

dōTERRA<sup>®</sup>  
**BOGO**

**CANADA BOGO | November 2024**



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dōTERRA TOUCH  
Balance

dōTERRA TOUCH  
Helichrysum  
15 mL (0.5 FL OZ)

dōTERRA TOUCH  
Copalba  
Copaifera  
15 mL (0.5 FL OZ)

dōTERRA  
MetaPWR  
Assist  
NPN 80121209  
30 Capsules, Gummies

dōTERRA  
MetaPWR  
Brazillets / Peppits  
15 mL (0.5 FL OZ)

dōTERRA  
MetaPWR  
Brazillets / Peppits  
15 mL (0.5 FL OZ)

dōTERRA  
On Guard  
Essential Oil Blend  
Mélange d'Huiles  
Essentielles  
15 mL

dōTERRA  
Easy Air  
Essential Oil Blend  
Mélange d'Huiles  
Essentielles  
15 mL

dōTERRA  
Birch  
Bouleau  
5 mL

dōTERRA  
Deep Blue  
Essential Oil Blend  
Mélange d'Huiles  
Essentielles  
15 mL

IMMORTELLE  
ESSENTIAL OIL BLEND  
MÉLANGE D'HUILES ESSENTIELLES  
10 mL (0.3 FL OZ) / 100 mg (3.5 g)

dōTERRA TOUCH  
Rose  
10 mL (0.3 FL OZ)



# November 2024 BOGOs

November 19-23, 2024

This November, what better way to embrace the chilly weather than with essential oil solutions from dōTERRA? These buy-one-get-one free deals contain everything you need to take the season in stride! Enjoy winter skincare essentials, some of the season's most supportive aromas, and core MetaPWR™ products to support your holiday food choices.

- ✿ BUY **Birch 5 mL** GET **Deep® Blue 5 mL**
- ✿ BUY **On Guard® 15 mL** GET **Easy Air® 15 mL**
- ✿ BUY **Immortelle® 10 mL** GET **Rose Touch 10 mL**
- ✿ BUY **Helichrysum Touch 10 mL** GET **Copaiba Touch 10 mL** and **Balance® Touch 10 mL**
- ✿ BUY **MetaPWR™ Assist Capsules** GET **TWO MetaPWR™ Beadlets**

Pick and choose your favourite pairs or choose to get the BOGO Bundle.

*BOGO Bundle does not include Premium BOGO items: Immortelle® 10 mL and Rose Touch.*

## Get FREE Tea Tree 5 mL!

To freshen up this BOGO promotion, you'll also receive a FREE 5 mL Tea Tree essential oil with any order of 150 PV or more during all BOGO of week!

Perfect for both skincare and diffusion, Tea Tree is among the most essential oils you can have in your home. With so much potential in one bottle, you won't want to miss your chance to get this exclusive gem for free.

[BOGO Offers and FAQs](#)

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▶ November 19 - 23





# Balance<sup>®</sup> Touch 10 mL

*Add a Touch of Balance into Your Life*

At times, you may feel like you have too much on your plate and you find yourself struggling to find a balance. Thanks to the benefits of dōTERRA<sup>®</sup> Balance Touch, that balance is within your reach. With its gentle grounding notes and convenient roll-on applicator, you can capture those essential centering moments whenever and wherever your heart needs them.

