



LIVING

MAGAZINE

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Hey There,
Beautiful

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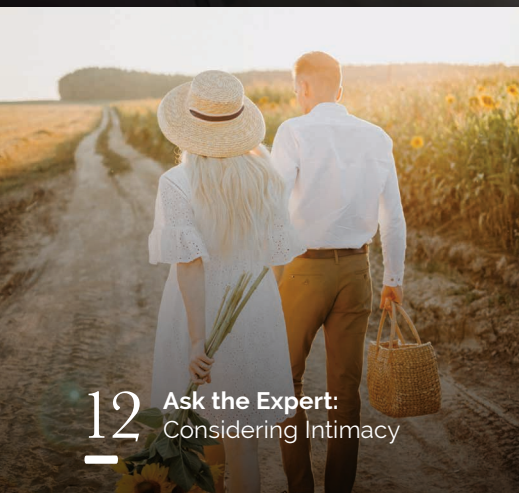


“The essential oil market is flooded with products that are unsafe and adulterated. But at doTERRA, we are raising the standard of purity beyond what any other essential oil company is doing.”

—
Dr. Osguthorpe, Chief Medical Officer



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Cypress

Cupressus sempervirens and lusitanica

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Product Guide

Distillation Method: Steam distillation

Aromatic Description: Clean, fresh, woody, and herbaceous

Plant Part: Branch and leaf

Diffusing **Cypress** essential oil in your home feels like walking into a spa. The peaceful, clean aroma can transform your space, giving you the opportunity to unwind from the day. Along with diffusing **Cypress** on its own, it also pairs well with citrus oils. The deep, woody scent provides a strong foundation for the sweet citrus notes.

We source our **Cypress** essential oil from Kenya, where cypress trees flourish and where we support rural smallholder farmers. Like **Frankincense** and **Copaiba**, **Cypress** essential oil is a blend of multiple cypress species. Blending two species creates a powerful essential oil with the optimal balance of chemical constituents. It's truly one of a kind.

Fun Fact

A pair of cypress trees can be seen in front of the nighttime village scene in Vincent van Gogh's famous *Starry Night*.

How to Use Cypress

Topical

- + Apply to the feet and legs before a long run for a motivating aroma.
- + Add one to two drops to a facial toner to help improve the appearance of oily skin.

Aromatic

- + Diffuse for an invigorating aroma.
- + Apply to the pulse points for a subtle and exciting personal fragrance.

BEHIND THE BOTTLE

LEMON EUCALYPTUS

Welcome to Lunga Lunga

Near the coast of the Indian Ocean, the warmest ocean in the world, and just a few miles from the Kenya-Tanzania border lies Lunga Lunga. Geographically, Lunga Lunga is relatively removed from the rest of Kenya and has been historically underserved. Nestled in the heart of Lunga Lunga is a 300-acre farm and distillation facility, which provides farming cooperative support services to smallholder farmers producing essential oil crops. Among other essential oil crops, this area is where Lemon Eucalyptus is grown, harvested, and distilled.



Kenya Rising

Kenya is home to a wide variety of growing landscapes, from sea-level regions on the coast to inland altitudes of 6,000–9,000 feet around Mt. Kenya. Each region is uniquely suited to different types of agriculture and being near the equator Kenya receives 12 hours of daylight year-round! Well-managed farms can be harvested multiple times a year. With its ideal agricultural conditions, and 80 percent of Kenyan farmers with five or fewer acres, Kenya is an ideal location for the Cō-Impact Sourcing® model, which is already making an enormous impact.

The Lunga Lunga Project works directly with smallholder farmers in the local community to grow tropical aromatic plants, among them lemon eucalyptus (*Eucalyptus citriodora*). This collection of farmers forms a cooperative group of more than 1,400 smallholder farmers in this area, who supplement the cultivation of aromatic plants grown on the Lunga Lunga model farm. A team of agronomists work closely with the smallholder farmers to ensure quality, as well as to help improve yields, maximizing income to smallholder farmers for their crops. Also, the agronomists work with smallholder farmers to implement regenerative agriculture techniques through climate-smart agriculture, sustainably maintaining and increasing the productivity, mitigation, adaptation, and resilience of lemon eucalyptus and food crops.

Along with creating and sustaining thousands of agricultural jobs in the community and providing fair, reliable, and on-time payments, the Lunga Lunga Project also helps these smallholder farmers become legal landowners. Many farmers in Lunga Lunga don't own the land they farm. A few often lease the land from other landowners, but the majority farm as "squatters." Some major hurdles barring smallholder farmers from officially owning property include acquiring the capital to do so and having the government-issued identification and paperwork needed to purchase property. The process is often expensive and can take an unreasonably long time.

The Lunga Lunga Project works intently with smallholder farmers to economically empower them so they can afford a parcel of land. The project also intends to provide the farmers with necessary legal support to guarantee acquisition of genuine documentation. Other provisions include training on financial management, village-level savings and credit associations, and additional livelihood-related programs. All these steps can transition farmers from being squatters to landowners—a shift that will transform a family's economic and social trajectory in a powerfully positive way.



Also known as lemon-scented gum or blue gum, lemon eucalyptus, is a eucalypti plant—a tall tree with smooth bark. It craves sunlight and humid, tropical environments. When given the proper conditions to thrive, a lemon eucalyptus will grow over sixty feet. It sports small, sword-shaped gray-green leaves and tiny white flowers. When lemon eucalyptus trees are grown and harvested for essential oil production, the entire tree shoot is cut down to the base. But this isn't the end of the tree's life. Known as coppicing, this careful method of cutting a tree at its base allows many species of trees to put out new shoots from the stump and grow back anew. Coppicing can actually keep trees in a younger, juvenile stage, allowing them to reach immense ages and produce the targeted essential oil profile needed. Some trees species—like tea tree, cinnamon, and eucalyptus—are especially well-suited to coppicing because of how quickly they grow back.

Lemon Eucalyptus essential oil, with its uplifting aroma and cleansing properties, comes from the steam-distilled leaves of *Eucalyptus citriodora*. It requires approximately two-and-a-half pounds of lemon eucalyptus leaves to produce 15 mL of Lemon Eucalyptus essential oil, depending on the season, year, and other environmental variables.

Planting Lemon Eucalyptus

Imagine a cluster of ten trees. Multiply that group of trees by ten and gaze at the growing grove. Take those hundred trees and multiply them by ten again. You're now surrounded by green, but there's still more.

Multiply your thousand trees—not by ten this time, but by a hundred. Hear the rustle of their leaves as you stand amid a forest of 100,000 trees, and if you can, make your forest grow one more time by seven.

That's 700,000 trees. Take a deep breath and enjoy the fresh air, with a sweet, lemony scent wafting from the leaves. We've planted 700,000 lemon eucalyptus trees in the Lunga Lunga region, but it's only the beginning. In fact, 700,000 isn't even a fifth of the number of trees we plan to plant. Our goal is to plant at least 5,000,000 with smallholder farmers!

So next time you open a bottle of Lemon Eucalyptus essential oil, savor the scent just a little longer and know that this gift of the earth was brought to you as a labor of love.



Learn more about Lunga Lunga farmer, Mwatumbi Dena.



The dōTERRA Healing Hands Foundation,® a U.S. Foundation, has funded numerous projects in Kenya, including:

Mwamose Primary School (1,050 students and 21 teachers):

- Construction of a classroom, library, community foot bridge, and rainwater harvesting system with 10,000 liters of drinking water storage
- Donation of desks and library furniture
- Construction of staffroom, toilets, and teacher living quarters
- Construction of a borehole and water supply for sanitation and hygiene for the school children

Majengo Mapya Kindergarten School:

- Construction of a new school for over 200 children

Community Center:

- Construction of a training and resource facility for farmers and community events

Trust for Indigenous Culture and Health:

- Indigenous culture and health trainings for 2,000 schoolchildren

Kiwegu Primary School (950 students and 18 teachers):

- Construction of a classroom, library, and rainwater harvesting system, with 10,000 liters of drinking water storage
- Connection of the school to a clean water source for both drinking, sanitation, and hygiene
- Donation of a perimeter fence, desks, and toilets

Communal Water Projects:

- Maintenance and repair services for over 95 community water points, benefiting over 15,000 people with access to safe drinking water
- Construction of a community borehole to supply water for livestock and hygiene
- Construction of a reverse osmosis water treatment plant to provide safe, reliable, and affordable drinking water to farmers and the wider community

Colobus Conservation:

- Education about and reforestation of indigenous trees



Essential Oil Spotlight



Lemon Eucalyptus

Eucalyptus citriodora

Distillation Method: Steam distillation
Aromatic Description: Fresh and lemony
Plant Part: Leaves

Clean. Fresh. Invigorating. These words come to mind when inhaling the incredibly refreshing and crisp aroma of **Lemon Eucalyptus** essential oil. Despite its name, Lemon Eucalyptus isn't a citrus oil. Like Lemon Myrtle and Lemongrass, it simply has that beloved bright and lemony scent that everyone loves so much.

When you get a whiff of Lemon Eucalyptus, you might feel like you're stepping into a tranquil spa, as the refreshing smell of eucalyptus has become widely associated with environments of serenity and calm. Or perhaps it'll transport you to a favorite spot in nature where you can take deep, grounding breaths of clean and fresh air. No matter what Lemon Eucalyptus reminds you of, its distinct and powerful aroma will surely create a bright spot in your day.

On top of a remarkable scent profile, you'll find Lemon Eucalyptus oil useful for skin care, cleaning surfaces, and refreshing the air in any room.

Fun Fact

The flowers of the lemon eucalyptus tree provide an excellent source of nectar for honeybees and butterflies.

How to Use Lemon Eucalyptus

Topical

- + During your skin care routine, add one to two drops to your favorite cleanser.
- + Add one to two drops to the palm, rub your hands together, and inhale to add a lemony note to your day.
- + Combine a few drops with **Fractionated Coconut Oil** for a rejuvenating, invigorating massage.

Aromatic

- + Diffuse to encourage a positive environment with its bright, fresh scent.
- + Add to a glass spray bottle to cleanse surfaces and refresh any room.

Ask the Expert: Considering Intimacy

Picture the love and care that goes into growing a garden. Water, air, sunlight, and good soil are all vital for ensuring the plants thrive. Gardeners work daily to water, weed, and prune. It's a marathon, not a sprint. To reap the rewards of the harvest, gardeners put in consistent, meaningful efforts. Like the gardener tending to her garden, both partners in a relationship must dedicate time and effort to themselves and their significant other to nurture meaningful connections.

