

LIVING

MAGAZINE



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Feature:**
Living in Light

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dōTERRA® | CANADA SPRING/SUMMER 2021



“From the beginning, we focused on how to create high-quality essential oils. It wouldn’t be possible without growers, distillers, and countless others who are as committed and dedicated as we are.”

Dr. David Hill,
Founding Executive, Science and Healthcare



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dōTERRA
Product Guide

A Time of Bloom

We've blinked, and now it's spring! Spring is a beautiful season of budding blooms, dewy morning grass, and light drizzles. In the sometimes-gloomy winter, it promises sunny seasons ahead.

In literature, spring has long been used as a symbol of newness, and for good reason. From dry earth comes green grass. From bare, dead trees appear fresh, twirling leaves and beautiful flowers. In truth, it's nothing short of a miracle.

Much like you.

There will always be some seasons of pain and gloom in your life, but repeatedly you rise. You mourn, you feel deeply, and you press forward with new growth—leaves and blossoms of experience that add depth and beauty to your life.

No matter your winters, our message to you is to keep moving forward. Envelop yourself with love, trust in your instincts, and know that your season of bloom is coming.

dōTERRA Canada, Corporate

When Life Gives You Lemons

The beauty of a lemon is in the eye of the beholder. To some, lemons are bright, refreshing, and sparkling. For others, lemons can be sour, acidic, or bitter. At some point, however, lemons got a bad rap. For example, a junky car that never works is often referred to as a lemon, and people frequently say, “When life gives you lemons” to describe the sour side of daily living.

But anyone who has held this radiant, sunshiny fruit, smelled the refreshing aroma of a lemon peel, or tasted its invigorating flavour knows that a lemon can be truly magical. Powerful and versatile, the magic of lemons is used in everything from cooking and baking to cosmetics and cleaning supplies. They can even add a fresh twist to a glass of water.

In addition to the many benefits of the fruit, juice, and peel, lemons also produce Lemon essential oil, which is known to be topically cleansing, aromatically energizing, and refreshingly flavourful. Those who have used Lemon oil know it's anything but a dud. With dozens of uses, this cheery and versatile essential oil is like liquid gold.

Why Italy?

One location where dōTERRA sources lemons for Lemon essential oil is Italy's largest island, Sicily. In Italy, owning a lemon orchard isn't simply a way to make a living—it's a way of life. dōTERRA trusts lemon growers and processors who have been in the business for generations to carefully produce pure Lemon essential oil. Many of these growers and processors were taught the lemon business by their fathers, who were taught by their fathers, and so on. To them, growing and processing lemons is a delicate art that requires great attention, love, and care. These families understand the magic of lemons..

Lemons have been a part of Sicily's history since the ninth century. And for hundreds of years, Sicily has remained one of the top producers and exporters of lemons in the world. Around the nineteenth century, doctors discovered that the fruit was beneficial for sailors, creating a booming surge in Sicily's production. Throughout centuries, Sicilian lemons have remained a head above the rest. This advantage is due to the hot, sunny days and cold nights in Sicily combined with volcanic soil, giving Sicilian lemons a unique taste that can't be found anywhere else.



The lemon tree can produce fruit year-round, typically up to 600 pounds every year. In Sicily, the ideal conditions lead to healthy lemons that can grow to the size of softballs.

The families who help produce Lemon essential oil honour the traditions and knowledge of the growers and processors who came before them, while also using new technology and methods to make the best products possible. One oil producer said, "Back in the old days, it would take my father, plus 50 men, a whole season to do what we're now able to do in a single day. We can produce much more without losing any quality."

Making the Most of Every Lemon

Because lemons have so many uses in other industries, when lemon producers process the fruit, nothing goes to waste. The essential oil is first extracted from the peel and then the fruit is juiced. The remaining peel and pulp are separated, with the peel often being used for candy or producing pectin while the pulp is used in animal husbandry. In the past, Lemon essential oil was extracted by squeezing or pressing – often referred to as cold-pressing – the rind of the fruit, releasing the oil from the tiny sacs that hold the essential oil in the peel. This extraction was initially done by hand, but machines have been developed to make the process much faster and more efficient. Today the oil dōTERRA purchases is extracted by rasping the fruit on what can be best described as industrial zesters. As the fruit rolls along these zesters, the oil is released into a water bath. The water and oil are then separated using large centrifuges that literally spin the two liquids apart, leaving the pure essential oil.

Living with Lemons

In millions of homes throughout the world, bottles of Lemon essential oil assist with everyday tasks like cooking and cleaning, as well as personal care. By producing the highest quality lemons possible, growers in Sicily share the magic of this fruit with the world through Lemon essential oil.

Though some choose to view lemons as symbols of bitterness or sour feelings, many others know that the aroma, taste, and even sight of lemons can be bright, hopeful, energizing, and radiant. From the beautiful coasts of Sicily, every bottle of Lemon essential oil from dōTERRA displays a bright yellow label that acts as a marker for hope, representing years of tradition for those who truly understand the magic of lemons.



Essential Oil Spotlight

Lemon

Citrus limon



Distillation Method: Cold-pressed/expressed
Aromatic Description: Clean, fresh, citrus, bright
Plant Part: Lemon rinds (peel)

Lemons are a symbol of bright freshness, and Lemon essential oil is no different! As soon as you open the bottle, its sweet citrus scent almost instantly transforms the environment into an energizing and uplifting one. It isn't just the aroma that's refreshing—Lemon's topical cleansing properties make it an absolute staple for household cleaning. Not to mention, the delicious taste of Lemon is often used in vinaigrettes, desserts, and baked goods. Lemon bar, anyone? With such a wide variety of uses, it's no wonder Lemon is a top-selling dōTERRA® essential oil!

With Lemon, its brightness all starts with sourcing. dōTERRA selectively sources Lemon oil from Italy and Brazil. The climate in these locations offer ideal growing conditions to produce a powerful, aromatic Lemon essential oil. For some of the farmers in these areas, harvesting high-quality lemons is a family business that goes back generations. Their expertise, combined with an ideal environment for growing, make Lemon essential oil truly one of a kind.

Fun Fact

In just one year, a single lemon tree has the potential to produce between 500 to 600 pounds of lemons. It takes around 75 lemons to fill a 15 mL essential oil bottle.†

How to Use Lemon Essential Oil

Aromatic Use

- + Diffuse to create an uplifting and energizing environment.
- + Put one to two drops in your palm, cup hands together, and inhale directly for a motivating aroma.

Internal Use

- + Add a drop or two to a glass of water for an invigorating flavour.
- + Use a few drops in your favourite sweet and savoury dishes to enhance the taste.

Topical Use

- + Add a few drops to an exfoliating oatmeal scrub for a zesty aroma.

As with all citrus oils, Lemon essential oil is photosensitive. If applying this oil topically, be sure to avoid sunlight or UV rays for at least 12 hours after use.

† Varies by season, region, year, and other variables.

Ask the Experts

Citrus oils are some of our most popular essential oils—and for good reason. They come with a variety of benefits. We took your most frequently asked citrus questions to our dōTERRA medical team, and we think you'll appreciate these incredible essential oils even more when you read their answers.

Is there increased risk of photosensitivity with citrus oils and blends? What does photosensitivity feel like?

A sunlight-triggered skin reaction is referred to as photosensitivity. This occurs when ultraviolet (UV) radiation comes into contact with certain substances that trigger biological and chemical changes. Some essential oils, especially citrus oils, contain small amounts of compounds known as furanocoumarins, which may cause a photosensitive reaction. This generally manifests itself through noticeable changes in the color and feeling of the skin, like temporary increases in dark or red pigmentation, and possible irritation.

dōTERRA® always recommends that people using citrus oils topically should avoid direct sunlight or UV rays for at least 12 hours.

We like to add citrus oils like Lemon as flavouring for drinks or dishes, yet those same essential oils can also remove sticky labels or dried gum. With how strong and concentrated they are, how do you know these oils are safe to ingest?

Yes, dōTERRA citrus oils (like all our essential oils) are extremely potent, but that doesn't mean they're unsafe for internal use when following recommended guidelines.

Our internal structures—like the mouth, stomach, and intestines—are lined with protective mucous membranes. The mucosa is amazingly resilient, and its glands are constantly producing mucous that creates a protective film that covers the tissues. Rapid absorption and constant dilution by the mucous allow safe internal use of specific essential oils when used in recommended amounts.





Numerous clinical trials have shown that citrus oils, especially Lemon and Wild Orange, may promote an uplifting environment with their calm and happy aromas.



If it's recommended to consume Lemon essential oil daily, why is Citrus Bliss® not intended for internal use?

Indeed, **Lemon** essential oil is a great and delicious essential oil to use in food and beverages, as are the other citrus oils included in **Citrus Bliss**, but dōTERRA does not recommend the oil blend for internal use.

The why actually has to do with its intended purpose. **Citrus Bliss** was developed specifically to take advantage of the amazing aromatic qualities of these limonene-rich essential oils, which pair amazingly with vanilla bean absolute. When you hear vanilla bean, you probably immediately think of ice cream, but vanilla bean absolute is commonly used in perfumes and other aromatic products. Because **Citrus Bliss** wasn't being developed specifically for internal use, dōTERRA searched for a vanilla bean absolute that contributed to the specific aromatic profile in Citrus Bliss, not one specifically for internal use.

Because the vanilla bean absolute isn't sourced specifically to be used internally, we tell consumers to use it for its intended purpose: to aromatically promote a positive and invigorating atmosphere.

Why do citrus oils create an uplifting environment? How do they work?

Citrus oils are known for their uplifting and energizing aromas, which is why they're becoming increasingly popular in a variety of settings. Numerous clinical trials have shown that citrus oils, especially **Lemon** and **Wild Orange**, may promote an uplifting environment with their calm and happy aromas, whether you're at the doctor's office or at home. In fact, many dōTERRA research partners have medical facilities that use citrus oils aromatically.

While we don't have a full understanding of why essential oils are so effective in this manner, we do know if you want to influence or uplift your environment, the most direct path to doing so is through your nose.



How does an oil blend of Lavender, Peppermint, and Lemon work together to uplift the environment? Are there other uplifting essential oil blends that include citrus oils?

You may celebrate the arrival of warmer weather, but the change from winter to spring can bring all kinds of environmental changes. While numerous essential oils may be of benefit when it comes to shifting the environment to your liking, a good place to start is **Lavender, Peppermint, and Lemon** (or combining them in a blend). Clinical research has shown that aromas of **Lavender** and **Peppermint** may be both uplifting and soothing when used aromatically or topically, with Lemon showing similar properties in experimental research.

These essential oils are individually potent and effective and when used aromatically and topically, so if you're looking for a daily use solution, diffuse a blend of equal drops **Lavender, Peppermint, and Lemon** in multiple rooms of your home. You can also diffuse the blend on the go with portable options such as the **Roam™ Diffuser**, or even the **Pilōt™ Diffuser** to diffuse comfortably in your car. For more specific concerns, such as a more cooling or sweet aromatic combination, consider aromatically or topically using **Easy Air®** essential oil blend or **Air-X™** essential oil blend.

“Some of the best experiences in my life have happened because I was willing to take a chance. It may seem scary, but sometimes the biggest risks you take end up being your greatest adventures.”

Mark Wolfert, Founding Executive



Finding Support Through Family

They say that the most constant thing in life is change, but thankfully no one ever said you had to go it alone. And no matter how much the world around you might change, there's one place you can always turn to when you need a bit of backup—family. Family comes from bonds you form with the people you love. They may not all look alike, and sometimes they aren't even related by blood, but your family is yours to build in all the ways each member needs most.