## *What is Balance Touch?*

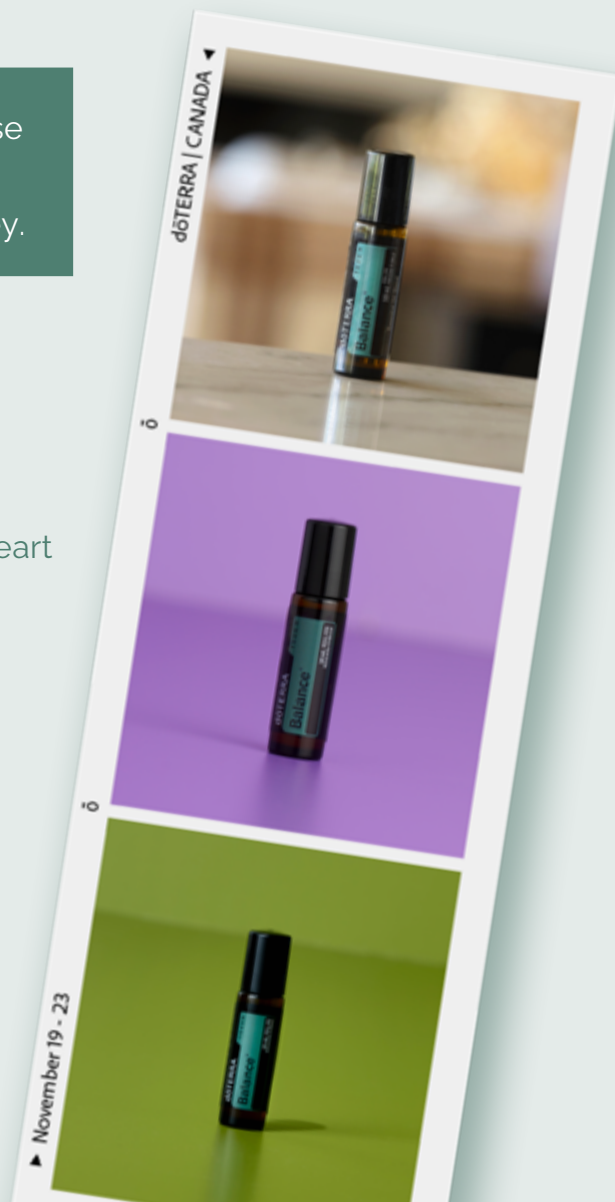
Balance Touch delivers the perfect profile of fresh Spruce and Ho Wood, rich Frankincense, gentle Osmanthus, Blue Tansy, and Blue Chamomile in a smooth base of Fractionated Coconut Oil. It comes in a portable, 10 mL roller bottle for easy, mess-free delivery.

### *Tip*

Apply Balance Touch to your temples or pulse points when traveling to create a pleasant, balanced environment throughout the journey.

## *How to Use Balance Touch Every Day*

- Start your day on the right foot by applying Balance Touch to the soles of your feet.
- Apply Balance Touch to your wrists and over your heart before your daily meditation or yoga practice.
- Roll Balance Touch over your temples and forehead to create moments of centeredness.
- Use Balance Touch on your neck and shoulders to provide a grounding aroma during a massage.
- Roll Balance Touch on your neck or pillow at night for a sense of comfort and calm.





# Birch 5 mL

*Purely Rooted in Tradition*

Famed for its papery-light, powerfully minty aroma, Birch essential oil is a natural treasure unlike any other. With a chemical profile similar to Wintergreen, Birch creates a stimulating environment when diffused and provides a potent soothing sensation when used in a massage after a strenuous workout.

## *Where Does Birch Oil Come From?*

dōTERRA prides itself in providing one of the only true Birch oil products on the market. Due to the unique complexity of distilling the raw material, pure, authentic Birch essential oil is hard to come by in the world of essential oils. However, after a long search, dōTERRA partnered with a Pennsylvanian family to provide the first commercially sustainable source of true Birch essential oil.

Read more about the incredible sourcing story behind dōTERRA's pure Birch oil on the dōTERRA Blog.



## *How to Use Birch Every Day*

- ☀ Massage Birch into your lower back and legs for a cooling sensation after exercise.
- ☀ Apply to the skin in the morning to help promote the appearance of healthy-looking skin.
- ☀ Place a few drops on a cotton ball and place in your gym bag for a fresh aroma.

## *Birch Diffuser Blends*

### *Crisp Awakening*

👉👉 Birch    👉👉 Bergamot    👉👉 Grapefruit    👉👉 Geranium

### *Forest Air*

👉👉 Birch    👉👉 Wild Orange    👉👉 Sandalwood

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10



10



▲ November 19 - 23



10





doTERRA  
Copaiba  
Copaier  
TOUCH  
10 mL ROLL ON

# Copaiba Touch 10 mL

*A Tranquil, Topical Hero*

Copaiba Touch is more than just Copaiba essential oil blended with Fractionated Coconut Oil—it's a topical treasure without rival. If you're looking to improve your skincare routine or want to enhance your evening massage game, let every glide of Copaiba Touch help you create a more targeted, tranquil experience.

## *Where Does Copaiba Touch Come From?*

Copaiba essential oil comes from the towering copaiba trees that grow in the tropical rainforests of South America. To harvest its sap, the copaiba tree is tapped, much like maple syrup is harvested. The resin is then steam distilled to produce the beloved Copaiba essential oil and then blended with Fractionated Coconut Oil for gentle topical application and maximum absorption.