Cultivate Closeness

Relationships require attention to detail in order to achieve an intimate, personal connection. Emotional closeness deepens the bond between partners, which can translate to a happy and fulfilling sex life. Take the time to listen, understand, and support your partner. If it feels like your relationship has plateaued—as they all do from time to time—evaluate the time you give for emotionally deep conversations. The more you share, the closer you may feel. Intimacy often means something different to everyone, so clearly communicate your personal expectations with your loved one.

Seeking Harmony

You hear a lot about the importance of being "in the mood" for intimacy, but that can mean more than just arousal or desire. A major part of positive intimacy is being physically and mentally present with not only your partner, but with yourself. This can become difficult if the different areas of your wellness aren't in harmony. However, when your overall wellness is balanced, you are more free to focus your attention on creating healthy, satisfying connections.

One way to support your wellness is with small but significant lifestyle changes. Ann Shipley, former nurse practitioner at Prime Meridian Health Clinics®, offers her expertise on products that support lifestyle changes aimed at intimacy. She says, "Having a strong foundation with proper nutrition, good sleep habits, and stress

management is essential for supporting your body." Several dōTERRA® products offer support in these areas.

dōTERRA Lifelong Vitality® Convenience Pack

Ann specifically suggests making the three supplements packaged in the **dōTERRA Lifelong Vitality Convenience Pack*** part of your dietary supplementation. "The dōTERRA Lifelong Vitality Convenience Pack can provide a foundation for nutrition when partnered with a diet that's rich in nutrient-dense foods." If used consistently in conjunction with healthy habits of exercise, diet, rest, and stress management, the three supplements in dōTERRA Lifelong Vitality Convenience Pack each offer benefits important to lifelong vitality.

Love Is in the Air

Dr. Brannick Riggs recommends Madagascar Vanilla to help spice up the bedroom. "The sweet scent of vanilla is one we all recognize. It's not only generally pleasant, but it also brings an element of calm and comfort to an environment." The scent of Vanilla, which has been used for thousands of years, is a product that can be helpful in intimacy by setting a truly captivating and romantic tone.

Ann adds, "Smell is the strongest sense linked to memory, so having familiar smells that we connect with times of safety and connection are powerful." A specific aroma may help promote a calming, exciting, or romantic atmosphere. When it comes to scent, Ann recommends Whisper® Touch, dōTERRA Passion®, and Clary Sage.

Whisper Touch

Whisper Touch is a stunning blend of Fractionated Coconut Oil, Patchouli, Bergamot, Sandalwood, Vanilla Bean Absolute, Rose, Jasmine, Cinnamon Bark, Vetiver, Labdanum, Cocoa Seed, and Ylang Ylang. When applied topically, it combines with an individual's unique chemistry to create a personalized fragrance. Apply it when you're looking for a warm, sweet, and soft aroma.

dōTERRA Passion

This rich blend is made up of Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla Bean Absolute, and Damiana. It offers a joyful, exciting, and inspiring scent when diffused or applied topically. It's the perfect oil blend to turn to when you want to kindle an atmosphere of excitement.

Clary Sage

Clary Sage is known for its calming, relaxing aroma. When applied topically, it's soothing to the skin. It's a great essential oil to reach for when you'd like to be surrounded by a peaceful atmosphere.

Along with these wonderful options, Ann recommends trying new essential oils to find what speaks to you. "This is a great time to focus on which essential oils resonate with the season you're in." Everyone is unique. Listen to your intuition as you look for the aromas that works best for you.

Above all, when it comes to connection and intimacy, use open communication, professional assistance, and an active support system to reach your relationship's full potential together. And when in doubt, show yourself and your partner a little love with products you can trust.





Love is in the air

The perfect aroma can transform any space. It can relax or energize the environment. It can create serene or sensual surroundings. The impact of the right aroma is powerful. Try these diffuser blends to customize and cultivate different atmospheres of love and affection.



Date Night

- 6 drops Sandalwood
- 2 drops Cinnamon Bark
- 2 drops Patchouli
- 2 drops Rosemary
- 2 drops Ylang Ylang



Campfire Cuddles

- 2 drops Douglas Fir
- 1 drop dōTERRA Passion®
- 1 drop Sandalwood



Love Is in the Air

- 3 drops Bergamot
- 3 drops Patchouli
- 3 drops Ylang Ylang



All You Need Is Love

- 3 drops Lavender
- 3 drops Clary Sage
- 3 drops dōTERRA Cheer®



Love Potion

- 3 drops Clary Sage
- 2 drops Douglas Fir
- 2 drops Grapefruit
- 1 drop Juniper Berry



Falling in Love

- 3 drops Frankincense
- 1 drop Cinnamon Bark
- 1 drop Myrrh
- 1 drop Sandalwood

From Harvest to Bottle, Farmer to Family

Have you ever wondered what happens after the harvest? The refining and bottling processes for dōTERRA® essential oils are more intricate than you might think. It takes a lot of collaboration and work to bring an essential oil from a remote garden, field, or forest to you.

Let's take **Copaiba**. After the essential oil has been collected from trees deep in the Amazon Rainforest, it's packaged in barrels and shipped from Brazil to one of our worldwide manufacturing facilities. Let's say this shipment heads to Pleasant Grove, Utah, United States.

It then reaches a crucial stage: testing for purity. Once the essential oil reaches our facilities, it goes through several rounds of testing. Scientists ensure dōTERRA essential oils are free of any synthetics or unwanted materials. If the essential oil doesn't reach the dōTERRA high standards of quality, it'll go through a refinement process to get rid of any sediments or potential contaminants.

After the essential oil has been tested, it's transferred to stainless steel totes, which prevent any bacteria from growing. From this point in the process, the essential oil can be sent to one of the manufacturing facilities dōTERRA has abroad or stay at the facility in Pleasant Grove.

If the essential oil, like **Clove Bud**, is going into a blend, like **On Guard**®, it'll make its way to the blending tank. This giant machine can blend up to 10,000 kilograms of essential oil at a time. Once the oil blend has been created, it may go through a second round of refining to get rid of any excess water created in the blending process. This refinement can take up to two weeks to complete.



While an essential oil is being tested and refined, bottles, caps, and labels are produced, and they all come together in a beautiful symphony in the fill suite. The bottles arrive at the fill suite on flats that are sealed in plastic to maintain quality. If the bottles are unwrapped outside the fill suite, they're considered contaminated and can no longer be used. Once the bottles enter the suite, which is considered a clean room, they're unwrapped and loaded into the filling machine on several trays. The bottles are then fed through the machine, filling them with pure essential oil two at a time. After being filled, the bottles make their way to the capping portion of the line, where the caps are applied by machine. A torquing mechanism applies the proper torque to the lid to guarantee each one is screwed on to the exact tightness.

The filled bottles pass through a sensor that ensures the lids are on correctly and the bottles are filled with the proper amount of essential oil. It's then time for labels to be applied. After the labels are on the bottles, they're sent down the next conveyor belt to a quality check station.

A quality checker removes bottles from the line and performs a visual check, because sometimes even the best machines make mistakes. These quality checkers determine whether the bottles have enough essential oil in them, and the labels have been correctly applied. Once the essential oil batch passes this quality check, it's loaded into recyclable boxes. The boxes are stacked on a pallet and shipped to the dōTERRA Fulfillment Center in Lindon, Utah, United States. It's there that essential oils can be picked and pulled for collections, and individual orders that make their way to your home.

Much care, effort, and attention goes into creating unadulterated essential oils. Hundreds of people work together to make it possible for even one bottle to be produced. dōTERRA has implemented the best processes and protocols, because that's what you and these gifts of the earth deserve. The next time you open a bottle of your favourite essential oil, beyond experiencing its beautiful aroma and benefits, we hope you can sense the love dōTERRA has for you and your family.



Learn about product quality from the Science Team in the dōTERRA lab.





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PROMO

Essential Oil
Spotlight

Madagascar Vanilla

Vanilla planifolia



Scientific Name: Vanilla planifolia

Extraction Method: CO₂

Aromatic Description: Sweet, rich, and warm

Plant Part: Vanilla bean

The scent of vanilla has been incredibly popular for centuries. It's complex, elegant, and luxurious. One whiff can remind you of happy memories—perhaps of baking sweets with loved ones. Extracting vanilla from the plant is a time-intensive process, but the beautiful product collected afterward makes it completely worth it. And now, for the first time, you can experience pure vanilla extract from dōTERRA.

Madagascar Vanilla contains an optimal amount of Fractionated Coconut Oil, making it ideal for topical application. With its pure and powerful aroma, this may become your new favorite.

Fun Fact

The vanilla flower only blooms one day out of the entire year.

How to Use Madagascar Vanilla

Topical

- + Place a drop or two on the pulse points.
- + Incorporate as part of a soothing massage.
- + Create a personal aroma by combining with wood or resin essential oils or **Whisper® Touch**.

Aromatic

- + Put two to three drops in your diffuser for a warm, comforting aroma.
- + Inhale from the palms of your hands to experience an uplifting and sweet scent.



“You are imperfect, permanently and inevitably flawed. And you are beautiful.”

Amy Bloom, American Author

Hey There, Beautiful

When you hear the word beauty, you may picture your favourite flower, a radiant sunset, or your family.

Something beautiful that should also come to mind is *you*. You are one of a kind; no one else in the world is like you. You are one of a kind; no one else in the world is like you. You have talents, attributes, and experiences that are unique to you. That's something to celebrate.

You're Beautiful: Accepting Compliments

Compliments come in many forms, from someone liking your sweater, to appreciating your sense of humour, to saying you're beautiful. But do you sometimes find it difficult to accept those compliments? You wouldn't be the first person. When you're feeling down on yourself, it's easy for negative thoughts to surpass positive ones, creating a mindset that you're not worth the praise.

Instead of being trapped in negative thinking and believing you're not good enough, consider having an alternate mindset: a compliment is like a gift.

Think of times when a friend bought you a small gift because it made them think of you, or even when a stranger paid for your order in a drive-thru line. Little gifts are easy to accept—compliments should be just like that.

Little gifts are easy to accept—compliments should be just like that.

Accepting a compliment may be challenging at first but framing your mindset to be more open to receiving compliments like a gift will allow them to take precedence over your negative thoughts.

Those around you who you love and trust are the best people to help you recognize the characteristics and features that make you beautiful, but even strangers can spot them. Welcoming compliments with confidence and grace can help you break free of the undeserving mindset and help you realize how noticeable your true beauty really is.

Sometimes it seems like compliments are thrown around like confetti. Instead of letting them rain on your parade, accept them and let them make your day. The next time someone says, "I like your style" or "You're the best," believe it and know that you are deserving of that true statement.



