



## Simple Recipes

dōTERRA CORPORATE CHEF

PAGE 34

## DIY Foot and Hand Care

PAGE 18

## Pregnancy and Birth

SABINE'S MIRACLE BABY

PAGE 36

## CO-IMPACT SOURCING™

HAITI VETIVER

PAGE 10



# Breathe

## Respiratory Drops

*Life's Greatest Adventures  
Begin with a Deep Breath*



Includes key oils from Breathe Respiratory Blend combined with Thyme and Melissa essential oils. Breathe soothes airways, promotes clear breathing, and calms your senses anytime, anywhere.

### Breathe Respiratory Drops

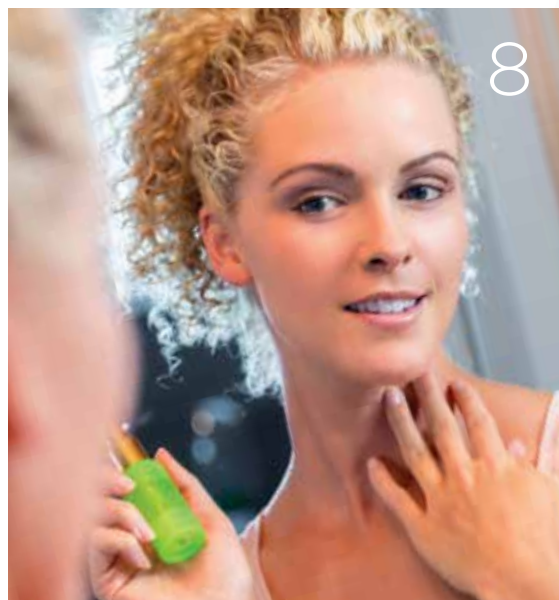
35460001 | 30 drops



10



34



8



13

## IN THIS ISSUE

### features

- 8 VERÁGE**  
Learn about the new dōTERRA exquisite skin care line
- 10 CO-IMPACT SOURCING™ IN HAITI**  
Empowering small-scale farmers through sourcing partnerships and Healing Hands
- 14 SERVING THE CHILDREN OF THE HIMALAYAS**—A Wellness Advocate from Australia takes a humanitarian trip to Demazong Academy in India
- 20 dōTERRA COLLABORATIVE SCIENTIFIC EFFORTS**  
Meet the team of experts providing the science behind our products
- 22 MAKING ROOM FOR ESSENTIAL OILS**—A change in modern medicine
- 31 ESSENTIAL OIL BLENDS**  
Oil blend ideas for everyday use
- 36 MY JOURNEY TO PREGNANCY AND BIRTH**—Using essential oils for prenatal and postnatal care

### departments

- 4 Slim & Sassy**—Weight loss and life change story from New Zealand Slim & Sassy grand prize winner
- 7 Ask Dr. Hill**
- 13 Essential Oil Spotlight**—Cardamom
- 18 DIY: Foot and hand care**
- 24 Nutrition Corner: Probiotics**
- 26 72-Hour Kit Makeover**
- 28 Essential Oil Spotlight**—*Frankincense boswellia*
- 30 Idea Notebook: Handy tips and tricks**
- 32 Essential Science: Physiology of essential oils**
- 34 Essential Recipes: Simple and delicious recipes from the dōTERRA corporate chef**
- 38 dōTERRA Product Guide: Quick shopping reference for all products**



**dōTERRA PRODUCT GUIDE**  
(see pages 38–51)  
A quick shopping reference  
for all products



## 2014 SLIM & SASSY GRAND PRIZE WINNER

### SHARMILA LAPANA

A mother of five from New Zealand, Sharmila Lapana was tired of the health problems caused by her weight gain. Inspired by the example of others, including past Slim & Sassy contest winners, Sharmila made big changes to her lifestyle and joined the Slim & Sassy competition. During the competition she lost 20 kilos and 104 cm and she has now lost a total of 23.5 kilos. Today Sharmila can exercise for an hour and play with her kids without getting tired.

“Everyone’s journey and circumstances are different. Instead of wondering why I wasn’t blessed with a different body, I focused on what I love about myself.”

