

# The dōTERRA<sup>®</sup> Essentials

CANADA





# dōTERRA®

In 2008, the founders of dōTERRA set out on a mission to make pure, potent, high quality essential oils that would be easy to use and even easier to share with the world. Since then, thousands of individuals, families, and communities have experienced the life-changing power of essential oils by incorporating the use of dōTERRA products into their everyday lives.

With the goal of changing families, communities, and the world one drop of oil at a time, dōTERRA has put great effort into carefully planning each step of the essential oil production process. From the planting of seeds to the delivery of essential oils at your doorstep, dōTERRA ensures that every measure is taken to bring you responsibly sourced, thoroughly tested, high quality essential oil products.



# Responsible Sourcing

## GROWERS

With a global botanical network that includes growers from over 40 countries, dōTERRA begins the quest for quality essential oils by ensuring that only the best seeds, soil, equipment, and growing conditions are used in the oil production process. By partnering with growers who have a deep understanding of native plants, local climate, weather patterns, what seeds and soil to use, the best time to plant, etc., dōTERRA can produce pure, potent, essential oils. Cutting corners at any point of the growing, harvesting, or distilling process will result in lower quality essential oils, which is why dōTERRA relies on the knowledge and expertise of native farmers.

Not only does the careful selection of plant sources allow dōTERRA to produce pure and precious essential oils, it also provides jobs for rural farmers who might otherwise experience unfair wages or poor working conditions. When growers partner with dōTERRA, they receive fair pay that allows them to support their business and provide for their family with a sustainable income.



## DISTILLERS

Just as the planting, growing, and harvesting portion of the production process is extremely important and delicate, the next step, distillation, is key in preserving the strong aroma and benefits of each essential oil. With attention to detail, the proper equipment, and a commitment to producing only the best, dōTERRA's distillers play an important role in preserving the delicate chemical profile of each essential oil as it is produced.

dōTERRA primarily uses two types of distillation processes, steam distillation and expression, that have been proven successful for producing pure, quality essential oils.

**Steam distillation:** In this fragile, time-intensive process, water is boiled, creating steam that is passed through the plant material. Then, the steam carries the aromatic compounds from the plant to a collection tube where the steam cools and turns back into water. From there, a pure, clean essential oil can easily be separated from the water.

**Expression:** Also referred to as cold pressing, expression is only used to produce dōTERRA citrus essential oils. During this process, mechanical pressure squeezes the essential oil from the rind of the citrus fruit—producing a pure and potent citrus oil.

dōTERRA carefully selects artisans from around the world to help produce over 100 different essential oils. Partnering with professionals who know how important the production process is, who will never cut corners, and who are committed to producing quality essential oils, allows dōTERRA to continually provide customers with products that are unique and pure.





The dōTERRA lab and trusted, third-party labs employ the following tests to assure that only the highest quality oils are approved for customer use:

- **Organoleptic Assessment:** An assessment of the appearance, color, and aroma of each oil
- **Specific Gravity:** Verifies the purity and quality of each essential oil
- **Gas Chromatography/Mass Spectroscopy (GC/MS):** Ensures that the chemistry of each oil matches the expected chemical profile
- **Fourier Transform Infrared Spectroscopy (FTIR):** Analyzes an oil's material composition to make sure it meets dōTERRA standards
- **Optical Rotation:** Can help to identify synthetic additives that do not show up on other tests
- **Refractive Index:** Measures how light spreads through the oil to ensure it meets dōTERRA standards
- **Contamination Testing:** Oils are tested for harmful contaminants, heavy metals, and potentially harmful microorganisms
- **Stability Testing:** Helps to ensure that an essential oil will maintain its purity and efficacy for the length of its intended use

In addition to rigorous testing standards, dōTERRA uses the knowledge and expertise of a scientific advisory board that is composed of experts in chemistry, microbiology, botany, research science, physiology, and nutritional science.

## Innovative Scientific Testing

After careful harvesting and distillation, each batch of essential oil is sent to dōTERRA's state-of-the-art lab to be tested. To guarantee the highest level of quality, dōTERRA has created the CPTG Certified Pure Tested Grade™ testing process. With rigorous criteria, the CPTG® standards certify that dōTERRA oils do not contain added fillers or harmful contaminants, but are pure and authentic.

In order to continually provide essential oil users with a high quality product, dōTERRA strives to stay on top of the most current and advanced testing methods for essential oils. Partnering with academic, industry, and scientific experts has allowed dōTERRA to create an innovative testing process.

## Groundbreaking Medical Research and Partnerships

In addition to the scientific advisory board that helps dōTERRA remain at the forefront of cutting-edge essential oil testing, dōTERRA remains committed to improving the essential oil experience by partnering closely with professionals in modern healthcare. By partnering with world-renowned medical facilities, clinics, and universities, dōTERRA continually provides users with safe and effective ways to use essential oils.

Research plays a significant role in providing dōTERRA users with safe, effective applications for essential oils. dōTERRA partnerships with hospitals, research universities, and other medical facilities produce useful research that allows dōTERRA to keep customers safe and informed about the best uses for essential oils. dōTERRA also has a medical advisory board comprised of medical professionals who work to further develop the use of essential oils in healthcare settings.





# Bringing Quality Essential Oils to Your Door

Every detail of the essential oil production process is designed to achieve one goal: to bring pure, high quality oils to dōTERRA users. dōTERRA knows that dedication to responsibility, efficacy, and accuracy will lead to the production of the best essential oils that can truly influence the lives of families everywhere. With quality essential oils, you and your family can find natural solutions to everyday problems, and enjoy improved health and wellness—achieving the dōTERRA mission of changing lives with pure essential oils.

# Essential Oil Application

You will soon learn that there are hundreds of ways to use dōTERRA® essential oils, including relaxation, personal hygiene, household cleaning, cooking, and more. Every oil has at least one of three application methods: Aromatic (A), Topical (T), or Internal (I). Throughout this guide, you will find that each oil is labeled with one or more of these three methods using the letters A, T, and I. Here is a simple reference guide to help you safely and effectively use the oils in your kit.

## Aromatic (A)

The essential oil can be diffused or inhaled directly for a stimulating aromatic experience. Using oils aromatically can be uplifting and purify the air of unwanted odors.

## Topical (T)

The essential oil is easily absorbed by the skin and can be applied topically by itself, with other topical oils, or with carrier oils when used as directed.

## Internal (I)

The essential oil can also be used internally by adding to food and drinks as a flavoring.



## SKIN SENSITIVITY

Next to every oil you will also find one of the three skin sensitivity descriptors: Neat (N), Sensitive (S), or Dilute (D). Use this key to help you properly use your essential oils according to sensitivity levels.

## Neat (N)

The essential oil can be used topically with no dilution.

## Sensitive (S)

The essential oil should be diluted for young or sensitive skin.

## Dilute (D)

The essential oil should always be diluted before using topically

# Essential Oil Safety

dōTERRA pure essential oils are very potent. Whether you are applying oils topically, consuming them internally, or using them aromatically, remember that a little goes a long way. Always follow dōTERRA's usage recommendations. These recommendations can be found on each product label. Follow each product's individual instructions.

- When using an essential oil topically for the first time, it's a good idea to dilute with carrier oil to see how the oil reacts with your skin. Start with one drop of essential oil and five drops of Fractionated Coconut Oil. You can personalize this ratio with time and experience.
- Some essential oils are very powerful, and should always be diluted with a carrier like dōTERRA Fractionated Coconut Oil before putting them on your skin. These oils include: Cassia, Cinnamon, Clove, Geranium, Lemongrass, Oregano, and Thyme. These are known as hot oils. When trying these for the first time, consider a dilution ratio of one drop of essential oil to 10 drops of Fractionated Coconut Oil.
- Some essential oils cause photosensitivity, which may cause you to sunburn more easily. It's best to stay out of UV light (sunlight or tanning beds) for at least 12 hours after applying them to your skin. These oils include: AromaTouch®, Bergamot, Easy Air®, dōTERRA Cheer®, Citrus Bliss®, Elevation®, dōTERRA Forgive®, Grapefruit, InTune®, Lemon, Lime, dōTERRA Motivate®, On Guard®, dōTERRA Purify®, Smart & Sassy®, Wild Orange, and Zendocrine®, but always read and follow the caution information on all product label.
- Essential oils may generally be applied anywhere on your skin, but there are certain areas that should be avoided. Don't apply oils on or near the inside of the nose, the inner ear, the eyes, broken skin, or other sensitive areas.
- If your skin begins to turn red, itch, or burn after applying an oil, remove the oil from the skin by gently wiping the area with a soft cloth, then alternate between adding a carrier oil like Fractionated Coconut Oil and gently wiping the area.
- When consuming essential oils internally, a drop or two is all you need at one time. You can add oil directly to water or another liquid, or use oil in a recipe.
- Children are generally more sensitive to essential oils than adults. It's best to dilute an essential oil before applying it topically on a child, and to start with the feet for application. For babies under two years of age, aromatic application through a diffuser is a good place to start.
- Because dōTERRA oils are so powerful, ensure that they are only used under adult supervision. dōTERRA recommends that you keep your oils in a high, out-of-reach place. Store oils with the included orifice reducer in the bottle and the lid tightly closed.
- If you have any questions about using essential oils for your particular needs, talk to your qualified healthcare provider.



