canada! This park is home to the spectacular Saguenay Fjord. Covered in lush green forest and surrounded by deep blue waters, this phenomenon is mesmerizing to say the least. If you really want the experience of a lifetime, head out on a whale-watching cruise. Who knows, you might even spot a Beluga!

**BEST TIME TO VISIT:** Mid-August is peak whale watching time, so pack some sunscreen and get out on the water!

**MUST-HAVE:** On Guard® Mist—when it comes to public bathrooms, fear not! Cleanliness is at your fingertips with this invigorating hand mist.





# OUTDOOR PREPAREDNESS

Roughhousing outdoors is part of the summer fun. While everyone plans summertime staples like bonfires, water sports, hikes, and picnics, no one plans mishaps. Your skin often takes the brunt of unplanned hiccups during these toasty months, but staying educated and keeping essential oils handy can ensure you and your family are equipped for any minor accidents, or just to keep your skin looking and feeling healthy! Understanding how to use essential oils safely outdoors is critical before you can be fully prepared, especially because each essential oil has a different purpose and benefit. We worked with Amber Adams, a dōTERRA® Canada Leader and Registered Nurse, to curate a list of the best skin-saving essential oils. From Natural Health Products that can aid with minor cuts, bruises, and burns to essential oils that simply help maintain healthy-looking skin, you are sure to find everything you need for a smooth-sailing summer!

## YOUR OUTDOOR TOOLBOX

### Essential oils used in aromatherapy to relieve minor skin irritation, cuts, bruises, and burns:\*



#### •Clary Sage

Recommended especially for skin irritation



#### •Helichrysum

Recommended especially for cuts, bruises, burns



#### •Juniper Berry

Recommended especially for cuts, skin irritation



#### •Myrrh

Recommended especially for cuts, bruises



#### •Patchouli

Recommended especially for burns, skin irritation



### Essential oils used to soothe and moisturize skin:

- Lavender
- Geranium
- Frankincense
- Cypress
- Blue Tansy



### Essential oils used to enhance the appearance of healthy-looking skin:

- Rose
- Immortelle®
- Cedarwood
- Yarrow|Pom



### Essential oils used for an invigorating and cooling effect:

- Deep Blue®
- Deep Blue Rub
- Peppermint

\*NHP # 80060984 (Clary Sage), 80060963 (Helichrysum), 80060933 (Juniper Berry), 80060962 (Myrrh), 80060989 (Patchouli)

### DILUTION TIP FROM AMBER

“It is always better to start by over-diluting essential oils than under-diluting them—especially if you know you have sensitive skin. When in doubt, start low and go slow! You can always add more essential oils to your carrier oil as you gain confidence and experience.”



## GET IT TOGETHER!

Creating a small, personalized outdoor preparedness kit is a practical way to keep the must-haves on hand. From bandages to essential oils, a collection of great resources goes a long way in staying prepared. “Essential oils, among other things, are such a beautiful tool to have in our toolbox,” shares Amber. “They can help promote wellness and they are a safe, quick, and effective solution to reach for when someone in your family is in need!”

We asked Amber what staples she includes in her preparedness kit. Here’s what she shared!

### AMBER’S OUTDOOR PREPAREDNESS KIT

- **Sterile gauze** • **Paper tape** • **Band-Aids** • **Lavender** • **Correct-X®** • **OnGuard®**
- **DIY Soothing Spray:** Combine 2 to 3 drops each Lavender, Frankincense, Tea Tree, and Helichrysum in a base of Fractionated Coconut Oil in a small, 30 mL spray bottle.
- **DIY Cooling Mist:** Combine 2 to 3 drops each Lavender and Peppermint in a base of water in a small, 30 mL spray bottle.





If your summer mishaps result in minor cuts, bruises, or burns, it is vital to follow suggested medical guidelines for treatment. “It is important to properly treat skin and minor skin irritations to prevent any infection or scarring,” shares Amber. “It will also decrease any pain and inflammation, as well as promote healing!”

Certain Natural Health Products can also aid in relieving minor skin irritations, cuts, burns, and bruises after the minor wound is properly addressed and cared for. “dōTERRA essential oils are easy to use,” says Amber. “It is empowering as a mother to know that I have tools that are safe and effective to make my kids feel better.” With Amber’s expertise, you can be prepared with proper first-aid knowledge and essential oils for any unplanned accidents in your summertime plans!

## TREATING MINOR CUTS

**Minor Wound (n):** *a small, clean break in the skin that is not excessively deep, heavily bleeding, or at risk for infection in a person with an up-to-date tetanus shot.*

### To treat a minor cut:

1. Wash your hands
2. Stop the bleeding by applying gentle pressure with a clean bandage/cloth
3. Clean the wound with soap and water
4. Apply your desired ointment and/or NHP essential oil
5. Cover the wound with gauze or a bandage
6. Change the bandage regularly, making sure the minor wound stays clean and dry (this is key!)
7. Watch for signs of infection



## USING A CARRIER OIL TO APPLY NHP OIL

Blend your essential oil in a 1:10 ratio with a carrier oil, balm, or ointment and apply to affected areas. For your carrier oil, balm, or ointment, try using:

• **Correct-X®** • **Fractionated Coconut Oil** • **Yarrow|Pom**

## TREATING MINOR BRUISES

**Minor Bruise (n):** *an occasional dark contusion on the skin with moderate pain that does not inhibit joint or muscle movement and improves within two weeks.*

To treat the discomfort of a minor bruise:

1. Chill with a cold rag or ice pack
2. Rest the affected area
3. Elevate the area as needed for discomfort
4. Use NHP essential oil to soothe as needed

### USING A CARRIER OIL TO APPLY NHP OIL

Blend your essential oil in a 1:10 ratio with a carrier oil, balm, or ointment and apply to affected areas. For your carrier oil, balm, or ointment, try using:

- **Correct-X**
- **Fractionated Coconut Oil**
- **dōTERRA® SPA Hand & Body Lotion**
- **Yarrow|Pom**

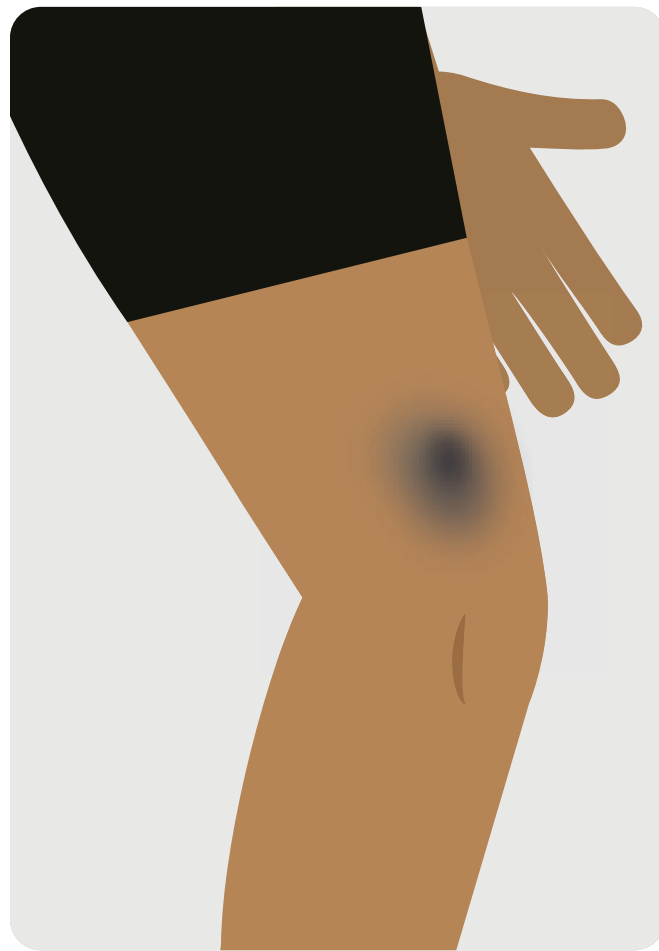
## TREATING MINOR BURNS

**Minor Burn (n):** *a small, superficial burn not at risk for infection affecting only the first layer of skin with moderate pain.*

To treat a minor, superficial, or sun burn:

1. Remove any constricting clothing
2. Cool the burn with water or a cold-compress
3. Use NHP essential oil to soothe skin

Minor burns need unique treatment to prevent suffocating the skin and exacerbating the minor wound. You should treat your minor burn following these guidelines:



### Day 1

The day of your burn, follow these two steps:

1. **Cold Compress:** Combine 5 drops NHP essential oil with 1 cup water. Soak a clean rag in the solution and apply directly to the affected area.
2. **Lotion:** Mix 1 drop NHP essential oil with a nickel-sized amount of dōTERRA SPA Hand & Body Lotion and gently massage into skin.

### Day 2

The day following your burn, you can start using a carrier oil or balm.

### USING A CARRIER OIL TO APPLY NHP OIL

Blend your essential oil in a 1:10 ratio with a carrier oil, balm, or ointment and apply to affected areas. For your carrier oil, balm, or ointment, try using:

- **Correct X**
- **Fractionated Coconut Oil**
- **Yarrow|Pom**



# Thinker™

## 10 mL Supportive Blend

### ESSENTIAL OIL SPOTLIGHT

**Let's face it**—kids are adorable, but they can be squirmy and easily distracted when it comes to productivity-time. Designed with aromas that promote a sense of alertness and clarity, Thinker is the perfect go-to blend. It was formulated specifically for kids, meaning it has been safely diluted. Plus, with the minty aroma of peppermint and the citrusy scent of clementine, Thinker has a kid-friendly smell that all your little ones will love.

When the time comes to create a positive, supportive environment, empower your kids to reach for Thinker!

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**Aromatic Description:** Fresh, minty, herbaceous, sweet, citrusy

**Ingredients:** Fractionated Coconut Oil, Vetiver, Peppermint, Clementine, Rosemary



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## How to use:

- ◆ Roll onto wrists or hands and inhale deeply to prepare for homework time
- ◆ Apply to wrists and back of neck while studying and again while test-taking to create a beneficial routine

## Fun Fact:

Did you know that our sense of smell is one of the most memory-relevant? Studies have shown that our brains integrate aromas with contextual information in the development of memories. This is why it's sometimes recommended to pick a scent to use while both studying and taking a test—this technique can literally help you remember your study sessions more clearly!