#### DISCOVERING THE NEED FOR CHANGE

Before becoming a mother of five children, I never thought of weight. When I was younger I used to be energetic and very athletic; weight was never an issue because I was really fit. When I got married and started having children, I slowly started putting on weight. With every child I put on five kilos. When I had my fifth baby I put on even more weight and I also started developing some health issues. I went to the doctor a few times though they couldn’t find out what was wrong with me. I was getting depressed and stressed because my body wasn’t functioning properly. Sometimes I wouldn’t sleep due to a fear that I might die. Then I heard an acquaintance talking about his weight loss and was curious. When I was reading about last year’s dōTERRA Slim & Sassy winners, I had an inspiration: if these people can lose weight why can’t I?

#### DEFINE YOUR GOALS

In January 2014 I set a goal to get back to a healthy lifestyle and weight. The Slim & Sassy competition helped me in my journey to





before



after



losing weight and getting back to my healthy lifestyle. I was honored to be part of the competition and that I could be a good example to my children in teaching them how to be and live healthy.

## PUSHING YOURSELF THROUGH CHALLENGES

There were a few challenges that I faced. One was eating sweets and junk foods. I love eating cakes and any kind of sweets. The way I overcame this challenge was by thinking positive—thinking “I need to live long and be healthier. Junk food gives me satisfaction now but it will give me health issues later on.” ***When I crave sweets, I always make a TrimShake or I sip water with Slim & Sassy essential oil.***

I also pushed myself by having a mindset to never give up. Eventually all the hard work pays off—just like in the old saying, “No pain, no gain.” When I don’t feel like waking up or workout, the oils give me a boost. ***I rub a few drops of Oregano under my feet, Peppermint on my neck, and add Lemon to warm water before I work out.*** It’s still hard sometimes; however, I know our minds are more powerful than anything we come up against. If I have motivation then I will continue to be determined to see the end result—which is to be healthy. Like Maya Angelou says, “Nothing will work unless you do.”

## THE RESULTS

I feel happy and relaxed. By exercising daily I have lost weight and now I can fit into my smaller clothes that I couldn’t before. Along with using the essential oils, just being a contestant in this competition and making small changes to my lifestyle helped a lot. Now I don’t have any of the physical problems I had before. I had a hormonal imbalance due to stress and being overweight. Losing weight and eating healthier helped me overcome that

imbalance. I feel healthier and happier. I don’t get tired and I can play with my children. I also know what to eat and not to eat. I am more flexible now that I can run, sprint, and do any outdoor activity without getting tired. The Slim & Sassy competition helped me in fulfilling my goal—I did it!

## IF YOU'RE JUST STARTING YOUR WEIGHT LOSS JOURNEY...

***Make yourself a priority.*** I stopped comparing myself with others. I realized everyone’s journey and circumstances are different. Instead of wondering why I wasn’t blessed with a different body, I started focusing on what I love about myself. I always have to be positive that I am awesome just the way I am, and maintaining a healthy weight is part of that. I made a promise to myself that I would never give up easily.

***Get your beauty sleep.*** Get at least eight to nine hours of sleep a night. When I am sleep-deprived, high fat and sugary foods seem much more attractive to boost the energy. More sleep helps me be more positive and less grumpy and gives me energy to exercise.

***Don’t beat yourself up.*** Instead engage yourself in being positive. Weight loss is not an overnight thing, it’s a journey. You don’t have to be perfect in losing weight, but you do have to be consistent—which is also a key to success in life.