# Essential Oil Singles

Taken from some of the most pure, natural sources on earth, the dōTERRA® essential oil singles aim to bring the potency and simplicity of nature straight into your home. Each dōTERRA single oil has its own unique chemistry and aroma, giving it an exclusive set of benefits for the user. No matter your needs or your preferences, the variety of oils and their uses makes it easy to find a dōTERRA essential oil that provides a natural solution to many of your everyday problems.



## Arborvitae

Known as the “tree of life” and for its exceptional preserving properties, Arborvitae essential oil acts as a powerful cleansing agent for the skin.

### Cosmetic Uses:

- Add to skincare routine for its cleansing benefits.
- Use topically during meditation for a peaceful and calming aroma.
- Apply to the bottom of feet to promote a grounding, a grounding and calming effect.
- Mix with equal parts Wild Orange and Cassia and apply to wrists for an uplifting aroma.

### Household Uses:

- Apply to cotton ball and place in closets or drawers.
- Mix 10 drops Arborvitae and ½ cup water in spray bottle for a cleansing surface spray.
- Mix four drops Arborvitae and two drops Lemon with Fractionated Coconut Oil for a natural wood preservative and polish.

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## Basil

A truly versatile oil, Basil is known for its soothing aroma and for providing a cooling sensation to the skin. Basil adds flavor to a variety of dishes and is a helpful addition to any essential oil collection.

### Cosmetic Uses:

- Apply topically during warm weather for a cooling sensation.
- Apply to back of neck while studying or reading for an energizing aroma.
- Combine with Fractionated Coconut Oil and apply to abdomen for a soothing massage.
- Combine one drop Basil and one drop Tea Tree with Fractionated Coconut Oil, then apply to neck and behind ears for a skin-soothing experience.

### Food Uses:

- Infuse olive oil with Basil for an Italian bread dip.

### Household Uses:

- Diffuse with Lime, Bergamot, or Peppermint for an invigorating aroma.
- Diffuse for a relaxing fragrance while studying, reading, or finalizing a project.

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## Bergamot

One of the most unique citrus oils, Bergamot produces a calming and uplifting aroma simultaneously, making it ideal for soothing the soul. Like other citrus oils, it possesses significant cleansing properties and a pleasant aroma.

### Cosmetic Uses:

- Dilute with Fractionated Coconut Oil for a soothing massage.
- Add one drop to a nighttime skincare routine for its skin-cleansing benefits.
- Apply to the bottom of feet before bedtime for a relaxing fragrance.

### Food Uses:

- Add to desserts for a unique citrus flavor.
- Change regular tea to Earl Grey with the addition of Bergamot.

### Household Uses:

- Diffuse for a relaxing aroma before bed.
- Diffuse in classroom, at work, or home to bring a feeling of calm.

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## Black Pepper

Most popularly known for its use in the kitchen, Black Pepper essential oil adds a burst of flavor to meals, and can be taken internally or used aromatically for a variety of benefits.

### Cosmetic Uses:

- Apply to palms and inhale directly for an energizing aroma.
- Create a warming, soothing massage by combining with Fractionated Coconut Oil.
- Apply to the bottom of feet for an invigorating wake up when dragging throughout the day.
- Dilute with Fractionated Coconut Oil and apply to abdomen for an invigorating massage.

### Food Uses:

- Add to chocolate desserts for a unique flavor profile.
- Add to meats, soups, entrees, and salads to enhance food flavor.

### Household Uses:

- Diffuse for an invigorating aroma during a long workday.

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## Blue Tansy

Blue Tansy's name is partly derived from its vivid shade of blue. Blue Tansy has a sweet, warm, calming aroma and can be beneficial to the skin, mind, and body. Blue Tansy should be diluted to minimize potential staining.

### Cosmetic Uses:

- Apply topically during warm weather for a cooling sensation.
- Combine with Peppermint and apply to chest for an invigorating aroma.
- Add one drop to favorite moisturizer and apply to skin for its skin-soothing benefits.
- Rub on fingers, wrists, shoulders, and neck after a long day of activity for a relaxing massage.

### Household Uses:

- Diffuse for a sweet, refreshing aroma.
- Diffuse during changing seasons to create a calming environment.
- Apply to a cotton ball and place in car's AC vent for a soothing aroma while driving.

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## Cardamom

Often used to flavor food and beverages, Cardamom essential oil is useful in the kitchen and can also promote feelings of calm and relaxation.

### Cosmetic Uses:

- Add one drop to a warm bath to promote relaxation.
- Apply to chest and inhale deeply for an energizing aroma.
- Dilute with Fractionated Coconut Oil for an invigorating massage.

### Food Uses:

- Add to homemade chocolate for a unique flavor profile.
- Add to bread, meats, and salads to enhance food flavor.

### Household Uses:

- Blend with Lavender and diffuse for a relaxing aroma.
- Diffuse for a clearing, refreshing aroma that will brighten any day.
- Apply to palms and inhale for a sense of mental harmony.

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## Cassia

Known as a warming oil, Cassia is a close relative of cinnamon. With a soothing and spicy scent, Cassia holds unique advantages for the body and mind.

### Cosmetic Uses:

- Apply to back of neck for a calming aroma.
- Combine with Fractionated Coconut Oil and massage into muscles for a warming sensation.
- Combine one drop Cassia and one drop Wild Orange and apply to wrists for an uplifting aroma.

### Food Uses:

- Place a drop of Cassia in water to support hydration while outdoors.
- Add one drop Cassia and two drops Lemon to warm water to create a soothing tea.

### Household Uses:

- Add to mop water for a pleasing aroma and added cleansing benefits.
- Blend with Tangerine and diffuse during cold seasons for a spicy, warm aroma.

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## Cedarwood

Cedarwood emits a warm and woody aroma that inspires feelings of wellness and vitality, and is often used during massage to relax and soothe.

### Cosmetic Uses:

- Add to facial toner for its clarifying properties.
- Add to a warm bath to promote a relaxing environment.
- Before exercising, massage one to two drops onto chest.
- Improve the appearance of skin imperfections by directly applying one drop to area.

### Household Uses:

- Diffuse at the end of a long day for a relaxing aroma.
- Diffuse in office or workspace when needing to feel confident for a peaceful aroma.
- Place a few drops on a cotton ball and leave in closets or other areas.

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## Cilantro

Applied topically, Cilantro is very soothing and cooling to the skin, and it adds a fresh, herbal aroma to any essential oil blend when diffused. Cilantro's culinary uses are endless, adding a flavorful twist to meats, salads, and dips.

### Cosmetic Uses:

- Add to mouth rinse for fresh breath.
- Add to moisturizer to soothe dry skin and to provide a fresh aroma.
- Place on bottom of feet to create a peaceful, fresh aroma before bed.
- Apply topically to fingernails and toenails to keep them looking clean and healthy.
- Combine with Fractionated Coconut Oil and massage into skin for a soothing and cooling effect.

### Food Uses:

- Add to dips, salsa, and guacamole for a fresh, herbal flavor.

### Household Uses:

- Spice up citrus diffuser blends with Cilantro oil for a fresh, sweet, and herbal aroma.

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## Cinnamon Bark

Taken from fragrant tree bark, Cinnamon essential oil has noteworthy cleansing properties and a warming, spicy aroma.

### Cosmetic Uses:

- Dilute with Fractionated Coconut Oil and use in a warming massage.
- Add one drop to two ounces of water and gargle for a mouth-freshening rinse.
- Dilute with Fractionated Coconut Oil and apply to wrists and ankles before outdoor activity.

### Food Uses:

- Add one drop to a cup of tea with honey during winter months.
- Use in place of dry cinnamon in recipes for a delightfully, spicy flavor.

### Household Uses:

- Diffuse during cold seasons for an invigorating aroma.
- Place in spray bottle with water and use to wipe down countertops and other surfaces.

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## Clove

The warming and cleansing characteristics of Clove make this energizing, stimulating oil useful in massage, diffusion, and as a cooking spice.

### Cosmetic Uses:

- Add one drop to toothbrush before applying toothpaste.
- Combine with dōTERRA SPA Hand and Body Lotion for a skin-warming lotion.
- Dilute with Fractionated Coconut Oil and apply topically for a soothing massage.
- Place one drop of Clove in two ounces of water and gargle for a fresh mouth rinse.
- Combine two drops Clove, two drops Tea Tree, and honey for a clarifying face mask.

### Food Uses:

- Use in place of dry clove in your baking recipes to add a spicy flavor.

### Household Uses:

- Combine two drops Clove, Cinnamon, and Tangerine with water in a spray bottle for an energizing room spray.

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## Copaiba

Copaiba essential oil is derived from the resin of the copaiba tree. Copaiba oil is widely used in cosmetic products and perfumes and has a woody, spicy aroma.

### Cosmetic Uses:

- Combine with two ounces of water and gargle.
- Place one drop in warm bath water for a calming aroma.
- Add two drops Copaiba and Epsom salt to a warm foot bath.
- Add to moisturizer to enhance the appearance of healthy-looking skin.
- Massage into hands, wrists, and elbows for a soothing and moisturizing effect.