I'm Beautiful: Daily Affirmations

With so much competing for your attention each day, it's easy to get lost in external messages about beauty and forget to hear the only voice that matters—yours. There is no fashion trend or makeup trick that can take the place of feeling sure of your personal value and needs. Starting and ending your day with positive self-talk can add value to your life and contribute to your confidence in knowing you're beautiful.

Your daily affirmations don't have to be grand. They can be short, meaningful phrases that are personal to you. To be most effective, pick a time every day to recite your affirmations out loud. Repeating these phrases regularly and often will help enhance your awareness of their truth in your daily life.

Amplify your experience by creating an aromatically calming environment as you diffuse your favourite essential oils. The uplifting aromas of blends like **Balance**®, **dōTERRA Console**®, and **Adaptiv**™ essential oil blends can help set the tone as you recite your daily affirmations. Every time you inhale the scents of these gifts of the earth, think of the meaning of your affirmations and recognize your true beauty.



Your Beautiful Body: Practicing Self-Care

Self-love and self-care start with expanding your appreciation for what your body can do, not just what it looks like. This journey of gratitude starts by establishing a regular self-care routine and setting wellness goals with the intention of showing up in life as your best self.

Exercising regularly is a simple way to take care for your body. When establishing an exercise routine, be mindful of your abilities. At the same time, celebrate your body for knowing its limits and be gentle with yourself as you improve at a healthy pace.

Making healthy food choices is another way to nurture your beautiful body from the inside. Rather than making big changes all at once, implement them slowly to prevent feelings of overwhelm.

Start with an extra serving of veggies each day, or experiment with fruit smoothies in the mornings. You also try adding a drop of Lemon oil to your reusable water bottle for a refreshing lemony flavour as you work to stay hydrated throughout the day.

It takes just a small effort to make healthy lifestyle changes and practice regular self-care. As you strive to show yourself more self-compassion, you'll be able to more clearly see the true beauty of your amazing, capable body.

Appreciate Beauty Everywhere

One of the best ways to honour the beauty within is to appreciate the beauty outside yourself.

Go on a hike, spend the afternoon with your family, or watch the sunset as you journal about your day. Also take note of what you find beautiful in other people and pay compliments like little gifts to those around you. These simple moments illustrate what makes life beautiful. By consciously recognizing them, you'll see the part you play more clearly.

You may encounter obstacles on your path to recognizing your beauty, but remember that even on hard days, you're still beautiful and worth something great. Be patient with yourself and enjoy the journey. The world is a more beautiful place because you're in it.

Get Nature's Glow Head-to-Toe

Yarrow|Pom is an expertly crafted blend of yarrow essential oil and cold-pressed pomegranate seed oil. Lightweight enough to be used around the face, it is the ultimate naturally sourced solution for essential oil skincare.

- **Yarrow essential oil** revitalizes and soothes aging skin.
- **Pomegranate seed oil** supports the skin's natural barrier by helping to slow the normal breakdown of skin proteins that occur with aging.

The luxurious **Yarrow|Pom Body Renewal Serum** combines powerful bioactive compounds and proteins to promote the appearance of firmer, smoother, more youthful looking skin.

- **Avocado oil** protects the skin's moisture level by reducing water loss.
- **Jojoba, Sunflower, Grape Seed, and Argan Kernel** oils deeply moisturize to help reduce premature signs of aging.
- **Coffee Seed Extract** and **Pomegranate esters** help enhance skin luminosity and improve the appearance of firm skin.



It's Your Turn!

How often do you get down on the floor with your children, grandchildren, nieces, or nephews? Your little ones won't recall the latest and greatest toy they just had to have, they'll remember the stories you told them, building forts in the living room, and the hours you spent playing together.

The Ultimate Family Game Night

Make some of the best memories with your kids by getting everyone together for a fun family game night. Every game night needs a wide variety of games, but snacks to munch on as you play are a must. With just a bit of prep, you can whip up these delicious Peppermint Party Chocolates for the whole family to snack on while competing for the crown and title of grand game master!

“Children don't need more things. The best toy a child can have is a parent who gets down on the floor and plays with them.”

Bruce Perry



Peppermint Party Chocolates

Ingredients:

- 1 cup dark chocolate chips ½ cup almonds
- 1 teaspoon coconut oil 1 drop **Peppermint** essential oil

Instructions:

1. Place the chocolate chips and coconut oil in a microwave-safe bowl and melt together until smooth.
2. Add in the essential oil and mix. (One drop or less should be enough.)
3. Pour the melted chocolate onto wax paper atop a cookie sheet and spread the chocolate around with a spoon, making an even layer.
4. Crush the almonds and sprinkle over the chocolate.
5. Place in the fridge and allow to chill.
6. Break into pieces for snacking. Enjoy!



Charades

This is a classic that your kids will love. Remember to get creative and have fun!

Supplies:

- Pen or pencil
- Paper, cut into strips
- Hat or bowl

On each strip of paper, write an animal, fruit, object, or movie. For younger kids, print images of the things to make it simpler to play.

Put all the strips of paper into a hat and divide the family into two teams. Flip a coin to see which team goes first. Each person takes a turn to pick a strip from the hat and act out whatever is on the paper without using words. The team has one minute to guess before time's up. Whichever team guesses the most correctly wins!

If you have a small family, invite neighbors, or take turns for individual points.



Fun in the Kitchen

Take the fun into the kitchen and let everyone help make a delicious treat. Enjoy this creamy Cassia peanut butter dip with strawberries, apples, vanilla wafers, or graham crackers while the family is together.

Creamy Cassia Nut Butter Dip

Ingredients:

- ½ cup vanilla Greek yogurt ½ cup whipped topping, frozen
- ½ cup creamy nut butter 1 drop **Cassia** essential oil

Instructions:

1. Mix the yogurt, nut butter, and whipped topping together.
2. Add the Cassia essential oil and stir to combine.



I'm Going on a Picnic

Sitting around the kitchen table or in the car—this game can be played almost anywhere.

The first player starts off saying, "I'm going on a picnic, and I'm bringing. . . ." This is followed by an item beginning with the first letter in the alphabet: A. For example, "I'm going on a picnic, and I'm bringing an apple"

The next person would repeat the phrase: "I'm going on a picnic, and I'm bringing. . . ." Along with the first item—an apple—and an item beginning with the second letter in the alphabet: B. So, "I'm going on a picnic, and I'm bringing an apple and a banana."

This pattern continues, with each new turn repeating all the items mentioned before and adding an item from the next letter in the alphabet.

It's a fun game to help your kids learn the alphabet and a great way to keep minds active at any age.

It doesn't really matter what you're doing or who wins. What's important is the time you're spending together.



Voice of the Vet



And They Called It Puppy Love

—
Showing and Receiving Love from Your Pets

Dr. Janis Fisher is a graduate of the Atlantic Veterinary College in Prince Edward Island, Canada, and has been a practicing veterinarian for over 20 years. After witnessing the various benefits of essential oils in her home, she started incorporating them into her veterinary rehabilitation practice. dōTERRA® essential oils are diffused daily at her practice, and she enjoys educating her colleagues on the use of essential oils with their animal patients. Dr. Fisher lives in Dartmouth, Nova Scotia, Canada, with her wife and eight-year-old daughter, two dogs (Quick and Wow), and three cats (Flynn, Friend and Zephyr).

Have you ever considered if your pets really love you? Pets actually show affection in many ways. One obvious way is your pets simply want to be around you, touch you, or rub against you. They may follow you around, try to get under your hand to encourage you to pet them, or rub against your legs. Even some small pets kept in cages—or pocket pets—will come to the edge of the cage when you approach and try to interact with you.



If your pet has ever brought you a favorite toy, then you've experienced another way pets show affection. I feel if they're trying to share an item that's important to them, then they're showing you you're important. When you bring a new pet home, make sure to pay attention and become familiar with how your new friend shows affection.

Also, keep in mind when bringing home a new pet to create the best environment for bonding. Diffusing **Frankincense, Copaiba, Serenity**, or **dōTERRA Balance** can be helpful and are personal favorites I use to create a calming, relaxing environment for bonding and affection.

Give Love Mindfully

Like with people, the best way to show love to your pets is in a way they like to receive it. Pay attention to how your pets respond to you. Approach them in the ways they respond most positively to. If you have pets that aren't big cuddlers, then using petting to show affection probably won't be effective. However, if they love playing with you or being outside, taking time for these acts will powerfully build a relationship with them. Your pets have a preferred love language and learning that love language will allow you to build a strong, affectionate relationship with them.

A question I often hear: "Is food an appropriate way of showing affection for my pets?" In moderation, absolutely! Food can be especially helpful in building a relationship with a new pet. For example, when I have a new puppy, I frequently keep treats in my pocket. One treat can be broken up into smaller pieces, allowing me to give a treat every time the puppy comes to me, even if

I didn't call. I want new pets to learn from the beginning that all good things come from me.

Children and Pets

Another question many people ask: "How do I teach children to show appropriate affection for pets?" Teaching children how to interact appropriately with animals is crucial. Kids should be supervised when they're with pets. No matter how well behaved your pets are, accidents can happen. If a child is too rough, the pet will react. Help your children understand why it's important to be gentle and kind with pets. I like to teach children they should stay mostly still and let the pets approach. Then they can put a hand out and interact gently. Kids can get excited about showing affection to animals, so help them act appropriately to ensure that pets don't get overwhelmed. With proper guidance, children can have amazing, positive interactions with their pets.

Having pets around children presents another great opportunity to use your essential oils. You might try applying essential oils topically with your children. Use **Steady**™ from the Kids Oil Collection to help create a calming environment for both the child and the animal. A blend I use is made from **dōTERRA Balance, Serenity, Lavender** and **Fractionated Coconut Oil**. This is a fantastic blend to spray around the room or even on your child to create a calm atmosphere.

No matter what kinds of pets you have, the biggest thing I hope you take away from this is when showing affection for your pets, remember that every animal is different. Find the acts of affection they respond to most and incorporate those into your daily routine!



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PROMO

Essential Oil
Spotlight

Copaiba

Copaifera

Distillation Method: Steam distillation

Aromatic Description: Spicy and woody

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

Copaiba essential oil is derived from the resin of the copaiba tree, found widely in tropical South America. This towering tree can grow more than 100 feet high and live up to 400 years. Because of its position on the equator, the Amazon Rainforest experiences 12 hours of sunlight every day of the year. Combined with heavy humidity and yearly rainfall, the conditions of the Amazon are exceptional for plant growth, and copaiba trees thrive in this unique climate.

Copaiba is known for offering the highest percentage of the chemical constituent beta-caryophyllene (BCP) among currently known essential oils. Diffused, it provides a tranquil, calming aroma on its own and creates a mellow, earthy note in any blend with minty, citrus, or floral essential oils. Use Copaiba in your skincare to gently soothe and moisturize the skin and to support clear-looking complexion.