Skip town without skipping your essentials. Our guide to packing for vacations big or small helps you create a game plan to ensure every part of your routine travels safely with you.

## DOUBLE UP

Consolidate your needs by packing products with multiple uses. For example, instead of packing individual products for digestive discomfort, joint pain, and colds, just pack Peppermint\*—an essential oil that can do it all!

## SIZE IT DOWN

## Transfer Bottles

15 mL essential oils are perfect for the home, but can take up a lot of precious space when travelling. Instead of packing them in their original bottle:

- Purchase a 5 mL version of the product (if available) or transfer some of your favorite essential oil to an empty 5 mL bottle labelled with a cap sticker.
- Use 5/8 dram essential oil bottles labelled with cap stickers.

Skincare products can also take up a lot of space, but you don't want to skimp on your skin routine while you're away. You can save space and your skin by using every product your skin loves. Just plan ahead!

- Add your Veràge® Toner to an empty 30 mL mist bottle, or create your own toner spray.
- Move moisturizers and cleansers to the 10 mL roller bottle (sans roller ball) or empty 5 mL bottles.

## Take Advantage of Samples

Sample sizes aren't just for newbies! Stock up on your On Guard™ Toothpaste and Salon Essentials® Protecting Shampoo and Smoothing Conditioner samples. Fitting them in a quart-sized bag is a breeze since they slide down into all the empty cracks and take up minimal space; plus they'll keep your teeth and hair looking beautiful and healthy the whole time you're away!

## PORTION IT OUT

Pack what you need and prepare for the unexpected! Investing in a good pillbox is a great way to portion out the supplements you will need during your vacation, and it saves you from trying to squish every individual bottle into your luggage. Re-usable baggies are another great space saving way to condense your supplements—just remember to label each bag with what's inside.



## BLEND IT UP

If you layer your essential oils, consider creating a custom blend in an empty 10 mL roller bottle. Simply add the essential oils you like to layer and mix them with a small amount of Fractionated Coconut Oil. Application is easy and compact—a win for you and your suitcase!

*\* You can also blend up a quick, easy perfume by mixing your favorite aromas with Fractionated Coconut Oil.*

\*NHP #80061370 (Peppermint)



# A CLEAN SLATE

## ESSENTIAL OILS AND SPRING CLEANING

Spring cleaning takes on a whole new meaning when the products you use are just as clean as your surfaces! Using these naturally sourced alternatives to harsh chemical products, get the whole family together for a deep dive into your home to make everything squeaky-clean this spring. We are sharing our favorite essential oils for all your spring cleaning necessities so you can DIY your way to a spotless looking home complete with a bright, crisp aroma!



# KITCHEN ESSENTIALS



## Invigorating Floor Cleanser:

After sweeping the floors, add 2 drops of **Peppermint** essential oil and 6 tbsp. **On Guard® Cleaner Concentrate** to 1.5 litres of water. Using your best mop or cleaning rag, wash away any grime and leave your kitchen floor smelling warm and invigorating.



## Disposal Fizzies:

Mix ½ cup salt and ¾ cup baking soda in a small bowl. Add 5 tbsp. liquid castile soap and 20 drops **dōTERRA Purify®** essential oil. Begin adding ½ cup water, one tablespoon at a time, until the mixture resembles wet sand. Form into small balls with a cookie scoop and leave on parchment or butcher paper to dry overnight. When cleaning the sink, simply drop one into the garbage disposal, allow to fizz, and rinse away for a super clean aroma!



## Fridge Refresher:

Combine 10 drops **Tea Tree** essential oil, ¼ cup white vinegar, and 1 tbsp. baking soda in a 237 mL spray bottle and fill the remaining space in the bottle with water. Spritz across your fridge or freezer shelves and drawers and wipe down with a re-usable rag to reveal spotless storage for all your yummy food.



## Stove & Oven Paste:

Add one drop **Lemon** essential oil to 1 tbsp. baking soda to form a rough paste and apply to goopy areas of the stovetop or oven. Let sit for 5-10 minutes and scrub away with a sturdy, re-usable rag. Rinse the rag and squeeze until damp. Using the damp rag, remove any excess paste from your appliance. Hello, shiny oven!

### CLEAN KITCHEN

💧💧💧 dōTERRA Purify®  
🍊🍊🍊 Grapefruit



# BEDROOM & LIVING AREA ESSENTIALS



## Curtain Cleaner:

Add 1 drop **Cedarwood** essential oil to **On Guard® Laundry Detergent** before washing your curtains for a warm, soothing aroma sure to keep your guests feeling cozy.



## Wood Dust Polish:

In a 237 mL spray bottle, combine ½ cup water, ¼ cup vinegar, 1 tbsp. **Fractionated Coconut Oil**, 5 drops **Arborvitae** essential oil, and 3 drops **Lemon** essential oil. Lightly mist wood furniture and wipe away dust with a microfiber rag leaving a bright aroma and the shiniest, smoothest surface your wood furniture has ever seen!

## Linen Mist:

In a 30 mL spray bottle, combine 3 drops **Lavender** and 3 drops **Roman Chamomile** essential oils with 1 tbsp. **Fractionated Coconut Oil**. Fill the rest of the bottle with water and screw on the lid tightly. After washing your linens and re-making your bed, spray your mist generously across your pillows and blankets for a calming, clean aroma that will make you want to dive headfirst into your blankets and pillows!



## Carpet and Rug Freshener:

In a glass jar, combine 2 cups baking soda with either 5 drops **On Guard®** and 5 drops **Lemon** essential oils for general living spaces or 10 drops **dōTERRA Serenity®** for a bedroom. Sprinkle over the carpet and allow to rest for two hours. Vacuum the powder away to enjoy the aroma of your choice on a fresh, clean carpet.

### WELCOME HOME

🔴🔴🔴 On Guard®  
🟡🟡🟡 Citrus Bliss®

### KEEPING COZY

🟡🟡🟡 Cedarwood  
🟡🟡🟡 Wild Orange

# BATHROOM ESSENTIALS



## Toilet Cleaner:

In a small bowl, combine 25 drops of **Tea Tree** essential oil and 20 drops of **Lemon Eucalyptus** essential oil with 4 tsp. **Fractionated Coconut Oil** and 3 tsp. water. In a separate bowl, whisk together 1 cup baking soda, ½ cup citric acid, and ½ cup cornstarch. Add the liquid ingredients to the dry and combine with a spoon. Divide the mixture evenly between the molds in an ice cube tray and allow to dry overnight at room temperature. Pop out of the molds and add one to the toilet. Allow the tablet to fizz away and dissolve, then lightly scrub and flush.



## Tub Scrub:

In a re-usable glass jar, combine ½ cup baking soda with 2 tsp. **On Guard® Cleaner Concentrate** and 35 drops **Wild Orange** essential oil—the baking soda should be damp but not wet. Rinse the tub with hot water and sprinkle the scrub across the surface of the tub. Allow to sit for 5-10 minutes and use a soft brush or rough sponge to wipe the tub clean. Pay attention to small trouble spots, then rinse the entire tub out with more hot water. Your tub will be just as clean as you will be after your next bath!



## Daily Spray:

In a half litre spray bottle, combine 1 cup water, 1 cup white vinegar, 20 drops **Tea Tree** essential oil, and 10 drops **Grapefruit** essential oil. Spritz across the shower curtain and walls each day after getting out of the shower to keep your bath smelling refreshed and looking spotless!

### SPARKLING NEW

Tea Tree  
Wild Orange



# 8 Ways to Conquer the School Year

The start of a new school year is a big deal for parents and students alike. Arm yourself with some of our favorite back to school tips and get excited to take on a new year of learning!

## 1 GET SOME ZZZ'S.

Getting back into the school-night bedtime routine is a feat for any mom, dad, or kid come late summer. Rather than jeopardizing good rest and sanity that busy first week of school, start adjusting bedtime routines one to two weeks ahead of time so slipping back into school isn't a restless nightmare. Pick a time to put phones away, choose a bedtime and stick to it, and diffuse a restful aroma such as Lavender, dōTERRA Serenity®, or Vetiver to create the perfect sleepy-time magic.

## 2 TAKE A TOUR.

First day jitters can quickly turn to first day fears. It's scary to start something new—from finding friends, navigating the halls, meeting new teachers, and learning new things, it can be nerve-wracking to begin a new school year. Take a practice day before school actually starts to walk through the school while it's still empty. Talk your child through

the motions of what will take place on their first day and help them find their classes, bathrooms, and lunchroom. While walking through the halls, talk about all the exciting, positive things that can happen during a new school year. This practice might be just what they need to face the first day with courage. For an extra boost, put Steady™ or Brave™ on your child's wrists before they leave for a gentle, motivating aroma to help them through the morning.

## 3 SET GOALS.

Having family and personal goals can keep everyone at home centered when things get hectic and hard during the school year. In the month before school starts, have everyone make one or two achievable goals to focus on throughout the school year. When things are out of sight they are out of mind, so post these goals somewhere regularly visible.

## 4 PACK RIGHT.

Do some backpack prep and reduce the morning mania. Panic is much less likely when you dedicate ten minutes each night to packing up the right homework, snacks, and school necessities. Organize papers by folder, prep for emergencies with an extra pencil or two, and make sure On Guard® Mist is nestled somewhere in the backpack to help your littles keep their hands clean. To maintain healthy muscles and backs, just be sure that the backpack weighs no more than 10-20% of your child's body weight.





## 5 BULK UP.

No, we're not talking about extra doses of protein powder, just back to school snacks! Instead of buying prepackaged snack packs, stock up on your household's favorite healthy treats by buying in bulk and spending an hour creating personalized snack bags. We recommend investing in reusable silicone bags or reusable containers and purchasing snacks that can mix and match.

**Bus Mix:** Mix chopped dried apricots, cashews, banana chips, and semi-sweet or dark chocolate chips in a large bowl, then distribute into reusable bags or small containers for a quick, on-the-go bus snack full of natural sweets and plenty of protein.

## 6 STAY CONNECTED.

Once extracurricular activities are thrown into the mix, schedules get extra hard to follow. Get a large dry-erase calendar and provide a different colored marker for each person in the family. Each week, spend ten minutes together filling in the family calendar for the upcoming week, and continue adding to the calendar as things come up. A color-coded family calendar sounds intimidating, but it's seriously simple—and helps you keep track of everyone's activities. If anything on the calendar gets too smudgy, just dab a small amount of Lemon essential oil onto a soft rag and give the board a good clean before the next planning session.