Click here to see how dōTERRA sources pure Copaiba oil from the Amazon jungle!



## *How to Use Copaiba Touch Every Day*

- Apply topically to help keep skin clean and clear.
- Roll onto dry areas to help moisturize skin.
- Roll a small amount onto fingers and cuticles for clean, healthy-looking nailbeds.

*Tip*

During your morning or evening skincare routine, roll Copaiba Touch onto targeted areas of the face to promote a clear, smooth complexion.

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10



10



3



# Deep Blue<sup>®</sup> 5 mL

*Dive Deep into Deep Blue*

Deep Blue is a name that is known and loved by many. What draws you to it? Is it the soothing sensation you experience you apply it to your skin or the invigorating, energizing aroma that delights your senses? However Deep Blue has won your heart, this blend is sure to give you a greater appreciation for the cooler things in life.

## *What is Deep Blue?*

Deep Blue blend delivers the invigorating aromas of Wintergreen, Camphor, and Peppermint, combined with the skin-enriching properties of Ylang Ylang, Helichrysum, Blue Tansy, German Chamomile, and Osmanthus.

### *Tip*

Amplify the soothing properties of other Deep Blue products by massaging in a drop of Deep Blue oil after applying Deep Blue<sup>®</sup> Rub Lotion or Deep Blue Stick.

## *Deep Blue DIY: Cooling Balm*

### **Ingredients:**

½ cup almond oil	1 tablespoon beeswax
½ cup coconut oil	20 drops Deep Blue essential oil

### **Directions:**

1. Heat a double boiler over medium heat. In the double boiler, combine the almond oil, coconut oil, and beeswax.
2. Heat until melted and fully combined, whisking every few minutes.
3. Remove from the heat and let cool before adding the essential oil.
4. Add the drops of Deep Blue and whisk to combine fully.
5. Pour into a glass jar and seal tightly. Let sit for 45-60 minutes (until solidified) before using.



# Deep Blue<sup>®</sup> 5 mL

*Dive Deep into Deep Blue*

## *How to Use Deep Blue Every Day*

- Massage into your lower back after strenuous activity.
- Apply to your feet and knees before and after exercise.
- Rub onto your knuckles, wrists, shoulders, and neck after a long day at the office.
- Rub a drop onto your chest for an invigorating scent during a workout.





# Easy Air® 15 mL

*As Easy as Breathe In, Breathe Out*

With Easy Air, freshness is just a drop away. Its light, breathable aroma is effective year-round, but especially as the seasons shift. This best-selling blend delivers an incomparable aromatic experience. You can always count on Easy Air to keep your environment fresh and energized.

## *What is Easy Air?*

Have you ever wondered what puts the "air" in Easy Air? This famous blend is an energizing and airy combination of Laurel Leaf, Eucalyptus, Peppermint, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara essential oils.

## *How to Use Easy Air Every Day*

- Diffuse during changing seasons for an airy, breathable atmosphere.
- Inhale directly from the bottle or rub a drop onto your chest and take long, deep breaths.
- Keep a bottle on your bedside table for easy access during the night.

### *Tip*

For a revitalizing shower experience, add a few drops of Easy Air to your shower floor and inhale the invigorating aroma as you breathe in the steam.

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▶ November 19 - 23



# Easy Air® 15 mL

*As Easy as Breathe In, Breathe Out*

## Easy Air DIY: Breezy Bubble Bath

### Ingredients:

1 cup unscented castile soap

2 Tablespoons water

½ cup vegetable glycerin

15 drops Easy Air essential oil blend

### Directions:

1. Combine castile soap, glycerin, and water in glass bowl.
2. Add essential oils and stir until combined. whisking every few minutes.
3. Pour into glass container and use during your next bath.

## Easy Air Diffuser Blends

### Blue Skies

4 Easy Air® 3 Eucalyptus 2 Lemongrass

### Total Refresh

2 Easy Air® 2 Wild Orange 3 Lime







# Helichrysum Touch 10 mL

*Uncover the Beauty of the Everlasting Flower*

If Helichrysum Touch competed in the Olympics, it would take home the gold. With its unmatched skincare benefits and sweet, honey-like aroma, Helichrysum Touch is a true treasure among essential oils. When applied to targeted areas of the skin, this dōTERRA Touch® all-star provides a fragrant yet soothing topical experience with each gentle glide.