### Household Uses:

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

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# Coriander

With a fresh, herbaceous aroma, Coriander can be soothing to the mind and body, and helpful for the skin. Coriander oil is as unique as it is useful.

## Cosmetic Uses:

- Add to facial cleanser to promote clean skin.
- Apply to back of neck or bottom of feet after an event-filled day.
- Apply Coriander to legs for a soothing massage after a short workout.
- Use topically under arms before applying deodorant to help fight odor.
- Combine with Fractionated Coconut Oil and massage into skin for a soothing effect.

## Food Uses:

- Add one drop to curry recipes for an extra boost in flavor.

## Household Uses:

- Combine with Peppermint and diffuse for a stimulating aroma.

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# Douglas Fir

Extracted from the branches and leaves of the Douglas Fir tree, Douglas Fir essential oil has many benefits. When used topically, Douglas Fir can improve the appearance of skin.

## Cosmetic Uses:

- Place a drop in hands and inhale for a calming, re-energizing aroma.
- Dilute with Fractionated Coconut oil and apply to chest for a revitalizing massage.
- Add one drop to body wash for an energizing aroma and added cleansing benefits.
- Combine one drop Douglas Fir with two drops Wintergreen for a relaxing massage.

## Household Uses:

- Diffuse during the holiday season for a natural, woody aroma.
- When creating an all-purpose cleaner, add two drops for a natural cleansing boost.
- Diffuse Douglas Fir with Grapefruit while doing homework for a stimulating fragrance.

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## Eucalyptus

dōTERRA Eucalyptus comes from evergreen trees that grow up to 50 feet in height. The chemical structure of Eucalyptus makes it ideal for creating a soothing massage.

### Cosmetic Uses:

- Massage daily onto lower abdomen for a soothing massage.
- Add one drop to moisturizer and apply to skin for revitalizing benefits.
- Place three drops Eucalyptus in bottom of shower to invigorate senses.
- Dilute with Fractionated Coconut Oil and apply to chest and breathe deeply.
- Place one to two drops in hands, rub together, and inhale deeply for an invigorating aroma.

### Household Uses:

- During winter months, diffuse Eucalyptus to promote vitality.
- Diffuse Eucalyptus to enjoy its purifying properties when foul odors are in the air

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## Fennel

Fennel has a unique licorice aroma and taste, and can be used to flavor desserts or enrich the air with its sweet smell. When applied topically, Fennel can soothe dry skin.

### Cosmetic Uses:

- Add to two ounces of water and gargle to help freshen breath.
- Combine with moisturizer and apply to keep skin looking healthy.
- Apply one to two drops topically to stomach for a soothing abdominal massage.
- Combine one drop with one drop Lavender and apply to neck and chest to promote relaxation.

### Food Uses:

- Add to desserts for a distinct licorice flavor.
- Add one drop Fennel to water or tea when craving sweets.

### Household Uses:

- Diffuse Fennel in home or office for an energizing aroma that will support a productive day.

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### Frankincense Touch

Enjoy the benefits of Frankincense in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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## Frankincense

Because of its chemical makeup, Frankincense oil holds significant renewing properties that give it a wide variety of uses. For centuries, Frankincense has been used for its beautifying characteristics—particularly for rejuvenating the appearance of skin and promoting feelings of relaxation.

### Cosmetics Uses:

- Add two drops to moisturizer to soothe and moisturize dry skin.
- Add a few drops of Frankincense oil to a hot bath for a calming aroma.
- Add to toothbrush before applying toothpaste to clean gums, mouth, and teeth.
- Massage Frankincense into hands and feet for a warm, soothing effect after strenuous activity.
- Apply Frankincense to cuticles and nailbeds to maintain healthy-looking fingernails and toenails.

### Household Uses:

- Diffuse Frankincense during yoga or meditation to promote focus.
- Diffuse Frankincense to encourage feelings of peace and satisfaction.

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## Geranium

Long used for its beautifying properties, Geranium essential oil is extremely beneficial for improving the appearance of hair and skin. It has also been known to help create a sense of harmony in the body and mind.

### Cosmetics Uses:

- Apply to underarms before applying deodorant.
- Combine one drop with shampoo to balance moisture in hair.
- Use topically on the skin after a shower for a smoothing effect.
- Add two drops Geranium to facial moisturizer and apply twice daily.
- Apply directly to skin or enjoy an aromatherapy steam facial to beautify the skin.
- Dilute with Fractionated Coconut Oil and apply to wrists for a natural fragrance.

### Household Uses:

- Diffuse with equal parts Lemon and Grapefruit for a relaxing, spring scent.

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# Ginger

dōTERRA Ginger essential oil comes from the fresh rhizome of the ginger plant. When used as a kitchen spice, the earthy nature of Ginger adds flavor to a variety of dishes.

## Cosmetic Uses:

- Apply over lower abdomen for a soothing massage.
- Place a drop of Ginger in hands and inhale during car rides.
- Add one drop to warm bath water for a soothing aromatic experience.

## Food Uses:

- Combine with Lemon and honey in warm water for a soothing tea.
- Use one drop in place of whole ginger in sweet and savory recipes.

## Household Uses:

- Diffuse Ginger for an energizing aroma in the late afternoon.
- During cold seasons, diffuse three drops with two drops Wild Orange for a warming aroma.

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# Grapefruit

Similar to other citrus oils, Grapefruit is known for its uplifting aroma. Grapefruit is also renowned for its cleansing properties and is frequently used in skin care to promote the appearance of healthy-looking skin.

## Cosmetic Uses:

- Add to shampoo for an added cleansing effect and increased shine.
- Add to nightly facial routine to improve the appearance of skin. (Avoid UV light.)
- Combine with Fractionated Coconut Oil and massage into skin for a soothing experience.

## Food Uses:

- Use in favorite dessert recipes for a refreshing citrus flavor.
- Add two drops to four ounces of water when craving sweets.

## Household Uses:

- Diffuse for a an energizing and focusing scent.
- Combine with water in a spray bottle and apply to surfaces for an added cleansing benefit.

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## Green Mandarin

Distilled from the mandarin fruit before it has ripened, Green Mandarin essential is known for its uplifting scent and promoting healthy-looking skin.

### Cosmetic Uses:

- Add to toothpaste to brighten teeth and smile.
- Add to a nightly facial routine to improve the appearance of the skin.

### Food Uses:

- Add one drop to water for a fun and flavorful twist.

### Household Uses:

- Diffuse for a bright and energizing aroma.
- Combine five drops with one cup water and one cup vinegar for an effective surface cleaner.

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## Jasmine Touch

Regarded as the “King of Flowers,” Jasmine is prized for its highly fragrant aroma and ability to promote a healthy-looking, glowing complexion.

### Cosmetic Uses:

- Apply topically to moisturize skin.
- Use in massage for a soothing, relaxing experience
- Add to skincare routine for a radiant complexion.
- Apply to wrists and neck for a unique personal fragrance.
- Use topically after a shower for a relaxing, balancing fragrance.

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# Juniper Berry

Derived from the coniferous tree, Juniper Berry essential oil has a rich history of traditional uses. Juniper Berry acts as a natural cleansing agent and acts as a natural skin toner.

## Cosmetic Uses:

- Use topically after facial cleanser as a natural skin toner.
- Apply one drop to the skin to promote a bright complexion.
- Combine with Fractionated Coconut Oil and apply after daily workout.
- Use in an oral rinse to help keep gums, teeth, and mouth smelling clean.

## Household Uses:

- Diffuse with citrus oils to freshen the air.
- Diffuse before bed for a natural calming and grounding fragrance.
- Apply to warm rag and wipe doorknobs for an added cleansing benefit.

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# Lavender

The floral, airy scent of Lavender essential oil can produce calming, soothing, and relaxing benefits. Because it provides the user with comforting benefits, Lavender oil has seemingly limitless applications.

## Uses:

- Apply one drop to moisturizer to soothe dry skin.
- Add to shampoo to help keep hair looking thick and healthy.
- Combine with Fractionated Coconut Oil and apply for a cooling effect.
- Apply to bottom of feet before bedtime for a relaxing scent that promotes a peaceful sleep.

## Food Uses:

- Combine with Lemon and honey in warm water for a relaxing tea.

## Household Uses:

- Diffuse Lavender before bedtime for a relaxing aroma.
- Freshen linen closet, mattress, or air with a light mist of Lavender combined with water in a spray bottle.

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## Lavender Touch

Enjoy the benefits of Lavender in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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## Lemon

Renowned for its cleansing properties and invigorating aroma, Lemon is a top-selling dōTERRA favorite because of its versatility. Whether it is used as a natural cleaning agent in the home or to brighten a room with its stimulating aroma, Lemon essential oil holds countless benefits for any user.

### Cosmetic Uses:

- Add to hand soap to help eliminate grease after working on a car or bike.
- Incorporate into skincare routine to give complexion a refreshed, healthy-looking glow.
- Combine with baking soda and coconut oil, rub on teeth for two minutes, and rinse for a brightening effect.