Fun Fact

Since the sixteenth century, copaiba has been used in traditional wellness practices by the natives of north and northeastern Brazil.

How to Use Copaiba

Topical

- + Apply two to three drops and cover with **Deep Blue® Rub Lotion** for a soothing experience.
- + Add one drop to your daily **HD Clean® Facial Lotion** to support the appearance of healthy skin.

Aromatic

- + Diffuse three drops, along with three drops of **Easy Air®** for a soothing, refreshing aroma
- + Diffuse two drops, as well as two drops of **Vetiver, Lavender,** and **Wild Orange** to create a restful environment.





Building Connection

—
“We are like islands in the sea, separate on the surface but connected in the deep.” — William James

Connection is the soul of the human experience. We all crave a sense of belonging. Some of the deepest psychological fears are rooted in a lack of meaningful connection—having no home, being misunderstood, feeling alone.

A sense of love and connection with the people who are most important to us is foundational for finding joy and fulfillment in life. Sometimes the connection flows freely and effortlessly, and other times it doesn't. Meaningful connection takes continuous intention and determination, even with those whom we interact with regularly.

How do you step out of your comfort zone and make building and strengthening connections a priority? There's no perfect formula, but you can take several proven actions to help get you closer.

Intentional Communication and Positive Touch

In the organized chaos of life, it's all too easy to let communication stagnate into nothing more than coordinating schedules. Yes, this kind of discussion is essential. But meaningful, thoughtful communication about goals, feelings, ideas, likes, dislikes, dreams, desires, and expectations is vital.

Deep relationships take effort and consistency, and they're as unique as the people involved. Use that uniqueness as a starting point for improving communication with intention. Amidst your busy schedule, take 15 or 20 minutes several times a week to talk with your spouse or partner. It'll give both of you something to look forward to, set the expectation of dedicated time together, and make your relationship a priority.

Make that time more impactful by exchanging foot or shoulder massages while you chat. Combine a few drops of **Lavender**, **Frankincense**, or **Balance**® with **Fractionated Coconut Oil** for a soothing and calming aroma.

As you focus on being more intentional about your communication with the people you care about most, you may find yourself becoming more in tune with your personal feelings and needs. Own them! As you recognize what helps you feel connected and appreciated in a relationship, share that information, and make your needs known.

A Listening Ear and Watchful Eye

On the subtler side of communication is nonverbal cues and listening skills. Body language, facial expressions, vocal inflections, and more impact what we're communicating. At times, these nonverbal cues do far more talking than actual words. Be watchful of the cues someone sends. These cues may help you recognize when someone is sharing something more important to them than you may otherwise think. They can give you a glimpse of underlying emotions or feelings to which you can be more sensitive and responsive.

Listening is another overlooked aspect of talking. When trying to improve communication in relationships, we often fixate too much on dissecting what they're saying and not enough on actually listening to them. Do you listen to understand or to decide what you'll say next? Do you ask follow-up questions? Focused, thoughtful listening can help someone feel deeply appreciated, and build connection.

Anyone who's important in your life needs your listening ear, but this is especially true with children. Children crave time and attention, and conversation is essential as a child develops. At bedtime, spend time listening to your child while gently rubbing **Calmer™ Restful Blend** into his or her feet. Ask open-ended questions about how the day went. What were the highs and lows? Ask what he or she thinks about things. Children may have more they want to share some nights than others. You're there to listen and help them know they are heard and loved.



“Day-to-day interactions are opportunities for small connections to happen.”



Love in Every Interaction

Day-to-day interactions are opportunities for small connections to happen. When we're intentional, even a quick minute in passing is enough time to sow a seed of connection.

Create an environment in your home that encourages positive connection and love in each interaction. **Diffusing Adaptiv™ Essential Oil**, for example, creates an atmosphere of relaxation and tranquility. A bright citrus oil (like **Wild Orange** or **Lemon**) will support a cheerful environment, while a wood oil (like

Douglas Fir, **Cedarwood**, or **Siberian Fir**) will provide a grounding, peaceful aroma. You can always count on a floral oil (like **Lavender**, **Roman Chamomile**, or **dōTERRA Touch® Magnolia**) to promote a calming space. A mint oil (like **Peppermint** or **Spearmint**) or herb oil (like **Rosemary** or **Basil**) will refresh and reset the atmosphere.

There are many ways you can prioritize fostering connection with your loved ones. The most important thing is to be consistent and intentional. If you devote genuine and consistent effort to showing love and building connection, you'll see positive results in your relationships.

In Case of Emergency

Essential Oils Preparedness Kit

Expect the Unexpected

True to its name, the unexpected always happens when you least expect it—be it bad weather, sudden illnesses, lack of local resources, loss of income, or simply changing seasons. Across time and cultures, people have prepared for life happenings and emergencies. This preparation can make all the difference when calamity strikes.

"Save something for a rainy day." Italian playwright A. F. Grazzini first penned the phrase in the mid-1500s play *La Spiritata*, and it's passed the test of time. Today, this phrase takes on a whole new meaning as we prepare to keep ourselves and our families well and healthy when the unexpected becomes reality.

The Basics

While we can't stop natural disasters or global events from happening, assembling what you need to survive and even thrive through an emergency provides comfort and peace of mind both now and in the future.

A good recommendation is to keep about a gallon of water per person per day for basic drinking and sanitation, and food storage that can provide a minimum of 2,000 calories per person per day. Whether you feel amply prepared for the unexpected or have more to do, today is the perfect day to reassess and set a plan for moving forward.

Beyond Food and Water

Food and water are essential, but you'll need plenty of other items to make life more than just livable: batteries, cordless radios, matches, flashlights, candles, playing cards, electronic-free kid's games, books—and that's only scratching the surface. You'll also need blankets, a can opener, utensils, and, of course, a preparedness kit with plenty of bandages, a knife, gauze, bandages, and your essential oils.

Ask any essential oil user, and they're sure to own a few must-haves you won't catch them without. The same is true when disaster strikes. Keeping a small backup of essential oils will bring added comfort and peace of mind to your life. Because essential oils have so many benefits, many consider them useful to include in your personal emergency kits, giving your family familiar tools during times of uncertainty.



A Small Bottle with a Big Impact

Whether you're preparing your go-bag or planning to shelter in place, essential oils take up little space, yet hold dozens of potential benefits. Plus, a little goes a long way when it comes to essential oils. A single bottle will last a long time, even in an emergency.

Essential oils also have a long shelf life. When kept at room temperature and away from sunlight or other heat sources, an unopened bottle of essential oil is viable for years. When creating an emergency kit, you want items that won't expire before you have the chance to use them.

No matter where you are on your preparedness journey, here are some of the best essential oils to add to include. When one of these products is on sale, consider buying two or three extra bottles so you can stock up for your emergency preparedness kit.



The Best Essential Oils for Your Emergency Preparedness Kit

Lemon: A strong cleansing agent that helps clean surfaces. Lemon essential oil is a must-have for your emergency preparedness kit. To take advantage of the surface-cleansing properties of Lemon, add a few drops to a small glass spray bottle with water for your emergency kit to help you keep things clean.

On Guard®: A unique blend of Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary essential oils, On Guard essential oil blend has strong topical cleansing properties, making it another great essential oil to have for emergencies. A single drop can provide a fortifying aroma and help clean hands. For other targeted benefits, you can include your other favourite On Guard products in your emergency kit.

Tea Tree: There are dozens of uses for Tea Tree essential oil, but it's particularly beneficial when used on the skin. In ancient times, Aboriginal peoples of Australia would crush tea tree leaves and apply them to help cool and soothe the skin. You can use Tea Tree essential oil in a similar way. Tea Tree can help moisturize and soothe dry, cracked skin, making it a great resource to have in your kit. NPN 80060950

Frankincense: The king of oils is one that many people can't live without. Whether you're already in love with Frankincense or have yet to experience the topical benefits of this popular essential oil, don't leave it off your survival list. Frankincense helps to soothe and moisturize the skin, as well as help clean nailbeds and cuticles.

Lavender: Another top-selling dōTERRA product, Lavender essential oil has dozens of potential uses that will come in handy when you're dealing with an emergency. Lavender has a relaxing, peaceful, aroma that can provide a comforting

atmosphere during unsure moments. When an emergency strikes, you'll no doubt be stressed, overwhelmed, and worried about your family. Do your future self a favor by adding Lavender to your emergency preparedness kit to help keep you levelheaded in times of distress.*

Peppermint: In an emergency, Peppermint is like your Swiss Army knife of essential oils. The fresh, minty taste and aroma make it perfect for oral hygiene (on a regular basis or in a pinch). When ingested, Peppermint can promote healthy respiratory function and clear breathing.* It's also known for promoting a healthy digestive system and soothing occasional stomach upset.* Peppermint essential oil can even help naturally repel bugs, which will come in handy if you must seek temporary shelter outside.

dōTERRA Purify®: Purify Cleansing Blend is particularly useful for purifying and eliminating odors. In an emergency, you might not have access to things like a washer, dryer, dishwasher, and so on. Purify can help refresh your clothes, dishes, surfaces, and other items, while also keeping the musky, undesirable smells at bay.

Fractionated Coconut Oil: When curating your emergency stash of essential oils, it's a good idea to make sure you have a carrier oil for dilution. Fractionated Coconut oil is a great option for your emergency preparedness kit, because unlike other carrier oils, it doesn't oxidize as quickly (that's what the fractionation process does). If you're short on space, consider adding the **Fractionated Coconut Oil Mini 30 mL** to your kit.

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PROMO

Essential Oil
Spotlight

Tea Tree

Melaleuca alternifolia

Distillation Method: Steam distillation

Aromatic Description: Herbaceous, green, and leathery

Plant Part: Leaves

Known for its topical cleansing properties, **Tea Tree** offers a unique and refreshing essential oil experience. It contains over 90 different chemical compounds, which provide a variety of unique benefits.

Our Tea Tree essential oil is sourced from Kenya and Australia. In fact, indigenous people in Australia have been using tea tree leaves to soothe the skin for centuries. You'll love having this cleansing powerhouse in your home.

NPN 80060950

Fun Fact

It takes approximately three pounds of tea tree leaves to produce 15 mL of Tea Tree essential oil.*

How to Use Tea Tree

Topical

- + For targeted skin soothing, apply one to two drops to the desired area on the skin.
- + Combine one to two drops with your facial cleanser for added cleansing properties or apply to the skin after shaving.
- + Apply to the fingernails and toenails after showering to cleanse and keep the nails looking healthy.