## *Where Does Helichrysum Touch Come From?*

With humble beginnings as a mountain wildflower, Helichrysum essential oil is the precious result of steam distilling its tiny, golden-yellow blossoms. When combined with Fractionated Coconut Oil, this floral treasure becomes dōTERRA® Helichrysum Touch—a convenient roll-on that effortlessly delivers its everlasting benefits with ease.

Click here to see the incredible sourcing of dōTERRA Helichrysum in Mediterranean Albania.



## *How to Use Helichrysum Touch Every Day*

- ☀ Apply to targeted areas of the skin to reduce the appearance of imperfections.
- ☀ Use in daily skincare to promote a glowing, youthful complexion.
- ☀ Massage into temples and back of neck for a sweet, soothing aroma.

### *Tip*

When particularly dry areas of your skin need a little touch-up, use Helichrysum Touch for on-the-spot skincare anytime you need.





LA BIOTECCA  
**IMMORTELLE**  
ESSENTIAL OIL BLEND  
MELANGE D'HUILES ESSENTIELLES

AMI  
ATTILIO  
COSMETICS

# Immortelle® 10 mL

*Find Your Radiance*

At dōTERRA, we consider Immortelle an eighth wonder of the world for the wonders it works in your skincare routine! This exquisite blend is expertly crafted with some of the most luxurious essential oils that help reduce the appearance of skin imperfections and target the early signs of aging skin. Just one enchanting touch of Immortelle can redefine your daily skincare.

## *What is Immortelle?*

Immortelle is a rich and radiant combination of skincare superstars: Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose essential oils. Together, this delicate fusion of topical treasures creates the ultimate skincare blend.

### *Tip*

Rejuvenate your skin this winter by using Immortelle to help soothe dry areas of the skin after exposure to the cold elements.

## *How to Use Immortelle Every Day*

- Apply a thin layer to the face and neck. Follow with the dōTERRA moisturizer of your choice.
- Include in a morning and night facial routine to promote a youthful complexion.
- Apply to targeted areas to reduce the appearance of skin imperfections.
- Apply to the neck and pulse points as a soothing perfume fragrance.
- Roll a small amount under the arms for a refreshing, all-day scent.





doTERRA

MetaPWR™

Assist

NPN 80121205  
30 Capsules/Gélules

# MetaPWR™ Assist Capsules

*Get the Assist You Need*

When building good lifestyle habits, sometimes we can all use an extra assist. You can lean on MetaPWR Assist Capsules for daily support. When taken with your largest meal of the day, MetaPWR Assist supports healthy glucose metabolism after meals, giving your body a little extra help keeping normal-range blood glucose levels.\*

Designed with many dietary need in mind, these capsules are dairy, soy, and gluten free and contain no GMOs, preservatives, artificial sweeteners or flavours.

Make the most of all MetaPWR products with a custom routine, tailored to your wellness goals. Learn more on the dōTERRA Blog!