### Food Uses:

- Add two drops to water for a thirst-quenching flavor.
- Use in favorite dessert recipes for a refreshing citrus flavor.

### Household Uses:

- Place a few drops of Lemon on a rag to help remove stubborn, sticky residue.
- Add to a spray bottle of water to clean tables, counter tops, and other surfaces.

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## Lemongrass

Lemongrass essential oil is frequently used in skincare products for its cleansing benefits. Lemongrass has an herbaceous aroma that can heighten awareness and is ideal for massage therapy.

### Uses:

- Add to facial cleanser for its skin-cleansing benefits.
- Combine with Fractionated Coconut Oil and apply for a soothing massage.
- Combine with Tea Tree and apply to toenails for clean, healthy-looking nails.
- Dilute with Fractionated Coconut Oil and apply after exercise for a refreshing feeling.

### Food Uses:

- Use in soups and savory dishes for a unique herbal, citrus flavor.

### Household Uses:

- Enjoy the scent of Lemongrass on the patio during an outdoor event.
- Place a few drops on a rag to help clean tables, countertops, and other surfaces.

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# Lime

With natural cleansing benefits and a balancing, energizing scent, Lime essential oil can cleanse and uplift when used aromatically or topically.

## Cosmetic Uses:

- Add to facial cleanser to give complexion a healthy-looking glow.
- Combine several drops with Fractionated Coconut Oil and massage into cuticles.
- Combine one drop with shampoo in hand and massage into scalp and hair for added cleansing benefits.

## Food Uses:

- Add 2 drops of Lime to drinking water for a refreshing flavor.
- Add a drop of this tangy oil to salsa, guacamole, or dips for an enhanced flavor.

## Household Uses:

- Place a few drops of Lime on a rag to help remove stubborn, sticky residue.
- Add to a spray bottle of water to clean tables, countertops, and other surfaces.

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# Magnolia Touch

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

## Cosmetic Uses:

- Apply topically to soothe skin.
- Combine with Neroli and apply to chest or back of neck for a relaxing aromatic massage.
- Incorporate into beauty routine for a clean and healthy-looking complexion.

## Household Uses:

- Inhale during difficult situations for a calming aroma.

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## Marjoram

Also known as “joy of the mountains,” Marjoram was known to the Greeks and Romans as a symbol of happiness. In modern applications, Marjoram is valued for its calming properties.

### Cosmetic Uses:

- Apply Marjoram oil prior to bedtime for a calming scent.
- Apply to back of neck and shoulders for a relaxing aroma.
- Dilute with Fractionated Coconut Oil and apply after exercise for a refreshing feeling.

### Food Uses:

- Replace Marjoram oil in a recipe that calls for dried Marjoram.
- Infuse in olive oil for a refreshing salad dressing, marinade, or bread dip.

### Household Uses:

- Diffuse Marjoram with Cedarwood and Lavender for a relaxing pre-bedtime scent.
- Mix Marjoram and Lavender oil with water. Spray on sheets and linens for a restful fragrance.

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## Melissa

Melissa, also known as lemon balm, received its name because of its sweet, fresh, citrus-like fragrance, which was known to attract bees. A rare oil that is difficult to source and produce, Melissa holds a variety of benefits and is known for its calming fragrance.

### Cosmetic Uses:

- Apply one drop to facial cleanser to promote clean skin.
- Apply to back of forehead, shoulders, or chest for a relaxing aroma.
- Add Melissa to daily moisturizer for a refreshed-looking appearance.
- Dilute with Fractionated Coconut Oil and apply to muscles before and after exercise.

### Food Uses:

- Add to herbal tea for a citrus-like flavor.

### Household Uses:

- Diffuse to create a relaxing fragrance at home.
- Add a few drops of Melissa to a spray bottle with water and use on household surfaces.

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# Neroli Touch

Neroli essential oil is derived from the flowers of the bitter orange tree. The aroma of Neroli essential oil has been known to support relaxation, and to promote an overall sense of well-being.

## Cosmetic Uses:

- Apply topically to soothe dry skin.
- Apply to back of neck for a relaxing fragrance.
- Use topically on wrists and Inhale for a calming aroma.
- Combine Neroli and Lavender for a relaxing aromatic massage.
- Incorporate into beauty routine for a youthful-looking complexion.

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# Oregano

Oregano is one of the most potent and powerful essential oils and has been used for centuries for its varied benefits. In addition to being a popular cooking spice, Oregano acts as an enhancer and equalizer in essential oil blends.

## Cosmetic Uses:

- Combine one drop with shampoo to soothe dry scalp and enhance cleansing.
- Mix one drop with Fractionated Coconut Oil and rub into hands as a cleansing agent.
- Blend one drop with Fractionated Coconut Oil and apply to chest for a soothing massage.
- Dilute with Fractionated Coconut Oil and apply to cuticles and nailbeds to maintain healthy-looking fingernails and toenails.

## Food Uses:

- Replace one tablespoon of dry oregano with one drop in Italian dishes.

## Household Uses:

- Add to a spray bottle of water to clean tables, countertops, and other surfaces.
- Diffuse with Peppermint and Lime, for an invigorating aroma during cold months.

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## Oregano Touch

Enjoy the benefits of Oregano in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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# Pink Pepper

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

## Cosmetic Uses:

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

## Food Uses:

- Add one to two drops to a glass of water after enjoying a large meal.

## Household Uses:

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

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# Rose Touch

The labor-intensive and delicate process of harvesting and distilling rose petals produces a sweet aroma that's renowned in the perfume and essential oil industries. Rose Touch be used as a romantic personal fragrance.

## Cosmetic Uses:

- Apply to neck and wrists as a personal fragrance.
- Use in massage for an elevating, enriching experience.
- Apply to neck and bottom of feet for an emotionally uplifting aroma.
- Add to nightly skincare routine to help balance moisture levels in the skin.

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# Rosemary

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as stuffing, pork, roast lamb, chicken, and turkey. Along with its culinary applications, Rosemary's herbaceous and energizing scent is frequently used for diffusing.

## Cosmetic Uses:

- Blends with Tea Tree and Basil for a scalp-stimulating massage
- Add 5 drops of Rosemary Oil to shampoo to promote healthy-looking hair.
- Combine Rosemary, Frankincense, and Epsom salts for a refreshing bath.
- Blend with Wintergreen and Fractionated Coconut Oil for a soothing massage.

## Food Uses:

- Add one to two drops of Rosemary essential oil to meats and favorite entrees.

## Household Uses:

- Diffuse with Lavender for a soothing scent.
- Diffuse while studying for a stimulating aroma

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# Hawaiian Sandalwood/ Sandalwood

Sandalwood is a name given to a class of fragrant woods that, unlike other aromatic woods, can retain their fragrance for decades. Both the wood and oil have been highly valued for centuries.

## Cosmetic Uses:

- Add two drops to a hot bath to promote relaxation.
- Add to shampoo or moisturizer to improve the look of skin and hair.
- Apply two drops to a steam facial to help skin feel nourished and rejuvenated.
- Incorporate into skincare routine to give complexion a smooth and healthy-looking glow.

## Household Uses:

- Diffuse at bedtime for a calming fragrance.
- Diffuse in bedroom after a long, stressful day or before meditation.
- Apply to a cotton ball and place in car's AC vent for a soothing aroma while driving.

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## Siberian Fir

With a scent reminiscent of Christmas trees and tranquil forests, Siberian Fir has long been recognized for producing comforting, stabilizing aromas, and stimulating the senses.

### Cosmetic Uses:

- Massage into skin after exercise for a soothing aroma.
- Combine with Fractionated Coconut Oil for an invigorating massage.
- Add one to two drops to the shower floor for an energizing fragrance.
- Add to nightly skincare routine to enhance the appearance of healthy-looking skin

### Household Uses:

- Diffuse for a calming aroma when working.
- Diffuse during the Holidays to invite the outside in.
- Add 10 drops to a spray bottle with water for a refreshing room spray

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## Spearmint

Well-known for its sweet and minty flavor, Spearmint is often used in cooking, but can also be applied topically or used aromatically for a variety of powerful benefits. Spearmint is a milder alternative to other mint essential oils.

### Cosmetic Uses:

- Add three to four drops to the shower for a refreshing, uplifting aroma.
- Combine with Fractionated Coconut Oil and apply to back, neck, and shoulders.
- Mix 10 drops with water in a spray bottle; spray over body for a distinctive aroma.
- Apply to toothbrush prior to toothpaste for an extra burst of flavor and a clean feeling.

### Food Uses:

- Add one drop to hot cocoa or tea for an invigorating flavor.
- Add one drop of Spearmint oil to desserts, drinks, salads, or entrées.

### Household Uses:

- Diffuse for a soothing aroma during cold winter months.

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# Spikenard

Historically used for relaxation and its uplifting aroma, Spikenard essential oil has a calming fragrance and can be purifying for the skin.

## Cosmetic Uses:

- Use topically on abdomen for an invigorating massage.
- Add Spikenard to a warm footbath to promote relaxation.
- Add one drop to shampoo and massage into hair and scalp.
- Combine one drop Spikenard with moisturizer to smooth or soften skin.
- Apply topically to fingernails and toenails to keep them looking clean and healthy.
- Apply to the back of neck or temples to promote feelings of calmness and relaxation.