Aromatic

- + Diffuse to refresh your living space.
- + Apply to the pulse points to carry a clean fragrance with you throughout the day.

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



Store what you use and use what you store. That goes for food, water, and essential oils. Rotating your supplies regularly will keep your inventory ready for use at a moment's notice.

“Hope is being able to see that there is light, despite all of the darkness.”

Desmond Tutu, Priest, Social Activist



Hope & Healing in Somaliland:

The Sanaag Specialty Hospital



The journey of dōTERRA Healing Hands®—a U.S. charitable organization—in Somaliland started over seven years ago, when David Stirling and Emily Wright, Founding Executives, touched down on a dusty airstrip in the Horn of Africa. They had a singular mission: locate the highest quality frankincense resins. They found the resins they were looking for, but also so much more—an incredible region, a beautiful people, and a higher purpose.

Somaliland has been torn apart by multiple conflicts over the years which have destroyed an estimated 95 percent of its buildings. Because health facilities are sometimes bombed and trained healthcare professionals often need to flee for safety during these conflicts, becoming pregnant is one of the most dangerous things that can happen to a woman. In March 2018, the United Nations

Population Fund reported that at the time Somalia had the highest lifetime risk of maternal deaths in the world.

As David and Emily spoke with the Somalian women they met, they heard truly heartbreaking stories of women giving birth without medical assistance on dirt floors, and of carrying their sick or injured child for miles to try and reach help. As they flew back to the United States, they both knew they'd do everything they could to help these women.

In 2017, dōTERRA decided to construct a hospital through dōTERRA Healing Hands and their local sourcing partner. However, the prospect was daunting. The region lacked reliable water, electricity, or paved roads, and international healthcare efforts in the Horn of Africa had

repeatedly failed to take root. Nevertheless, dōTERRA was determined and encouraged by the words of the mothers of Somaliland: "Where there is courageous love, there is always a way."

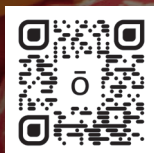
A way was forged through key people who made this project possible. The first key person was Matthew Reid, Director of Special Initiatives for the dōTERRA® Global Strategic Sourcing Team. Matthew worked closely with the dōTERRA sourcing partner to identify the ideal location and approach to benefit the most people possible in the heart of the frankincense and myrrh harvesting region, Sanaag. Significant coordination and relationship building efforts were made to ensure that the hospital would be a success and this dream could become a reality. During the challenging construction phase but also identification

and mobilization of the medical and administration team, a second key team member, Sheldon Wardwell, joined the effort. He became the primary on-the-ground coordinator for the latter phases of the project with lots of support from the dōTERRA medical and sourcing team. Of particular importance was Sheldon's coordination of the Hospital's Governance Board to include many differing clan leaders who had long been at odds, which will play a key role in the long-term success of the hospital. Sadly, Sheldon passed away shortly after the Sanaag Specialty Hospital officially opened. It would not have been possible without his tireless work. His memory will live on through the good that the hospital will be able to do through hope and healing to the people of Somaliland

“Where there is courageous love,
there is always a way.”



+ Watch the Convention
conversation between
Edna Adan Ismail,
Dr. Osguthorpe and
David Stirling.



The third key person was Edna Adan Ismail. Known affectionately as the Muslim Mother Teresa, Edna has dedicated her life to improving infant and maternal health in Somaliland. She grew up in a time when there weren't schools for girls in British Somaliland, so she taught herself how to read and write. She persuaded her parents to send her to school in neighboring Djibouti, and then she trained as a nurse and midwife in London before returning to become the first practicing midwife in Somaliland. Edna has led an incredible life of accomplishment, including serving as the first lady of Somaliland. But the accomplishments closest to her heart are the construction of the Edna Adan Hospital in Hargeisa, a 14-hour drive from Sanaag, and the founding of a college to train midwives. Almost all the nurses and midwives who were hired at the Sanaag Specialty Hospital were trained by Edna—a part of her wonderful legacy.

The fourth key person in the successful design and completion of this hospital was Dr. Russell Osguthorpe, who currently serves as dōTERRA Chief Medical Officer. When David Stirling met Dr. Osguthorpe, he was working as a Pediatric Infectious Diseases doctor and was the pediatric medical director at one of Utah's largest hospitals. As he learned about the plan to build the Sanaag Specialty Hospital, he was moved to act and shortly thereafter joined the dōTERRA team.

Dr. Osguthorpe's expertise was invaluable as he and Sheldon worked to source the best equipment, doctors, and staff. In May 2021, Dr. Osguthorpe attended the official inauguration of the Sanaag Specialty Hospital, and what he experienced was incredible. The first patient he saw was a seven-year-old boy who had been kicked by a camel, causing him to fall and badly injure his head on a rock. The child was at critical risk of prolonged seizure disorder at best and infection and death at worst. The Sanaag Specialty Hospital's doctor performed emergency surgery, and miraculously the young boy is thriving today.

This boy's story is one of many, thanks to support from dōTERRA Healing Hands®, our sourcing partner in Somaliland, and many incredible dōTERRA members. As of August 2021, the hospital has seen 3,600 out-patients. It was also able to launch four satellite clinic locations where staff has treated 94 acute patients, conducted 46 surgeries, injected eight individuals with plasma (for the first time ever in Somaliland), conducted over 8,600 diagnostic procedures and tests, and delivered at-risk mothers and infants via C-section. The hospital is saving lives and providing hope and healing. The Sanaag Specialty Hospital is facilitating critically important changes in health for the people of Somaliland, and this is only the beginning.



Good Grief

Rebuilding after Loss

It's been said gratitude is an act of faith. We all go through hard things. How you come out the other side, grateful or discouraged, is up to you.

Start small. Hold onto hope and use it to rebuild. It's not about getting over the fact and moving on, but rather about intentionally feeling gratitude for what you experienced, whom you loved, or what you once had and having faith that the future can be rebuilt.

When we take small steps toward rebuilding, little by little we're reminded of all the good in life, and we can leave behind what's happened in the past and find hope moving forward.

Take Care

The grieving period is a time where you may need extra comfort. As you go through this difficult experience, surround yourself with people who care about you and provide good company. Remember, it's okay to ask others for help. Whether or not they fully understand what you're going through, they are willing to support you in the best way they can and are there to offer their love and sympathy.

Although being engulfed in the warm circle of friends and family is comforting, there are times where you need to take a step back from present events and focus your attention on yourself in the form of self-care. You can treat yourself to relaxing atmosphere for an at-home spa night or a quiet evening alone. Indulge in the soothing aromas of **Tea Tree**, **Eucalyptus**, or **Hawaiian Sandalwood** essential oils during a relaxing, personal massage, or fill your tub with warm water and be carried away with the calming aromas of **Roman Chamomile** or **Adaptiv™**.

The healing process is not easy, but taking care of yourself can help you endure this difficult experience. A healthy balance of seeking the company of others and spending brief moments alone can carry you forward to continue your journey of healing.



Give Grace

Grief isn't reserved for only those who experience loss. It's shared by those who love and care. Take a moment and apply **dōTERRA Peace® Touch** to your wrists and neck. As you put love and attention into helping a grieving friend, consider the grace they'll need over the months and years to come. We all respond to loss differently. If you don't fully understand someone's level of grief or how they are expressing it, give them grace as you hope others would give to you in a difficult time.

If and when it comes your turn to grieve, remember to give yourself the same grace. Use **dōTERRA Console® Touch** or **Easy Air®** throughout your day for their calming aromas as you embark on the path toward healing. Grace given to others will help you grow through your own loss. At the same time, understand and welcome the fact that others are offering you grace too.

Find Peace

Finding peace during difficult times can be as simple as going outside and getting in touch with nature. The Japanese concept of *shinrin yoku*, also known as "forest bathing," suggests that spending time out in nature, such as walking among towering trees of a wooded

forest can enrich our lives and help create a sense of personal welfare. Especially during times when so little in our personal lives makes sense, stepping out into the simplicity of nature and giving our bodies the chance to move about can provide a much needed pause and perspective. When you need that enrichment, get outside, go for a walk, and let nature be your companion.

When you don't have the time, energy, or means to get out into nature, bring the outside in. Transport yourself to a tranquil forest with **Balance®**, **Cypress**, or **Douglas Fir**. Imagine yourself lying in soft lavender fields by diffusing Lavender essential oil or **dōTERRA Serenity®**. Bring an atmosphere of peace and stillness to any room when you diffuse oil blends like **dōTERRA Peace®**.

American writer Anne Roiphe once said, "Grief is in two parts. The first is loss. The second is the remaking of life." Whether you find yourself in the throes of loss or are starting to remake your life—or maybe you're somewhere in between—take heart. Though it feels messy, there's hope. You'll enjoy the beauty and blessings of life again. You'll find new paths to follow and joy in starting new stories. You'll find your way forward.



“Grief is in two parts.
The first is loss.
The second is the
remaking of life.”

Anne Roiphe



Explore More with TerraShield®

For all your summertime adventures, you'll want the refreshing, earthy aroma of TerraShield essential oil blend by your side. With a scent that lasts through all your outdoor activities, TerraShield is the perfect summertime blend—now with a brand new formula!

- New and improved formula
- Has a pungent, woody aroma that stays fragrant during outdoor activities
- Helps create an invigorating, earthy atmosphere in any space
- Great for the whole family to use





PROMO

Essential Oil Spotlight



Helichrysum

Helichrysum italicum

Distillation Method: Steam distillation

Aromatic Description: Herbaceous, honey, and hay

Plant Part: Flower

Known as the everlasting or immortal flower, **helichrysum** has stood the test of time. Named for its golden petals, the helichrysum flower stands firm and bright in the sun—a powerful, beautiful reminder of its resilience and strength. The ancient Greeks celebrated these qualities and used the eternal flower for skin care and herbal practices.

In the modern world, helichrysum has found its place at the forefront of the skin care industry as a skin-soothing. For a complexion that looks as youthful and glowing as the golden helichrysum flower, incorporate this incredible essential oil into your skin care routine.

NPN 80060963

Fun Fact

Helichrysum gets its name from the Greek word helios, meaning "sun," and chrysos, meaning "gold," describing the vibrant gold of the plant's flowers.

How to Use Helichrysum

Topical

- + Apply to the skin to improve the appearance of improve and promote a glowing, youthful complexion.
- + Mix a few drops of **Helichrysum** and **Lavender** essentials oils with **Fractionated Coconut Oil** for a soothing experience after shaving.
- + Massage into the temples and back of the neck for a soothing sensation.

Aromatic

- + Enjoy the unique aroma of **Helichrysum** with these diffuser blends.