## 7 PLAN STUDYING.

Make study time more purposeful and productive by planning how, where, and when studying will happen. With each child, pick a place they will use for studying and decide together the days and times (if appropriate) of designated study hours. Together, pick an invigorating, stimulating aroma to diffuse during homework time. Much like a bedtime routine tells the mind to relax, a consistent study routine with specific aromas can help create a positive environment!

◆◆ Peppermint  
◆◆ Rosemary  
◆◆ Lavender

◆◆◆ Peppermint  
◆◆ Wild Orange  
◆ Basil

◆◆ Lemon  
◆ Douglas Fir  
◆ Basil

## 8 TREAT YOURSELF.

Moms and dads require back to school adjustments just as much as the kiddos. Trips back and forth to school, homework help, and balancing school and family life is a lot to manage! When back to school shopping, budget an extra bundle of cash for yourself and purchase a gift card to your favorite coffee or smoothie shop. Every Friday during the school year, you'll already have the cash set aside to treat yourself for all the hard work you've done throughout the week. You deserve it!



# Spring Clean



Gentle enough for loved ones  
as well as the environment

**On Guard®**  
*Cleaner Concentrate*

<b>38141713</b>	355 mL	
\$24.67 retail	\$18.50 wholesale	10.5 PV



# MASTER YOUR MIXES



*Essential oils are potent on their own, but when combined with other oils their effects compound and intensify! Learning to blend essential oils is simpler than you think, and it's an easy way to up your essential oil game. We sat down with Veronique Golloher, a doTERRA® Canada Leader, to get her*

*expertise on essential oil blending. Here are her four genius tips to help you become your own essential oil mixologist in no time!*

## 1. Experience is Your Friend

I have been using dōTERRA for about six years. I've read, studied, and researched oils and have countless testimonials that give me confidence when I stand in front of my oil rack to decide what to put together. My research is knowledge I have accumulated over the years about:

- Top properties of each oil,
- How I react to certain oils, and
- Other people's experiences.

My top tip is to know the properties of the oils you have and start there. I love using books and online resources for that!

## 2. Test it Out

Make blends in a small quantity first in case you don't like them. For anything you put near your nose or in a diffuser, you have to choose oils you like the smell of instead of basing the blend only on benefits. If you don't like the smell, you'll use it less.

## 3. Start Off Strong

I seriously love using Fractionated Coconut Oil as a base in all my topical blends. It is absorbed well by the skin so it doesn't stay greasy, helps localize the effect of the oil applied, and reduces skin sensitivity. Fractionated Coconut Oil for the win!

## 4. The Art of Blending

I love creating my own blends because I can customize what works best for me in the quantity I need with the smell I like. Here are a few questions I get a lot:

**How many essential oils should I blend?** Start with two or three oils—if you blend ten of them, you won't know what you like or what works!

**How concentrated should it be?** How many drops of essential oil I use in a blend depends on where and whom I apply it and whether it's for everyday or short-term use. For example, if it's for everyday use on my face, I use a lot less drops. You should also understand your own skin's sensitivity and dilute as needed. It's that simple!



## Basic Roll-On Recipe

To make a standard roll-on blend, fill a 10 mL roller bottle with the essential oils of your choice and fill the bottle the rest of the way with Fractionated Coconut Oil. To get you started, Veronique shares her two favorite roll-on blend recipes:

### On Guard® Plus Roll-On\*

10 drops Oregano  
10 drops Tea Tree  
10 drops On Guard®  
10 drops Lemon  
10 drops Frankincense  
10 drops Arborvitae

### Relaxing Aromas Roll-On\*

5-7 drops Cedarwood  
5-7 drops Siberian Fir  
5-7 drops Vetiver  
5-7 drops Frankincense  
5-7 drops Petitgrain

*\*These blends are formulated for adults—use fewer drops of each essential oil if using with children or people with sensitive skin. If using Lemon or other citrus oils, avoid sunlight or UV rays for up to 12 hours after applying product.*



# Not Forgotten: **Co-Impact Sourcing®** and **Black Spruce**



*"Now is the accepted time, not tomorrow, not some more convenient season. It is today that our best work can be done and not some future or future year. It is today that we fit ourselves for the greater usefulness of tomorrow. Today is the seed time, now are the hours of work, and tomorrow comes the harvest."*

—W.E.B Du Bois

*Black Spruce grows abundantly in Canadian forests, but its abundance doesn't mean that careful measures shouldn't be taken to ensure their preservation. In every bottle, the soothing, invigorating aroma and gentle topical benefits of Black Spruce shine through while the botanicals used to create it are still thriving. Thanks to dōTERRA® Co-Impact Sourcing efforts, you can be sure that Black Spruce trees continue to grow towards a vibrant, flourishing future.*

## **FROM A TINY SEED**

A member of the pine family, the Black Spruce sapling is the product of one seemingly insignificant seed—one that grows and matures into a magnificent, abundant species found in every province of Canada. This steady species is able to withstand the harshest elements, growing all the way to the edge of the Canadian tundra.

These simple spruce trees boast a rich history, dating back to Carrier aboriginals using the wood to make fish traps, snowshoe frames,

and drying racks. Today, lumber from the spruce tree is heavily sought after in the construction industry because of its quick lifecycle. When the trees are cut down, they regenerate quickly and will have regrown by the time the harvester returns. The long fibers that are characteristic of this conifer also make it a preferred pulp species for paper products. From fish traps to printer paper, Black Spruce is a versatile and valuable resource—but where does its waste go?





## WORK FOR THE REWARD

Through Co-Impact Sourcing, dōTERRA develops strong relationships with resident Canadian partners, together ensuring the production of a high-quality and environmentally sustainable product. Co-Impact Sourcing efforts focus on the fair treatment of farmers, distillers, and the

environment alike, which is why this Black Spruce sourcing partnership includes ensuring that the forest management plan agreed upon between dōTERRA, our partners, and the Canadian government is carried out with exactness!

The forest management plan is a set of guidelines that dictate when, where, and how trees are harvested to secure minimal disturbance to the wildlife that inhabit the forests as well as the regrowth of these beautiful, valuable trees. Included in this plan is the strategic vision of how to protect forests during company activity, an assessment of the current state of the forest in question, a detailed vision for the final state of the forest, as well as harvesting, distillation, and regeneration plans. It is imperative to dōTERRA that sourcing relationships are beneficial across the board, and that the earth's health and vibrancy is weighed with care. The harvesting and distillation of Black Spruce is no exception to this venture.

Only mature Black Spruce trees are harvested and distilled,

leaving younger trees to continue flourishing until they too are mature enough to harvest. When a Black Spruce tree is harvested for lumber in commercial industries, the trunk is quickly stripped of its branches and needles and trunks are hauled away. dōTERRA harvesting and distilling partners enter the scene with permits in hand to collect the remaining branches and needles. These materials are then used to distill rich, woody Black Spruce essential oil. This process creates value from the otherwise forgotten needles and branches of the Black Spruce tree, giving you the pure essential oil you have on your shelf today—all a result of careful, sustainable efforts and a simple yet powerful source of pine.



**A powerful cycle:** After distilling the Black Spruce essential oil, the remaining branches and needles are hauled to a local power plant. Here, the otherwise wasted Black Spruce scraps are burned to produce energy and steam that is in turn used to power the distillation process again.

## HARVESTING TODAY, LOOKING TO THE FUTURE

The Black Spruce tree is truly just as diverse as the benefits of its essential oil. With aromas that are soothing, energizing, and invigorating, every potent bottle of oil has come a long way to become the sustainable, beautiful product you use in your home. Environmental concerns are real and relevant when it comes to harvesting any large quantities of lumber, but the future of Black Spruce is bright! Depending on soil and climate circumstances, spruce trees replenish quickly and dōTERRA takes great care to ensure every scrap of every tree is used to reduce any waste. This strong Co-Impact Sourcing partnership will continue to produce the highest quality essential oil while protecting the Earth that offers its benefits and strength—ultimately giving you confidence that every drop of Black Spruce is doing good both in your household and to the environment.



# GUYS GUIDE TO

## Beard Growth

Here are three essential tips for hair growth:

**1. Diet:** You would be amazed what a healthy diet can do for your hair. Maintain a good balance of vitamins like A, B, and E to create the perfect scenario for good hair growth.

**2. Trim:** Facial hair doesn't always come in evenly. Trim it every now and again to keep your hair looking great while it grows!

**3. Beard Oil:** When things get itchy, don't give up—just moisturize! Daily use of a good beard oil (like ours below) can help you fight through the scratchy phases while simultaneously promoting hair growth.

## Beard Balm

### Ingredients:

- 2 teaspoons beeswax
- 1 teaspoon shea butter
- 3 teaspoons Fractionated Coconut Oil
- ½ teaspoon vitamin E oil
- 2 drops Cedarwood essential oil
- 2 drops Tea Tree essential oil
- 2 drops Rosemary essential oil
- 1 237 mL glass jar
- 50 mL glass jar or metal tin with lid

### Directions:

1. Add all ingredients, except essential oils, to the 237 mL glass jar.
2. Place jar in saucepan with 1–2 inches of boiling water.
3. Stir ingredients until melted and thoroughly combined.
4. Remove from heat and let rest 3 minutes.
5. Add essential oils and stir.
6. Pour mixture into empty 50 mL jar or tin.
7. Let balm rest 1–2 hours before use.

## Beard Care

To keep your beard looking soft and shiny, it is important to deep-condition often. Apply a small amount of beard balm up to three times daily for an extra boost of moisture that helps seal in moisture and prevent fly-aways or frizz. Harmful synthetics in many store-bought beard balms can irritate skin and make your hair brittle, so using a naturally-sourced beard balm will keep your locks looking luscious.

## Beard Maintenance

Wash your beard a few times per week, and don't even think about using bar soap—you'll dry out your beard and the skin underneath, undoing all of your efforts to moisturize! Instead, use shampoo and add a drop of **Rosemary** essential oil to promote healthy-looking hair. Trim your beard every two months and regularly shave your neck and around your beard to keep your face looking fresh.