### doTERRA REGIMEN

**LifeLong Vitality Pack** (Item #34210001)

**TrimShake** (Item # 35200001)

**Slim & Sassy Metabolic Blend** (Item # 31370001)

**Oregano** (Item # 30180001)

**Peppermint** (Item # 30190001)

**Lemon** (Item # 30120001)



**"Weight loss is not an overnight thing, it's a journey."**

## SHARMILA'S STEPS TO ACHIEVE SUCCESS

1. **Drink water before and after every meal.** Water helps fill up your stomach and leaves just a little room for food. Drink at least eight glasses a day.
2. **Work Hard.** The harder you work, the better results you will get.
3. **Be more active.** To start, take the stairs instead of the elevator or walk short distances instead of hopping in the car.
4. **After you have eaten, wait one to two hours before going to bed.** This needs to happen in order to give yourself time to digest your food.
5. **Eat breakfast within one hour after waking up in the morning to speed up your metabolism.** Breakfast is a must; it keeps you going throughout the day. It doesn't have to be fancy: a bowl of high fiber whole grain cereal with fruit and non-fat milk are fine.
6. **Don't measure your success by the scale,** measure success by the inches you lost. Don't get depressed or stressed out if you don't see results. Changes will become visible eventually.
7. **Choose whole grains.** Vegetables are really good for your body—especially the dark colored ones. Nuts are better than potato chips and fruits keep your digestive system running. Use low-fat milk and choose lean meat rather than meats that have too much fat.
8. **Develop a consistent pattern of eating.** Eat frequently every day. Try having six small meals a day. Eating more frequently helps to control and manage appetite and speed up the metabolism.
9. **Exercise six days a week.** Gradually increase how much you exercise each day; it boosts your heart rate a little more each time. Mix the exercise so that you don't get bored of doing the same exercise every day.
10. **Use essential oils and LifeLong Vitality Pack daily.** They can become valuable tools in your weight loss and life style change.





# ask Dr. Hill

## DR. DAVID K. HILL, CHIEF MEDICAL OFFICER

An industry expert on wellness and essential oils, Dr. Hill is the chairman of the dōTERRA Scientific Advisory Board.

**Q:**

**What's the best way to uplift mood, and increase energy and motivation with essential oils?**

**A:**

Just as we can classify essential oils based on differences in chemistry, we can categorize them based on their aroma. Three main aroma groupings exist: calming/soothing oils, uplifting oils, and grounding/balancing oils. What is interesting, however, is that we cannot separate the aroma from the chemistry. When we look at oils that are uplifting, we observe interplay between the aroma and the chemistry that allows these oils to affect the body systemically.

Diffusing an uplifting oil during the winter months can elevate the mood, and can also be invigorating to other body systems as a whole. Essential oils that fit into this category are those with distinct top notes such as Basil, Lemongrass, Peppermint, Eucalyptus, and all citrus oils. One of my favorite pairings is Wild Orange mixed with Peppermint. These oils are most effectively used either by diffusion or by direct topical application.

**How does aromatic use of essential oils affect the body and mind?**

It is a general misnomer that when we use essential oils, we can only affect the body or the mind, but not both. In reality, when we influence one system of the body, the effects extend systemically. The limbic system, also known as the body's emotional control center, is critically important when it comes to aroma because it is so easily influenced by our environment. What we taste, what we see, what we hear, and especially what we smell heavily influence this system. Part of the limbic system is the hypothalamus, which in addition to regulating the limbic system, has direct links to neurochemistry stimulation throughout the body. So when we inhale the aroma of Lavender, not only will it calm our mood, but will benefit the entire body. By far the fastest way to take advantage of the effects of essential oils is to use them aromatically, but no matter how we apply the oils, the effects will be far-reaching.

**What makes an essential oil therapeutic?**

The therapeutic value of an essential oil is derived from more than its individual chemistry. How that chemistry develops and to what extent it develops within the plant are other important considerations. Additionally, at times, production processes may either enhance or reduce subtle, yet critical chemical components needed for optimal health benefit. For dōTERRA, it is not a single expert or singular process that determines best practices for quality, but rather a multifaceted co-operative effort which includes experts collaborating for the best possible outcomes. This unique and distinguishing approach consistently allows dōTERRA to provide unsurpassed quality and benefit in our essential oils.

## The Doctor Recommends



### Basil

- Soothes sore muscles and joints
- Assists with clear breathing
- Acts as a cooling agent on skin

item# 30010001



### Lemongrass

- Supports healthy digestion
- Soothes aching muscles
- Purifies and tones skin

item# 30130001



### Peppermint

- Promotes healthy respiratory function and clear breathing
- Alleviates stomach upset
- Frequently used for oral health

item# 30190001



### Eucalyptus

- Assists with clear breathing
- Supports respiratory health
- Soothes tired, sore muscles

item# 30060001



### Wild Orange

- Protects against environmental and seasonal threats
- Immune-enhancing benefits
- Energizing to mind and body