Quiet Renewal

3 drops Helichrysum
3 drops Lavender
2 drops Copaiba

Rolling Meadow

2 drops Helichrysum
3 drops Bergamot
3 drops Grapefruit

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

60221732
 75 PV
 \$180.00 rtl
 \$135.00 whl



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

60217314
 100 PV
 \$233.33 rtl
 \$175.00 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

60221716
 115 PV
 \$266.67 rtl
 \$200.00 whl



Home Essentials
15 mL bottles: Balance®, Easy Air®, Frankincense, Lavender, Lemon, On Guard®, Peppermint, Tea Tree, ZenGest®
5 mL bottle: Deep Blue®
Other Products: Petal Diffuser® 2.0

60219132
 250 PV
 \$466.67 rtl
 \$350.00 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: Frankincense, Lavender, Lemon, Peppermint, Tea Tree, Wild Orange, Wintergreen, AromaTouch®, Balance®, Easy Air®, On Guard®, dōTERRA Serenity®, ZenGest®
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 | 28 PV
 \$44.67 rtl
 \$33.50 whl



Bergamot
 Essential Oil
 Citrus bergamia
A T I S
 30791813
 15 mL | 34 PV
 \$54.67 rtl
 \$41.00 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 | 21 PV
 \$33.33 rtl
 \$25.00 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 | 30 PV
 \$48.00 rtl
 \$36.00 whl



Cassia
 Essential Oil
 Cinnamomum cassia
A T I D
 30021813
 15 mL | 22 PV
 \$34.67 rtl
 \$26.00 whl



Cedarwood
 Essential Oil
 Salvia sclarea
A T I S
 49301713
 15 mL | 14 PV
 \$22.67 rtl
 \$17.00 whl



Celery Seed
 Essential Oil
 Apium graveolens
A T I S
 300210109
 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 | 27 PV
 \$44.00 rtl
 \$33.00 whl



Citronella
 Essential Oil
 Cymbopogon winterianus
A T S
 60209658
 15 mL | 21 PV
 \$33.33 rtl
 \$25.00 whl













































Clary Sage (NHP)
 Essential Oil
 Juniperus virginiana
A T N
 30422113
 15 mL | 41 PV
 \$66.67 rtl
 \$50.00 whl
 NPN 80060984



Clove Bud
 Essential Oil
 Eugenia caryophyllata
A T I D
 30041813
 15 mL | 18 PV
 \$28.67 rtl
 \$21.50 whl

Essential Oil Singles

 <p>Copaiba Essential Oil <i>Copaifera reticulata</i> A T S 60202899 15 mL 39 PV \$62.67 rtl \$47.00 whl</p>	 <p>dōTERRA Touch® Copaiba Essential Oil A T N 60219289 10 mL 25 PV \$41.33 rtl \$31.00 whl</p>	 <p>Coriander Essential Oil <i>Coriandrum sativum</i> A T I N 30781813 15 mL 26.5 PV \$42.67 rtl \$32.00 whl</p>	 <p>Cypress Essential Oil <i>Cupressus sempervirens</i> A T N 60210999 15 mL 16.5 PV \$29.33 rtl \$22.00 whl</p>	 <p>Douglas Fir Essential Oil <i>Pseudotsuga menziesii</i> A T N 31591713 5 mL 23 PV \$36.00 rtl \$27.00 whl</p>	 <p>Eucalyptus Essential Oil <i>Eucalyptus radiata</i> A T S 30061713 15 mL 19.5 PV \$30.67 rtl \$23.00 whl</p>
 <p>Fennel (Sweet) Essential Oil <i>Foeniculum vulgare</i> A T I S 41291813 15 mL 17 PV \$28.00 rtl \$21.00 whl</p>	 <p>Frankincense Essential Oil <i>Boswellia carterii, sacra, papyrifera, and frereana</i> A T I N 30071713 15 mL 72 PV \$122.67 rtl \$92.00 whl</p>	 <p>Geranium Essential Oil <i>Pelargonium graveolens</i> A T I S 30091813 15 mL 38 PV \$61.33 rtl \$46.00 whl</p>	 <p>Ginger Essential Oil <i>Zingiber officinale</i> A T I S 60215186 15 mL 51 PV \$81.33 rtl \$61.00 whl</p>	 <p>Grapefruit Essential Oil <i>Citrus X paradisi</i> A T I N 30101813 15 mL 20 PV \$32.00 rtl \$24.00 whl</p>	 <p>Green Mandarin Essential Oil <i>Citrus nobilis</i> A T I N 60207636 15 mL 31 PV \$49.33 rtl \$37.00 whl</p>
 <p>Helichrysum (NHP) Essential Oil <i>Helichrysum italicum</i> A T N 30412113 5 mL 69 PV \$126.67 rtl \$95.00 whl NPN 80060963</p>	 <p>Juniper Berry Essential Oil <i>Juniperus communis</i> A T I N 49291813 5 mL 21 PV \$33.33 rtl \$25.00 whl</p>	 <p>Lavender Essential Oil <i>Juniperus communis</i> A T I N 30111813 15 mL 27 PV \$42.67 rtl \$32.00 whl</p>	 <p>Lemon Essential Oil <i>Citrus limon</i> A T I N 30121813 15 mL 12 PV \$19.33 rtl \$14.50 whl</p>	 <p>Lemon Eucalyptus Essential Oil <i>Eucalyptus citriodora</i> A T S 60210108 15 mL 14 PV \$22.00 rtl \$16.50 whl</p>	 <p>Lemongrass Essential Oil <i>Cymbopogon flexuosus</i> A T I D 30131813 15 mL 11 PV \$18.00 rtl \$13.50 whl</p>
 <p>Lime Essential Oil <i>Citrus aurantifolia</i> A T I S 30871813 15 mL 15 PV \$24.00 rtl \$18.00 whl</p>	 <p>Madagascar Vanilla Essential Oil <i>Vanilla planifolia</i> A T N 60218204 5 mL 37 PV \$59.33 rtl \$44.50 whl</p>	 <p>Marjoram Essential Oil <i>Origanum majorana</i> A T I N 30141813 15 mL 22 PV \$34.67 rtl \$26.00 whl</p>	 <p>Melissa Essential Oil <i>Melissa officinalis</i> A T I N 30851813 5 mL 90 PV \$161.33 rtl \$121.00 whl</p>	 <p>Myrrh (NHP) Essential Oil <i>Commiphora myrrha</i> A T N 30162113 15 mL 57 PV \$106.67 rtl \$80.00 whl NPN 80060962</p>	 <p>Oregano Essential Oil <i>Origanum vulgare</i> A T I D 30181813 15 mL 25 PV \$40.00 rtl \$30.00 whl</p>
 <p>Patchouli (NHP) Essential Oil <i>Pogostemon cablin</i> A T N 30892113 15 mL 32 PV \$50.67 rtl \$38.00 whl NPN 80060989</p>	 <p>Peppermint (NHP) Essential Oil <i>Mentha piperita</i> A T I S 30192113 15 mL 25 PV \$50.67 rtl \$30.00 whl NPN 80061370</p>	 <p>Petitgrain (NHP) Essential Oil <i>Citrus aurantium</i> A T I S 60200722 15 mL 26.5 PV \$44.67 rtl \$32.00 whl NPN 80072499</p>	 <p>Pink Pepper Essential Oil <i>Schinus molle</i> A T I N 60205308 5 mL 27.5 PV \$44.33 rtl \$33.25 whl</p>	 <p>Roman Chamomile (NHP) Essential Oil <i>Anthemis nobilis</i> A T N 60200810 5 mL 47 PV \$74.67 rtl \$56.00 whl NPN 80072461</p>	 <p>Rose Essential Oil <i>Rosa damascena</i> A T S 60202783 5 mL 212 PV \$470.33 rtl \$352.75 whl</p>
 <p>Rosemary Essential Oil <i>Rosmarinus officinalis</i> A T I N 30201813 15 mL 18 PV \$29.33 rtl \$22.00 whl</p>	 <p>Sandalwood (NHP) Essential Oil <i>Santalum album</i> A T N 30201813 5 mL 70 PV \$129.33 rtl \$97.00 whl NPN 80060977</p>	 <p>Sandalwood, Hawaiian Essential Oil <i>Santalum paniculatum</i> A T N 41861713 5 mL 66 PV \$120.00 rtl \$90.00 whl</p>	 <p>Siberian Fir Essential Oil <i>Abies sibirica</i> A T N 60203586 15 mL 21.5 PV \$50.67 rtl \$25.75 whl</p>	 <p>Spearmint Essential Oil <i>Mentha spicata</i> A T I S 31611813 15 mL 32 PV \$50.67 rtl \$38.00 whl</p>	 <p>Spikenard Essential Oil <i>Nardostachys jatamansi</i> A T N 60200723 5 mL 53 PV \$88.00 rtl \$66.00 whl</p>
 <p>Tangerine Essential Oil <i>Citrus reticulata</i> A T I N 60202904 15 mL 16 PV \$25.67 rtl \$19.25 whl</p>	 <p>Tea Tree (NHP) Essential Oil <i>Melaleuca alternifolia</i> A T N 30152113 15 mL 24 PV \$38.67 rtl \$29.00 whl NPN 80060950</p>	 <p>Thyme Essential Oil <i>Thymus vulgaris</i> A T I D 30221813 15 mL 33 PV \$38.67 rtl \$40.00 whl</p>	 <p>Tulsi (Holy Basil) Essential Oil <i>Ocimum sanctum</i> A T S 60214884 5 mL 27.5 PV \$48.00 rtl \$33.00 whl</p>	 <p>Turmeric Essential Oil <i>Curcuma longa</i> A T I N 60207639 15 mL 32 PV \$50.67 rtl \$38.00 whl</p>	 <p>Vetiver Essential Oil <i>Vetiveria zizanioides</i> A T N 30431713 15 mL 50 PV \$84.00 rtl \$63.00 whl</p>

Essential Oil Singles ctd.