## Beard Oil

### Ingredients:

- 2 tablespoons Fractionated Coconut Oil
- 4–5 drops Rosemary essential oil
- 3–4 drops Frankincense essential oil
- 3–4 drops Douglas Fir essential oil
- 3–4 drops Cedarwood essential oil
- Small bottle with an eyedropper or cap

### Directions:

1. In your bottle, add Fractionated Coconut Oil and essential oils.
2. Place the cap on tightly and shake well.
3. Using your hands or eyedropper, apply a few drops and massage into your beard.
4. Brush your beard to completely distribute the beard oil.



# FACIAL PRIDE

## Soften Your Stubble

Here are three essential tips for shaving prep:

- 1. Shower:** Hair gets weaker when it absorbs water, making it easier to shave and prolonging the life of your razor! A warm shower is the best way to fully moisten your facial hair, but giving your face a thorough rinse in the sink works, too.
- 2. Compress:** Apply a warm, moistened towel to your face for a few minutes prior to shaving. Doing so opens your pores and sets you up for a closer, smoother shave.
- 3. Shaving Brush:** A good shaving brush richly lathers shaving cream into your skin while gently exfoliating to reduce your chance of razor burn. Leave the shaving cream on your face for at least one minute to fully soften your stubble and ensure your razor goes smoothly down your skin.



## Shave Safe

Always use a good quality, sharp razor blade. A dull blade is harmful to the skin, increases your risk of nicks and cuts, and is an underlying factor to razor burn and shaving rash. Start by rinsing your blade under hot water and shave with the grain. Start with the sides of your face, then move to the mustache area and finish with the chin. Since the chin hairs are the toughest, leaving this area until last allows them plenty of time to soften under the shaving cream. Continue rinsing your blade under hot water after every few passes to keep the razor clean.

## Keep it Clean

Rinse your face thoroughly with warm water to get rid of any leftover shaving cream and apply **HD Clean®** to help keep skin clean. Pat dry (do not rub) with a clean towel.

## Shaving Cream

### Ingredients:

- 1/3 cup shea butter
- 1/3 cup coconut oil
- 1/4 cup Fractionated Coconut Oil
- 5 drops Sandalwood essential oil
- 5 drops Peppermint essential oil
- 5 drops Tea Tree essential oil

### Directions:

1. Place all ingredients, except essential oils, in a double boiler.
2. Once melted, remove from heat and let rest 3 minutes.
3. Add essential oils and stir until combined.
4. Let shaving cream rest until hard.

**Tip:** Put the shaving cream in the refrigerator to speed up the cooling process.

5. Using a mixer, whip shaving cream until light and fluffy.
6. Store in a sealed container.

## Finish Strong

Shaving can cause serious skin irritation, which is why it is so important to follow up with an aftershave lotion. Aftershave can soothe and moisturize skin at a time when your face most needs hydration. Find a safe, naturally sourced solution that works for you and your skin!

## Razor Relief Serum

### Ingredients:

- 1/2 cup Fractionated Coconut Oil
- 1/4 cup rosewater or witch hazel
- 5 drops Frankincense essential oil
- 5 drops Lavender essential oil
- 5 drops Tea Tree essential oil
- 5 drops Helichrysum essential oil
- 5 drops Myrrh essential oil

### Directions:

1. Combine Fractionated Coconut Oil and rosewater or witch hazel in a glass spray or pump bottle.
2. Add essential oils, replace the lid of the bottle, and shake.
3. To use, spray directly on skin or put 2-3 pumps in palms and rub on skin.



# INDOOR HERB GARDEN

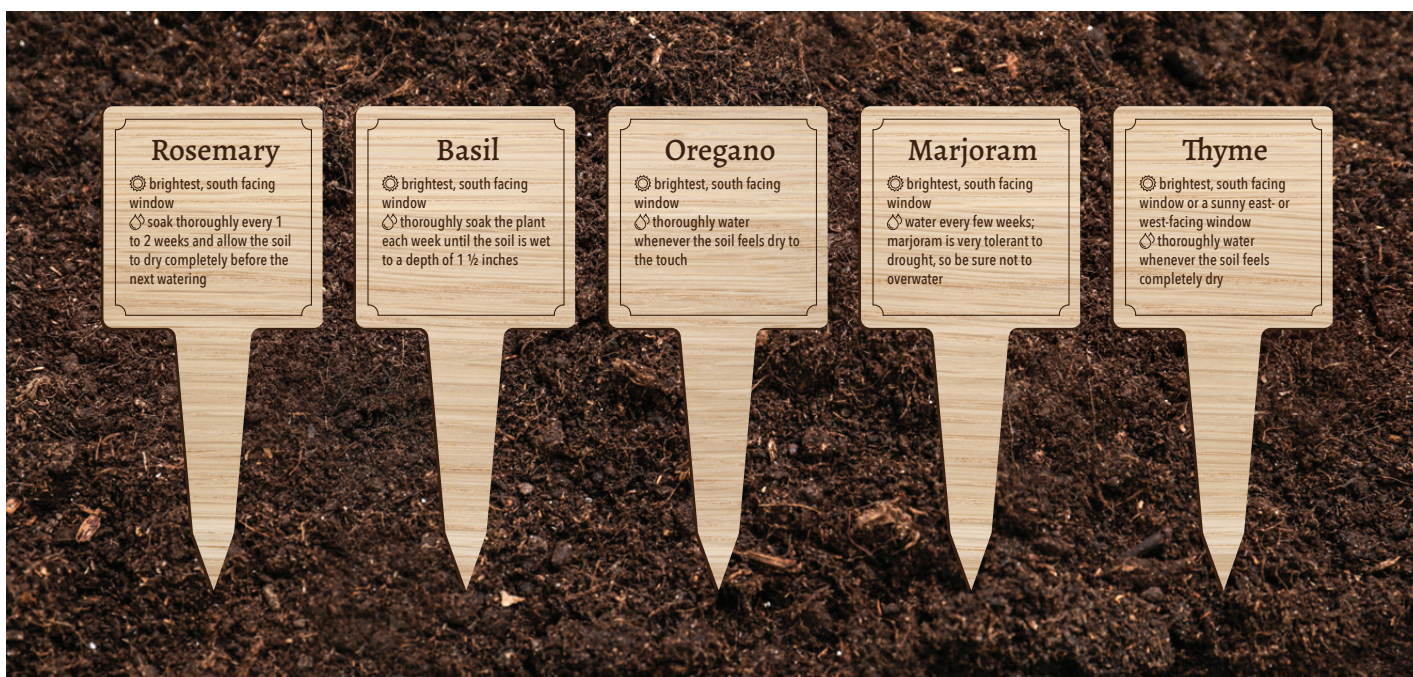
From Basil to Rosemary, diffusing herb essential oils brings a potent grounding and uplifting aroma to any home. But did you know that the raw plant material behind these essential oils—fresh herbs—are an important part of a healthy diet?

Herbs are small, unsuspecting powerhouse plants. Researchers have found that fresh herbs are an abundant source of antioxidants, even more so than vegetables and spices! This bounty of antioxidants can support well-balanced nutrition.

By creating an indoor herb garden, you can enjoy fresh herbs all year long. If you have not started your garden yet, now is the time! Support your health and home with your favorite herbs and create a simple, power-packed herb garden of your own.

## SELECTING AND CARING FOR YOUR HERBS

Every herb needs sun, water, and drainage—however, not all herbs need them in the same way. By knowing your plants' needs, you can help them to thrive. Some of the best starter herbs are Rosemary, Basil, Oregano, Marjoram, and Thyme. Pick your herbs and get started!



## GUIDE TO A GREEN THUMB

### My leaves are dry and crunchy!

- Your plant may be sitting in too much sunlight or could be under-watered. Try moving it to an area of the home with softer light and slowly increase your watering.

### My leaves are yellow and wilted!

- This is most likely a sign that your plant is being over-watered. Try cutting back on the H2O or ensuring that your plant is able to properly drain.

### My growth seems stunted!

- Regular cutbacks are important for thriving herbs, though you should never remove more than a quarter of the plant at a time. Try trimming your plant and check the drainage holes if roots are growing out the bottom, it is probably time to transplant to a bigger pot.



## BOOST YOUR AROMATICS

Add three to four drops of **Cedarwood** to an a 237 mL spray bottle of water. Lightly spritz the leaves of your herbs once a week for an added woody aroma.

## BOTANICAL TO BOTTLE

Every dōTERRA® essential oil is distilled from fresh, flourishing plants—just like the ones in your herb garden. Each bottle capitalizes on the strengths of each plant to create a potent package of incredible benefits!

Do you know which herb matches which essential oil? Try your hand at matching each botanical to the right bottle to enhance your essential oil knowledge!



Key: A3, B4, C5, D2, E1



# Summer Salads

**C**risp, savory, sweet, and fresh, salads are the deliciously simple answer to satisfying your appetite while keeping your kitchen cool when it's hot out. But forget your standard romaine, tomato, crouton, and ranch—salads can be so much more exciting and infinitely tastier! There are innumerable ways to make them, and your creativity is the primary ingredient.

We have broken salads and dressings down into simple, skeletal recipes so you and your family can start experimenting with new ideas, but we have also provided a few of our favorite recipes to inspire you. What are you waiting for? Start tossing!

## SALAD ANATOMY

Don't get stuck in a salad rut. When you break it down, salads really only need four main components. With dozens of options for every component, it's easy to mix, match, and change things up every time. Just make sure your salad includes something:

### Sturdy:

Build your salad on a good foundation! (i.e. kale, arugula, quinoa, black beans, chickpeas)



### Sweet or tangy:

Give your salad some zip. (i.e. apricots, blackberries, pears, pomegranates, cucumbers)



### Savory:

Make your salad a little heartier. (i.e. tri-tip steak, feta cheese, edamame, chicken)



### Crunchy:

Add extra texture to your salad! (i.e. pistachios, pecans, pumpkin seeds, crispy rice noodles)



### Oil



### Acidity



### Salt



**Oil:** Give your dressing some body. (i.e. olive, avocado, or sesame oils)

**Acidity:** Lend your dressing a little tang. (i.e. vinegars such as balsamic or apple cider or citruses such as lemon or orange.)