item# 30170001

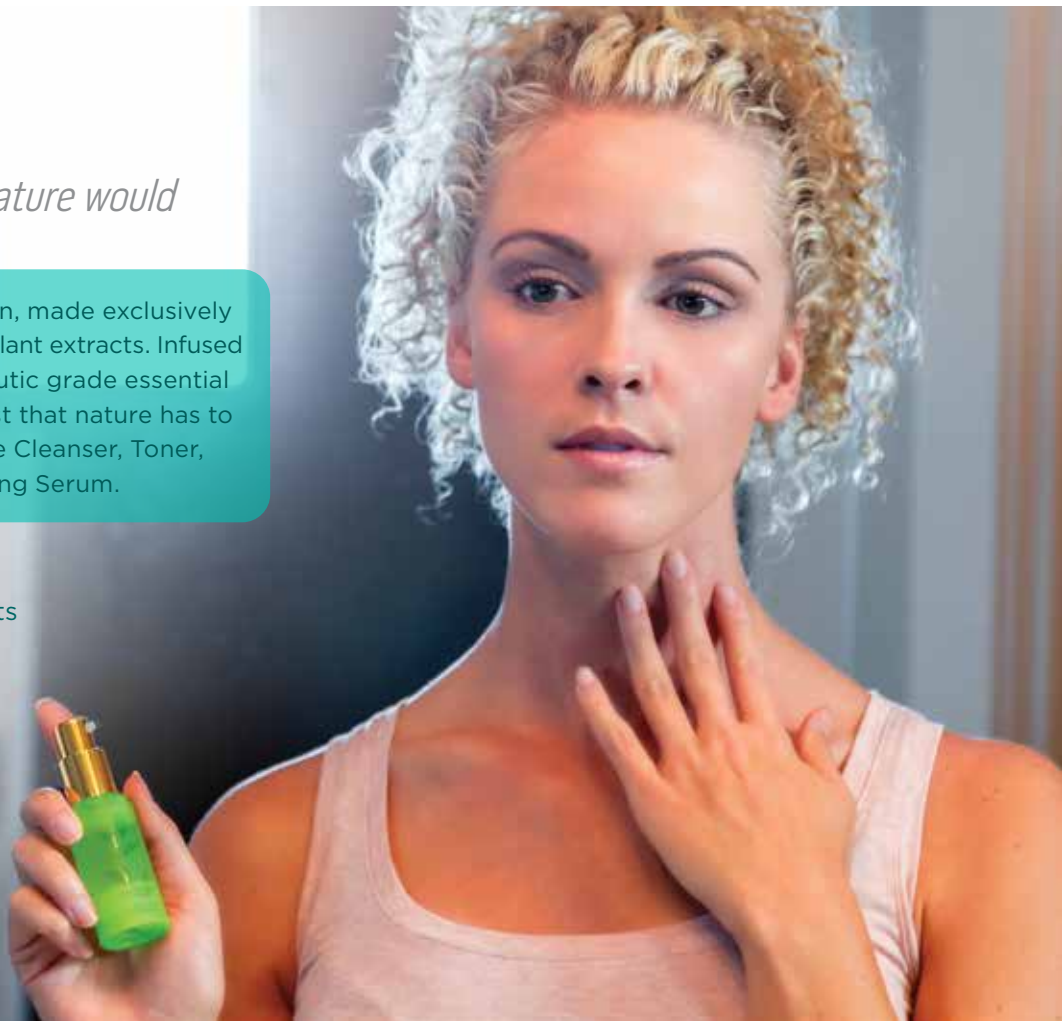
# Veráge™

True Earth—

*Care for your skin just like nature would*

Veráge is a natural skin care solution, made exclusively with the natural, helpful benefits of plant extracts. Infused with the power of certified therapeutic grade essential oils, this system is based on the best that nature has to offer your skin. It consists of Veráge Cleanser, Toner, Moisturizer, and Immortelle Hydrating Serum.

- CPTG® essential oils
- Scientifically proven plant extracts
- Natural preservative system
- Highly effective formulas
- Amazing results



## Veráge Cleanser

Lifts away dirt, makeup, and impurities as it reaches deep into your pores to cleanse and purify.