 <p>Wild Orange Essential Oil <i>Citrus sinensis</i> A T I N 30171813 15 mL 12 PV \$18.67 rtl \$14.00 whl</p>	 <p>Wintergreen Essential Oil <i>Gaultheria fragrantissima</i> A T I S 31621713 15 mL 25 PV \$40.00 rtl \$30.00 whl</p>	 <p>Yarrow Pom Essential Oil Active Botanical Nutritive Duo A T N 60207955 30 mL 104 PV \$166.67 rtl \$125.00 whl</p>	 <p>Ylang Ylang Essential Oil <i>Cananga odorata</i> A T N 30241713 15 mL 42 PV \$68.00 rtl \$51.00 whl</p>	 <p>Peppermint Beadlet (NHP) I 60213375 125 ct. 15 PV \$24.00 rtl \$18.00 whl NPN 80078395</p>
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dōTERRA Touch® Florals

 <p>dōTERRA Touch® Jasmine Essential Oil A T N 60202907 10 mL roll-on 44.5 PV \$71.67 rtl \$53.75 whl</p>	 <p>dōTERRA Touch® Magnolia Essential Oil A T N 60207637 10 mL roll-on 27 PV \$36.00 rtl \$32.40 whl</p>	 <p>dōTERRA Touch® Neroli Essential Oil A T N 60202906 10 mL roll-on 55 PV \$88.00 rtl \$66.00 whl</p>	 <p>dōTERRA Touch® Rose Essential Oil A T N 60202901 10 mL roll-on 69 PV \$119.67 rtl \$89.75 whl</p>	 <p>dōTERRA Touch® Helichrysum Essential Oil A T I N 60210311 10 mL roll-on 55 PV \$98.67 rtl \$74.00 whl</p>
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Proprietary Essential Oil Blends

 <p>abode™ Essential Oil Blend A T N 60217631 15 mL 26 PV \$41.33 rtl \$31.00 whl</p>	 <p>Adaptiv™ Essential Oil Blend A T N 60210107 15 mL 42 PV \$66.67 rtl \$50.00 whl</p>	 <p>Adaptiv™ Touch Essential Oil Blend A T N 60210121 10 mL roll-on 23 PV \$37.33 rtl \$28.00 whl</p>	 <p>Air-X® Essential Oil Blend A T S 60215610 15 mL 34 PV \$54.67 rtl \$41.00 whl</p>	 <p>AromaTouch® Essential Oil Blend A T N 31201713 15 mL 32 PV \$50.67 rtl \$38.00 whl</p>	 <p>Balance® Essential Oil Blend A T N 31011713 15 mL 22.5 PV \$36.00 rtl \$27.00 whl</p>
 <p>Citrus Bliss® Essential Oil Blend A T N 31021713 15 mL 21 PV \$33.33 rtl \$25.00 whl</p>	 <p>Citrus Bloom™ Essential Oil Blend A T N 60208780 15 mL 26 PV \$42.00 rtl \$31.50 whl</p>	 <p>ClaryCalm® Essential Oil Blend A T N 60201141 10 mL roll-on 31 PV \$49.33 rtl \$37.00 whl</p>	 <p>Deep Blue® Essential Oil Blend A T S 31051713 5 mL 37.5 PV \$60.00 rtl \$45.00 whl</p>	 <p>Deep Blue® Roll-on Essential Oil Blend A T S 60201831 10 mL roll-on 60 PV \$101.33 rtl \$76.00 whl</p>	 <p>DDR Prime® Essential Oil Blend A T I S 60213040 15 mL 34.5 PV \$54.67 rtl \$41.00 whl</p>
 <p>Easy Air® Essential Oil Blend A T N 60200204 15 mL 25.5 PV \$40.67 rtl \$30.50 whl</p>	 <p>HD Clean® Essential Oil Blend T N 60201145 10 mL roll-on 24 PV \$36.67 rtl \$27.50 whl</p>	 <p>Immortelle® Essential Oil Blend T N 60205381 10 mL roll-on 75 PV \$126.67 rtl \$95.00 whl</p>	 <p>InTune® Essential Oil Blend A T N 60201832 15 mL 39 PV \$61.33 rtl \$46.00 whl</p>	 <p>On Guard® Essential Oil Blend A T I S 31101813 15 mL 38 PV \$60.00 rtl \$45.00 whl</p>	 <p>Northern Escape Essential Oil Blend A T N 60215099 15 mL 22.5 PV \$51.33 rtl \$38.50 whl</p>
 <p>PastTense® Essential Oil Blend A T N 60201161 10 mL roll-on 21.5 PV \$34.00 rtl \$25.50 whl</p>	 <p>dōTERRA Purify® Essential Oil Blend A T N 31061713 15 mL 23.5 PV \$37.33 rtl \$28.00 whl</p>	 <p>dōTERRA Serenity® Essential Oil Blend A T N 60200721 15 mL 37 PV \$58.67 rtl \$44.00 whl</p>	 <p>Smart & Sassy® Essential Oil Blend A T I S 31371813 15 mL 27.5 PV \$44.33 rtl \$33.25 whl</p>	 <p>TerraShield® Essential Oil Blend A T N 60215884 15 mL 14 PV \$22.67 rtl \$17.00 whl</p>	 <p>TerraShield® Essential Oil Blend A T N 60215885 30 mL 20 PV \$36.37 rtl \$27.50 whl</p>
 <p>dōTERRA Whisper® Touch Essential Oil Blend A T N 60214826 10 mL 27.5 PV \$48.00 rtl \$36.00 whl</p>	 <p>Zendocrine® Essential Oil Blend A T I N 31461813 15 mL 28 PV \$44.00 rtl \$33.33 whl</p>	 <p>ZenGest® Essential Oil Blend A T I N 60214434 15 mL 36 PV \$57.33 rtl \$43.00 whl</p>			

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
106 PV | \$178.67 rtl | \$134.00 whl



dōTERRA Essential Aromatics® Collection

60203916
Six 5 mL bottles
164 PV | \$280.00 rtl | \$210.00 whl

dōTERRA Touch® Easy Air®
Essential Oil Blend
A T N
60200456
10 mL roll-on | 16 PV
\$25.33 rtl
\$19.00 whl

dōTERRA Touch® Frankincense
Essential Oil Blend
A T N
60200575
10 mL roll-on | 51 PV
\$81.33 rtl
\$61.00 whl

dōTERRA Touch® Oregano
Essential Oil Blend
A T N
60200462
10 mL roll-on | 17 PV
\$26.67 rtl
\$20.00 whl

dōTERRA Cheer® Touch
Essential Oil Blend
A T N
60200715
10 mL roll-on | 19 PV
\$29.33 rtl
\$22.00 whl

dōTERRA Motivate® Touch
Essential Oil Blend
A T N
60200717
10 mL roll-on | 18 PV
\$28.00 rtl
\$21.00 whl

dōTERRA Motivate®
Essential Oil Blend
A T S
31741713
5 mL | 25 PV
\$40.00 rtl
\$30.00 whl

dōTERRA Forgive®
Essential Oil Blend
A T S
31751713
5 mL | 23 PV
\$37.33 rtl
\$28.00 whl

dōTERRA Touch® Deep Blue®
Essential Oil Blend
A T N
60200458
10 mL roll-on | 46 PV
\$74.00 rtl
\$55.50 whl

dōTERRA Touch® Lavender
Essential Oil Blend
A T N
60200459
10 mL roll-on | 17.5 PV
\$27.33 rtl
\$20.50 whl

dōTERRA Touch® Peppermint
Essential Oil Blend
A T N
60200461
10 mL roll-on | 17 PV
\$26.67 rtl
\$20.00 whl

dōTERRA Console® Touch
Essential Oil Blend
A T N
60200719
10 mL roll-on | 27 PV
\$42.67 rtl
\$32.00 whl

dōTERRA Passion® Touch
Essential Oil Blend
A T N
60200713
10 mL roll-on | 30 PV
\$48.00 rtl
\$36.00 whl

dōTERRA Cheer®
Essential Oil Blend
A T S
31721713
5 mL | 28 PV
\$43.33 rtl
\$32.50 whl

dōTERRA Console®
Essential Oil Blend
A T N
31731713
5 mL | 41 PV
\$66.67 rtl
\$50.00 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 | 24 PV
\$38.67 rtl
\$29.00 whl

dōTERRA Touch® Tea Tree
Essential Oil Blend
A T N
60200460
10 mL roll-on | 14 PV
\$22.67 rtl
\$17.00 whl

dōTERRA Forgive® Touch
Essential Oil Blend
A T N
60200716
10 mL roll-on | 15 PV
\$24.00 rtl
\$18.00 whl

dōTERRA Peace® Touch
Essential Oil Blend
A T N
60200718
10 mL roll-on | 22 PV
\$36.00 rtl
\$27.00 whl

dōTERRA Passion®
Essential Oil Blend
A T S
31761713
5 mL | 40 PV
\$62.67 rtl
\$47.00 whl

dōTERRA Peace®
Essential Oil Blend
A T N
31711713
5 mL | 34 PV
\$54.67 rtl
\$41.00 whl

Essential Oil Collections ctd.



dōTERRA Yoga Collection

60207904
Three 5 mL bottles
53 PV | \$92.00 rtl | \$69.00 whl

dōTERRA Anchor®
Steadying Blend
A T N
60207901
5 mL | 22 PV
\$34.67 rtl
\$26.00 whl

dōTERRA Affirm™
Centering Blend
A T N
60207902
5 mL | 20 PV
\$30.67 rtl
\$23.00 whl

dōTERRA Arise®
Enlightening Blend
A T N
60207903
5 mL | 22 PV
\$34.67 rtl
\$26.00 whl



dōTERRA Kids Collection

60211161
Seven 10 mL roll-on bottles
106 PV | \$194.67 rtl | \$146.00 whl

Thinker™
Supportive Blend
A T N
60207645
10 mL roll-on
19 PV
\$29.33 rtl
\$22.00 whl

Calmer™
Restful Blend
A T N
60207640
10 mL roll-on
21 PV
\$33.33 rtl
\$25.00 whl

Tamer™
TummyZen Blend
A T N
60210258
10 mL roll-on
16 PV
\$26.00 rtl
\$19.50 whl

Brave™
Courage Blend
A T N
60207641
10 mL roll-on
23 PV
\$37.33 rtl
\$28.00 whl

Rescuer
Soothing Blend
A T N
60207642
10 mL roll-on
16 PV
\$26.00 rtl
\$19.50 whl

Stronger™
Protective Blend
A T N
60207644
10 mL roll-on
16 PV
\$26.00 rtl
\$19.50 whl

Steady™
Grounding Blend
A T N
60207643
10 mL roll-on
17 PV
\$28.00 rtl
\$21.00 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®
126 PV | \$220.00 rtl | \$165.00 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

On Guard® Products



Top Seller

On Guard® Essential Oil Blend
 A T I S
 31101813
 15 mL | 38 PV
 \$60.00 rtl
 \$45.00 whl

New Formula

On Guard™ Toothpaste
 60213770
 125 g | 5 PV
 \$16.00 rtl
 \$12.00 whl

New Formula

On Guard™ Toothpaste Samples
 60214284
 10 samples | 2 g each | 0 PV
 \$8.00 rtl
 \$6.00 whl