Power of Consistency

Routines and rituals can help strengthen family relationships at the best of times, but they can also create a much-needed sense of normalcy when change comes knocking at the door. Whether it's a nightly dinner, weekly planning as a family, or a regular weekend activity, consistency breeds confidence that lasts!

Familiar tools

Building useful routines centered around specific tools is one way to create a lasting sense of familiarity through times of transition. In fact, this is something you may already be doing if you use essential oils in your home. For example, if you diffuse dōTERRA Serenity® before bed each night, you already have a consistent ritual built on a powerful aromatic tool!

Using Essential Tools

Using essential oils at the center of your family practices can help each individual develop strong, supportive habits of self-care, relaxation, and cleanliness—all things that can make it easier to navigate tough times, whether you are home or out in the world.

In the Home:

- Diffuse supportive aromas like dōTERRA Peace® or Balance® during family counsels and discussions.
- Use the blends in the dōTERRA Kid's Collection as supportive aromas that children can learn to use themselves.

Away from Home:

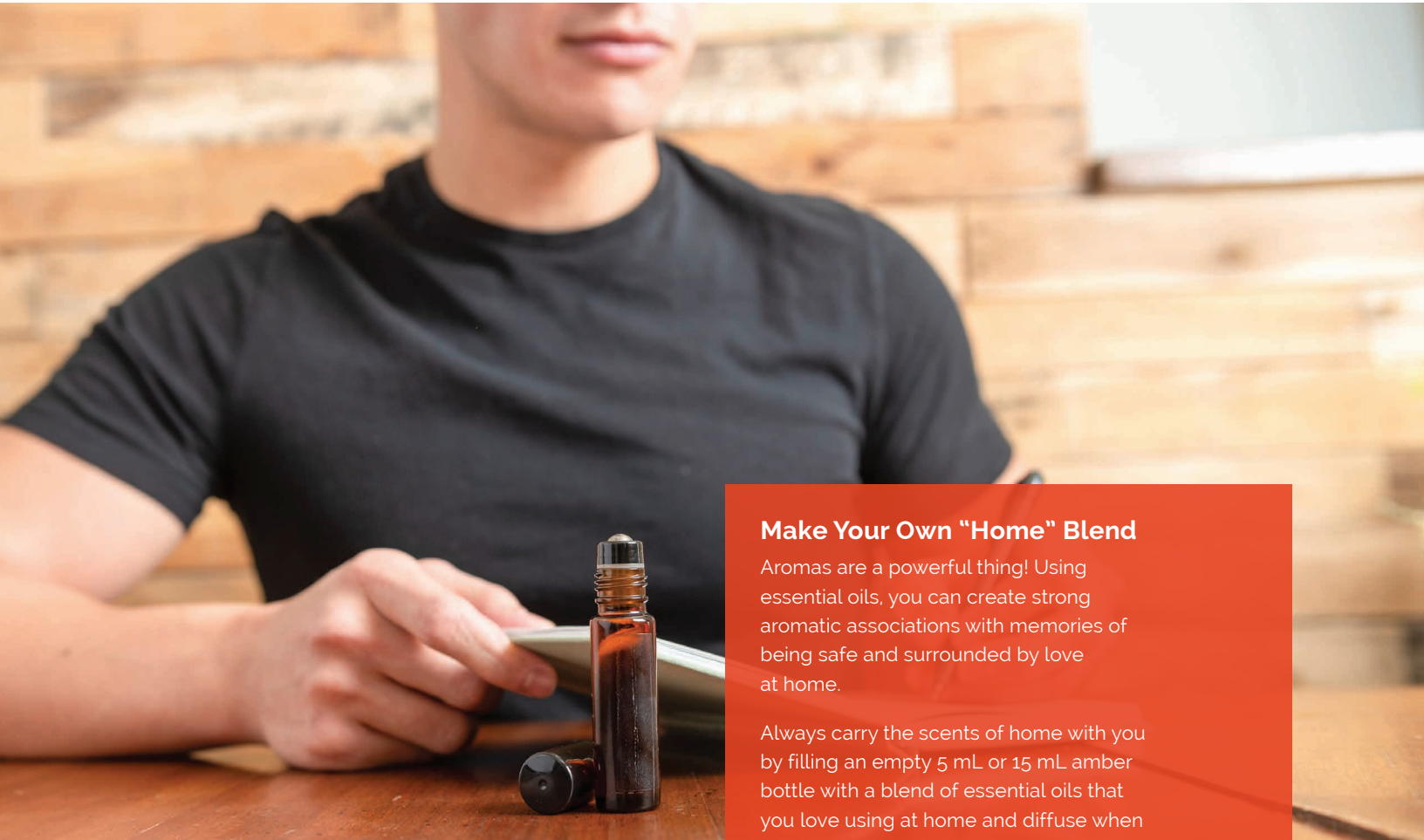
- Stock up on at-home staples for cleansing surfaces and setting up the perfect homey atmosphere wherever you are.
- You can't pack mom and dad in a bag, but you can send the fledgling adult in your life the Wellness Essentials Program for guidance on using essential oils daily.

Power of Flexibility

This one might seem a little odd after seeing routine and consistency on the same list, but knowing when to bend is just as important as knowing when to be steady. Being flexible as a family means everyone understands that changes are natural—a feeling that can make even the biggest changes feel a little less scary for everyone!

Teaching Flexibility

Object lessons are a great way for children to learn tricky concepts. Have some fun while illustrating the nature of change and flexibility by trying out the Adaptiv™ Kinetic Sand activity found on page 62.



Power of Connection

Connection is something that lasts across any distance. It can be the voice of a loved one through the phone, a handwritten note you carry with you, or simply the sum of good memories with the people that care about you most. Connection is the fuel that keeps our hearts full so that we never feel alone, especially when things seem uncertain.

Is there a specific essential oil that you and a loved one both love? Always feel connected to them by breathing in that aroma as a reminder that no matter how far apart you are, you carry their love and support with you as easily as you can carry a favourite oil.

Make Your Own “Home” Blend

Aromas are a powerful thing! Using essential oils, you can create strong aromatic associations with memories of being safe and surrounded by love at home.

Always carry the scents of home with you by filling an empty 5 mL or 15 mL amber bottle with a blend of essential oils that you love using at home and diffuse when you travel or move away. Or, if you need an extra boost of home-spun support on the go, fill an empty 10 mL amber roller with the scents and Fractionated Coconut Oil to apply to your wrists any time you need a touch of home.

Never on Your Own

Whether it's the family you're born with or the family you choose, let it be a source of stability for you when life takes turns for the unexpected. You can't anticipate all of life's ups and downs, but when your bonds are strong, there's nothing you can't do with your family behind you.



Introducing Your Wellness Essentials Program

Living a wholesome life starts with taking control of your wellness. The curated Wellness Essentials Program makes it easy to use essential oils and oil-infused products every day, giving you the support you need to develop strong, healthy habits in every facet of your life. With three distinct product collections sent to your door over the course of three months, this 90-day wellness journey is ready to change your life—are you?



Calm

Calm is an essential part of existence. The Calm Collection includes powerful tools that partner with you as you design personal habits of stillness. Make your home or workspace an uplifting, centered environment where you can enjoy and create little moments of calm, no matter what life throws your way.



Support

We all need support. The Support Collection is thoughtfully curated to be your wellness companion as you strengthen your existing wellness habits, keep your environment clean, and support your family at home.



Soothe

When you start moving, it's time to get soothing. The Soothe Collection contains everything you need to give you soothing comfort as you push yourself to grow stronger and healthier through purposeful habits of physical activity.

How It Works

Simply add the Wellness Essentials Program to your next Loyalty Order and get excited to create the life you want with supportive products to get you there. Because wellness is holistic, these three collections and their products build upon each other—and so will your habits. With just a single purchase, you'll be set for the next 90 days and beyond!

Wellness is our passion, and this is only the beginning. These Wellness Essentials are the introductory debut of the Wellness Program, so look forward to exciting expansions to this program in the future.



“And into the forest I go, to lose
my mind and find my soul.”

John Muir



Living in Light

I am a firm believer that creating a joyful atmosphere invites light into the home. Spaces have energy—when you walk into a home or room, you can immediately feel what the vibrations are within that space. We are currently a family of seven, and it's wild! There are so many moving pieces all the time, and creating a space that is uplifting and bright both physically and emotionally is a top priority to me as a mother.

Megan Spoelstra is a dōTERRA Canada Wellness Advocate living in Ancaster, Ontario with her husband and children. She exemplifies light-living and is an expert in creating high vibrational spaces that feel bright, breathable, and beautiful.

Creating a Space of Light

Light in the home is just as much about the feeling and vibe you create as it is about the physical appearance. Light is something one feels in their chest. It's being able to take deep breaths and feeling instantly settled into a space.

Everything you do with your space has a unique vibration and can create a light feeling. Here are some basic tricks and tools to use as you reevaluate your space and focus on what creates that feeling of light for you.

The Perfect Palette

The colour palette of the home is important in creating a light space that reflects your personality. Our home was not necessarily to my personal taste at first, but when we painted our entire home white, it made each room feel so much lighter, especially in spaces that have less natural lighting. Whether or not white is your colour of choice, consider a how the colours of your walls play into the feel of your space.

When all else fails, paint is a super low investment way to add brightness to a space and change up the look of your home.



Touch of Green

House plants bring an energy and lightness to any space! I have them in every room of our home, as they make me smile and they add a vibration all on their own. Plants invite the outdoors in and are an extension of the light outside. They also make me feel like we are in a state of summer, and that fresh spring feeling in our home gets our family through the long Canadian winters.

Research some of the plants that are easiest to maintain and start there. I recommend snake plants!

Let There Be Light

I use lamps for lighting and to add dimension to the space. Balance lamps with the natural lighting during the day, and use various styled lamps for light throughout the evenings. I also love to use mirrors throughout our home to enhance lighting.

Mirrors make a space appear bigger, lighter, and brighter.

Dapper Décor

I'm very intentional about what pieces I choose to bring into our home. I love to focus on having a few key pieces that add to the decor but also offer functionality for our family. I tend to keep these main pieces light and neutral and add warmth and pops of colour to the space with accessories. Throw pillows, blankets, and rugs are great, low investment ways to decorate and create the feeling within a space.

Another great way to refresh the vibe of your home is to rearrange the furniture. Every 6 months or so, I love to shift things around in the house to make the space feel new. I also make a concerted effort to open up areas of natural light and place furniture or décor away from the windows so none of the light is blocked.

Don't be afraid to play with your space and find what works best for your style.

Light on the Clutter

A cluttered space equals a cluttered mind. The biggest piece to keeping the house breathable and bright is to keep it tidy and not let yesterday's mess pile into a new day. With so many things that go on in the outside world, it is essential that home feels like a sanctuary.

To keep the home organized, go through the house each season—a spring cleaning if you will. Do a quick inventory and see what can be donated, then let go of things you no longer use.

Decluttering helps to create a light feeling in the home rather than feeling suffocated under layers of stuff.

Places, Everyone!

Once you've gotten rid of the things you don't need, focus on assigning a home to each of your remaining belongings. If everything has a spot, there is more room to breathe and enjoy life—a breathable space is a happy space.

I honour that there are times I have to lower my expectations and choose to be present in the moment in my home, let the mess be, and jump into the fun. Still, we attempt to keep the home organized by encouraging our kids to clean up before moving on to the next thing. This way, we all take pride in our space.

Involving the whole family in the process of organization and clean-up makes it so everyone has a role in keeping the house a home.

Bright Aromas in Every Space

I have different diffusers all around our home. They were all chosen because of the way that they add to the atmosphere and function of each space.