## BASIC VINAIGRETTE ANATOMY

The basic recipe of a vinaigrette is a 3:1 ratio of oil to acidity and salt to taste. After the basics, it's your turn to get creative by punching up the flavors. Add stoneground mustard, herbs, spices, nuts, or hard, nutty cheeses like parmesan to create a unique flavor all your own.

Emulsify the vinaigrette by vigorously whipping all ingredients with a whisk, shaking them in a mason jar, or simply blending them together in your food processor.



## QUINOA & BRUSSELS SALAD

### For the Salad:

- ½ pound Brussels sprouts
- 1 cup cooked quinoa
- ¼ cup golden raisins
- ¼ cup toasted almonds
- Crumbled goat cheese to taste

### For the Vinaigrette:

- ½ cup extra-virgin olive oil
- 2 tbsp. Apple Cider Vinegar
- 1 tbsp. Pomegranate Molasses
- 1 drop **Wild Orange** essential oil
- ½ small shallot
- Salt and pepper to taste

### Directions:

1. Thinly slice whole, raw Brussels sprouts so they resemble shreds of cabbage.
2. In a large serving bowl, combine Brussels sprouts with cooked quinoa, golden raisins, toasted almonds, and goat cheese.
3. In a food processor, combine all vinaigrette ingredients and blend to combine.
4. Just before serving, pour dressing over the salad and toss to combine. Dive in!

## SHREDDED CHICKEN SALAD

### For the Salad:

- ½ pound shredded chicken  
(for a time-saving hack, use rotisserie chicken!)
- 5 oz. arugula
- 1 Bartlett pear, thinly sliced
- ¼ cup toasted pistachios, roughly chopped
- 2 tbsp. bacon, cooked and crumbled
- Shards of parmesan cheese, to taste

### For the Vinaigrette:

- ½ cup extra-virgin olive oil
- 2 tbsp. balsamic vinegar
- 1 tbsp. honey
- 1 drop **Grapefruit** essential oil
- Salt to taste

### Directions:

1. Add shredded chicken, arugula, and pear to a large serving bowl.
2. In a cup, vigorously whisk all vinaigrette ingredients until well-combined and almost creamy.
3. Pour dressing over the chicken, arugula, and pear and toss to dress.
4. Top with pistachios, bacon, and parmesan cheese. Enjoy!

What did *you* create?



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



# BETTER YOUR BOTTLES

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Sprucing up your spring decor doesn't have to mean a shopping spree. Cut down on your waste and save some cash by grabbing your empty dōTERRA bottles and experimenting with these cute and thrifty upcycle projects!

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## Flower Vase

### *What you need:*

- Empty supplement bottle, lid removed
- Twine
- Spray paint
- Hot glue

### *Directions:*

1. Spray paint the outside of your supplement bottle in a well-ventilated area. You may need to apply a few coats to get a smooth finish, allowing each coat to dry for several hours or overnight.

**Get creative:** After the spray paint is dry, paint a design or write some words with a permanent marker.

2. Wrap twine around the top of the bottle, gluing as you go, to cover the grooves.
3. Fill the vase with a 2-3 inches of cold water and add a few small, freshly picked flowers from your garden.

**Keep Your Flowers Fresh:** Mix 1 tsp. each apple cider vinegar and sugar and stir into water to keep your flowers looking fresher for longer.



## Beehive

### *What you need:*

- Empty supplement bottle with lid still on
- 50 feet of rope or twine
- Hot glue

### *Directions:*

1. Drill a 1 inch hole in the side of your supplement bottle, about an inch from the bottom of the bottle.
2. Glue a small loop of rope to the center of your bottle cap.
3. Wrap your rope around the bottle, starting at the loop and moving all the way to the bottom, gluing as you go. Allow to dry and cut a hole in the rope to match the drilled hole in your bottle.
4. About 2 inches below your loop, start wrapping the rope around your bottle again, gluing as you go, until you reach the bottom of the bottle. Allow to dry and again cut a hole in the rope.
5. About 1 inch below your second layer, start a new layer by wrapping the rope around your bottle again until you reach the bottom. Allow to dry and cut a hole in the rope.
6. Continue to re-wrap in layers until you get your desired look.
7. Cut a strip of rope that will wrap around the circumference of the drilled hole. Glue the ends together to make a circle and glue it around the hole of your beehive.



## Bunny

### *What you need:*

- Spray paint
- 1 white craft pom pom
- 21 empty essential oil bottles of the same size
- Painter's tape
- Hot glue

### *Directions:*

1. Wrap each essential oil bottle with painter's tape, allowing only the bottom to show, and spray paint in a well-ventilated area.
2. Arrange the bottles to resemble a bunny (see photo for reference). Hot glue together in rows, then stack and glue the rows on top of each other.
3. Glue the pom pom to one of the bottom rows of the bunny figurine to resemble a tail.

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





# DIY's & UPCYCLES

This summer, give your kids the freedom to imagine their own worlds and make up stories by creating a space just for them.



What did *you* create?



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



## GARLAND



## GARLAND

### WHAT YOU NEED

- Wool balls
- Needle
- Embroidery thread

### DIRECTIONS

1. Thread your needle and pull it through the center of each wool ball.
2. Decide what distance you'd like between each ball and adjust them as needed.
3. Tie a knot at the beginning and end of the garland.
4. Hang in desired space to create a fun atmosphere!

**Tip:** add one to two drops of your favorite essential oils to each ball for gentle diffusing while your children play!

## TENT



## TENT

### WHAT YOU NEED

- 4–3x48 inch pieces of white wood
- ¾ inch drill bit
- ¾ x 48 inch dowel
- Sheet fasteners
- Paint of choice (optional)
- An old sheet

### DIRECTIONS

1. Measure 5 inches down from the top of each piece of the white wood, and mark in the middle.
2. Using your 3/4 inch drill bit, drill a hole where you marked.
3. With your four pieces of wood, lay two pieces on top of each other so the drill hole lines up. Push the dowel through the first set until snug, and then push the opposite end of the dowel through the second set until snug.
4. Spread the whitewood sets apart to make a triangle tent shape and stand up in your desired space.
5. **Drape the sheet over the dowel and fasten the ends to each piece of wood using a sheet fastener.**

**Make it your own!** Cut an old sponge into a shape such as a triangle, star, or heart, dip in paint, and stamp it across the surface of your sheet to make your tent uniquely yours!

## PLANT HANGER



## PLANT HANGER

### WHAT YOU NEED

- Old supplement bottle
- Spray paint
- Twine

### DIRECTIONS

1. Spray paint supplement bottle your desired color.
2. While your bottle dries, cut 8–10 one-inch pieces of twine.
3. Knot together 8 pieces of twine at the end, then separate 2 pieces of thread at a time, and knot 2 inches above your original knot.
4. Now take one string from 2 partnering knots, knot those 2 strings together about 2 inches above the other.
5. Keep repeating, cutting more pieces of twine if needed, until you get your desired size and length.
6. Plant succulent inside bottle with dirt and water.
7. Place the supplement bottle plant inside the plant hanger and tie knot at end. Hang near your tent or in any other desired space!

## TASSELS



## TASSELS

### WHAT YOU NEED

- Yarn
- Thread
- Needle
- 4x5 inch piece of cardboard

### DIRECTIONS












































1. Wrap the yarn around your cardboard approximately 30 times.
2. Pull your yarn off the cardboard, tie a 3 inch piece of yarn around one side, and cut through the loops of yarn on the other.
3. Flip it over and tie another piece of yarn around it.
4. Repeat steps 1–3 for more tassels.
5. Thread a needle through each tassel to create garland.



## PRODUCT GUIDE

# ESSENTIAL OIL SINGLES

The dōTERRA® collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is 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.