Healthy, smooth skin begins with Veráge Cleanser. As the first step in your daily skin care regimen, Veráge Cleanser leaves skin feeling clean and soft while its fresh, herbaceous aroma energizes the senses.

### KEY INGREDIENTS

- **Wild Orange** and **Basil** are known for their ability to cleanse and purify
- **Melaleuca** is renowned for its cleansing and rejuvenating effect on the skin
- **Amino acids** and **lipids** nourish and hydrate skin
- **Coconut oil** boosts the effectiveness of natural surfactants
- **Olive oil** hydrates the skin and reduces trans-epidermal water loss



## Veráge Toner

Tightens, tones, and smooths your skin while reducing the appearance of pores.

This second step in the Veráge Skin Care Collection prepares skin for the rich emollients and nutrients found in Veráge Hydrating Serum and Moisturizer. This cool, invigorating formula can be used as a refreshing mist throughout the day for a fresh, dewy complexion.

### KEY INGREDIENTS

- **Ylang Ylang** soothes, nourishes, and protects skin
- **Coriander** and **Cypress** are known for their toning, soothing, and rejuvenating benefits to the skin
- **Malachite copper mineral** provides antioxidants and promotes skin elasticity
- **Palmarosa** is known to help revive and balance the skin; perfect for an everyday toner
- **Witch Hazel** provides many skin benefits, including a healthy inflammatory response
- **Aloe** has been used for centuries to soothe and moisturize skin





## Verage Moisturizer

Provides an ideal moisture balance and reduces the appearance of fine lines and wrinkles, resulting in a smooth, even complexion.

### KEY INGREDIENTS

- CPTG essential oils of **Jasmine, Geranium, Sandalwood**, and **Juniper Berry** help to improve the overall appearance and health of the skin
- **Juniper Berry** is shown to inhibit elastase, an enzyme that causes the appearance of aging skin
- **Sea Buckthorn Berry** provides a rich supply of Omega 7 fatty acids that nourish, soften, and protect skin, helping it retain moisture
- Rich in vitamin E and fatty acids, **rice bran oil** penetrates deeply into the skin, acting as an effective moisturizer
- **Shea Butter** contains fatty acids, known for their ability to help plump the skin while providing rich hydration
- **Phellodendron amurense bark extract** conditions the skin and promotes a healthy inflammatory response



## Verage Immortelle Hydrating Serum

Promotes youthful-looking, glowing complexion; improves skin barrier recovery function

Experience the age-defying effects of Verage Immortelle Hydrating Serum. This serum contains our popular **Immortelle essential oil blend** and an ingredient complex called **L22**. L22 is a combination of jojoba, macadamia, and olive esters that mimics the skin's surface lipids when at their optimum health and youth, typically around the age of 22.

This lipid complex promotes skin firmness and elasticity, especially in aging skin, and was proven to improve the recovery of skin barrier function. Verage Immortelle Hydrating Serum is an innovative, highly effective formula that produces results you can see and feel, instantly.



"When I used this product, it made my skin feel very hydrated, which makes me look and feel good."

-Peggy Smith, dōTERRA Blue Diamond

"The products feel clean, pure, beautiful, and moisturizing."

-Hayley Hobson, dōTERRA Presidential Diamond



# HAITI, VETIVER, *and* CO-IMPACT SOURCING™

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

In February 2014, the commitment to provide essential oils of the highest quality, purity, and potency led dōTERRA executives to Haiti. They arrived in Port-au-Prince and then drove five hours to the town of Les Cayes. There they met with production partners, toured the distillery, and met the vetiver growers. They found a lot of potential for success, as well as a lot of work that could be done. Co-Impact Sourcing™ together with Healing Hands provided the perfect solution—lives were about to change.

expensive essential oil that is incorporated frequently into fragrances, and is considered to be among the most complex essential oils. It is also quite labor-intensive to produce. Vetiver requires 16-18 months for the roots to mature and then, not only must the plant be dug out of the ground, the dirt must also be beaten out of the roots. While this process is easier during the dry season, an immediate need for cash often leads farmers to harvest the roots before they are fully mature, which typically yields incomplete oil below the quality of dōTERRA essential oils.