Essential oil aromas play a very integral role in creating the environment you want within your home. I love to begin each day with a pause in front of my oil drawer. I gauge the vibes in the house—perhaps we didn't get enough sleep, or we are about to enter a specific space, or we want to create a fun or calm environment. I then turn to my oils to create the atmosphere we need to thrive.

Kitchen

We have the Laluz™ on the kitchen counter. I love it because of its soft design and the way it blends into the space. Because it sits on our counter, I wanted something petite and pretty in that space—the Laluz just made sense. When choosing a blend for the kitchen, I love joyful, uplifting scents. I typically use a combination of a citrus aroma with a grounding aroma or a fresh aroma.



Megan's Kitchen Favourites:

- Grapefruit
- Siberian Fir
- Cypress

Bedrooms

I prefer the Petal™ Diffuser at bedtime because it is neutral and acts as an amazing nightlight for kids. We tend to gravitate to uplifting aromas in the bedroom through the day, similar to those in the kitchen, and calming aromas in the evening.

Megan's Bedroom Blend:

- 1 drop Roman Chamomile
- 2 drops Juniper Berry
- 2 drops dōTERRA Serenity®



Office

I love the white Volo™ diffuser for its bold presence. My office has more bold pieces that reflect my business and journey with dōTERRA, and this diffuser fits in perfectly. Oils that I love to use in this space have uplifting, centering, attentive aromas. I like to come into my clean office with a fresh mind and get right into work with centering essential oil aromas to help me do my best work.

Megan's Office Picks:

- dōTERRA Motivate®
- dōTERRA Passion®
- Vetiver + Grapefruit



Living Room

I love the Roam™ diffuser for the living spaces because it is a decoration on its own. Its solid and beautiful design adds its own vibration to any space and we love its functionality. In our living rooms we tend to diffuse more calming, grounding aroma combinations.

Megan’s Living Room Picks:

- Balance®
- dōTERRA Serenity®

Living in the Light

Your space should reflect who you are, and what your values are. Create a space that allows you and your family to flourish, grow, and thrive. You can create a beautiful space, but make sure you allow room for the things that truly matter in order to turn your beautiful house into a home.



Essential Oil Spotlight

Wild Orange

Citrus sinensis

Distillation Method: Cold-pressed/expressed
Aromatic Description: Sweet, fresh, citrus
Plant Part: Orange rinds (peel)

Sluggish mornings and stale aromas be-gone! Wild Orange essential oil is the solution to many things, not the least of which is brightening and uplifting the environment of your home, office, or car. This powerful citrus oil has a bright, cheery aroma and topical cleansing properties that make it just as dynamic as it is delightful. We all need an aromatic pick-me-up every now and again, and the scent of Wild Orange essential oil can clear away the clouds no matter what the day holds!

Wild Orange can be used aromatically, topically, and internally. Its sweet taste adds an uplifting flavour to beverages, and its refreshing aroma can transform any dreary atmosphere into a happy, energetic one. Try experimenting with Wild Orange to add brightness to your day, cheer to your smoothie, or simply indulge in the scent of citrus.

Fun Fact

Since ancient times and across many cultures, orange trees have been a symbol of love and marriage.

How to Use Wild Orange Essential Oil

Aromatic Use

- + Diffuse for a sweet aroma while getting ready in the morning.
- + Diffuse to create a fresh and inviting environment in your home.

Internal Use

- + Add a drop to smoothies and tea for a burst of refreshing flavour.
- + Add to water for fresh, citrus taste.

Topical Use

- + Place two drops on your palms, rub them together, and inhale deeply for an energizing aroma.
- + Add a few drops to a spray bottle with water, spritz over countertops, and wipe down for a clean surface.

Citrus oils can cause photosensitivity, so we don't recommend using them if you plan to be in direct sunlight or UV rays for at least 12 hours after topical application.



Laluz™

Lighten Up

This beautiful new diffuser makes every room brighter. Diffuse the powerful essential oils you trust and love with some added sunshine.



Two ambient light settings



Large 120 mL water-reservoir capacity



30 square meters of coverage

Roam™

Roam Free

Diffusing your favourite essential oils is now easier than ever. With its cordless diffusion, Roam can go wherever you go.



Cord-free diffusion with a rechargeable battery



Responsibly created with eco-friendly materials



Four hours of continuous diffusion or eight hours intermittent



Dawn™ Aroma Humidifier

Smart Slumber

Finally, a dōTERRA-quality diffuser that's also the perfect humidifier. Create the ultimate level of comfort in any room of your home and discover what it means to truly have the best relaxing environment.



Smart sleep mode that adjusts to the optimal level of humidity



22 hours of continuous diffusion



12-month warranty

Nurture Yourself at Any Age

The human body is amazing. It carries us through the joys and sorrows of life—through wellness, loss, change, and growth at every age. Show your body some gratitude by nurturing it with love and attention. Loving and serving others becomes easier when you’re loving and serving yourself.

Your body is wise. It wants to feel its best. Help your body’s intuitive process by incorporating high-quality, naturally sourced products into your daily beauty routine. Enlist the **Verâge® Skin Care Collection** to hydrate and improve the skin’s appearance. Use **Yarrow|Pom**, which contains yarrow flower essential oil and cold-pressed pomegranate seed oil, to provide your skin with a comforting sensation and a youthful look. Consistent topical application of this soothing duo has been shown

to soothe skin and give it a radiant, healthy appearance. You can also apply a thin layer of **Immortelle®** essential oil blend to help reduce contributing factors to the signs of the appearance of aging skin. Massage this whipped body butter daily on rough and cracked skin, focusing on your heels and elbows. Keeping your skin hydrated will not only make you glow, but it can also help replenish and moisturize taxed skin.

Whipped Body Butter

Ingredients:

- ½ cup shea butter
- ½ cup cocoa butter
- ½ cup coconut oil
- ½ cup **Fractionated Coconut Oil**
- 30 drops of dōTERRA® essential oils (**Sandalwood**, **Frankincense**, **Geranium**, and **Lavender** are a good mixture)

Instructions:

1. Melt the shea butter, cocoa butter, coconut oil, and Fractionated Coconut Oil together using a double boiler.
2. Stir every few minutes until the ingredients are melted and combined (about 10–15 minutes).
3. Once everything is melted, remove from heat and let it sit for up to 10 minutes to cool, then add desired essential oils.
4. Once the essential oils are added, let it rest in a cool place (such as the refrigerator) until it has set.
5. Once set, remove from the refrigerator and use a stand or hand mixer to whip, slowly increasing speed until the lotion becomes light and fluffy (around 3–5 minutes).

Note: Store this mixture in a glass jar and keep in a cool place. If needed, re-fluff the body butter by whipping it back up to the desired consistency with a hand mixer.



Citrus oils can cause photosensitivity, so we don't recommend using them if you plan on being in direct sunlight or UV rays after topical application.



Stress and worry can wreak havoc on your body's overall health, no matter your age. Take time for yourself to do the things you love: take a bath, read a book, go for a long walk, call a friend, cook for your family, or meditate. Diffuse **Adaptiv™** to invite a tranquil aroma into your space. These simple acts of self-care will make your days brighter and help release tension and lingering negative feelings.

Show your hair some love by adapting your hair treatment routine to benefit you at each stage in life. Changes in hormones, whatever the cause, can result in thinning or brittle hair. Take a few extra minutes in your hair routine to deeply condition.

Most men and women struggle with self-acceptance. It's human to compare yourself to others or wish you could

turn back the clock. Resist the temptation to dwell on your flaws and use self-affirming statements to show gratitude for your body's strengths, whatever they may be. If you feel yourself starting to think negatively, repeat phrases like "I'm worthy of love and joy" or "I love and accept my flaws." Apply **Balance®** to your wrists, neck, and lower back to support your affirmations with a harmonious aroma. Thinking positively about yourself is a powerful tool for becoming your best self.

Take time for yourself to do the things you love: take a bath, read a book, go for a long walk, call a friend, cook for your family, or meditate.



In Harmony Diffuser Blend



5 drops
Cedarwood



3 drops
Lavender



2 drops
Frankincense



Simple, Clean, Better Hair Care

With new and updated formulas—not to mention sleek, more sustainable packaging—the doTERRA® Hair Care line is back and better than ever.

Protecting Shampoo
+ Colour-safe and gentle enough for all hair types

Daily Conditioner
+ Nourishing, protective, and lightweight for daily use

Leave-In Conditioner
+ Three-in-one spray: conditions, detangles, and provides heat protection

Coming Soon

- None of these:**
- + Parabens
 - + PEGs
 - + Phthalates
 - + Synthetic fragrances
 - + Formaldehyde or formaldehyde donors
 - + Silicones
 - + Petroleum, mineral oils, or petroleum-derived ingredients
 - + Propylene glycol

- Lots of these:**
- + CPTG Certified Pure Tested Grade™ essential oils
 - + Hydrating oils like avocado oil, shea butter, and coconut oil
 - + Simple and clean products from Mother Nature



Get Out There for Fresh Air

It's no secret that getting fresh air is important, although what that looks like in your life is a whole different story. Some people might love the prospect of spending time outdoors, but others prefer their time inside. The truth is, getting outside means something different for everyone. What counts is making an effort to enjoy the benefits however you can! The beauty of outside is that it can be experienced in so many ways. It's just a matter of making it work for you!

The Benefits of Being Outside

Before you head out, it's important to understand why time outside is so critical to wellbeing in the first place. From fresh air to sunshine, the outdoors offers a host of benefits to the body and mind, including:

- More time in the sunshine, which means increased doses of Vitamin D and boosted serotonin levels. That means more energy, more calm, and more focus!
- Improving your sleep cycle—your body's internal clock runs on natural light, so being outside in the sun helps to keep the internal clock tuned properly.
- Boosted creativity and better capability to think clearly and problem-solve.
- Potential opportunities to exercise and socialize.
- Opportunities to relax under the sky, which can actually contribute to improving self-esteem.

The science is clear: getting outside can do more for you than you may have expected! Making fresh air a part of your daily routine is deeply important, but it's just as important to do it in a way that's both enjoyable and sustainable for you.

What It Means to Be Outdoors

Often times, the phrase "getting outdoors" brings thoughts of mountainous forests, tents, and bugs. That's definitely one way to think about it, one that some love, but it's not the only way to breathe in the benefits of nature. Fresh air exists in lots of different places!

Pause for a moment and think—what images come to mind when you think of the word outdoors? Conjure up a scene in your head. What does it look like?

When you're trying to get outdoors every day, make sure to hold the right expectations for yourself. Getting out of your comfort zone has its merits, but you also want to make sure you can enjoy yourself! Doing so will make it possible for you to hold yourself accountable, reap the benefits of fresh air, and most importantly, stay consistent in your efforts. It all starts with choosing the right habits that are tailored to your preferences.

Bringing the Outdoors In

There's no real substitute for going outside, but it is possible to create an indoor environment that has a fresh, outdoorsy vibe.

Fresh & Crisp

- 2 drops Black Spruce
- 1 drop Tangerine
- 1 drop Eucalyptus



What Type of Outdoorsy Are You?

If you don't already know what type of outdoorsy person you are, take this quick quiz and then dive into ways you can cater to your likes when getting outside.

Where are you most likely to find yourself on the weekends?

- a. Eating at a local restaurant
- b. At a party with friends
- c. Finding a new hiking trail
- d. Reading a good book

If you were a drink, what would you be?

- a. Coffee or cocoa
- b. Spritzer or mixed drink
- c. Water
- d. Steaming cup of herbal tea

What's your favourite type of food?