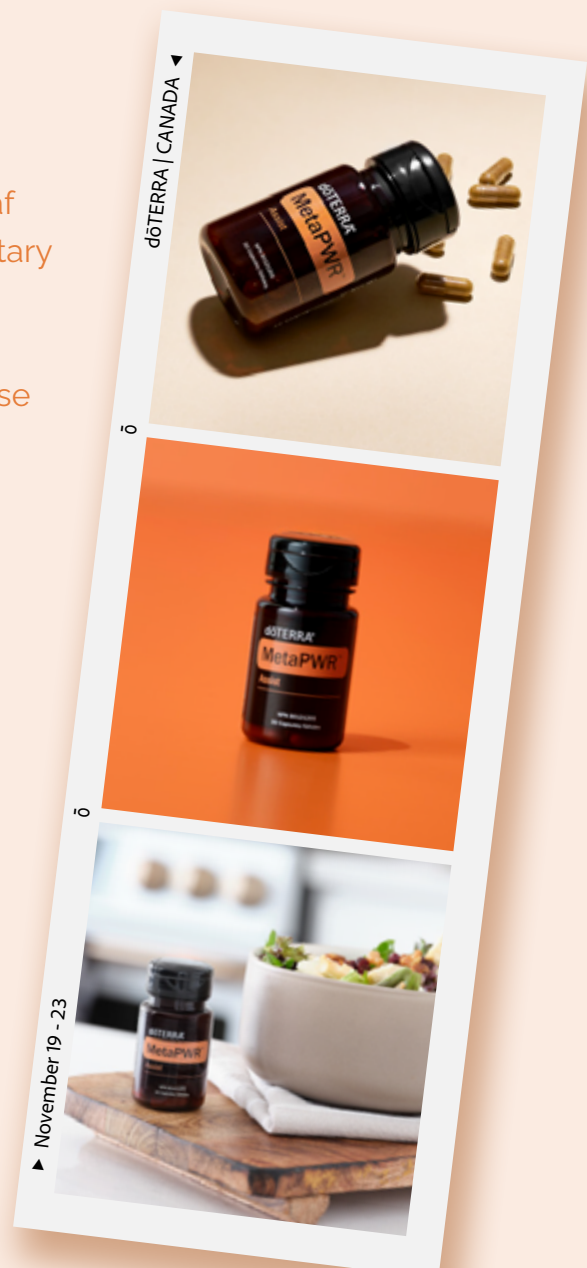
## *What is MetaPWR Assist?*

Developed with dōTERRA clinical researchers, MetaPWR Assist capsules contain optimized amounts of mulberry leaf extract, berberine, cinnamon bark powder, and the proprietary MetaPWR™ essential oil blend. Mulberry leaf extract is perhaps the most important ingredient in MetaPWR Assist because it slows the conversion of carbohydrates to glucose (blood sugar) for up to four hours after meals, helping you experience more regular blood glucose levels after eating.

## *How to Use MetaPWR Assist*

- ☀ MetaPWR Assist is intended for occasional use and is recommended to be taken once a day with the largest meal of the day.
- ☀ MetaPWR Assist is meant to be paired with a healthy, balanced diet.

\*MetaPWR Assist™ is registered as a Natural Health Product (NHP): NPN 80121205





doTERRA  
MetaPWR™  
Beadlets/Perles  
125 Beadlets/Perles

# MetaPWR™ Beadlets

*A Pop of MetaPWR™*

With MetaPWR Beadlets, you can hold the power of MetaPWR in the palm of your hand. These mini yet mighty beadlets offer a convenient and portable way to enjoy the delicious taste of MetaPWR blend anytime, anywhere. Simply pop one in your mouth to satisfy your sugar cravings when you're in the mood for something sweet.

## *What are MetaPWR Beadlets?*

Each MetaPWR Beadlet holds one drop of the minty-sweet MetaPWR essential oil blend in a tiny, smooth beadlet. You can share and enjoy them with confidence knowing they're soy, dairy, and gluten free and contain no preservatives or artificial sweeteners.

### *Tip*

When you could go for a sweet, sugary treat after a big meal, have a MetaPWR Beadlet or two, so you can stay on track with your mindful eating habits.

## *How to Use MetaPWR Beadlets Every Day*

- ✿ Burst a beadlet in your mouth after a healthy meal to freshen your breath.
- ✿ Between meals, pop a MetaPWR Beadlet in your mouth to curb your cravings for sweets or sugary snacks.
- ✿ In the evening, have a couple of MetaPWR Beadlets for something sweet without indulging in sugary treats and fatty snacks late in the day.
- ✿ Keep in your purse, briefcase, backpack, or desk for easy access when you're on-the-go.

Read more about how MetaPWR Beadlets fit into to whole MetaPWR line on the dōTERRA Blog.







doTERRA  
**On Guard**  
Essential Oil Blend  
Mélange d'Huiles  
Essentielles 1.5 mL

# On Guard® 15 mL

*Always Be On Guard*

As one of the blends that started it all, On Guard's fortifying formula and amazing versatility have cemented its legacy as a household hero. Include it in your daily routines to support your family with its energizing aroma, powerful cleansing properties, and warm, spicy flavour.

## *What is On Guard?*

Chosen for their topical cleansing benefits, warm aromas, and fortifying tastes, On Guard blend is carefully crafted with Cinnamon Bark, Wild Orange, Eucalyptus, Rosemary, and Clove Bud essential oils.

## *How to Use On Guard Every Day*

- ✿ Diffuse to create an energized, uplifting home atmosphere.
- ✿ Combine a drop with warm water and honey for a warm, soothing drink.
- ✿ Add a drop to laundry for an additional cleansing boost and fortifying scent.
- ✿ Mix with water in a spray bottle for an effective all-purpose surface cleaner.
- ✿ Add a drop to the soles of your feet for a fortifying start to your day.

### *Tip*

Always keep your trash bins fresh by adding a few drops of On Guard onto a cotton ball and place in the bottom of the bin. Replace every time you take out the trash.