**“There are givers and there are takers.  
We wanted dōTERRA to be a giver.”**

*—David Stirling*

The poorest people in Haiti, a country already considered the poorest in the Western Hemisphere, live in the foothills. The soil is so depleted in these areas that no food crops can be grown. Living in an economy with very limited opportunities that is still recovering from natural disasters, many Haitian farmers struggle to eke out a living from half-acre plots of vetiver roots that only provide them a meager income during limited months of the year, if they get paid at all.

The perfume industry introduced vetiver grass to Haiti in the 1930s. Even though the soil in Haiti lacks the nutrients needed to grow food, vetiver thrives in these harsh conditions. Vetiver roots produce an

The Haitian vetiver sector doesn't lack for potential; the problem lies in the lack of organization and knowledge sharing among the growers. Without coordinated efforts and education there is typically no one to advise when vetiver should be harvested, but neither is there typically anyone to ensure payments in favorable installments when purchasing roots from the growers. dōTERRA is striving to solve that problem by forming growers' cooperatives. Cooperatives facilitate a leadership level of organization that families can choose to take part in. By being part of the cooperative, farmers are able to receive training on how to grow higher quality vetiver. dōTERRA also established—in conjunction with its exclusive distiller partner—a favorable payment schedule for growers where they are paid at planting, pre-harvest, and at harvest. Growers that produce vetiver roots yielding superior quality essential oil are further rewarded through a premium payment, facilitated by a traceability system that tracks each grower's roots from each distillation.







dōTERRA  
**cō·impact**  
SOURCING™

before



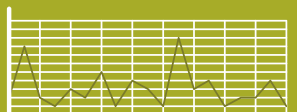
Growers often **unorganized**  
with **limited access** to information  
and layers of **middle-men**



Limited **resources** and **capacity**  
Harvesting **immature plants** out of season  
**Little incentive** to produce higher quality



**Varying** plant  
and oil quality



Subject to **volatile**  
**market pricing**

after



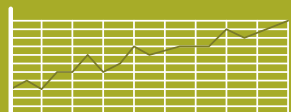
**Organized** into **Cooperatives**  
with **teaching, training, capacity building**  
and **coordinated services**



**Improved growing and harvesting**  
**practices** to achieve **optimal oil yield**  
and ensure **sustainability**



Consistent **higher**  
**quality oil**



Growers receive **fair and**  
**predictable** pricing from a  
**long-term buyer**

dōTERRA  **Healing Hands**  
funding projects to **benefit grower**  
**communities** for **improved**  
**overall livelihoods**

The mission of dōTERRA to provide the world with the highest quality CPTG Certified Pure Therapeutic Grade® essential oils is changing lives in ways once thought impossible. Now, thanks to Co-Impact Sourcing, dōTERRA is also bringing hope to the people that help provide these precious gifts of the Earth.

Eighteen of the 26 countries dōTERRA sources essential oils from would be considered developing countries. Many of these countries face economic and environmental challenges that prevent their citizens from having a better quality of life. dōTERRA developed the Co-Impact Sourcing approach as an answer to many of these challenges.

Co-Impact Sourcing has long been a vision that dōTERRA has aspired to fulfill. Through this program, dōTERRA can not only ensure a long-term supply of CPTG essential oils from dedicated partners, but also improve the livelihoods of the small-scale family farmers that grow the best quality plants for our essential oils.

“Our Co-Impact Sourcing approach empowers small-scale farmers to improve their often meager livelihoods through our partnership with them. We're simply a catalyst to help them help themselves.”

—Tim Valentiner (Director, Strategic Sourcing)



## CO-IMPACT SOURCING:

- 1. PEOPLE:** dōTERRA works directly with growers to form long-term partnerships and ensure fair and timely payments. These partnerships help improve livelihoods by providing job opportunities, training, and various Healing Hands funded projects.
- 2. PLANTS:** Growers are trained on how to implement sustainable agriculture and natural resource management practices in planting and harvesting. Distillers are also encouraged to utilize renewable energy and energy-efficient technologies where possible.
- 3. PRODUCT:** Through developing long-term sourcing relationships with growers and distillers, dōTERRA ensures loyal supply chain partners. dōTERRA is then in a unique position to responsibly guarantee the long-term availability and consistent quality of essential oils.