- a. Something new and adventurous
- b. Anything I can share
- c. Whatever's portable and nutritious
- d. Takeout or delivery

What body of water do you prefer?

- a. Ocean
- b. Hot springs
- c. Rivers and lakes
- d. My bathtub

Where's your ideal getaway destination?

- a. Hotel or hostel
- b. Resort
- c. Cabin or tent
- d. My living room

If you could wear one type of shoe for the rest of your life, what would it be?

- a. Something comfy
- b. Something cute and trendy
- c. Something functional
- d. Why would I wear shoes around my house?

How would your friends describe you?

- a. Adventurous
- b. Friendly
- c. Bold
- d. Calm

Mostly A's: Sightseer

You're the kind of person who knows that adventure and new places are only a plane, train, or road-trip away. Even if you aren't exploring Europe, there's still plenty of city strolling to do in your own backyard! Because new experiences are the name of your game, find ways to give yourself the tourist treatment with little, sustainable habits every day. After all, stepping out of your element is the spice of life! Here are a few ideas:

- If you can, walk or bike to your favourite coffee shop instead of driving.
- Create a weekly exploration bucketlist for your neighborhood—depending on what you add to the list, you could cross off one thing each day or a few times a week.
- Make a goal to walk around the shops near your work on a lunch break.



Best Companion Blend:
On Guard®

Mostly B's: People Person

People are important to you, and it shows. Whether it's getting out with one of your best friends or gathering with a small group, the humans in your life give you unmatched energy, and that energy can be multiplied when hanging outside. There are ways to be outdoors with loved ones in a sustainable way each day—check out some of these ideas:

- Go on a virtual walk each morning with a friend—either FaceTime them, call, or send them a text telling them about what you saw or thought about during your stroll.
- Organize a small walking, running, or biking group with friends or neighbors and try to go at least one time per week.
- Eat dinner outside with your family or friends.



Best Companion Blend:
Elevation®

Mostly C's: Rugged Ranger

No one needs to tell you to get outside—in fact, if anything, you might have trouble leaving it! You know your way around the mountains and beachside and are constantly planning your next outdoor adventure. You likely already have great habits of getting outdoors each day, but in case you need a few extra ideas here are some of our suggestions:

- Make a list of new hikes close to home and commit to doing them (even if they are short or easy!)
- Do yoga in the backyard or at a quiet nearby park.
- Experiment once a week with new camp stove or campfire recipes—you might even choose to have a camping night in the backyard once a week.



Best Companion Blend:
TerraShield®

Mostly D's: At-Home Adventurer

You are a true homebody and you embrace it (as you should!). Time at home is important, and you feel happiest and safest when you're in the comfort of your own bedroom, sofa, kitchen, or patio. Getting outside probably isn't your biggest priority, but by finding ways to keep your regular routines in place while still sneaking in a little fresh air, you may start to love home even more—if that's possible! Here are our ideas:

- Drink your morning tea or coffee out on the front porch.
- Put together your own picnic, blanket and all, and enjoy it in the backyard!
- Sometimes, the sound of nature is the perfect backdrop to a good novel. Try doing some reading in a chair on the front porch or sprawled out on a blanket at the park.



Best Companion Blend:
Adaptiv™

The Bloom Is Back

Let your love bloom with a beautiful collection for your mother, sister, wife, or best friend (and don't forget yourself—you deserve it!).

The **Citrus Bloom™** Essential Oil Blend we all know and love is back and infused into an entire personal care line! Welcome **Citrus Bloom Body Wash, Citrus Bloom Foaming Hand Wash, Citrus Bloom Body Lotion, and Citrus Bloom Deodorant** into your daily care routine.

With its uplifting and decadent aroma, this product line gives you everything you need to feel fresh and clean and carry the lovely scent of Citrus Bloom with you throughout the day.

These products are available only for a limited time while supplies last.

This offering will only be available for a limited time, while supplies last. Keep your eyes open and be ready to surprise the beauties in your life with a gift they'll adore.

Coming
Spring
2021



Free Citrus Bloom Touch
10 mL with purchase of
Citrus Bloom Collection!

For the Man Who's on the Go

One of our most popular diffusers is back—this time, in the exclusive Midnight edition! Give the important men in your life the gift of diffusing their favourite essential oils wherever they go, starting with the brand-new Midnight Forest Essential Oil Blend.

This blend is a combination of Siberian Fir, Cypress, Juniper Berry, Black Spruce, Wild Orange, Frankincense, Pimento Leaf, Pimento Berry, Cistus, Caraway, and Labdanum. Its woody, grounding, tranquil aroma encourages a calming atmosphere, making it an oil blend that'll surely be reached for again and again. This amazing scent can also be enjoyed in the Midnight Forest Aftershave Lotion and Midnight Forest Body Wash.

This offering will only be available for a limited time, so keep your eyes out and be ready to snag the man in your life the perfect gift.

Coming
Spring
2021



Scents of Summer

When it comes to diffusing, citrus oils like Lemon, Wild Orange, Bergamot, and Lime often steal the show. Whether they're diffused on their own or in a blend, citrus oils provide bright, uplifting aromas that make it hard not to smile! Try them for yourself with some of our favourite citrus diffuser blends.



Brand New Day
3 drops Lime
3 drops Wild Orange
1 drop Lemon
1 drop Peppermint



Citrus Spice
5 drops Wild Orange
4 drops Lemon
3 drops Grapefruit
2 drops Clove Bud



Citrus Sunset
5 drops dōTERRA Serenity®
2 drops Wild Orange
2 drops Citrus Bliss®



Adventure Awaits
3 drops Lime
3 drops Wild Orange
2 drops Tangerine
2 drops Lemon



Fresh Start
3 drops Spearmint
2 drops Grapefruit
2 drops Tangerine
1 drop Bergamot



Citrus Haven
5 drops Grapefruit
3 drops Roman Chamomile
2 drops Lime
2 drops Lemon
2 drops Wild Orange



“ See your life as a giant adventure. Keep pushing the envelope—and remember that every dream starts off small. ”

Robin Sharma, Leadership Expert

Everyday Charcuterie

You've seen them in your favourite magazines, on the social media channels of the most popular lifestyle influencers, or maybe even at the last party you attended. Unlike bellbottoms and bouffant hairdos, the charcuterie board is a hot trend that won't soon lose its favor in kitchens around the world.

A French custom, charcuterie is—simply put—the art of preparing meats and cheeses. Born from the need to preserve meats before refrigeration, charcuterie has morphed into an artform like no other. You can stick to the basics of meats, cheeses, breads, olives, fruit, and nuts, but venturing out and getting creative is highly encouraged!

Have you jumped on board yet?

Mealtimes don't need to be problematic or complicated. Whether you're bored of the same old food, looking for ways to help your family eat better, or wanting to entertain your family or a crowd, the charcuterie board is right for you.

Preparing a charcuterie board isn't difficult and doesn't need to be time consuming. The everyday charcuterie board is an adventure of flavours and textures, and it's an easy way to use up what's left in the fridge. Let your kids be part of the action as you throw together a charcuterie board for breakfast, lunch, or dinner. Not to mention, it's a great way to have healthy snacks readily available throughout the day.

Need help getting ideas flowing?

Just open your fridge!

Slice an apple and grab those grapes, carrots, or celery. Don't forget deli meats, cheese, pickles, and your favourite crackers and jam, then you're set. Upgrade your favourite store-bought pepper jelly by adding a drop of **Lime** essential oil—it really takes the flavours up a notch. Drizzle the jelly over a serving of cream cheese and enjoy with crackers and the rest of your everyday charcuterie setup.

Maybe a special day is coming up soon, when you'll celebrate with a traditional birthday breakfast. Use a large wooden cutting board to display bacon, pancakes, fresh fruit, pats of butter, and this delicious **Wild Orange** syrup. Keep your pancakes warm until you're ready to assemble your board by placing them on a baking sheet inside a 93°C oven.



Wild Orange Syrup

Ingredients:

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

Instructions:

1. Melt the butter in a large pot on medium heat.
2. Once melted, mix in the sugar.
3. Add the buttermilk, **Wild Orange**, and corn syrup. Whisk until combined.
4. While mixing, slowly add the baking soda.
5. Remove from heat and serve with pancakes.

Tips:

The syrup will start foaming quickly. Keep stirring until foaming stops.

Let's get inspired by taking spaghetti night to the next level! Try these fun recipes on a family-favourite charcuterie board that will have everyone reaching for seconds.

The Italian Board

Ingredients:

- Piles of spaghetti, cooked
- Jazzed up marina sauce (see recipe)
- Meatballs
- Sliced baguette
- Italian bread dip (see recipe)
- Black and green olives
- Mini mozzarella balls, sprinkled with Italian seasoning
- Cherry tomatoes

Italian Bread Dip

Ingredients:

- ¼ cup olive oil
- 1–3 tablespoons balsamic vinegar (to taste)
- ½ teaspoon Italian seasoning
- 1 tablespoon Parmesan cheese (optional)
- 1–3 drops **Oregano** oil (start with a just a toothpick and progress to drops for desired flavour)

Instructions:

Gently mix all the ingredients in a bowl that's large enough to dip into. Dip your favourite Italian-style bread into the bowl and enjoy.

Jazzed Up Marinara Sauce

Every family has a favourite red sauce, but if you don't have the hours it takes to make grandma's recipe, then here's a simple yet delicious recipe that will jazz up a few store-bought cans of tomatoes.

Ingredients:

- 2–3 tablespoons extra virgin olive oil
- 1 medium yellow onion, diced
- ½ medium green pepper, diced
- 4–5 white mushrooms, diced
- Salt and pepper
- 2 teaspoons minced garlic
- 1 can tomatoes, diced
- 1 can tomato sauce
- 1 drop each **Oregano**, **Basil**, and **Thyme** oil
- 1 tablespoon sugar

Instructions:

1. Heat three to four tablespoons of extra virgin olive oil in a large saucepan over medium heat.
2. Add diced onions and green peppers and cook for two to three minutes, stirring occasionally.
3. Add diced mushrooms, one teaspoon of salt, 1 teaspoon of pepper, and minced garlic, reducing the heat to medium-low, cooking for six to seven minutes, and continuing to stir occasionally.
4. Add canned tomatoes and tomato sauce and return heat to medium, simmering for approximately 15 minutes and stirring frequently.
5. Remove the sauce from heat and mix in one drop each of **Oregano**, **Basil**, and **Thyme** oil and one tablespoon of sugar.

These are just a few ideas for taking your basic meal and making it anything but! It's time to get creative and have fun. Dig through your fridge and cabinets, grab a cutting board, cookie sheet, fancy serving tray, or anything else you have around the house to create your own everyday charcuterie!

Whether you're bored of the same old food, looking for ways to help your family eat better, or wanting to entertain your family or a crowd, the charcuterie board is right for you.

Andrea's Simple Tips for Using dōTERRA Daily:

At the end of the day, it comes down to a simple fact: when oils and products are visible, you'll be reminded to use them!

- Set up oil stations around your home in high traffic areas.
- Have your morning routine oils set out in your washroom and on the kitchen counter.
- Set up your diffusers the night before with water and oils so that all you have to do is turn them on first thing in the morning.
- Keep **Deep Blue® Rub Lotion** in your gym bag.
- Keep roller bottles in your purse and at your desk for easy use when you need them.
- Have a bottle of **Lemon** or **Lime** oil beside your glass water bottle.

Finding Your Stride

As a business owner and homeschooling mom to three kids, I thrive on structure. Having routines and rituals that I can lean on during my day helps me stay accountable not only to myself, but also to my family and my business. My routines are essential to helping me stay on track with my goals. In my experience, the key to building personal success is turning small steps into lasting routines. The road to better wellness is paved one step at a time, and no stone is too small when your goal is a better life for you and your family.