 <b>ARBORVITAE</b> ESSENTIAL OIL <i>Thuja plicata</i> A T N 49361713   5 mL \$37.67 retail   \$28.25 whl 23.5 PV	 <b>BASIL</b> ESSENTIAL OIL <i>Ocimum basilicum</i> A T I N 30011813   15 mL \$41.00 retail   \$30.75 whl 25.5 PV	 <b>BERGAMOT</b> ESSENTIAL OIL <i>Citrus bergamia</i> A T I S 30791813   15 mL \$51.33 retail   \$38.50 whl 32 PV	 <b>BLACK PEPPER</b> ESSENTIAL OIL <i>Piper nigrum</i> A T I S 41041813   5 mL \$37.67 retail   \$28.25 whl 23.5 PV	 <b>BLACK SPRUCE</b> ESSENTIAL OIL <i>Tanacetum annuum</i> A T S 60209144   5 mL \$30.67 retail   \$23.00 whl 19 PV
 <b>BLUE TANSY</b> ESSENTIAL OIL <i>Tanacetum annuum</i> A T N 60203634   5 mL \$145.33 retail   \$109.00 whl 85 PV <small>May stain surfaces, clothing, skin</small>	 <b>CARDAMOM</b> ESSENTIAL OIL <i>Eleutheria cardamomum</i> A T I N 49351813   5 mL \$44.33 retail   \$33.25 whl 27.5 PV	 <b>CASSIA</b> ESSENTIAL OIL <i>Cinnamomum cassia</i> A T I D 30021813   15 mL \$32.33 retail   \$24.25 whl 20 PV	 <b>CEDARWOOD</b> ESSENTIAL OIL <i>Juniperus virginiana</i> A T S 49301713   15 mL \$22.33 retail   \$16.75 whl 14 PV	 <b>CELERY SEED</b> ESSENTIAL OIL <i>Juniperus virginiana</i> A T I S 60210109   15 mL \$61.33 retail   \$46.00 whl 38 PV
 <b>CILANTRO</b> ESSENTIAL OIL <i>Coriandrum sativum</i> A T I N 41851813   15 mL \$61.64 retail   \$33.25 whl 27.5 PV	 <b>CINNAMON BARK</b> ESSENTIAL OIL <i>Cinnamomum zeylanicum</i> A T I D 30031813   5 mL \$41.00 retail   \$30.75 whl 25.5 PV	 <b>CITRONELLA</b> ESSENTIAL OIL <i>Cymbopogon winterianus</i> A T S 60209658   15 mL \$30.67 retail   \$23.00 whl 19 PV	 <b>CLARY SAGE (NHP)</b> ESSENTIAL OIL <i>Salvia sclarea</i> A T N 30422113   15 mL \$62.33 retail   \$46.75 whl 38.5 PV   NPN 80060984	 <b>CLOVE</b> ESSENTIAL OIL <i>Eugenia caryophyllata</i> A T I D 30041813   15 mL \$27.33 retail   \$20.50 whl 17 PV
 <b>COPAIBA</b> ESSENTIAL OIL <i>Copaifera spp.</i> A T N 60202899   15 mL \$60.00 retail   \$45.00 whl 37 PV	 <b>CORIANDER</b> ESSENTIAL OIL <i>Coriandrum sativum</i> A T I N 30781813   15 mL \$42.67 retail   \$32.00 whl 26.5 PV	 <b>CYPRESS (NHP)</b> ESSENTIAL OIL <i>Cupressus sempervirens</i> A T N 30052113   15 mL \$26.67 retail   \$20.00 whl 16.5 PV   NPN 80060929	 <b>DOUGLAS FIR</b> ESSENTIAL OIL <i>Pseudotsuga menziesii</i> A T N 31591713   5 mL \$33.33 retail   \$25.00 whl 20.5 PV	 <b>EUCALYPTUS</b> ESSENTIAL OIL <i>Eucalyptus radiata</i> A T S 30061713   15 mL \$29.00 retail   \$21.75 whl 18 PV
 <b>FENNEL</b> ESSENTIAL OIL <i>Foeniculum vulgare</i> A T I S 41291813   15 mL \$25.67 retail   \$19.25 whl 16 PV	 <b>FRANKINCENSE</b> ESSENTIAL OIL <i>Boswellia carterii, sacra, papyrifera, and frereana</i> A T I N 30071713   15 mL \$116.33 retail   \$87.25 whl 67 PV	 <b>GERANIUM</b> ESSENTIAL OIL <i>Pelargonium graveolens</i> A T I D 30091813   15 mL \$53.00 retail   \$39.75 whl 33 PV	 <b>GINGER</b> ESSENTIAL OIL <i>Zingiber officinale</i> A T I S 31631813   15 mL \$70.00 retail   \$52.50 whl 43.5 PV	 <b>GRAPEFRUIT</b> ESSENTIAL OIL <i>Citrus X paradisi</i> A T I N 30101813   15 mL \$30.67 retail   \$23.00 whl 19 PV
 <b>GREEN MANDARIN</b> ESSENTIAL OIL <i>Citrus nobilis</i> A T I N 60207636   15 mL \$48.00 retail   \$36.00 whl 30 PV	 <b>HELICHRYSUM (NHP)</b> ESSENTIAL OIL <i>Helichrysum italicum</i> A T N 30412113   5 mL \$119.67 retail   \$89.75 whl 63.5 PV   NPN 80060963	 <b>JUNIPER BERRY</b> ESSENTIAL OIL <i>Juniperus communis</i> A T I N 49291813   5 mL \$39.33 retail   \$24.25 whl 20 PV	 <b>LAVENDER</b> ESSENTIAL OIL <i>Lavandula angustifolia</i> A T I N 30111813   15 mL \$39.33 retail   \$29.50 whl 24.5 PV	 <b>LEMON</b> ESSENTIAL OIL <i>Citrus limon</i> A T I N 30121813   15 mL \$18.67 retail   \$14.00 whl 11.5 PV
 <b>LEMON EUCALYPTUS</b> ESSENTIAL OIL <i>Melaleuca alternifolia</i> A T S 60210108   15 mL \$20.67 retail   \$15.50 whl 13 PV	 <b>LEMONGRASS</b> ESSENTIAL OIL <i>Cymbopogon flexuosus</i> A T I D 30131813   15 mL \$17.00 retail   \$12.75 whl 10.5 PV	 <b>LIME</b> ESSENTIAL OIL <i>Citrus aurantifolia</i> A T I S 30871813   15 mL \$22.33 retail   \$16.75 whl 14 PV	 <b>MARJORAM</b> ESSENTIAL OIL <i>Origanum majorana</i> A T I N 30141813   15 mL \$32.33 retail   \$24.25 whl 20 PV	 <b>MELISSA</b> ESSENTIAL OIL <i>Melissa officinalis</i> A T I N 30851813   5 mL \$196.67 retail   \$147.50 whl 106 PV
 <b>MYRRH (NHP)</b> ESSENTIAL OIL <i>Commiphora myrrha</i> A T N 30162113   15 mL \$101.00 retail   \$75.75 whl 53 PV   NPN 80060962	 <b>OREGANO</b> ESSENTIAL OIL <i>Origanum vulgare</i> A T I D 30181813   15 mL \$37.67 retail   \$28.25 whl 23.5 PV	 <b>PATCHOULI (NHP)</b> ESSENTIAL OIL <i>Pogostemon cablin</i> A T I N 30892113   15 mL \$48.00 retail   \$36.00 whl 30 PV   NPN 80060989	 <b>PEPPERMINT (NHP)</b> ESSENTIAL OIL <i>Mentha piperita</i> A T I N 30192113   15 mL \$37.67 retail   \$28.25 whl 23.5 PV   NPN 80061370	 <b>PEPPERMINT (NHP)</b> BEADLET I 31571813   125 ct. \$21.33 retail   \$16.00 whl 13 PV   NPN 80078395
 <b>PETITGRAIN (NHP)</b> ESSENTIAL OIL <i>Citrus aurantium</i> A T S 60200722   15 mL \$42.67 retail   \$32.00 whl 26.5 PV   NPN 80072499	 <b>PINK PEPPER</b> ESSENTIAL OIL <i>Schinus molle</i> A T I N 60205308   5 mL \$44.33 retail   \$33.25 whl 27.5 PV	 <b>ROMAN CHAMOMILE (NHP)</b> ESSENTIAL OIL <i>Anthemis nobilis</i> A T N 60200810   5 mL \$77.00 retail   \$57.75 whl 47.5 PV   NPN 80072461	 <b>ROSE</b> ESSENTIAL OIL <i>Rosa</i> A T S 60202783   5 mL \$470.33 retail   \$352.75 whl 212 PV	 <b>ROSEMARY</b> ESSENTIAL OIL <i>Rosmarinus officinalis</i> A T I N 30201813   15 mL \$27.33 retail   \$20.50 whl 17 PV

 <b>SANDALWOOD (NHP)</b> ESSENTIAL OIL <i>Santalum album</i> A T N 30212113   5 mL \$119.67 retail   \$89.75 whl 63.5 PV   NPN 80060977	 <b>SANDALWOOD, HAWAIIAN</b> ESSENTIAL OIL <i>Santalum paniculatum</i> A T N 41861713   5 mL \$119.67 retail   \$89.75 whl 63.5 PV	 <b>SIBERIAN FIR</b> ESSENTIAL OIL <i>Abies sibirica</i> A T N 60203586   15 mL \$34.33 retail   \$25.75 whl 21.5 PV	 <b>SPEARMINT</b> ESSENTIAL OIL <i>Mentha spicata</i> A T I S 31611813   15 mL \$48.00 retail   \$36.00 whl 30 PV	 <b>SPIKENARD</b> ESSENTIAL OIL <i>Nardostachys jatamansi</i> A T N 60200723   5 mL \$84.67 retail   \$63.50 whl 52.5 PV
 <b>TANGERINE</b> ESSENTIAL OIL <i>Citrus reticulata</i> A T I N 60202904   15 mL \$25.67 retail   \$19.25 whl 16 PV	 <b>TEA TREE (NHP)</b> ESSENTIAL OIL <i>Melaleuca alternifolia</i> A T N 30152113   15 mL \$36.00 retail   \$27.00 whl 22.5 PV   NPN 80060950	 <b>THYME</b> ESSENTIAL OIL <i>Thymus vulgaris</i> A T I D 30221813   15 mL \$50.33 retail   \$37.75 whl 31 PV	 <b>TURMERIC</b> ESSENTIAL OIL <i>Curcuma longa</i> A T I N 60207639   15 mL \$48.00 retail   \$36.00 whl 30 PV	 <b>VETIVER</b> ESSENTIAL OIL <i>Vetiveria zizanioides</i> A T N 30431713   15 mL \$70.00 retail   \$52.50 whl 43.5 PV
 <b>WINTERGREEN</b> ESSENTIAL OIL <i>Gaultheria fragrantissima</i> A T S 31621713   15 mL \$37.67 retail   \$28.25 whl 23.5 PV	 <b>WILD ORANGE</b> ESSENTIAL OIL <i>Citrus sinensis</i> A T I N 30171813   15 mL \$17.00 retail   \$12.75 whl 10.5 PV	 <b>YARROW   POM</b> ESSENTIAL OIL BLEND <i>Active Botanical Nutritive Duo</i> A T N 60207955   30 mL \$162.33 retail   \$121.75 whl 100.5 PV	 <b>YLANG YLANG</b> ESSENTIAL OIL <i>Cananga odorata</i> A T N 30241713   15 mL \$63.33 retail   \$47.50 whl 39.5 PV	

## TOUCH BLENDS

 <b>dōTERRA TOUCH® JASMINE</b> ESSENTIAL OIL A T N 60202907   10 mL roll-on \$71.67 retail   \$53.75 whl 44.5 PV	 <b>dōTERRA TOUCH® MAGNOLIA</b> ESSENTIAL OIL A T N 60207637   10 mL roll-on \$48.00 retail   \$36.00 whl 30 PV	 <b>dōTERRA TOUCH® NEROLI</b> ESSENTIAL OIL A T N 60202906   10 mL roll-on \$80.33 retail   \$60.25 whl 50 PV	 <b>dōTERRA TOUCH® ROSE</b> ESSENTIAL OIL A T N 60202901   10 mL roll-on \$119.67 retail   \$89.75 whl 69 PV
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APPLICATION METHODS A Can be used aromatically T Can be use topically I Can be used internally