# Cardamom

**Plant Part:** Seed

**Extraction Method:** Steam Distillation

**Sourcing Origin:** Guatemala

The cardamom seed is one of the top export products in Guatemala, and is considered to be one of the most expensive spices in the world because of its difficult and labor-intensive harvesting process.

Cardamom has profound effects on the respiratory system due to its high 1, 8-cineole content, which promotes clear breathing and respiratory health. That is why you can now find this unique essential oil in the Breathe Respiratory Blend. Native to Southeast Asia, Cardamom is added to traditional Indian sweets and teas for its cool, yet minty aroma and flavor. It is also a key Co-Impact™ sourcing essential oil. By purchasing this essential oil, you dramatically impact the livelihood of cardamom farmers and distillers in Guatemala.

**Cardamom essential oil** blends well with Cedarwood, Cinnamon, Clove, Fennel, Ginger, Patchouli, Sandalwood, Vetiver, Ylang Ylang, and citrus essential oils.

## HOW TO USE

### Aromatic

Use three to four drops in the diffuser of your choice to soothe and calm the mind, uplift your mood, and alleviate nausea and motion sickness.

### Internal

Add to bread, smoothies, meats, and salads to enhance food flavor and aid digestion.

### Topical

Apply one to two drops on the chest or stomach to promote clear breathing and reduce digestive upset. Dilute with dōTERRA® Fractionated Coconut Oil to minimize any skin sensitivity.

## Key Benefits

- Supports healthy digestion
- Promotes clear breathing and respiratory health
- Makes a flavorful spice for cooking
- Calms nerves





# Serving the children of the Himalayas

When Vera Taylor and Kathy Brooke accompanied by several other Australian families, headed to Demazong Academy in Sikkim, India, with over 440 pounds of computers, books, and school supplies, some of their most precious cargo came in 15mL and 5mL bottles.

Demazong Academy is located in the Indian State of Sikkim and is bordered by the Himalayas to the north, Nepal to the East, and Bhutan in the West. Pema Buhtia, the Principal of the Demazong Academy, opened the school in his own home seven years ago with 10 students. That number has now grown to 120 students. Currently, 20 students are hostel students who live at the school full time and whose tuition and living costs are paid for by sponsors in other countries. Vera's team sponsored 11 of those children. The purpose of their trip was to visit the school and spend some time with their sponsor children.



Vera took the Family Physician Kit as a gift for the school, which was immediately put to use. Every morning and night, children in need inhaled Breathe essential oil and had it applied to their noses, handkerchiefs, and pillows.

"We also took oils for our own protection and use, but we were soon giving anything we had to the teachers and children who needed them more than we did. We saw daily the benefits and improvements the oils were making in the children, the teachers, and the community."







"dōTERRA essential oils have made a huge impact on this little school. The oils are now used religiously morning and night. The kids at the school called it the magic oil! There is such need—not just in this school, but in the surrounding area."

**Ways you can help:**

Donate essential oils • Volunteer • Sponsor a child

**email [info@2kool4skool.com.au](mailto:info@2kool4skool.com.au)**



# aromatouch TECHNIQUE

How many times have you found yourself sitting on the edge of a loved one's bed wishing you could somehow ease their discomfort and stress? Have you ever rocked a sick child to sleep as they struggled to get comfortable but wished you could do more? dōTERRA® essential oils can be your go-to source for an all-natural, safe approach to helping your loved ones in need. Each essential oil provides a variety of benefits, so how do you know which ones you should use?

## START WITH THE AROMATOUCH TECHNIQUE.

Developed by Dr. David K. Hill, the AromaTouch Technique is a safe and effective way to achieve optimal results and experience many benefits of essential oils through topical application.

We all encounter factors in our daily lives that can influence our overall health and well-being. The AromaTouch Technique provides the means by which we can all be more proactive in the health care of ourselves and our loved ones.

Whether you're new to essential oils or an experienced aromatherapist, the AromaTouch Technique can be a part of your family routine when challenges arise.