Andrea Ryan is a dōTERRA® Canada Wellness Advocate living in Barrie, Ontario with her husband and children. She has built her life around principles of routine wellness through her chiropractic expertise and a deep passion for essential oils.

Start Small and Simple

To get started, set up a plan that isn't too overwhelming. Begin with just three new things a day and then add more as they become rituals you can rely on. I think a morning routine is an easy place to start and it helps you get off on the right foot each day.

To give you an idea, here are three steps that anyone can do each morning!

- When you rise each morning, apply Balance® to the bottoms of your feet.
- Drink a big glass of water with a drop of Lemon oil in it.
- Get your diffuser going with a citrus and mint oil blend for an elevating aroma to start off your day.

Accountability: If it helps you, check in with a partner once a day or once a week to hold yourself accountable to someone else other than yourself. It's so easy to fall out of routine, but it's a lot harder to quit when you have to convince someone else of the excuses you allow yourself to use in private.

Keep Sight of Your Why

Whatever your reasons are for choosing a healthier lifestyle, the most important thing is to keep your "Why" at the top of your mind.

For me, my love has always been helping people take responsibility for their own wellness. I knew in grade ten of high school that I was destined to work within a care profession. I graduated from chiropractic college and practiced alongside my husband for fifteen years. When I moved full-time to my dōTERRA business, it was a natural progression of my passion for wellness.

As you're building habits, frequently consult your Why. This core desire will educate all your decisions and goals, so never lose sight of it.

My advice is to tape a written statement or visual reminder like a photo of your goal in areas around your home that you will see often—places like your bathroom mirror, the fridge, or over your computer. Constantly being reminded of your why helps you stay on track.



A Day in Andrea's Shoes

Because my days are built on rituals, I have fewer little decisions to make on the fly. That means I can focus my energy on the things that are most important—my family, homeschooling, and my business. Here's what my days look like:

Morning: Morning for me is to rise early, meditate, apply my favourite oils and then get a workout in. I get the diffusers going in the main areas of our home and then we sit down to breakfast as a family.

The rest of our mornings are for homeschool, and even that is fairly consistent. First, we read, then we move onto math, then onto whatever subjects interest our kids for the remainder of our school hours.

Afternoon: My afternoon is focused on my business—making strategy calls, connecting with customers, creating content for sharing, and more. We come together again as a family in the late afternoon for some outdoor time, maybe to take a walk or, lately, play on our backyard skating rink!

Evening: Evening is for dinner and our evening rituals, such as playing a family game or watching a movie, and preparing for bedtime. We use our oils every day in as many ways as we can, but bedtime is the easiest time to set an example for the kids.

My kids all like to know what's next, and bringing out the oils help signal to them that it's time to start winding down for the night. It helps us anchor our bedtime routines and get ready for sleep. We have a collection of oils in our kids' washroom. They can choose to fill their nighttime diffusers with whatever oils they want, and they can roll one onto the bottoms of their feet if they feel like it's needed.

Involving the Whole Family

Diffusing is by far the easiest way to use oils for our kids. Even when they were young, they knew how to fill up a diffuser with supervision.

We have a diffuser in almost every room of our home and encourage our kids to choose the oils. I think adults think too much about which oils to use. Kids just intuitively move towards oils and I love that they simply choose without putting much thought into it. They just pick the oils their heart calls them to. We love diffusing **Wild Orange** and **Peppermint** as an energizing blend for homeschooling, and in the evening it's usually a mix of relaxing aromas.

When Plans Change

Sometimes, of course, things don't go quite as planned. I'll admit, adaptability is not one of my top strengths, but I do my best to go with the flow when surprises come up. I take a few deep breaths, reach for an oil if needed, and then adapt.

I love the analogy in life of a rock in a fast-flowing river. Water doesn't dam up against it—it moves around it. If I allow for unexpected factors to stop me in my tracks, then I can't move forward in other areas of my life. I think especially in 2020, this resolve was tested over and over.

We all have a choice. We can either be paralyzed by the things we can't predict or change, or we can focus on making the most of those things we have control of in our life. I choose the latter.

Get Creative:

Spring and Summer Upcycles and DIYs

This season, projects are about making lives and homes feel clean, fresh, and energized! From car and fridge diffusers to new DIYs using the brightest essential oil scents, these projects can help you reuse your empty dōTERRA bottles (you probably have plenty!) and become a true friend to the environment while also uplifting and enhancing your life.

UPCYCLE

Refrigerator Diffuser

Boxes of baking soda at the back of the fridge serve a great purpose, but they don't look the nicest. An inconspicuous design still means inconspicuous odours when you use an upcycled amber bottle for a passive fridge diffuser!

Supplies

- 1 clean, empty 15 mL amber essential oil bottle
- Baking soda
- 10 drops dōTERRA Purify®

Instructions

1. Fill the empty, upcycled amber bottle about three quarters of the way with baking soda.
2. Add 10 drops of dōTERRA Purify to the bottle with the baking soda, cover the opening with a finger, and shake gently to combine the contents.
3. Place the bottle uncovered in the door or back corner of your fridge. Refresh contents every few weeks to maintain the optimal fresh scent.

Cleaning your bottles for upcycling

After removing the essential oil labels, apply several drops of Lemon essential oil to a cotton ball and use to gently remove any sticky residue from the amber bottles. Wipe any excess Lemon oil clean with a dry paper towel and upcycle with ease!

Washing: To eliminate residual aromas from the bottle's previous contents, simply wash with soap and water or run the empty bottles through the dishwasher.

Macramé Car Diffuser

Sunny weather means rolling the windows down and riding in style. With this simple macramé weave and an empty amber bottle, you can give your car a fresh look and fresh scent on the go.

Supplies

- 4 pieces of yarn or twine, each about one meter in length
- 1 clean, empty 15 mL amber essential oil bottle
- Essential oil(s) of choice
- Cotton balls (optional)

Instructions

1. Align all four pieces of twine and fold them exactly in half.
2. Tie a knot about five centimeters from the fold to create a loop for hanging. This is your top knot. Then, anchor the twine at the top knot using a clip board or clamp to keep the lengths steady as you begin tying the macramé design.
3. Separate the eight lengths of twine into four sets of twos beneath the top knot. In each of these sets of two, tie a knot about seven centimeters below the top knot.
4. Moving from left to right, take the second and third strings and tie them together in a knot about 3 centimeters from the previous row of knots. Do the same with the fourth and fifth strings, and the sixth and seventh strings. This should leave string one (the furthest left) and string eight (the furthest right) singular.

5. Finally, tie the first and eighth strings in a knot that is even with the others to close the macramé circle.
6. Each knot should have produced another set of two strings. Following the same pattern as in step four, split each set of two strings and tie an additional row of knots three centimeters below the last to form a diamond pattern in the macramé. Repeat this step three times if you would like a second row of diamonds in your pattern.
7. Rejoin all eight lengths of twine and tie a final, large knot at least four centimeters below the bottom row of small knots.

8. Trim excess string from the end of your final knot to make a decorative tassel, then place your upcycled amber bottle into the cradle of your finished macramé holder. It should sit on top of your bottom knot.
9. Add several drops of your favourite essential oil directly to the amber bottle to allow the aroma to gently diffuse into the air. Alternatively, put drops of your essential oil onto a cotton ball and place the cotton ball into the bottle.
10. Hang from your rearview mirror and enjoy!



To see a step-by-step visual guide and the final result, visit our blog!



FOR THE KIDS

Kinetic Sand with Adaptiv™

Hands-on activities are a great way to teach, entertain, and most importantly connect with small children (see pg. 22). So let the creativity and play begin with hours of clean, kinetic fun boosted with the supportive aroma Adaptiv™ blend.



Supplies

- 1 teaspoon water
- ½ teaspoon dish soap
- 1 teaspoon cornstarch
- 2 teaspoons white liquid glue
- ¼ teaspoon liquid laundry starch
- 1-1 ½ pounds ultra-fine craft sand
- 15 drops Adaptiv™ essential oil

Instructions

1. Combine the water, dish soap, cornstarch, and liquid glue in a glass or ceramic bowl, and mix together until evenly combined.
2. Add liquid starch and mix with the other wet ingredients until it has a gooey but cohesive consistency.
3. Gradually add sand to the adhesive mixture in quarter-cup increments, mixing completely before adding additional sand. With every increment of sand, also mix in three drops of Adaptiv™ oil. Continue until the sand is uniform, malleable, and compactible.
4. Mold into shapes, cut with plastic utensils, or stretch for endless (and aromatic) fun!
5. Store in an air-tight container between uses for up to one week.



Individualized Essential Oil Perfume

Make a pure-fume that's truly yours by mixing your favourite essential oils into a blend as unique as you are. (Bonus points for using an eco-friendly, recycled dōTERRA roller bottle!)

Supplies

- 1 clean, empty 10 mL amber roller bottle
- Essential oil(s) of choice
- Fractionated Coconut Oil

Instructions

As with all things beauty, the only expectations you should be concerned with are your own! This project is all about experimenting with your favourite scents and playing with ratios until you love the result, but here are a few suggestions to get you started:

Earthy: Cedarwood, Frankincense, and Vetiver

Fresh: Lavender, Wild Orange, and Ylang Ylang

Bright: Bergamot, Clementine, and Green Mandarin

Floral: Lavender, Geranium, and Roman Chamomile

Lime

Citrus Aurantifolia

Distillation Method: Cold-pressed/expressed

Aromatic Description: Citrus, tart, sweet

Plant Part: Lime rinds (peel)

Lime somehow finds it into all the details of our summer! From popsicles and tacos to body lotions and more, lime seems to signal warm summer days with people you love. Its place in summer is a no-brainer with its zesty aroma and bright, tangy flavour, and Lime essential oil delivers that same iconic scent and taste.

But Lime offers more than just a pleasant taste and smell. Like many other citruses, Lime can be used for topical cleansing and uniquely holds skin complexion benefits. With all these uses and possibilities, Lime is the perfect essential oil for all your summer adventures. Plus, Lime oil has one leg-up on the citrus itself—it can go with you anywhere.

Fun Fact

Thought to be native to areas in Southeast Asia, the Key lime has gained popularity in the Florida Keys, where it's grown and used as a main ingredient in Key lime pie—hence the name.

How to Use Lime Essential Oil

Aromatic Use

- + Diffuse to freshen and brighten dull air.
- + Inhale for a sweet, energizing aroma.

Internal Use

- + Add a drop to a glass of water for enhanced flavour.
- + Add a drop of this tangy oil to salsa, guacamole, or dips.

Topical Use

- + Add one drop to a facial cleanser or shampoo for added topical cleansing properties.
- + Combine one to two drops with equal amounts of Tea Tree essential oil for a skin-soothing scalp massage.

Lime essential oil is photosensitive, so if you apply it topically, be sure to avoid sunlight or UV rays for at least 12 hours.

Product Guide

Changing the world
one drop, one person,
one community at a time.

Application Methods

- A

Can be used aromatically
- T

Can be used topically
- I

Can be used internally

Skin Sensitivity

- N

Can be used with no dilution (**neat**)
- S

Dilute for young or sensitive skin (**sensitive**)
- D

Dilute before using topically (**dilute**)

Enrollment Kits

At dōTERRA, we think it should be easy to get all the essentials for a healthy home and lifestyle. That’s why we created these product collections. Whether you are just starting out or wanting to refresh your collection, these carefully crafted enrollment collections will bring nature’s powerful solutions to you.