## Household Uses:

- Diffuse for a calming and relaxing aroma.

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# Tangerine

Tangerine has a long history of use in Chinese culture and herbal practices.

Tangerine has a sweet, tangy aroma, similar to other citrus oils, that is uplifting and is known for its cleansing properties.

## Cosmetic Uses:

- Apply to flex points or abdomen for a delightful massage.
- Combine one drop with ¼ cup of sea salt for a spa-like bath.
- Apply topically to wrists and neck for an uplifting, energizing aroma
- Incorporate into skincare routine to give complexion a refreshed, smooth appearance.

## Food Uses:

- Add two to three drops as a flavoring in dessert recipes.
- Add one to two drops in water, smoothies, teas, or lemonade for flavoring.

## Household Uses:

- Diffuse for a soothing and relaxing aroma.
- Use in an all-purpose spray to cleanse and purify surfaces.

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# Thyme

This potent, warm, herbaceous essential oil holds cleansing benefits that are particularly helpful for cleansing the skin.

## Cosmetic Uses:

- Add to shampoo for youthful-looking hair.
- Add five drops to a warm footbath to improve feet's appearance.
- Combine with four ounces of water and gargle to freshen breathe.
- Incorporate with Fractionated Coconut Oil for a soothing chest massage.
- Dilute with Fractionated Coconut Oil then apply to targeted areas to clean skin.

## Food Uses:

- Add two to three drops as a flavoring in marinades.

## Household Uses:

- Use in an all-purpose spray to cleanse surfaces.

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# Turmeric

The turmeric root is a member of the ginger family with a long history of use in ancient China and India. Its unique flavor is commonly used in Indian cuisines and is actually responsible for the yellow color of curry and mustard.

## Cosmetic Uses:

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

## Food Uses:

- Use in cooking for a flavorful twist

## Household Uses:

- Diffuse for an uplifting and energizing aroma

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## Vetiver

Derived from a thick grass, Vetiver essential oil is ideal for creating a peaceful environment as it is known to have a grounding, calming fragrance.

### Cosmetic Uses:

- Add two drops to a warm bath for deep relaxation.
- Add to daily skincare routine for a revitalized appearance.
- Apply to neck and wrists as a personal grounding fragrance.
- Apply to bottom of feet for a relaxing fragrance before bedtime.
- Use topically on feet and legs after a day of standing as part of a soothing massage.

### Household Uses:

- Use as an earthy base note in a favorite DIY diffuser blend.
- Diffuse with Lavender and Wild Orange for a relaxing scent.

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## Wild Orange

Like many other citrus oils, Wild Orange essential oil is well known for its cleansing properties. Additionally, Wild Orange has an uplifting and refreshing aroma.

### Cosmetic Uses:

- Add to daily oral hygiene routine.
- Use in conjunction with a full body massage for a refreshing fragrance. (Avoid UV light.)
- Place one drop Wild Orange, Peppermint, and Frankincense in hands and inhale deeply for an energizing aroma.

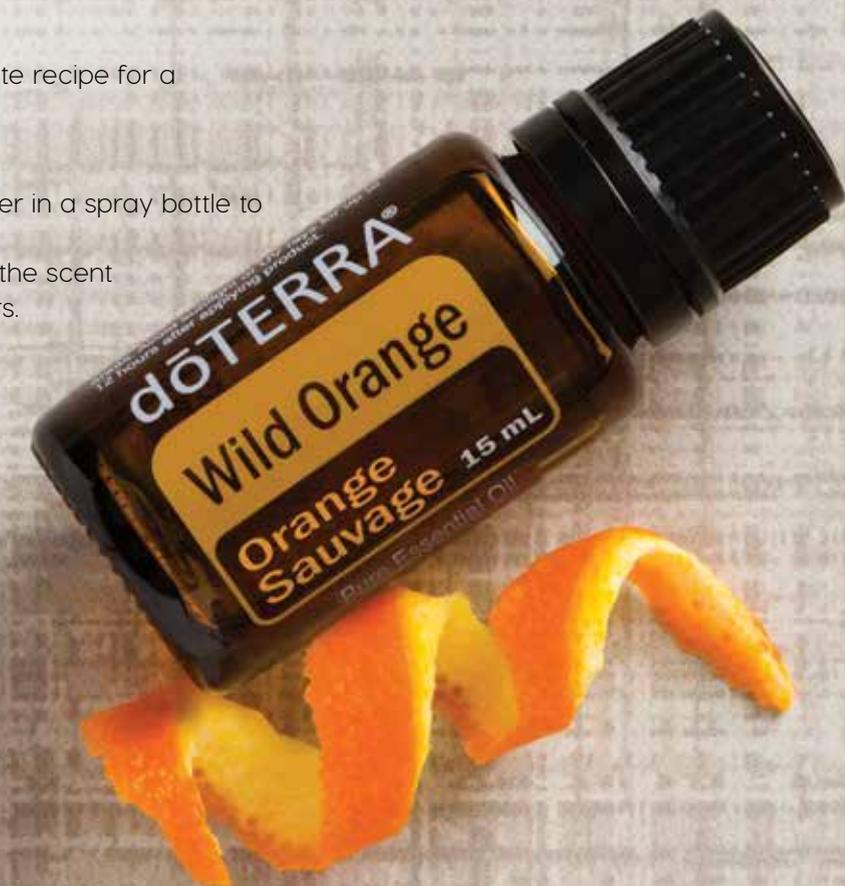
### Food Uses:

- Add to water for a burst of flavor.
- Add one drop of Wild Orange to a favorite recipe for a refreshing taste.

### Household Uses:

- Combine 10 drops Wild Orange with water in a spray bottle to cleanse surfaces.
- Place a few drops in air filter to improve the scent of the home and to purify the air of odors.

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## Wintergreen

Wintergreen essential oil contains soothing and renewing properties that can be received when applied to skin or diffused.

### Cosmetic Uses:

- Add one drop Wintergreen to a warm bath to unwind.
- Massage into neck and shoulders for a quick pick-me-up.
- Apply to a cotton ball and add to gym bag, trashcan, or other areas to mask odor.
- Combine Wintergreen and Fractionated Coconut Oil for a warming, soothing massage.
- Massage a few drops of Wintergreen essential oil into the reflex points of feet before bed.

### Household Uses:

- Diffuse for a sweet, uplifting aroma.
- Combine with equal parts Citrus Bliss® and diffuse for an energizing aroma.

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## Ylang Ylang

A sweet, floral essential oil, Ylang Ylang uses nourishing properties to benefit skin and hair, while providing a soothing aroma.

### Cosmetic Uses:

- Use in conjunction with an aromatherapy steam facial.
- Place one drop on wrists for a sweet and uplifting fragrance.
- Add Ylang Ylang to Fractionated Coconut Oil for a deep hair conditioner.
- Apply Ylang Ylang to the back of the neck for a calming, uplifting aroma.
- Massage Ylang Ylang into scalp to increase the appearance of healthy, shiny hair.

### Household Uses:

- Diffuse with Lavender to experience a calming aroma.
- Combine two drops Ylang Ylang, two drops Bergamot, and water in a spray bottle for a natural home freshener.

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## Essential Oil Blends

In order to further harness the power of essential oils, dōTERRA® has created a series of proprietary essential oil blends that combine several single essential oils with other natural ingredients to help the user achieve a more specific desired effect. Because they combine the best characteristics from several oils, dōTERRA essential oil blends are an integral part of any essential oil collection.



## AromaTouch® Essential Oil Blend

Essential oils have long been used for massage, which is why dōTERRA created a proprietary massage blend that improves various massage techniques with the help of relaxing and comforting essential oils.

### Cosmetic Uses:

- Combine with Epsom salt and add to a hot bath for relaxation.
- Apply to neck and shoulders for a calming fragrance that promotes relaxation.
- Use in conjunction with the AromaTouch Technique or the AromaTouch Hand Technique.

### Household Uses:

- Diffuse AromaTouch to create a luxurious spa environment.
- Diffuse to create a calm environment when meditating or relaxing.

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## Balance® Essential Oil Blend

The Balance blend is a subtle combination of essential oils that promotes harmony, tranquility, and a sense of relaxation through its grounding, peaceful fragrance.

### Cosmetic Uses:

- Apply topically before bed for a calming aroma.
- Apply to neck and wrists for a peaceful aroma.
- Apply to the bottom of feet for a grounding fragrance.
- Combine with Epsom salts in a warm bath for relaxation.

### Household Uses:

- Diffuse to create a calm environment when meditating or practicing yoga.

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## Citrus Bliss® Essential Oil Blend

Merging the major benefits of citrus essential oils, Citrus Bliss® holds energizing and refreshing properties that create an uplifting aroma.

### Cosmetic Uses:

- Add to Fractionated Coconut Oil and use in an uplifting massage.
- Place on bottoms of feet in the morning for an energizing experience.
- Combine with Lavender and Peppermint oil and rub on back of neck.