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



# PROPRIETARY ESSENTIAL OIL BLENDS

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

 <p><b>ADAPTIV™</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>60210107   15 mL \$64.00 retail   \$48.00 whl 39.5 PV</p>	 <p><b>ADAPTIV™ TOUCH</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>60210121   10 mL roll-on \$34.00 retail   \$25.50 whl 21 PV</p>	 <p><b>AROMATOUCH®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>31201713   15 mL \$48.00 retail   \$36.00 whl 30 PV</p>	 <p><b>BALANCE®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>31011713   15 mL \$36.00 retail   \$27.00 whl 22.5 PV</p>	 <p><b>CITRUS BLISS®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>31021713   15 mL \$30.67 retail   \$23.00 whl 19 PV</p>
 <p><b>CLARYCALM®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>60201141   10 mL roll-on \$46.33 retail   \$34.75 whl 28.5 PV</p>	 <p><b>DEEP BLUE®</b> ESSENTIAL OIL BLEND</p> <p>A T S</p> <p>31051713   5 mL \$56.33 retail   \$42.25 whl 35 PV</p>	 <p><b>DEEP BLUE® ROLL-ON</b> ESSENTIAL OIL BLEND</p> <p>A T S</p> <p>60201831   10 mL roll-on \$101.00 retail   \$75.75 whl 58.5 PV</p>	 <p><b>EASY AIR®</b> ESSENTIAL OIL BLEND</p> <p>A T S</p> <p>60200204   15 mL \$37.67 retail   \$28.25 whl 23.5 PV</p>	 <p><b>ELEVATION®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>31041713   15 mL \$73.67 retail   \$55.25 whl 45.5 PV</p>
 <p><b>HD CLEAN®</b> ESSENTIAL OIL BLEND</p> <p>T N</p> <p>60201145   10 mL roll-on \$36.00 retail   \$27.00 whl 22.5 PV</p>	 <p><b>IMMORTELE®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>60205381   10 mL roll-on \$119.00 retail   \$89.25 whl 74 PV</p>	 <p><b>INTUNE®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>60201832   10 mL roll-on \$59.00 retail   \$44.25 whl 36.5 PV</p>	 <p><b>ON GUARD®</b> ESSENTIAL OIL BLEND</p> <p>A T I S</p> <p>31101813   15 mL \$58.00 retail   \$43.50 whl 36 PV</p>	 <p><b>PASTTENSE®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>60201161   10 mL roll-on \$33.33 retail   \$25.00 whl 20.5 PV</p>
 <p><b>dōTERRA PURIFY®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>31061713   15 mL \$34.33 retail   \$25.75 whl 21.5 PV</p>	 <p><b>dōTERRA SERENITY®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>60200721   15 mL \$54.67 retail   \$41.00 whl 34 PV</p>	 <p><b>SMART &amp; SASSY®</b> ESSENTIAL OIL BLEND</p> <p>A T I S</p> <p>31371813   15 mL \$44.33 retail   \$33.25 whl 27.5 PV</p>	 <p><b>TERRASHIELD®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>60201692   15 mL \$18.00 retail   \$13.50 whl 11 PV</p>	 <p><b>TERRASHIELD® SPRAY</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>60201693   30 mL bottle \$33.33 retail   \$25.00 whl 18 PV</p>
 <p><b>dōTERRA WHISPER®</b> ESSENTIAL OIL BLEND</p> <p>A T N</p> <p>31081713   5 mL \$41.00 retail   \$30.75 whl 25.5 PV</p>	 <p><b>ZENDOCRINE®</b> ESSENTIAL OIL BLEND</p> <p>A T I N</p> <p>31461813   15 mL \$41.00 retail   \$30.75 whl 25.5 PV</p>	 <p><b>ZENGEST®</b> ESSENTIAL OIL BLEND</p> <p>A T I N</p> <p>31031813   15 mL \$56.33 retail   \$42.25 whl 35 PV</p>		



# dōTERRA COLLECTIONS



## 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



## 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



## 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 Passion®
- dōTERRA Console®
- dōTERRA Peace®

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



<b>dōTERRA MOTIVATE®</b>	ESSENTIAL OIL BLEND
<b>31741713</b>	5 mL bottle
\$39.33 retail	\$29.50 whl
24.5 PV	



<b>dōTERRA CHEER®</b>	ESSENTIAL OIL BLEND
<b>31721713</b>	5 mL bottle
\$42.67 retail	\$32.00 whl
26.5 PV	



<b>dōTERRA PASSION®</b>	ESSENTIAL OIL BLEND
<b>31761713</b>	5 mL bottle
\$57.89 retail	\$43.42 whl
36 PV	



<b>dōTERRA FORGIVE®</b>	ESSENTIAL OIL BLEND
<b>31751713</b>	5 mL bottle
\$34.33 retail	\$25.75 whl
21.5 PV	



<b>dōTERRA CONSOLE®</b>	ESSENTIAL OIL BLEND
<b>31731713</b>	5 mL bottle
\$63.33 retail	\$47.50 whl
39.5 PV	



<b>dōTERRA PEACE®</b>	ESSENTIAL OIL BLEND
<b>31711713</b>	5 mL bottle
\$51.33 retail	\$38.50 whl
32 PV	



# PRODUCT GUIDE



## 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>	Nine 10 mL roll-on bottles
\$296.33 retail	\$222.25 wholesale   174 PV



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

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



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

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



### dōTERRA TOUCH® ZENGEST® ESSENTIAL OIL BLEND

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



### dōTERRA TOUCH® FRANKINCENSE ESSENTIAL OIL BLEND

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



### dōTERRA TOUCH® LAVENDER ESSENTIAL OIL BLEND

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



### dōTERRA TOUCH® TEA TREE ESSENTIAL OIL BLEND

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



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

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



### dōTERRA TOUCH® OREGANO ESSENTIAL OIL BLEND

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



### dōTERRA TOUCH® PEPPERMINT ESSENTIAL OIL BLEND

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



## YOGA COLLECTION

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

<b>60207904</b>	Three 5 mL bottles
\$89.00 retail	\$66.75 wholesale   53 PV



### dōTERRA ARISE® ENLIGHTENING BLEND

<b>60207903</b>	5 mL bottle
\$32.33 retail	\$24.25 whl
20 PV	



### dōTERRA ANCHOR® STEADYING BLEND

<b>60207901</b>	5 mL bottle
\$34.33 retail	\$25.75 whl
21.5 PV	



### dōTERRA AFFIRM™ CENTERING BLEND

<b>60207902</b>	5 mL bottle
\$29.00 retail	\$21.75 whl
18 PV	



## 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 CHEER® TOUCH ESSENTIAL OIL BLEND



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



### dōTERRA CONSOLE® TOUCH ESSENTIAL OIL BLEND



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



### dōTERRA FORGIVE® TOUCH ESSENTIAL OIL BLEND



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



### dōTERRA MOTIVATE® TOUCH ESSENTIAL OIL BLEND



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



### dōTERRA PASSION® TOUCH ESSENTIAL OIL BLEND



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



### dōTERRA PEACE® TOUCH ESSENTIAL OIL BLEND



<b>60200718</b>	10 mL roll-on
\$34.33 retail	\$25.75 whl
21.5 PV	



## dōTERRA KIDS COLLECTION

Made up of seven 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>60211161</b>	Seven 10 mL roll-on bottles
\$179.67 retail	\$134.75 wholesale   95.5 PV



### BRAVE™



<b>60207641</b>	10 mL roll-on
\$36.00 retail	\$27.00 whl
22.5 PV	



### CALMER™



<b>60207640</b>	10 mL roll-on
\$32.33 retail	\$24.25 whl
20 PV	



### RESCUER™



<b>60207642</b>	10 mL roll-on
\$25.67 retail	\$19.25 whl
16 PV	



### STEADY™



<b>60207643</b>	10 mL roll-on
\$25.67 retail	\$19.25 whl
16 PV	



### STRONGER™



<b>60207644</b>	10 mL roll-on
\$24.00 retail	\$18.00 whl
15 PV	



### TAMER™



<b>60210258</b>	10 mL roll-on
\$25.33 retail	\$19.00 whl
15.5 PV	



### THINKER™



<b>60207645</b>	10 mL roll-on
\$27.33 retail	\$20.50 whl
17 PV	



# ESSENTIAL USAGE

## INTERNAL USE



### VEGGIE CAPS

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

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

<b>60204616</b>	160 HPMC capsules
\$7.00 retail	\$5.25 wholesale   0 PV

## TOPICAL USE



### FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical use.

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

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

## AROMATIC USE



### PETAL ESSENTIAL COLLECTION NEW

Bringing you the essentials to experience the aromatic benefits of essential oils, the Petal Essentials Collection combines the small but powerful Petal Diffuser® 2.0 with two best-selling essential oils, Wild Orange and Lavender.

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

<b>60211633</b>	
\$80.33 retail	\$60.25 wholesale   21 PV



### LUMO® DREAM COLLECTION NEW

Influenced by the serenity of nature, the Lumo Dream Collection combines the beautiful Lumo diffuser and the dōTERRA Serenity® blend to bring you all the elements of a dreamy, relaxing evening in one simple package.

- 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>60211634</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



### VOLO™ ONYX DIFFUSER NEW

Powerful and uniquely refined, Volo is the perfect addition to enhance any environment with the aromatic benefits of CPTG® essential oils. With two uniquely crafted options, Volo Marble and Volo Onyx complement any home or office decor.

<b>60211701</b>	
\$100.67 retail	\$75.50 wholesale   0 PV



### VOLO™ MARBLE DIFFUSER NEW

Powerful and uniquely refined, Volo is the perfect addition to enhance any environment with the aromatic benefits of CPTG® essential oils. With two uniquely crafted options, Volo Marble and Volo Onyx complement any home or office decor.

<b>60211700</b>	
\$100.67 retail	\$75.50 wholesale   0 PV



### PILÖT™ DIFFUSER NEW

Meet Pilōt™, the portable diffuser that can go everywhere you do! Take it with you in the car, to work, or from room to room. Wherever you go, the Pilōt™ is standing by, ready to diffuse your favorite essential oils. Also made from eco-friendly materials, you couldn't ask for a more responsible companion.

<b>60212216</b>	
\$64.00 retail	\$48.00 wholesale   0 PV



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



### dōTERRA® SPA ROSE HAND LOTION

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

<b>60200781</b>	100 mL
\$25.75 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
\$25.75 Retail	\$25.75 wholesale   0 PV

# ON GUARD® PRODUCTS



## ON GUARD® TOP SELLER ESSENTIAL OIL BLEND



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™ MOUTHWASH

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

<b>60207971</b>	473 mL
\$24.67 retail	\$18.50 wholesale   10.5 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™ TOOTHPASTE 10PK

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

## DEEP BLUE® TOP SELLER

A T S

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

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

<b>31051713</b>	5 mL bottle
\$56.33 retail	\$42.25 wholesale   35 PV

<b>60201831</b>	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 Lotion 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

<b>38901713</b>	120 mL
\$54.67 retail	\$41.00 wholesale   32 PV

## DEEP BLUE

### POLYPHENOL COMPLEX® (NHP)

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

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

<b>34361813</b>	60 capsules
\$101.67 retail	\$76.25 wholesale   63 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.