Simple Solutions Collection

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

60211361
74 PV
\$179.67 rtl
\$134.75 whl



Healthy Start Collection

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

60211338
116.5 PV
\$273.67 rtl
\$205.25 whl



Aroma Essentials Collection

5 mL bottles: Adaptiv™, Balance®, dōTERRA Cheer®, Citrus Bloom™, Easy Air®, Northern Escape, On Guard®, Peppermint, dōTERRA Serenity®, Wild Orange
Other Products: Laluz™ Diffuser

60217011
116.5 PV
\$276.00 rtl
\$207.00 whl



Healthy Essentials Collection

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

60213382
215 PV
\$426.00 rtl
\$319.50 whl



Healthy Habits Collection

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

60211370
132.5 PV
\$333.33 rtl
\$250.00 whl



Nature's Solutions Collection

15 mL bottles: AromaTouch®, Balance®, Easy Air®, Frankincense, Lavender, Lemon, On Guard®, Peppermint, dōTERRA Serenity®, Tea Tree, Wild Orange, ZenGest®, Wintergreen
On Guard® Collection: Hand Wash with 2 Dispensers, Mist, Mouthwash, Toothpaste
Other Products: dōTERRA LifeLong Vitality® Convenience Pack, TerraZyme®, Correct-X®, Deep Blue® Rub Lotion, Laluz™ Diffuser, Fractionated Coconut Oil (115 mL), dōTERRA® SPA Hand & Body Lotion, Wooden Box

60211337
350 PV | \$733.33 rtl | \$550.00 whl

Scan the QR code to explore additional enrollment collection options.



Essential Oil Singles



Arborvitae
Essential Oil
Thuja plicata
A T N
49361713
5 mL | 23.5 PV
\$37.67 rtl
\$28.25 whl



Basil
Essential Oil
Ocimum basilicum
A T I N
30011813
15 mL | 25.5 PV
\$41.00 rtl
\$30.75 whl



Bergamot
Essential Oil
Citrus bergamia
A T I S
30791813
15 mL | 32 PV
\$61.33 rtl
\$38.50 whl



Black Pepper
Essential Oil
Piper nigrum
A T I S
41041813
5 mL | 23.5 PV
\$37.67 rtl
\$28.25 whl



Black Spruce
Essential Oil
Picea mariana
A T S
60209144
5 mL | 19 PV
\$30.67 rtl
\$23.00 whl



Blue Tansy
Essential Oil
Tanacetum annuum
A T N
60203634
5 mL | 85 PV
\$145.33 rtl
\$109.00 whl



Cardamom
Essential Oil
Elettaria cardamomum
A T I N
49351813
5 mL | 27.5 PV
\$44.33 rtl
\$33.25 whl



Cassia
Essential Oil
Cinnamomum cassia
A T I D
30021813
15 mL | 20 PV
\$32.33 rtl
\$24.25 whl



Cedarwood
Essential Oil
Salvia sclarea
A T I S
49301713
15 mL | 14 PV
\$22.33 rtl
\$16.75 whl



Celery Seed
Essential Oil
Apium graveolens
A T I S
60210109
15 mL | 38 PV
\$61.33 rtl
\$46.00 whl



Cilantro
Essential Oil
Coriandrum sativum
A T I N
41851813
15 mL | 27.5 PV
\$44.33 rtl
\$33.25 whl



Cinnamon Bark
Essential Oil
Cinnamomum zeylanicum
A T I D
30031813
5 mL | 25.5 PV
\$41.00 rtl
\$30.75 whl



Citronella
Essential Oil
Cymbopogon winterianus
A T S
60209658
15 mL | 19 PV
\$30.67 rtl
\$23.00 whl




Clary Sage (NHP)
Essential Oil
Juniperus virginiana
A T N
30422113
15 mL | 38.5 PV
\$62.33 rtl
\$46.75 whl
NPN 80060984




Clove Bud
Essential Oil
Eugenia caryophyllata
A T I D
30041813
15 mL | 17 PV
\$27.33 rtl
\$20.50 whl


Essential Oil Singles




Copaiba
Essential Oil
Copaifera spp
A T S
60202899
15 mL | 37 PV
\$60.00 rtl
\$45.00 whl




Coriander
Essential Oil
Coriandrum sativum
A T I N
30781813
15 mL | 26.5 PV
\$42.67 rtl
\$32.00 whl




Cypress
Essential Oil
Cupressus sempervirens
A T N
60210999
15 mL | 16.5 PV
\$29.33 rtl
\$22.00 whl




Douglas Fir
Essential Oil
Pseudotsuga menziesii
A T N
31591713
5 mL | 20.5 PV
\$33.33 rtl
\$25.00 whl




Eucalyptus
Essential Oil
Eucalyptus radiata
A T S
30061713
15 mL | 18 PV
\$29.00 rtl
\$21.75 whl




Fennel, Sweet
Essential Oil
Foeniculum vulgare
A T I S
41291813
15 mL | 16 PV
\$25.67 rtl
\$19.25 whl




Frankincense
Essential Oil
Boswellia carterii, sacra, papyrifera, and frereana
A T I N
30071713
15 mL | 67 PV
\$116.33 rtl
\$87.25 whl




Geranium
Essential Oil
Pelargonium graveolens
A T I S
30091813
15 mL | 33 PV
\$23.33 rtl
\$39.75 whl




Ginger
Essential Oil
Zingiber officinale
A T I S
31631813
15 mL | 43.5 PV
\$70.00 rtl
\$52.50 whl




Grapefruit
Essential Oil
Citrus X paradisi
A T I N
30101813
15 mL | 19 PV
\$30.67 rtl
\$23.00 whl




Green Mandarin
Essential Oil
Citrus nobilis
A T I N
60207636
15 mL | 30 PV
\$48.00 rtl
\$36.00 whl




Helichrysum (NHP)
Essential Oil
Helichrysum italicum
A T N
30412113
5 mL | 63.5 PV
\$119.67 rtl
\$89.75 whl
NPN 80060963




Juniper Berry
Essential Oil
Juniperus communis
A T I N
49291813
5 mL | 20 PV
\$23.33 rtl
\$24.25 whl




Lavender
Essential Oil
Juniperus communis
A T I N
30111813
15 mL | 24.5 PV
\$39.33 rtl
\$29.50 whl




Lemon
Essential Oil
Citrus limon
A T I N
30121813
15 mL | 11.5 PV
\$18.67 rtl
\$14.00 whl




Lemon Eucalyptus
Essential Oil
Eucalyptus citriodora
A T S
60210108
15 mL | 13 PV
\$20.67 rtl
\$15.50 whl




Lemongrass
Essential Oil
Cymbopogon flexuosus
A T I D
30131813
15 mL | 10.5 PV
\$17.00 rtl
\$12.75 whl




Lime
Essential Oil
Citrus aurantifolia
A T I S
30871813
15 mL | 14 PV
\$22.33 rtl
\$16.75 whl




Marjoram
Essential Oil
Origanum majorana
A T I N
30141813
15 mL | 20 PV
\$32.33 rtl
\$24.25 whl




Melissa
Essential Oil
Melissa officinalis
A T I N
30851813
5 mL | 106 PV
\$196.67 rtl
\$147.50 whl




Myrrh (NHP)
Essential Oil
Commiphora myrrha
A T N
30162113
15 mL | 53 PV
\$101.00 rtl
\$75.75 whl
NPN 80060962




Oregano
Essential Oil
Origanum vulgare
A T I D
30181813
15 mL | 23.5 PV
\$37.67 rtl
\$28.25 whl




Patchouli (NHP)
Essential Oil
Pogostemon cablin
A T N
30892113
15 mL | 30 PV
\$48.00 rtl
\$28.00 whl
NPN 80060989




Peppermint (NHP)
Essential Oil
Mentha piperita
A T I S
30192113
15 mL | 23.5 PV
\$37.67 rtl
\$28.25 whl
NPN 80061370




Petitgrain (NHP)
Essential Oil
Citrus aurantium
A T S
60200722
15 mL | 26.5 PV
\$42.67 rtl
\$32.00 whl
NPN 80072499




Pink Pepper
Essential Oil
Schinus molle
A T I N
60205308
5 mL | 27.5 PV
\$44.33 rtl
\$33.25 whl




Roman Chamomile (NHP)
Essential Oil
Anthemis nobilis
A T N
60200810
5 mL | 47.5 PV
\$77.00 rtl
\$57.75 whl
NPN 80072461




Rose
Essential Oil
Rosa damascena
A T S
60202783
5 mL | 212 PV
\$470.33 rtl
\$352.75 whl




Rosemary
Essential Oil
Rosmarinus officinalis
A T I N
30201813
15 mL | 17 PV
\$27.33 rtl
\$20.50 whl




Sandalwood (NHP)
Essential Oil
Santalum album
A T N
30212113
5 mL | 63.5 PV
\$119.67 rtl
\$89.75 whl




Sandalwood, Hawaiian
Essential Oil
Santalum paniculatum
A T N
41861713
5 mL | 63.5 PV
\$119.67 rtl
\$89.75 whl




Siberian Fir
Essential Oil
Abies sibirica
A T N
60203586
15 mL | 21.5 PV
\$34.33 rtl
\$25.75 whl




Spearmint
Essential Oil
Mentha spicata
A T I S
31611813
15 mL | 30 PV
\$48.00 rtl
\$36.00 whl




Spikenard
Essential Oil
Nardostachys jatamansi
A T N
60200723
5 mL | 52.5 PV
\$84.67 rtl
\$63.50 whl




Tangerine
Essential Oil
Citrus reticulata
A T I N
60202904
15 mL | 16 PV
\$25.67 rtl
\$19.25 whl




Tea Tree (NHP)
Essential Oil
Melaleuca alternifolia
A T N
30152113
15 mL | 22.5 PV
\$36.00 rtl
\$27.00 whl
NPN 80060950




Thyme
Essential Oil
Thymus vulgaris
A T I D
30221813
15 mL | 31 PV
\$50.33 rtl
\$37.75 whl



Turmeric
Essential Oil
Curcuma longa
A T I N
60207639
15 mL | 30 PV
\$48.00 rtl
\$36.00 whl



Vetiver
Essential Oil
Vetiveria zizanioides
A T N
30431713
15 mL | 43.5 PV
\$70.00 rtl
\$52.50 whl



Wild Orange
Essential Oil
Citrus sinensis
A T I N
30171813
15 mL | 10.5 PV
\$17.00 rtl
\$12.75 whl

Essential Oil Singles ctd.