# On Guard® 15 mL

*Always Be On Guard*

## *On Guard DIY: Countertop Cleaning Spray*

### Ingredients:

½ cup isopropyl alcohol                      15 drops dōTERRA On Guard®  
1½ cups water                                      ½ teaspoon castile soap

### Directions:

1. Combine all ingredients in a 16 ounce glass spray bottle.
2. Before using, shake well and spray over your granite, onyx, marble, or another type of stone countertop.
3. Wipe away with a soft cloth.

## *On Guard Diffuser Blends*

### *Gratitude*

●●● On Guard®      ●●● Bergamot      ●●● Grapefruit

### *Nature Walk*

●●● On Guard®      ● Lemon      ● Tea Tree





doTERRA

TOUCH

Rose  
Rose

10 mL ROLL ON  
ROULEAU A BILLE

# Rose Touch 10 mL

*Elegance in Every Touch*

As the Queen of Oils, Rose Touch is one of the most regal and elegant dōTERRA products on the market. Rose Touch has an enchanting floral fragrance that can please any scent palate and holds high honours for its innate ability to promote a glowing, balanced complexion. With so many regal benefits, your own crowning moment is just a touch away.

## *Where Does Rose Touch Come From?*

As one of the most work-intensive oils to produce, Rose essential oil is a true labor of love. In early May, the delicate petals of the Bulgarian Damask rose are carefully harvested in the early hours of the morning and are steam distilled the same day to produce the highest quality rose essential oil possible. Rose Touch combines our pure Rose essential oil with Fractionated Coconut Oil and in a sleek, roll-on bottle so you never waste a drop.

### **Behind the Bottle: Rose**

Click here to see the incredible sourcing of dōTERRA Rose in Bulgaria.



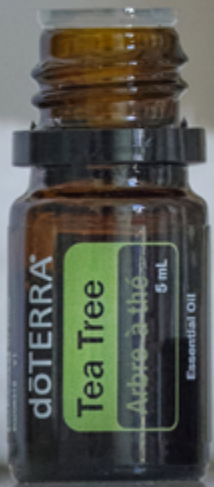
## *How to Use Rose Touch Every Day*

- Apply to neck and wrists to wear as a personal fragrance.
- Use during a massage for an elevating, enriching aromatic experience.
- Add to your nightly skincare routine to help balance moisture levels in the skin.
- Apply to desired areas twice daily to enhance the appearance of healthy-looking skin.

*Tip*

Make your next date night even more romantic by rolling Rose Touch onto your wrists and pulse points for an elegant perfume aroma that will make your partner's heart swoon.





doTERRA

Tea Tree

Arbre à thé

5 mL

Essential Oil

# Tea Tree (Melaleuca) 5 mL

*One of the most essential oils*

Easily recognized by its sharp, herbal scent, Tea Tree essential oil is a true gift of the earth. Often referred to by its native Australian name, Melaleuca, Tea Tree scores major points for its versatility in skincare, hair care, home care, massage, and aromatherapy. Whether you call it Tea Tree or Melaleuca, this priceless oil from down under will most certainly make your day.

## *Where Does Tea Tree Oil Come From?*

Cultivated in Kenya and Australia, the melaleuca plant can range from the size of small shrubs to the height of trees, but the leaves are where the magic happens. The potent green leaves are steam distilled into the pure, potent Tea Tree essential oil you know and love.

### *Tip*

After trimming your fingernails and toenails, apply Tea Tree essential oil to your cuticles to keep your nailbeds looking healthy.

## *How to Use Tea Tree Every Day*

- ✿ Apply Tea Tree oil to skin for a soothing effect after shaving.
- ✿ Combine Tea Tree oil with your facial cleanser for added cleansing properties.
- ✿ Apply Tea Tree oil to your underarms as a naturally sourced deodorant.
- ✿ Combine Tea Tree oil with a daily lotion to help moisturize dry, cracked skin.
- ✿ Used in aromatherapy to help relieve colds and cough.

## *Tea Tree Diffuser Blends*

### *Take a Hike*

🟢🟢 Tea Tree    🟢🟢🟢🟢 Cypress    🟡🟡 Cedarwood    🟡🟡 Bergamot

### *Dew Drops*

🟢🟢🟢🟢 Tea Tree    🟢🟢 Eucalyptus    🟢🟢 Rosemary

Tea Tree essential oil is registered as a Natural Health Product (NHP): NPN 80060950

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