<b>60200654</b>	
\$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

<b>36221713</b>	250 mL
\$33.33 retail	\$25.00 wholesale   20.5 PV

<b>60203210</b>	946 mL
\$77.00 retail	\$57.75 wholesale   37 PV

## SALON ESSENTIALS® SMOOTHING CONDITIONER

Salon Essentials Smoothing Conditioner brings hair to life through a combination of dōTERRA essential oils that will reduce visible signs of hair damage while also helping to prevent static, leaving your hair looking 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

<b>36231713</b>	250 mL
\$39.33 retail	\$29.50 wholesale   24.5 PV

<b>60203212</b>	946 mL
\$85.67 retail	\$64.25 wholesale   42.5 PV

## SALON ESSENTIALS® ROOT TO TIP SERUM

The Root to Tip Serum provides a pleasant 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

<b>36211713</b>	30 mL
\$60.00 retail	\$45.00 wholesale   37 PV

## SHAMPOO AND CONDITIONER SAMPLES 10 PK

<b>60206511</b>	10 Pack
\$14.67 retail	\$11.00 wholesale   0 PV



## PROTECTING SHAMPOO 2-PACK

<b>60200743</b>	\$42.00 retail	\$31.50 wholesale	19.5 PV
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## SMOOTHING CONDITIONER 2-PACK

<b>60200742</b>	\$48.00 retail	\$36.00 wholesale	23 PV
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## SHAMPOO AND CONDITIONER

<b>60200741</b>	\$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

<b>37461713</b>	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

<b>60200796</b>	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

<b>37491713</b>	113.4 g
\$24.67 retail	\$18.50 wholesale   12.5 PV

## dōTERRA® SPA HYDRATING BODY MIST

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

<b>60207704</b>	125 mL
\$42.67 retail	\$32.00 wholesale   23.5 PV

## dōTERRA® SPA HAND AND

## BODY LOTION

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

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

<b>60200795</b>	200 mL
\$24.67 retail	\$18.50 wholesale   15.5 PV

## dōTERRA® SPA HAND AND BODY LOTION 3-PACK

<b>60203471</b>	
\$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

<b>60200730</b>	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

<b>60200724</b>	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

<b>60200725</b>	4.5 g
\$11.00 retail	\$8.25 wholesale   5 PV

## TROPICAL

<b>60200727</b>	4.5 g
\$11.00 retail	\$8.25 wholesale   5 PV

## HERBAL

<b>60200726</b>	4.5 g
\$11.00 retail	\$8.25 wholesale   5 PV

## LIP BALM VARIETY 3-PACK

<b>60203481</b>	
\$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

<b>37451713</b>	113 g
\$11.67 retail	\$8.75 wholesale   5.5 PV



# SKIN CARE



## dōTERRA® FACIAL CLEANSER

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

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

## dōTERRA® INVIGORATING SCRUB

dōTERRA® 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

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

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

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

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



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

## 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® SKIN CARE COLLECTION

The Verage 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

Verage 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

Verage 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

## VERÁGE® IMMORTELLE

## HYDRATING SERUM

Experience the age-defying effects of Verage Immortelle Hydrating Serum. This powerful formula combines CPTG® essential oils with a specialized plant technology to promote more youthful looking skin. Verage 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, Verage 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. Verage 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



**BALANCE™ DEODORANT** NEW  
This naturally sourced deodorant features the grounding aroma of Balance® essential oil blend, baking soda, and tapioca for long-lasting freshness and all-day confidence.

<b>60210052</b>		
\$14.67 retail	\$11.00 wholesale	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

<b>60111713</b>	15 mL	
\$20.67 retail	\$15.50 wholesale	10.5 PV



**YARROW | POM BODY RENEWAL SERUM** NEW  
Glow from head-to-toe with the synergy of Yarrow essential oil and cold-pressed Pomegranate seed oil. Yarrow|Pom Body Renewal Serum sets the new standard for healthy looking, radiant skin. It features this active botanical powerhouse combined with other CPTG Certified Pure Tested Grade® essential oils, botanicals, and plant extracts in a luxuriously silky, full-body serum packed with powerful bioactive compounds and proteins. Yarrow essential oil revitalizes aging skin while Pomegranate seed oil supports the skin's natural barrier by helping to slow the normal breakdown of skin proteins that occur with aging.

<b>60211285</b>	100 mL	
\$111.33 retail	\$83.50 wholesale	63.5 PV



**dōTERRA BABY® DIAPER RASH CREAM (NHP)** NEW  
Infused with CPTG® Lavender, Carrot Seed, and Tea Tree essential oils, this unique blend helps balance and soothe the skin while rich myrta shea butter works to moisturize, leaving skin soft and smooth. Non-nano zinc oxide creates a barrier to protect from excess moisture, preventing diaper rash before it starts. Protect little ones with this gentle cream designed just for sensitive baby skin. NPN 80078640

<b>60203052</b>	6 g	
\$14.67 retail	\$11.00 wholesale	5.5 PV



**dōTERRA BABY® HAIR & BODY WASH** NEW  
This foaming tear-free wash combines simple, gentle ingredients that nourish and moisturize even after rinsing off. A blend of vanilla extract with CPTG® Lavender and Roman Chamomile essential oils provides a soothing aroma that will leave babies, toddlers, and even big kids with that light, newborn scent. Designed with a convenient, easy-to-use pump, doTERRA Baby Hair & Body Wash makes bath time effortless and simple, with more time to focus on splishing and splashing.

<b>60203050</b>	295 mL	
\$22.33 retail	\$16.75 wholesale	10.5 PV

## SUPPLEMENTS



### 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).

<b>60202934</b>	30 Day Supply
\$126.67 retail	\$95.00 wholesale   60 PV



### SMART & SASSY™ GUM NEW

Indulge your sweet tooth without compromising your goals with the sugar-free Smart & Sassy Gum! Each piece of gum contains one drop of Smart & Sassy essential oil blend, which is made up of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils. Additionally sweetened with other naturally sourced, sugar-free ingredients, this gum has a delicious flavor to satisfy your cravings while keeping you right on track.

<b>60207623</b>	15 mL
\$14.67 retail	\$11.00 wholesale   5.5 PV



### TRIEASE® BLEND SOFTGELS (NHP) NEW

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

<b>49311813</b>	60 vegetable capsules
\$39.33 retail	\$20.50 wholesale   21 PV



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



### TERRAZYME® (NHP) TOP SELLER

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

<b>35111813</b>	90 vegetable capsules
\$64.00 retail	\$48.00 wholesale   39.5 PV



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



# ENROLLMENT COLLECTIONS



## SIMPLE SOLUTIONS

- **15 mL bottles:** Lemon, On Guard®, dōTERRA Serenity®
- **Other Products:** Deep Blue® Rub Lotion

60211361

\$179.67 retail	\$134.75 wholesale	74 PV
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## HEALTHY START

- **5 mL bottles:** Deep Blue®, Easy Air®, Frankincense, Lavender, Lemon, On Guard®, Oregano, Peppermint, Tea Tree, ZenGest®
- **Other Products:** Brevi™ Stone Diffuser

60211338

\$273.67 retail	\$205.25 wholesale	116.5 PV
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## HEALTHY HABITS

- **5 mL bottles:** Balance®, Frankincense, Lavender, Lemon, On Guard®
- **Other Products:** Deep Blue® Rub Lotion, LifeLong Vitality® Convenience Pack, TerraZyme®, 30 Veggie Caps

60211370

\$333.33 retail	\$250.00 wholesale	132.5 PV
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## HEALTHY ESSENTIALS

- **5 mL bottles:** Deep Blue®
- **15 mL bottles:** Adaptiv™, Balance®, Copaiba, Easy Air®, Lavender, Lemon, On Guard®, Peppermint, ZenGest®
- **Other Products:** Petal Diffuser® 2.0

60213382

\$426.00 retail	\$319.50 wholesale	215 PV
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#### HEALTHY HOME

- **5 mL bottles:** Deep Blue®
- **15 mL bottles:** Easy Air®, Frankincense, Lavender, Lemon, On Guard®, Oregano, Peppermint, Tea Tree, ZenGest®
- **Other Products:** Brevi™ Stone Diffuser, On Guard® Cleaner Concentrate, On Guard® Mist, On Guard® Foaming Hand Wash with Dispenser, On Guard™ Toothpaste, Salon Essentials® Protecting Shampoo, Salon Essentials® Smoothing Conditioner

60211339

\$598.67 retail	\$449.00 wholesale	265 PV
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#### NATURE'S SOLUTIONS

- **15 mL bottles:** AromaTouch®, Balance®, Frankincense, Lavender, Lemon, Peppermint, Wild Orange, ZenGest®, doTERRA Serenity®, Tea Tree, Easy Air®
- **10 mL roll-on bottle:** PastTense®
- **On Guard® Collection:** On Guard™ Toothpaste, On Guard® Hand Wash w/2 dispensers
- **Other Products:** doTERRA Lifelong Vitality® Convenience Pack, TerraZyme®, Correct-X®, Peppermint Beadlets, Deep Blue® Rub Lotion, doTERRA Lumo® Diffuser, Fractionated Coconut Oil (115 mL), Protecting Shampoo, Smoothing Conditioner, doTERRA Essentials Booklet, Wooden Box

60203900

\$800.00 retail	\$600.00 wholesale	400 PV
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For additional enrollment collection options  
visit [doterra.com/CA/en](http://doterra.com/CA/en)



## NOTES

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dōTERRA®

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# TerraShield®

*Terrashield Essential Oil Blend*

## THE GREAT OUTDOORS IN A BOTTLE



### TerraShield® Spray

<b>60201693</b>	30 mL Spray
\$33.33 retail	\$25.00 wholesale 18 PV

### TerraShield®

<b>60201692</b>	15 mL
\$18.00 retail	\$13.50 wholesale 11 PV



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dōTERRA®

CPTG Certified Pure Tested Grade®