Wintergreen
Essential Oil
Gaultheria fragrantissima
A T S
31621713
15 mL | 23.5 PV
\$37.67 rtl
\$28.25 whl



Yarrow | Pom
Essential Oil
Active Botanical Nutritive Duo
A T N
60207955
30 mL | 100.5 PV
\$162.33 rtl
\$121.75 whl



Ylang Ylang
Essential Oil
Cananga odorata
A T N
30241713
15 mL | 39.5 PV
\$63.33 rtl
\$47.50 whl



Peppermint Beadlet
I
31570001
125 ct | 12.5 PV
\$16.67 rtl
\$12.50 whl

dōTERRA Touch® Florals



dōTERRA Touch® Jasmine
Essential Oil
A T N
60202907
10 mL roll-on | 44.5 PV
\$71.67 rtl
\$53.75 whl



dōTERRA Touch® Magnolia
Essential Oil
A T N
60207637
10 mL roll-on | 30 PV
\$48.00 rtl
\$36.00 whl



dōTERRA Touch® Neroli
Essential Oil
A T N
60202906
10 mL roll-on | 50 PV
\$80.33 rtl
\$60.25 whl



dōTERRA Touch® Rose
Essential Oil
A T N
60202901
10 mL roll-on | 69 PV
\$119.67 rtl
\$89.75 whl



dōTERRA Touch® Helichrysum
Essential Oil
A T N
60210311
10 mL roll-on | 53 PV
\$76.00 rtl
\$101.33 whl

Proprietary Essential Oil Blends



Adaptiv™
Essential Oil Blend
A T N
60210107
15 mL | 39.5 PV
\$48.00 rtl
\$48.00 whl



Adaptiv™ Touch
Essential Oil Blend
A T N
60210121
10 mL roll-on | 21 PV
\$34.00 rtl
\$25.50 whl



Air-X®
Essential Oil Blend
A T S
60215610
15 mL | 29.5 PV
\$54.00 rtl
\$40.50 whl



AromaTouch®
Essential Oil Blend
A T N
31201713
15 mL | 22.5 PV
\$48.00 rtl
\$36.00 whl



Balance®
Essential Oil Blend
A T N
31011713
15 mL | 22.5 PV
\$36.00 rtl
\$27.00 whl



Citrus Bliss®
Essential Oil Blend
A T N
31021713
15 mL | 19 PV
\$30.67 rtl
\$23.00 whl



ClaryCalm®
Essential Oil Blend
A T N
60201141
10 mL roll-on | 28.5 PV
\$46.33 rtl
\$34.75 whl



Deep Blue®
Essential Oil Blend
A T S
31051713
5 mL | 35 PV
\$56.33 rtl
\$42.25 whl



Deep Blue® Roll-on
Essential Oil Blend
A T S
60201831
10 mL roll-on | 55 PV
\$101.00 rtl
\$75.75 whl



DDR Prime®
Essential Oil Blend
A T I S
60213040
15 mL | 29.5 PV
\$51.33 rtl
\$38.50 whl



Easy Air®
Essential Oil Blend
A T N
60200190
15 mL | 22 PV
\$29.33 rtl
\$22.00 whl



Elevation®
Essential Oil Blend
A T N
31041713
15 mL | 45.5 PV
\$73.67 rtl
\$55.25 whl



HD Clean®
Essential Oil Blend
T N
60201145
10 mL roll-on | 22.5 PV
\$36.00 rtl
\$27.00 whl



Immortelle®
Essential Oil Blend
T N
60205381
10 mL roll-on | 74 PV
\$119.00 rtl
\$89.25 whl



InTune®
Essential Oil Blend
A T N
60201832
10 mL roll-on | 36.5 PV
\$59.00 rtl
\$44.25 whl



On Guard®
Essential Oil Blend
A T I S
31101813
15 mL | 36 PV
\$58.00 rtl
\$43.50 whl



PastTense®
Essential Oil Blend
A T N
60201161
10 mL roll-on | 20.5 PV
\$33.33 rtl
\$25.00 whl



dōTERRA Purify®
Essential Oil Blend
A T N
31061713
15 mL | 21.5 PV
\$34.33 rtl
\$25.75 whl



dōTERRA Serenity®
Essential Oil Blend
A T N
60200721
15 mL | 34 PV
\$54.67 rtl
\$41.00 whl



Smart & Sassy®
Essential Oil Blend
A T I S
31371813
15 mL | 27.5 PV
\$44.33 rtl
\$33.25 whl



TerraShield®
Essential Oil Blend
A T N
60201692
15 mL | 11 PV
\$18.00 rtl
\$13.50 whl



TerraShield®
Essential Oil Blend
A T N
60201693
30 mL | 18 PV
\$33.33 rtl
\$25.00 whl



dōTERRA Whisper® Touch
Essential Oil Blend
A T N
60214826
10 mL | 27.5 PV
\$48.00 rtl
\$36.00 whl



Zendocrine®
Essential Oil Blend
A T I N
31461813
15 mL | 25.5 PV
\$41.00 rtl
\$30.75 whl



ZenGest®
Essential Oil Blend
A T I N
60214434
15 mL | 35 PV
\$56.33 rtl
\$42.25 whl

Essential Oil Collections



dōTERRA Touch® Collection

60200639
Nine 10 mL roll-on bottles
174 PV | \$296.33 rtl | \$222.25 whl



dōTERRA Essential Aromatics® Touch

60200720
Six 10 mL roll-on bottles
107.5 PV | \$173.33 rtl | \$130.00 whl



dōTERRA Essential Aromatics® Collection

60203916
Six 5 mL bottles
158.5 PV | \$270.33 rtl | \$202.75 whl

dōTERRA Touch® Easy Air®
Essential Oil Blend

A | T | N

60200456
10 mL roll-on | 15 PV
\$24.00 rtl
\$18.00 whl

dōTERRA Touch® Frankincense
Essential Oil Blend

A | T | N

60200575
10 mL roll-on | 48 PV
\$77.67 rtl
\$58.25 whl

dōTERRA Touch® Oregano
Essential Oil Blend

A | T | N

60200462
10 mL roll-on | 15.5 PV
\$24.67 rtl
\$18.50 whl

dōTERRA Cheer® Touch
Essential Oil Blend

A | T | N

60200715
10 mL roll-on | 17 PV
\$27.67 rtl
\$20.75 whl

dōTERRA Motivate® Touch
Essential Oil Blend

A | T | N

60200717
10 mL roll-on | 16 PV
\$25.67 rtl
\$19.25 whl

dōTERRA Motivate®
Essential Oil Blend

A | T | S

31741713
5 mL | 24.5 PV
\$39.33 rtl
\$29.50 whl

dōTERRA Forgive®
Essential Oil Blend

A | T | S

31751713
5 mL | 21.5 PV
\$34.33 rtl
25.75 whl

dōTERRA Touch® Deep Blue®
Essential Oil Blend

A | T | N

60200458
10 mL roll-on | 45.5 PV
\$73.67 rtl
\$55.25 whl

dōTERRA Touch® Lavender
Essential Oil Blend

A | T | N

60200459
10 mL roll-on | 16 PV
\$25.67 rtl
\$19.25 whl

dōTERRA Touch® Peppermint
Essential Oil Blend

A | T | N

60200461
10 mL roll-on | 15.5 PV
\$24.67 rtl
\$18.50 whl

dōTERRA Console® Touch
Essential Oil Blend

A | T | N

60200719
10 mL roll-on | 25.5 PV
\$41.00 rtl
\$30.75 whl

dōTERRA Passion® Touch
Essential Oil Blend

A | T | N

60200713
10 mL roll-on | 29 PV
\$46.67 rtl
\$35.00 whl

dōTERRA Cheer®
Essential Oil Blend

A | T | S

31721713
5 mL | 26.5 PV
\$42.67 rtl
\$32.00 whl

dōTERRA Console®
Essential Oil Blend

A | T | N

31731713
5 mL | 39.5 PV
\$63.33 rtl
\$47.50 whl

dōTERRA Touch® ZenGest®
Essential Oil Blend

A | T | N

60214433
10 mL roll-on | 23.5 PV
\$37.67 rtl
\$28.25 whl

dōTERRA Touch® On Guard®
Essential Oil Blend

A | T | N

60200457
10 mL roll-on | 23.5 PV
\$37.67 rtl
\$28.25 whl

dōTERRA Touch® Tea Tree
Essential Oil Blend

A | T | N

60200460
10 mL roll-on | 13 PV
\$21.33 rtl
\$16.00 whl

dōTERRA Forgive® Touch
Essential Oil Blend

A | T | N

60200716
10 mL roll-on | 13 PV
\$22.33 rtl
\$16.75 whl

dōTERRA Peace® Touch
Essential Oil Blend

A | T | N

60200718
10 mL roll-on | 21.5 PV
\$34.33 rtl
\$25.75 whl

dōTERRA Passion®
Essential Oil Blend

A | T | S

31761713
5 mL | 36 PV
\$57.89 rtl
\$43.42 whl

dōTERRA Peace®
Essential Oil Blend

A | T | N

31711713
5 mL | 32 PV
\$51.33 rtl
\$38.50 whl

Essential Oil Collections ctd.



dōTERRA Yoga Collection

60207904
Three 5 mL bottles
53 PV | \$89.00 rtl | \$66.75 whl



dōTERRA Anchor®
Steadying Blend

A | T | N

60207901
5 mL | 21.5 PV
\$34.33 rtl
\$25.75 whl



dōTERRA Affirm™
Centering Blend

A | T | N

60207902
5 mL | 18 PV
\$29.00 rtl
\$21.75 whl



dōTERRA Arise®
Enlightening Blend

A | T | N

60207903
5 mL | 20 PV
\$32.33 rtl
\$24.25 whl



Thinker™
Supportive Blend

A | T | N

60207645
10 mL roll-on
17 PV
\$27.33 rtl
\$20.50 whl



Calmer™
Restful Blend

A | T | N

60207640
10 mL roll-on
20 PV
\$32.33 rtl
\$24.25 whl



Tamer™
TummyZen Blend

A | T | N

60210258
10 mL roll-on
15.5 PV
\$25.33 rtl
\$19.00 whl



Brave™
Courage Blend

A | T | N

60207641
10 mL roll-on
22.5 PV
\$36.00 rtl
\$27.00 whl



Rescuer
Soothing Blend

A | T | N

60207642
10 mL roll-on
16 PV
\$25.67 rtl
\$19.25 whl



Stronger™
Protective Blend

A | T | N

60207644
10 mL roll-on
15 PV
\$24.00 rtl
\$18.00 whl



Steady™
Grounding Blend

A | T | N

60207643
10 mL roll-on
16 PV
\$20.00 rtl
\$19.25 whl



dōTERRA Kids Collection

60211161
Seven 10 mL roll-on bottles
95.5 PV | \$179.67 rtl | \$134.75 whl



Introduction to Essential Oils Collection

60203914
Three 5 mL bottles of essential oils:
Lavender, Lemon, Peppermint
17 PV | \$36.00 rtl | \$27.00 whl



Family Essentials Collection

60204086
Ten 5 mL bottles of essential oils and blends
Lavender, Lemon, Peppermint, Tea Tree, Oregano,
Frankincense, Deep Blue®, Easy Air®, ZenGest®, On Guard®
125 PV | \$219.00 rtl | \$164.25 whl



AromaTouch Technique® Collection

60203910
Eight 5 mL bottles of essential oils and blends—Balance®,
Lavender, Tea Tree, On Guard®, AromaTouch®, Deep Blue®,
Wild Orange, Peppermint—and one 115 mL bottle Fractionated
Coconut Oil
108.5 PV | \$175.00 rtl | \$131.25 whl

Wellness Essentials Program

Wellness Essentials

Get wellness delivered straight to your door with our special Wellness Essentials Program. Each month for three months, we'll send you a new collection of products specifically selected to support your wellness goals.