On Guard® Laundry Detergent
 38981713
 947 mL | 23 PV
 \$45.33 rtl
 \$34.00 whl

dōTERRA Touch® On Guard®
 60200457
 10 mL | 24 PV
 \$38.67 rtl
 \$29.00 whl

On Guard™ Hand Wipes
 60215543
 20 wipes
 6.5 PV
 \$16.00 rtl
 \$12.00 whl

On Guard™ Mist
 60206797
 27 mL | 5.5 PV
 \$11.33 rtl
 \$8.50 whl

On Guard® Foaming Hand Wash Single Refill
 60200778
 2 x 473 mL each | 35.5 PV
 \$57.33 rtl
 \$43.00 whl

On Guard™ Foaming Hand Wash Dispenser
 60217540
 1 dispenser | 0 PV
 \$4.67 rtl
 \$3.50 whl

On Guard® Cleaner Concentrate
 38141713
 355 mL | 10.5 PV
 \$24.67 rtl
 \$18.50 whl

On Guard® Foaming Hand Wash Twin Pack Refill
 38011713
 473 mL | 19.5 PV
 \$31.67 rtl
 \$23.75 whl

On Guard™ Mouthwash
 60207971
 473 mL | 11 PV
 \$25.33 rtl
 \$19.00 whl

On Guard® Foaming Hand Wash with 2 Dispensers
 60217318
 473 mL | 19.5 PV
 \$41.00 rtl
 \$30.75 whl

Yarrow | Pom

Yarrow | Pom Essential Oil Blend
 Active Botanical Nutritive Duo
 A T
 60207955
 30 mL bottle with dropper | 104 PV
 \$166.67 rtl
 \$125.00 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 I S
 31051713
 5 mL bottle | 37.5 PV
 \$60.00 rtl
 \$45.00 whl

Deep Blue® Roll-On Essential Oil Blend
 A T I S
 60201831
 10 mL roll-on | 60 PV
 \$101.33 rtl
 \$76.00 whl

Deep Blue® Rub Lotion
 T
 38901713
 120 mL | 33 PV
 \$56.00 rtl
 \$42.00 whl

dōTERRA Touch® Deep Blue® Essential Oil Blend
 A T | N
 60200458
 10 mL roll-on | 46 PV
 \$74.00 rtl
 \$55.50 whl

Deep Blue Polyphenol Complex® (NHP)
 60217026
 60 vegetable capsules | 55 PV
 \$80.00 rtl
 \$60.00 whl
 NPN 80071413

Deep Blue® Rub Lotion Sample Packs 10PK
 T
 60215824
 10 pack | 0 PV
 \$9.33 rtl
 \$7.00 whl



Hair Care

New **dōTERRA Hair Care Collection**

60219305
1 Collection | 59 PV
\$124.67 rtl
\$93.50 whl



Protecting Shampoo
Shampooing protecteur
Colour Safe & Gentle
Couleur sûre et douce

500 mL

New **dōTERRA Protecting Shampoo**

60215832
500 mL | 21.5 PV
\$45.33 rtl
\$34.00 whl



Daily Conditioner
Revitalisant quotidien
Condition & Protect
Revitaliser et protéger

500 mL

New **dōTERRA Daily Conditioner**

60215833
500 mL | 21.5 PV
\$45.33 rtl
\$34.00 whl



Leave-in Conditioner
Revitalisant sans rinçage
Detangle & Heat Protection
Démêlage et protection contre la chaleur

237 mL

New **dōTERRA Leave-In Conditioner**

60215834
237 mL | 16 PV
\$34.00 rtl
\$25.50 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, Herbal Lip Balm

60220815
122 PV | \$262.67 rtl | \$197.00 whl

dōTERRA® Spa Refreshing Body Wash

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

dōTERRA® Spa Clarifying Mud Mask

37491713
113.4 g | 12.5 PV
\$24.67 rtl
\$18.50 whl

dōTERRA® Spa Citrus Bliss® Hand Lotion

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

dōTERRA® Spa Balance™ Bath Bar

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

dōTERRA® Spa Replenishing Body Butter

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

dōTERRA® Spa Hand and Body Lotion

60200795
200 mL | 14 PV
\$26.67 rtl
\$20.00 whl

dōTERRA® Spa Hand and Body Lotion 3-Pack

60203471
26.5 PV
\$51.00 rtl
\$38.25 whl

dōTERRA® Spa Exfoliating Body Scrub

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

dōTERRA® Spa Moisturizing Bath Bar

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

dōTERRA® Spa Hydrating Body Mist

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

dōTERRA® Spa Lip Balm Original

60214338
4.5 g | 5 PV
\$12.00 rtl
\$9.00 whl

dōTERRA® Spa Lip Balm Herbal

60214340
4.5 g | 5 PV
\$12.00 rtl
\$9.00 whl

dōTERRA® Spa Lip Balm Tropical

60214341
4.5 g | 5 PV
\$12.00 rtl
\$9.00 whl

dōTERRA® Spa Lip Balm Variety 3-Pack

60220814
12 PV
\$32.00 rtl
\$24.00 whl

dōTERRA® Serenity® Bath Bar

60213923
113 g | 5.5 PV
\$13.00 rtl
\$9.75 whl

Citrus Bliss® Bath Bar

60213922
113 g | 5.5 PV
\$13.00 rtl
\$9.75 whl

Personal Care



**Balance™
Deodorant**
60210052
75 g | 5 PV
\$14.67 rtl
\$11.00 whl



**dōTERRA® Douglas
Fir & Greek Orange
Deodorant**
60213921
75 g | 6.5 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



**Fractionated Coconut
Oil Mini 30 mL**
Essential Oil Blend
T N
60213907
30 mL | 0 PV
\$8.00 rtl
\$6.00 whl



**Sensitive Skin
Carrier Oil**
Essential Oil Blend
60217249
30 mL | 16 PV
\$28.00 rtl
\$21.00 whl

Skin Care



**HD Clean®
Topical Blend**
T N
60201145
10 mL roll-on | 24 PV
\$36.67 rtl
\$27.50 whl

**HD Clean®
Facial Lotion**
49411713
50 mL | 36 PV
\$58.67 rtl
\$44.00 whl

**HD Clean®
Collection**
60200752
48 PV
\$86.67 rtl
\$65.00 whl

**HD Clean® Foaming
Face Wash**
49421713
50 mL | 23 PV
\$38.00 rtl
\$28.50 whl



**Verage® Skin Care
Collection**
42691713
74 PV
\$152.00 rtl
\$114.00 whl

**Verage® Immortelle
Hydrating Serum**
37401713
15 mL | 69 PV
\$111.33 rtl
\$83.50 whl

Verage® Toner
60215071
50 mL | 18 PV
\$37.33 rtl
\$28.00 whl

**Verage®
Cleanser**
37381713
60 mL | 27 PV
\$43.33 rtl
\$32.50 whl

Verage® Moisturizer
37411713
30 mL | 30 PV
\$48.67 rtl
\$36.50 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
\$28.67 rtl
\$21.50 whl

**Essential Skin Care
Invigorating Scrub**
60203373
70 g | 19 PV
\$31.00 rtl
\$23.25 whl

**Essential Skin Care
Tightening Serum**
60203354
30 mL | 53 PV
\$85.33 rtl
\$64.00 whl

**Essential Skin Care
Eye Cream**
60203357
15 mL | 48 PV
\$77.33 rtl
\$58.00 whl

**Essential Skin Care
Brightening Gel**
60213029
30 mL | 36.5 PV
\$59.33 rtl
\$44.50 whl

**Essential Skin Care
Hydrating Cream**
60203359
48 g | 38 PV
\$62.00 rtl
\$46.50 whl

**Essential Skin Care
Pore Reducing Toner**
60203356
118 mL | 23 PV
\$36.67 rtl
\$27.50 whl

**Essential Skin Care
Anti-Aging Moisturizer**
60203371
48 g | 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 | 61 PV | \$128.00 rtt | \$96.00 whl



Smart & Sassy™ Gum

60207623
 32 pieces | 5.5 PV
 \$14.67 rtt
 \$11.00 whl



IQ Mega® (NHP)

35321813
 150 mL | 31.5 PV
 \$58.67 rtt
 \$44.00 whl
 NPN 80085232



Turmeric Dual Chamber Capsules (NHP)

60210250
 60 softgels | 28 PV
 \$65.33 rtt
 \$49.00 whl
 NPN 80099554

 Made with sls-free vegetable capsules



ZenGest® Softgels

35431813
 60 softgels | 16 PV
 \$33.33 rtt
 \$25.00 whl
 NPN 80078533

 Made with sls-free vegetable capsules



dōTERRA Serenity® Restful Complex (NHP)

60200714
 60 softgels | 16 PV
 \$34.67 rtt
 \$26.00 whl
 NPN 80083318

 Made with sls-free vegetable capsules



ZenGest® TerraZyme® (NHP)

35111813
 90 capsules | 37 PV
 \$60.00 rtt
 \$45.00 whl
 NPN 80077027

 Made with sls-free vegetable capsules



Deep Blue Polyphenol Complex® (NHP)

60217026
 60 capsules | 55 PV
 \$80.00 rtt
 \$60.00 whl
 NPN 80071413

 Made with sls-free vegetable capsules



Veggie Caps

60204616
 160 HPMC capsules | 0 PV
 \$7.00 rtt
 \$5.25 whl

 Made with sls-free vegetable capsules



TriEase® Blend Softgels (NHP)

49311813
 60 capsules | 23 PV
 \$42.67 rtt
 \$32.00 whl
 NPN 80079883



Peppermint Softgels (NHP)

60210245
 60 Softgels | 17 PV
 \$32.00 rtt
 \$24.00 whl



Adaptiv™ Capsules (NHP)

60210247
 30 capsules | 31.5
 \$66.67 rtt
 \$50.00 whl
 NPN 80107170



dōTERRA® Ginger Drops

60215300
 120 g | 11 PV
 \$21.33 rtt
 \$16.00 whl





A \$25.75 donation is made to the dōTERRA Healing Hands Foundation Canada™ with every purchase of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion.



dōTERRA® Spa Rose Hand Lotion

60200781
100 mL | 0 PV | \$25.75

dōTERRA Hope® Touch

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

dōTERRA® Diffusers

New



Laluz™ Diffuser

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

New



Roam™ Diffuser

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

New



Dawn™ Aroma Humidifier

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

New



Petal Essential Collection

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

New



Dream Collection

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



Pilot™ Diffuser

60212216
0 PV | 64.00 rtl | \$48.00 whl



Volo™ Diffuser

Volo™ Marble 60211700 0 PV \$100.67 rtl \$75.50 whl	Volo™ Onyx 60211701 0 PV \$100.67 rtl \$75.50 whl
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Notes

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

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pursue what's pure®

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