### Household Uses:

- Place two to three drops on dryer sheets to give laundry a refreshing aroma.
- Combine with water in a spray bottle to create a cleanser for kitchen and bathroom surfaces.

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## dōTERRA Cheer® Touch

Enjoy the benefits of dōTERRA Cheer® in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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## dōTERRA Cheer® Essential Oil Blend

The dōTERRA Cheer uplifting blend of citrus and spice essential oils provides a cheerful and happy fragrance that will brighten any day.

### Cosmetic Uses:

- Apply to neck and wrists for an elevating aroma.
- Place on bottoms of feet in the morning for a natural uplift.
- Use in conjunction with a full body massage for an invigorating experience.
- Apply to a cotton ball and place in car's AC vent for an energizing aroma while driving.

### Household Uses:

- Diffuse to promote a positive, uplifting environment.

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## ClaryCalm® Essential Oil Blend

Designed specifically for women, ClaryCalm is a proprietary blend of essential oils that have been traditionally used to promote a sense of well-being and balance.

### Cosmetic Uses:

- Apply on the skin for a cooling, soothing effect.
- Place on bottoms of feet to help promote a sense of balance.
- Add to Fractionated Coconut Oil and use in a soothing abdominal massage.
- Apply to neck and wrists and breathe deeply for a calming aroma.

### Household Uses:

- Diffuse to create a calming atmosphere.

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## dōTERRA Console® Essential Oil Blend

dōTERRA Console uses sweet floral and tree essential oils to create a comforting effect, putting you on a hopeful path of emotional well-being.

### Cosmetic Uses:

- Add to Fractionated Coconut Oil and use in a soothing massage.
- Place on bottoms of feet in the morning for a calming foot rub.
- Apply to neck and wrists for an encouraging aroma.
- Apply to a cotton ball and place in car's AC vent for a soothing aroma while driving.

### Household Uses:

- Diffuse for a comforting aroma.

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### dōTERRA Console® Touch

Enjoy the benefits of dōTERRA Console in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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**dōTERRA Deep Blue® Touch**

Enjoy the benefits of Deep Blue in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.



## Deep Blue® Essential Oil Blend

Formulated to provide a cooling sensation, Deep Blue serves as an enriching blend of oils perfect for a massage.

**Cosmetic Uses:**

- Massage into lower back.
- Rub on fingers, wrists, shoulders, and neck after a long workday.
- Dilute Deep Blue with Fractionated Coconut Oil and massage into growing kid's legs.
- Apply to feet and knees before and after exercise for an invigorating and cooling effect on skin.

**Household Uses:**

- Diffuse for an invigorating scent during a workout.



**dōTERRA Deep Blue® Roll-On**

Enjoy the benefits of Deep Blue in a 10mL roll-on.



**Easy Air® Touch**

Enjoy the benefits of Easy Air in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.



## Easy Air® Essential Oil Blend

With a minty, fresh aroma, dōTERRA Easy Air has been specially formulated to provide the user with a cooling, invigorating blend that is known for its calming aroma.

**Cosmetic Uses:**

- Apply topically to chest and under nose for an invigorating aroma.
- Combine with Epsom salts in a warm bath for a soothing sensation.
- Add three drops to shower floor for an aroma that promotes vitality.

**Household Uses:**

- Diffuse during changing seasons for a relaxing aroma.
- Diffuse for a calming aroma that promotes relaxation before bed.



## Elevation® Essential Oil Blend

This blend of uplifting essential oils is perfect for revitalizing aroma, and atmosphere. When you need a natural pick-me-up, Elevation is the ideal solution.

### Cosmetic Uses:

- Add to Fractionated Coconut Oil and use in a revitalizing massage.
- Add a few drops to a warm bath for a soothing, uplifting experience.
- Rub one drop between palms and inhale for an energizing personal fragrance.

### Household Uses:

- Diffuse Elevation at work for a stimulating fragrance.
- Diffuse Elevation in the morning to create a positive, energizing aroma in the home.

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## dōTERRA Forgive® Essential Oil Blend

dōTERRA Forgive is a blend of tree and herb essential oils that provide a refreshing aroma that promotes a grounding effect.

### Cosmetic Uses:

- Add a drop to a warm bath for a soothing experience.
- Use during a massage to promote feelings of serenity.
- Apply to neck and wrists for a grounding and renewing aroma.

### Uses:

- Diffuse for a refreshing, renewing aroma.
- Apply to a cotton ball and place in car's AC vent for a calming aroma.

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### dōTERRA Forgive® Touch

Enjoy the benefits of dōTERRA Forgive® in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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## HD Clean<sup>®</sup> Essential Oil Blend

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

### Cosmetic Uses:

- Implement in facial routine to help keep skin clean.
- Combine with nighttime moisturizer for optimal hydration.
- Use as part of skincare routine to promote a glowing complexion.
- Apply to face to create a clean, smooth canvas before using moisturizer.
- Implement during teenage years, using morning and night, to maintain clean skin.



## dōTERRA Hope<sup>™</sup> Touch Essential Oil Blend

This distinct essential oil blend's inviting scent isn't only one thing that makes dōTERRA Hope Touch truly unique. With each application of its uplifting scent, individuals support the dōTERRA Healing Hands Foundation, which donates to experts in extraction operations and anti-child-trafficking efforts who have come together to bring an end to child slavery.

### Cosmetic Uses:

- Apply to neck for a refreshing aroma.
- Apply to wrists for a personalized fragrance.
- Use in conjunction with a massage to energize and uplift.
- Keep on hand and apply throughout the day for an uplifting scent.

### Household Uses:

- Roll on a sachet and keep in drawers to give clothes a refreshing aroma.



## Immortelle® Essential Oil Blend

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

### Cosmetic Uses:

- Rub under arms before working out or outdoor activity.
- Apply to back of neck and earlobes for a soothing fragrance.
- Use to soothe dry skin after a day at the beach or pool.
- Use topically for a clean, smooth canvas before moisturizing.
- Use as part of an anti-aging skincare routine to help promote a glowing complexion.

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## InTune® Essential Oil Blend

The perfect blend for moments of study or concentration, InTune is comprised of essential oils that promote a sense of calm and clarity.

### Cosmetic Uses:

- Apply to bottom of children's feet before school.
- Apply to temples and back of neck before a study session.
- Use topically during daily slumps for its reenergizing aroma.
- Use topically on wrists for an invigorating scent during the workday.

### Household Uses:

- Diffuse during study or in a classroom for an energizing aroma.

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### dōTERRA Motivate® Touch

Enjoy the benefits of dōTERRA Motivate® in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.



## dōTERRA Motivate® Essential Oil Blend

Enjoy the uplifting and energizing aroma of the dōTERRA Motivate Encouraging Blend of mint and citrus essential oils.

#### Cosmetic Uses:

- Use during a massage for a soothing experience.
- Apply to neck or shirt collar before a presentation.
- Use topically before a sporting event or other competitions.
- Use on bottoms of feet in the morning before a long workday.

#### Household Uses:

- Diffuse when working on a project for an energizing aroma that will keep you motivated.



### On Guard® Touch

Enjoy the benefits of On Guard® in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.



## On Guard® Essential Oil Blend

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

#### Cosmetic Uses:

- Dilute with Fractionated Coconut Oil and rub on hands as a natural cleanser.

#### Food Uses:

- Combine with honey and warm water to create a soothing herbal tea.

#### Household Uses:

- Diffuse to cleanse the air and provide a sweet, spicy aroma.
- Create an all-purpose cleaner by combining with water in a spray bottle.
- Add a drop to laundry for an additional cleansing boost and fresh scent.



## dōTERRA Passion® Essential Oil Blend

When feelings of boredom and disinterest take over, the dōTERRA Passion will help you with its spice and herb aroma.

### Cosmetic Uses:

- Apply to wrists and heart throughout the day.
- Use during a massage for a passionate fragrance.
- Place on bottoms of feet in the morning for an energizing foot massage.

### Household Uses:

- Diffuse for a fragrance that will spark creativity.
- Diffuse to begin the day with an energizing and uplifting aroma.

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**dōTERRA Passion Touch**  
Enjoy the benefits of dōTERRA Passion® in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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## PastTense® Essential Oil Blend

A cooling, calming blend of essential oils, PastTense is formulated to soothe both mind and body at any time with the convenient use of a roll-on bottle.

### Cosmetic Uses:

- Apply to back of neck before travel.
- Use topically before and after exercise.
- Use topically at work or home for a relaxing aroma.
- Massage into shoulders, neck, and back for a cooling, soothing sensation.
- Apply to back of neck and temples for a calming fragrance before difficult situations.

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## dōTERRA Peace® Essential Oil Blend

dōTERRA Peace Blend of floral and mint essential oils is a positive reminder you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect with the composed, collected you.

### Cosmetic Uses:

- Apply to neck and wrists for a peaceful fragrance.
- Add to Fractionated Coconut Oil and use in a soothing massage.
- Place on bottoms of feet in the morning for a relaxing aroma.

### Household Uses:

- Diffuse for a comforting aroma during times of difficulty.
- Apply to a cotton ball and place in car's AC vent for a soothing aroma.