60215395
80 PV
\$166.67 rtl
\$125.00 whl



On Guard® Products



Top Seller	On Guard® Essential Oil Blend A T I S 31101813 15 mL 36 PV \$8.00 rtl \$43.50 whl	On Guard® Laundry Detergent 38981713 947 mL 21.5 PV \$42.00 rtl \$31.50 whl	On Guard™ Mist 60206797 27 mL 5 PV \$11.00 rtl \$8.25 whl	On Guard® Cleaner Concentrate 38141713 355 mL 10.5 PV \$24.67 rtl \$18.50 whl	On Guard™ Mouthwash 60207971 473 mL 10.5 PV \$24.67 rtl \$18.50 whl
New Formula	On Guard™ Whitening Toothpaste 38911713 125 g 5.5 PV \$14.67 rtl \$11.00 whl	dōTERRA Touch® On Guard® 60200457 10 mL 23.5 PV \$37.67 rtl \$28.25 whl	Hand Wash Twin Pack Refill 60200778 2 x 473 mL each 35.5 PV \$57.33 rtl \$43.00 whl	Hand Wash Single Refill 38011713 473 mL 19.5 PV \$31.67 rtl \$23.75 whl	On Guard® Foaming Hand Wash with 2 Dispensers 60200596 473 mL 19.5 PV \$38.33 rtl \$28.75 whl
New Formula	On Guard™ Toothpaste Samples 60206826 10 samples 2 g each 0 PV \$6.00 rtl \$4.50 whl	New On Guard™ Hand Wipes 60215543 20 wipes 5.5 PV \$20.00 rtl \$15.00 whl			

Yarrow | Pom

Yarrow | Pom
Essential Oil Blend
Active Botanical Nutritive Duo
A T

60207955
30 mL bottle with dropper | 100.5 PV
\$162.33 rtl
\$121.75 whl

Yarrow | Pom
Body Renewal Serum

60211285
100 mL | 63.5 PV
\$111.33 rtl
\$83.50 whl



dōTERRA™ Baby

dōTERRA Baby
Hair & Body Wash

60203050
295 mL | 10.5 PV
\$22.33 rtl
\$16.75 whl

dōTERRA Baby
Diaper Rash Cream (NHP)

60203052
60 g | 5.5 PV
\$14.67 rtl
\$11.00 whl
NPN 80078640

Deep Blue® Products

Top Seller

Deep Blue®
Essential Oil Blend
A T S

31051713
5 mL bottle | 35 PV
\$56.33 rtl
\$42.25 whl

Deep Blue® Rub Lotion

38901713
120 mL | 32 PV
\$54.67 rtl
\$41.00 whl

Deep Blue Polyphenol
Complex® (NHP)

34361813
60 vegetable capsules | 63 PV
\$101.67 rtl
\$76.25 whl
NPN 80071413

Deep Blue® Roll-On
Essential Oil Blend
A T S

60201831
10 mL roll-on | 58.5 PV
\$101.00 rtl
\$75.75 whl

dōTERRA Touch®
Deep Blue®
Essential Oil Blend
A T N

60200458
10 mL roll-on | 45.5 PV
\$73.67 rtl
\$55.25 whl



Hair Care



Salon Essentials® Protecting Shampoo

36221713
250 mL
20.5 PV
\$33.33 rtl
\$25.00 whl

60203210
946 mL
37 PV
\$77.00 rtl
\$57.75 whl

Salon Essentials® Smoothing Conditioner

36231713
250 mL
24.5 PV
\$39.33 rtl
\$29.50 whl

60203212
946 mL
42.5 PV
\$85.67 rtl
\$64.25 whl

Salon Essentials® Protecting Shampoo 2-Pack

60200743
19.5 PV
\$31.50 rtl
\$24.50 whl

Salon Essentials® Smoothing Conditioner 2-Pack

60200742
23 PV
\$48.00 rtl
\$36.00 whl

Salon Essentials® Shampoo and Conditioner

60200741
23 PV
\$48.00 rtl
\$36.00 whl

Salon Essentials® Shampoo and Conditioner Samples

10 companion sets
60206511
0 PV
\$14.67 rtl
\$11.00 whl

Salon Essentials® Hair Care System

60200654
74 PV | \$132.33 rtl | \$99.25 whl

Salon Essentials Healthy Hold Glaze®

36271713
120 mL | 16 PV | \$30.67 rtl | \$23.00 whl

Salon Essentials Root to Tip Serum®

36211713
30 mL | 37 PV | \$60.00 rtl | \$45.00 whl

dōTERRA® Spa



Total dōTERRA® Spa Collection

Moisturizing Bath Bar, Refreshing Body Wash, Exfoliating Body Scrub, Clarifying Mud Mask, Replenishing Body Butter, Hand & Body Lotion, Citrus Bliss® Hand Lotion, Original Lip Balm, Tropical Lip Balm

60206873
71 PV | \$458.33 rtl | \$118.75 whl

dōTERRA® Spa Refreshing Body Wash

250 mL
37461713
10.5 PV
\$21.67 rtl
\$16.25 whl

dōTERRA® Spa Replenishing Body Butter

198 g
60200796
16 PV
\$30.00 rtl
\$22.50 whl

dōTERRA® Spa Moisturizing Bath Bar

45 g
37451713
5.5 PV
\$11.67 rtl
\$8.75 whl

dōTERRA® Spa Lip Balm Tropical

45 g
60200727
5 PV
\$11.00 rtl
\$8.25 whl

dōTERRA® Spa Clarifying Mud Mask

113.4 g
37491713
23.5 PV
\$24.67 rtl
\$32.00 whl

dōTERRA® Spa Hand and Body Lotion

200 mL
60200795
15.5 PV
\$24.67 rtl
\$18.50 whl

dōTERRA® Spa Hydrating Body Mist

125 mL
60207704
23.5 PV
\$42.67 rtl
\$32.00 whl

dōTERRA® Spa Lip Balm Variety 3-Pack

60203481
10 PV
\$25.00 rtl
\$18.75 whl

dōTERRA® Spa Citrus Bliss® Hand Lotion

75 mL
60200730
5 PV
\$11.00 rtl
\$8.25 whl

dōTERRA® Spa Hand and Body Lotion 3-Pack

60203471
26.5 PV
\$51.00 rtl
\$38.25 whl

dōTERRA® Spa Lip Balm Original

45 g
60200725
5 PV
\$11.00 rtl
\$8.25 whl

dōTERRA® Spa Balance™ Bath Bar

113 g
60211699
5 PV
\$12.67 rtl
\$9.50 whl

dōTERRA® Spa Exfoliating Body Scrub

226 g
60200724
16 PV
\$33.33 rtl
\$25.00 whl

dōTERRA® Spa Lip Balm Herbal

45 g
60200726
5 PV
\$11.00 rtl
\$8.25 whl

Personal Care



Balance™ Deodorant

60210052
75 g
5 PV
\$14.67 rtl
\$11.00 whl



Smart & Sassy™ Gum

60207623
32 pieces
5.5 PV
\$14.67 rtl
\$11.00 whl



Correct-X® Essential Oil Ointment

60111713
15 mL
10.5 PV
\$20.67 rtl
\$15.50 whl



Fractionated Coconut Oil Essential Oil Blend

T **N**
31641713
115 mL | 13 PV
\$20.67 rtl
\$15.50 whl

Skin Care



HD Clean® Topical Blend

T **N**
60201145
10 mL roll-on | 22.5 PV
\$36.00 rtl
\$27.00 whl

HD Clean® Facial Lotion

49411713
50 mL | 36 PV
\$58.00 rtl
\$43.50 whl

HD Clean® Collection

60200752
43.5 PV
\$80.33 rtl
\$60.25 whl

HD Clean® Foaming Face Wash

49421713
50 mL | 23.5 PV
\$37.67 rtl
\$28.25 whl



Verage® Skin Care Collection

42691713
73.5 PV
\$144.00 rtl
\$108.00 whl

Verage® Toner

37391713
50 mL | 23.5 PV
\$37.67 rtl
\$28.25 whl

Verage® Immortelle Hydrating Serum

37401713
15 mL | 69 PV
\$111.00 rtl
\$83.25 whl

Verage® Cleanser

37381713
60 mL | 26.5 PV
\$42.67 rtl
\$32.00 whl

Verage® Moisturizer

37411713
30 mL | 30 PV
\$48.00 rtl
\$36.00 whl

Skin Care ctd.



Essential Skin Care System

Essential Skin Care: Facial Cleanser, Invigorating Scrub, Anti-Aging Moisturizer, Tightening Serum, Pore Reducing Toner, Brightening Gel, Hydrating Cream, Eye Cream

60206177
214.5 PV | \$357.67 rtl | \$268.25 whl

Essential Skin Care Facial Cleanser

60203376
118 mL | 17.5 PV
\$28.33 rtl
\$21.25 whl

Essential Skin Care Invigorating Scrub

60203373
70 g | 19 PV
\$30.67 rtl
\$23.00 whl

Essential Skin Care Tightening Serum

60203354
30 mL | 52.5 PV
\$84.67 rtl
\$63.50 whl

Essential Skin Care Eye Cream

60203357
15 mL | 47.5 PV
\$77.00 rtl
\$57.75 whl

Essential Skin Care Brightening Gel

60203375
30 mL | 36.5 PV
\$59.00 rtl
\$44.25 whl

Essential Skin Care Hydrating Cream

60203359
48 g | 38 PV
\$61.67 rtl
\$46.25 whl

Essential Skin Care Pore Reducing Toner

60203356
118 mL | 22.5 PV
\$36.00 rtl
\$27.00 whl

Essential Skin Care Anti-Aging Moisturizer

60203371
50 mL | 36.5 PV
\$59.00 rtl
\$44.25 whl

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).

60202934
30-day supply | 60 PV | \$126.67 rtl | \$95.00 whl



IQ Mega® (NHP)
35321813
150 mL
31.5 PV
\$58.67 rtl
\$44.00 whl
NPN 80085232

New



Zendo™ (NHP)
60206166
60 softgels
22 PV
\$44.00 rtl
\$33.00 whl
NPN 80080555

New



ZenGest® Softgels (NHP)
35431813
15 PV
\$33.33 rtl
\$25.00 whl
NPN 80078533

New



dōTERRA Serenity® Restful Complex (NHP)
60200714
60 softgels
15 PV
\$33.33 rtl
\$25.00 whl
NPN 80083318

New

Made with sls-free vegetable capsules

Made with sls-free vegetable capsules

Made with sls-free vegetable capsules



ZenGest® TerraZyme® (NHP)
35111813
90 Vegetable Capsules
39.5 PV
\$64.00 rtl
\$48.00 whl
NPN 80077027

Made with sls-free vegetable capsules



Deep Blue Polyphenol Complex® (NHP)
34361813
60 Capsules
63 PV
\$101.67 rtl
\$76.25 whl
NPN 80071413

Made with sls-free vegetable capsules



Veggie Caps
60204616
160 HPMC capsules
0 PV
\$7.00 rtl
\$5.25 whl

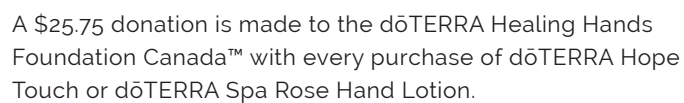
Made with sls-free vegetable capsules



TriEase® Blend Softgels (NHP)
49311813
60 Vegetable Capsules
21 PV
\$39.33 rtl
\$29.50 whl
NPN 80079883

Made with sls-free vegetable capsules





60200781
100 mL | 0 PV | \$25.75

dōTERRA Hope® Touch

60202235
10 mL roll-on | 0 PV | \$25.75

New



60214059
0 PV | \$77.33 rtl | \$58.00 whl



60213424
0 PV | \$95.33 rtl | \$71.50 whl



60213449
o PV | \$99.33 rtl | \$74.50 whl



60211633
21 PV | \$80.33 rtl | \$60.25 whl



60211634
42.5 PV | \$119.67 rtl | \$89.75 whl



60212216
0 PV | 64.00 rtl | \$48.00 whl



Volo™ Marble
60211700
 0 PV
 \$100.67 rtl
 \$75.50 whl

Volo™ Onyx
60211701
0 PV
\$100.67 rtl
\$75.50 whl

Notes



“Nurturing has the ability
to transform people’s lives”

—
John C. Maxwell

When the pure gifts of the earth
are paired with the pure love of each
other, we can achieve anything.

dōTERRA®
pursue what's **pure**™

Place FCS Logo in this area.



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