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### dōTERRA Peace Touch

Enjoy the benefits of dōTERRA Peace® in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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## dōTERRA Purify® Essential Oil Blend

With a combination of refreshing and cleansing essential oils, dōTERRA Purify is unmatched in cleaning properties and can help eradicate unwanted odors throughout the home.

### Cosmetic Uses:

- Apply topically for a cooling sensation.

### Household Uses:

- Diffuse to cleanse the air of unwanted odors.
- Apply to a cotton ball and place in car's AC vent for a refreshing aroma.
- Add a drop to laundry for an additional cleansing boost and fresh scent.
- Add 10 drops to water in a spray bottle and use to wipe down countertops and other surfaces.

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## dōTERRA Serenity® Essential Oil Blend

dōTERRA Serenity essential oil blend soothes the soul, providing a safe haven from life's daily stressors. The calming aroma of dōTERRA Serenity is the perfect blend to diffuse at bedtime.

### Cosmetic Uses:

- Apply to back of neck for a calming aroma.
- Apply to bottoms of feet at bedtime to help unwind.
- Combine with Epsom salts in a warm bath for a relaxing, renewing sensation

### Household Uses:

- Diffuse at night in your child's bedroom.
- Diffuse for a relaxing aroma

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## Smart & Sassy® Essential Oil Blend

Smart & Sassy is a proprietary blend of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils. This flavorful and aromatic blend has multiple uses.

### Cosmetic Uses:

- Massage into stomach, hips, and thighs for a soothing, warming effect.

### Food Uses:

- Add five drops to eight ounces of water for a refreshing beverage.
- Combine with honey and warm water to create an invigorating herbal tea.

### Household Uses:

- Diffuse to cleanse the air and provide a sweet, spicy aroma.

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### TerraShield® Spray

TerraShield Spray comes in a convenient and easy to apply 30mL spray bottle.

## TerraShield® Essential Oil Blend

TerraShield contains a select blend of essential oils including Ylang Ylang, Cedarwood, Catnip, Lemon Eucalyptus, Litsea, Arborvitae, Nootka, and Vanilla Bean Absolute—all of which combined create an inviting aroma.

#### Cosmetic Uses:

- Apply to legs and wrists for a unique personal aroma.
- Apply TerraShield topically or place on aromatherapy jewelry.
- Apply TerraShield to arms and legs for an enjoyable indoor and outdoor scent.

#### Household Uses:

- Diffuse in home during summer months.
- Diffuse TerraShield at outdoor events for a pleasant herbal aroma.

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## dōTERRA Whisper® Essential Oil Blend

This specialized blend for women emits a soft and musky aroma and creates an individualized fragrance when applied topically.

#### Cosmetic Uses:

- Apply to wrists to create a personal fragrance that will stay all day.
- Apply one drop to hands and rub on back of neck for a calming aroma.
- Place on terra-cotta jewelry for a long-lasting scent that promotes relaxation.
- Combine with unscented lotion to moisturize the skin and invigorate the senses

#### Household Uses:

- Diffuse in the evening for a warming aroma.

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## Zendocrine® Essential Oil Blend

Zendocrine is a proprietary blend that combines the cleansing benefits of Tangerine, Geranium, and Cilantro with the calming properties of Rosemary and Juniper Berry.

### Cosmetic Uses:

- Apply topically to stomach for a soothing massage.
- Apply topically to skin to enjoy Zendocrine's cleansing benefits.

### Food Uses:

- Add one drop to water daily to kick-start a lifestyle change.
- Combine with honey and warm water to create a soothing herbal tea.

### Household Uses:

- Place three to four drops in a diffuser to freshen a room.

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## ZenGest® Essential Oil Blend

This unique blend combines the calming properties of Ginger, Fennel, Coriander, Peppermint, Tarragon, Anise, and Caraway. ZenGest can be diffused for its licorice aroma, can be applied topically to the abdomen, or taken internally.

### Cosmetic Uses:

- Use topically before a long flight or road trip for a calming aroma.
- Dilute with Fractionated Coconut Oil and use for a soothing abdominal massage.

### Food Uses:

- Add one drop to water.
- Combine with honey and warm water to create a soothing herbal tea.

### Household Uses:

- Place three to four drops in a car diffuser during a road trip for an invigoration aroma.

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### ZenGest® Touch

Enjoy the benefits of ZenGest® in a base of Fractionated Coconut Oil. Ideal for children and individuals with sensitive skin.

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# Natural Health Products



dōTERRA offers the following selection of essential oils as Natural Health Products (NHP), a category regulated by Health Canada. These are naturally occurring substances that are used to restore or maintain good health. These products are identified with a Natural Product Number (NPN) on the label, showing that the product may be sold as an NHP in Canada and is safe and effective when used according to the instructions on the label. Although the labels on each oil have changed, it is important to remember that dōTERRA continues to offer you the same pure essential oils. **Follow the directions on the label for safe use.**



## Bergamot NPN 80060980

Bergamot is the most delicate of the citrus plants, requiring special climate and soil in order to thrive. Bergamot is versatile in its ability to address a myriad of health concerns and is relieving to the skin.

### Natural Health Product Uses:

- Used in aromatherapy to help relieve headaches.
- Used in aromatherapy to help relieve colds and cough.
- Used in aromatherapy for symptomatic relief of acne and boils.
- Used in aromatherapy for symptomatic relief of eczema and dermatitis.
- Used in aromatherapy to relieve minor skin irritation, cuts, bruises, and burns.
- Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.

## Cardamom NPN 80060953

A close relative to Ginger, Cardamom is known for being beneficial to the digestive system. Cardamom also has an effect on the respiratory system making it an ideal oil to help relieve colds and cough.

### Natural Health Product Uses:

- Used in aromatherapy to help relieve colds and cough.
- Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.



## Clary Sage NPN 80060984

Clary Sage is a biennial or perennial herb that grows up to six feet in height. Known for its calming properties and benefits to the skin, Clary Sage is also ideal for helping to relieve joint and muscle pain associated with rheumatoid arthritis.

### Natural Health Product Uses:

- Used in aromatherapy as a nervine and calming.
- Used in aromatherapy to help relieve headache.
- Used in aromatherapy to help relieve colds and cough.
- Used in aromatherapy to relieve minor skin irritation, cuts, bruises, and burns.
- Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- Used in aromatherapy to help relieve joint and muscle pain associated with sprain, strain, and rheumatoid arthritis.



## Cypress NPN 80060929

Derived from the branches of the tall evergreen tree, Cypress essential oil has a fresh, clean aroma and when applied topically can help relieve joint and muscle pain associated with sprains and strains.

### Natural Health Product Uses:

- Used in aromatherapy to help relieve colds and cough.
- Used in aromatherapy to help relieve joint and muscle pain associated with sprain, strain, and rheumatoid arthritis.





## Grapefruit NPN 80060966

The name “grapefruit” is attributed to the fruit growing in clusters, which resemble those of grapes. Known for its calming aroma, Grapefruit can help uplift the mood.

**Natural Health Product Uses:**

- Used in aromatherapy as a nervine and calmative.

## Ginger NPN 80060954

Sourced from Madagascar, dōTERRA® Ginger essential oil is derived from the fresh rhizome of the ginger plant—the subterranean stalk of a plant that shoots out the root system.

**Natural Health Product Uses:**

- Used in aromatherapy to help relieve joint or muscle pain associated with sprain, strain and/or rheumatoid arthritis when applied topically
- Used in aromatherapy as a carminative or antispasmodic for symptomatic relief of digestive discomfort
- Used in aromatherapy to help relieve colds and cough



## Helichrysum NPN 80060963

Helichrysum is a small perennial herb with narrow, silver leaves and flowers that form a cluster of golden yellow, ball-shaped blossoms. Helichrysum has been used in herbal health practices since ancient Greece and the oil is highly valued and sought after for its many health benefits.

### Natural Health Product Uses:

- Used in aromatherapy as a nervine and calmative.
- Used in aromatherapy to help relieve colds and cough.
- Used in aromatherapy for symptomatic relief of acne and boils.
- Used in aromatherapy for symptomatic relief of eczema and dermatitis.
- Used in aromatherapy to relieve minor skin irritation, cuts, bruises and burns.
- Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- Used in aromatherapy to help relieve joint and muscle pain associated with sprain, strain, and rheumatoid arthritis.



## Juniper Berry NPN 80060933

Derived from the coniferous tree, Juniper Berry essential oil has a rich history of traditional uses and benefits. Juniper Berry acts as a natural cleansing and calming agent for the skin.

### Natural Health Product Uses:

- Used in aromatherapy as a nervine and calmative.
- Used in aromatherapy for symptomatic relief of acne and boils.
- Used in aromatherapy for symptomatic relief of eczema and dermatitis.
- Used in aromatherapy to relieve minor skin irritation, cuts, bruises, and burns.
- Used in aromatherapy to help relieve joint and muscle pain associated with sprain, strain, and rheumatoid arthritis.



## Lavender NPN 80061038

Lavender is often considered a must-have oil to keep on hand at all times due to its versatile uses, including calming properties.

### Natural Health Product Uses:

- Used in aromatherapy to help relieve headaches.
- Used in aromatherapy as a nervine and calmate.
- Used in aromatherapy to help relieve colds and cough.
- Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- Used in aromatherapy to help relieve joint and muscle pain associated with sprain, strain, and rheumatoid arthritis.

## Lemon NPN 80060961

The cleansing, purifying, and invigorating properties of Lemon that make it ideal to help relieve colds and coughs. It is one of the most versatile oils, not to mention the top-selling essential oil that dōTERRA offers.

### Natural Health Product Uses:

- Used in aromatherapy to help relieve colds and cough.



## Lemongrass NPN 80073544

A tall, perennial plant, Lemongrass essential oil promotes healthy digestion and is an ideal oil to use in massage therapy for its ability to help relieve joint and muscle pain.

### Natural Health Product Uses:

- Used in aromatherapy to help relieve headaches.
- Used in aromatherapy as a nervine and calmative.
- Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.
- Used in aromatherapy to help relieve joint and muscle pain associated with sprain, strain, and rheumatoid arthritis.



## Lime NPN 80060938

Cold-pressed from the peel of fresh limes, Lime is frequently used in body cleansers for its purifying properties and can be used for symptomatic relief of acne and boils.

### Natural Health Product Uses:

- Used in aromatherapy to help relieve colds and cough.
- Used in aromatherapy for symptomatic relief of acne and boils.
- Used in aromatherapy to help relieve joint and muscle pain associated with sprain, strain, and rheumatoid arthritis.

## Myrrh NPN 80060962

Ancient records show that Myrrh was deemed so valuable that at times it was valued at its weight in gold. Myrrh essential oil is derived from the gummy resin of the small, thorny Myrrh tree and is soothing to the skin.

### Natural Health Product Uses:

- Used in aromatherapy to help relieve colds and cough.
- Used in aromatherapy for symptomatic relief of eczema and dermatitis.
- Used in aromatherapy to relieve minor skin irritation, cuts, bruises and burns.



## Patchouli NPN 80060989

A member of the mint family, Patchouli is known to help with skin imperfections, while also providing symptomatic relief of digestive discomfort.

### Natural Health Product Uses:

- Used in aromatherapy as a nervine and calmative.
- Used in aromatherapy for symptomatic relief of acne and boils.
- Used in aromatherapy to relieve minor skin irritation, cuts, bruises, and burns.
- Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.

### Peppermint Beadlets

NPN 80078395

These vegetarian beadlets contain Peppermint, which has been traditionally used in herbal medicine to aid digestion (stomachic), help relieve flatulent dyspepsia (carminative), and help relieve nausea and vomiting.



## Peppermint NPN 80061370

Consistently one of dōTERRA's best sellers, Peppermint oil has a wide range of benefits from freshening breath to its energizing aroma. Peppermint essential oil is always useful to have on hand.

#### Natural Health Product Uses:

- Used in aromatherapy as a nervine and calmative.
- Used in aromatherapy as a carminative and antispasmodic to relieve symptoms of digestive discomfort.
- Used in aromatherapy to help relieve colds and coughs.
- Used in aromatherapy to help relieve joint and muscle pain associated with sprains, strains, and rheumatoid arthritis.
- Traditionally used in herbal medicine to help relieve nausea and vomiting.



## Petitgrain NPN 80072499

Petitgrain essential oil is derived from the bitter orange tree, which has a long history of use in traditional practices. Historically, Petitgrain has been used for cleansing the perfume industry, giving body sprays, fragrances and lotions a fresh, herbaceous aroma.

#### Uses:

- Used in aromatherapy as a nervine/calmative.
- Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.

## Roman Chamomile NPN 80072461

Roman Chamomile grows close to the ground, reaching only up to a foot in height. It has gray-green leaves, flowers that resemble a daisy, and smells like apple. While the most common use of chamomile is in teas, Roman Chamomile can also be found in face creams, hair dyes, shampoos, and perfumes.

### Uses:

- Used in aromatherapy as a nervine/calmativ.
- Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.



## Sandalwood NPN 80060977

The sweet, woody aroma of Sandalwood is a reflection of the soothing benefits of the essential oil—which can be used to help relieve headaches, colds, coughs, and digestive discomfort.

### Natural Health Product Uses:

- Used in aromatherapy to help relieve headaches.
- Used in aromatherapy as a nervine and calmativ.
- Used in aromatherapy to help relieve colds and cough.
- Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.



## Tea Tree NPN 80060950

The leaves of the Melaleuca tree were used by the Aborigines of Australia for centuries. They would crush the leaves and inhale the oil to promote feelings of clear breathing. This makes Tea Tree used in aromatherapy ideal to help relieve colds.

**Natural Health Product Uses:**

- Used in aromatherapy to help relieve colds and cough.

## Wild Orange NPN 80060970

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its calming aroma and health benefits.

**Natural Health Product Uses:**

- Used in aromatherapy as a nervine and calmative.
- Used in aromatherapy as a carminative and antispasmodic for symptomatic relief of digestive discomfort.





# dōTERRA<sup>®</sup> Wellness Products

dōTERRA offers a wide range of wellness products that are trusted by families and healthcare professionals alike. By anticipating needs and creating essential oil based product solutions, dōTERRA is helping promote wellness and create an environment that allows individuals and families to live healthy, vibrant lives.

## Deep Blue® Products

With unique cooling, soothing, and comforting effects on the skin, products in the Deep Blue® Collection are consistently some of dōTERRA's top sellers. Each product in this line uses the Deep Blue® Essential Oil Blend as the perfect complement to any massage. In addition to these characteristics, Deep Blue® products are popular because of the invigorating, minty aroma they emit during use.



## On Guard® Products

Designed to promote a clean and safe home the On Guard® Collection uses essential oils with specific cleansing properties to help purify your home and provide your family with the healthy environment needed to thrive. From laundry to hygiene to cleaning the kitchen counter, the products in the On Guard® Collection are powerful enough to provide serious cleansing benefits for the entire family.



# dōTERRA Lifelong Vitality™ Convenience Pack

This powerful collection of daily supplements quickly became one of dōTERRA's most popular products. xEO Mega®, Microplex VMz™, and Alpha CRS+®—are each designed to help you on your journey to improved vitality and wellness. With essential nutrients, metabolism benefits, and powerful antioxidants, these supplements provide several benefits.



Like any NHPs, the xEO Mega, Alpha CRS+ and Microplex VMz are designed to be used in conjunction with healthy habits like regular exercise, healthy eating, proper rest, stress management, avoiding toxins, and more. Although we cannot control factors like our genetics or predispositions for disease, there are many factors relating to aging and wellness that we can control. dōTERRA products provide the support you need to continue a healthy life.

Discover what so many others have already experienced by taking advantage of the liberating benefits that come from using dōTERRA products, provided together for your convenience in dōTERRA Lifelong Vitality pack.

**xEO Mega®** NPN 80074456—Combining dōTERRA essential oils with natural marine- and plant-sourced omega 3 oils and carotenoids, this product helps support cardiovascular health, cognitive health, and brain function. Provides antioxidants that help fight, protect against, and reduce oxidative damage caused by free radicals.

**Microplex VMz™** NPN 80075879—This product lives up to a high-standard of vitamin and mineral supplementation as it provides bioavailable vitamins and minerals that may be lacking in most modern diets.

**Alpha CRS+®** NPN 80082975—This product is formulated with natural botanical extracts to provide antioxidants to protect cells against oxidative damage from free radicals.



# Salon Essentials® Products

The soothing and cleansing properties that make essential oils useful for so many of our daily tasks also make them useful for maintaining clean, healthy-looking hair. By using hair products that have been infused with potent essential oils, you can easily promote soft, shiny locks, without exposing yourself to the harsh ingredients typically found in regular haircare products.



# HD Clean®

HD Clean® is an advanced line of products that combine the power of CPTG® essential oils and plant extracts to cleanse and purify the skin, and to promote the appearance of a healthy complexion.



# Veráge® Collection

Veráge® is an exclusive system of skin care products that nourish and hydrate skin and reduce the visible signs of aging. The advanced plant technology used in Veráge promotes the appearance of healthy, youthful skin.

# Essential Skin Care®

The Essential Skin Care line is a family of skin care products designed to meet all your skin care needs to promote the appearance of a healthy, youthful and gorgeous skin while maximizing the power of essential oils.



# dōTERRA® SPA

dōTERRA® SPA is a line of essential oil-infused products that provide an aromatic spa experience at home. Each product has been carefully formulated with specific ingredients to leave skin feeling soft, smooth, and fresh throughout the day.



# Body Care

Free from the harmful ingredients found in many mainstream products, dōTERRA® Body Care line helps users tackle common issues while providing a unique personal body care experience through the use of essential oils. Each product aims to nourish and promote the appearance of a healthy skin, making it easy for users to achieve their goals.







## Kids Collection

With six proprietary pre-diluted blends, the new dōTERRA® Kids Collection is the perfect vehicle to safely introduce your children to the wide-ranging benefits of essential oils.



A blank sheet of lined paper with 20 horizontal lines, set against a purple background with faint floral illustrations.

A blank sheet of lined paper with 20 horizontal lines, set against a purple background with faint floral illustrations.

dōTERRA®

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