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**"I love that the AromaTouch Technique gives me confidence in sharing the oils with people in a way I know makes an immediate difference, yet impacts their lives in a fuller, deeper way."**

—dōTERRA IPC

## TIPS FOR PERFORMING AROMA TOUCH TECHNIQUE AT HOME

1

Find a soft, flat surface the recipient can lay on. It can be an ottoman, a massage table, a bed, or even the floor. Just make sure they are comfortable and that you have access to both sides of the back.

2

Roll up a towel or blanket to make a face rest. The recipient needs to be face down to perform the technique correctly.

3

Put a sheet or blanket over the recipient's legs to keep them warm and comfortable.

4

Follow along with the DVD or Quick Reference Guide to ensure you are doing the technique correctly. The DVD comes in the AromaTouch Kit and the Quick Reference Guide can be found on our website.

5

Practice! Although the AromaTouch Technique can take some time to complete, the more times you perform the easier it will be to make those smooth transitions between each step of the technique.



# Where can I learn the AromaTouch Technique?

## Step 1.

Go to the website [www.aromatouchtechnique.com](http://www.aromatouchtechnique.com).

## Step 2.

Click on the AromaTouch Events tab to pull up our events calendar.

## Step 3.

Find an event in your area. Click on the event and contact the instructor.

For more information please contact us at: [aromatouch@doterra.com](mailto:aromatouch@doterra.com)

**Visit our website and like us on Facebook!**



## TAKE THE AROMATOUCH CHALLENGE:

Give someone you know an AromaTouch Technique! Please share the experience with us through our email!





# KEEP YOUR HANDS AND FEET SOFT

soak

## STEP 1

**Soak your hands in warm water with Lavender Epsom salt.**

- 12 dL warm water
- 120 mL Epsom salt
- 5 drops Lavender essential oil

Mix together Epsom salt and oil and then pour into warm water. Soak for 10-15 minutes or until water is cool.

EPSOM SALT

exfoliate

## STEP 2

**Exfoliate with a sugar scrub.**

- 120 mL white granulated sugar
- 120 mL dōTERRA® Fractionated Coconut Oil
- 10 drops of your favorite essential oil/blend

Put a spoonful in your hand and rub hands together until sugar dissolves. Run under warm water and pat dry.

SUGAR SCRUB

CONDITIONING  
WAX



FT AND HEALTHY ALL YEAR LONG

5

## SIMPLE STEPS

moisten

### STEP 3

Moisturize with Healing Hands Hand Lotion.



LOTION

CUTICLE CREAM



#### DIY Cuticle Cream

- 2 tablespoons shea butter
- 1 teaspoon beeswax
- 1 tablespoon dōTERRA® Fractionated Coconut Oil
- 7 drops Lavender or Myrrh essential oils

rub

### STEP 5

Rub cuticle cream on your cuticles to keep them soft and healthy.

soften

### STEP 4

Soften your hands with conditioning wax. Put 5-10 drops of essential oil of choice in melted wax and brush onto hands. Peel off when solid.





# dōTERRA Scientific Collaborations

Our philosophy is simple: it takes a team of experts to achieve the best outcomes.

The potential benefits of essential oils are well understood and accepted by many as a reasonable and appropriate approach for health support. dōTERRA has established normal practices for exacting science and sound judgment.

dōTERRA employs and partners with a number of scientists and medical professionals. **Working with chemists, biological and microbiological scientists, botanists, and others creates a comprehensive understanding necessary for**

**proper sourcing, analysis, and use of essential oils.** This collaborative effort represents a consensus of expert opinion and experience. Our philosophy is simple: it takes a team of experts to achieve the best outcomes.



## Chemists

Partners such as Dr. Pappas help us identify each component of an essential oil and help us ensure the constituents are at the right levels through proper sourcing and testing. Additionally, identifying synthetic components or adulterations is a critical skill he offers.



## Life Scientists

Microbiologists, physiologists, and nutritionists help identify how the chemical constituents interact physiologically or biologically. Researching healthy, immune functions or cellular health, furthers our knowledge of the benefits and toxicology of essential oils.



## Medical Practitioners

Medical practitioners aid in educating and working with individuals to empower the best possible choice in one's health care. They are able to utilize experience and research to better understand how we can use essential oils properly. Our medical partners help bridge the gap of alternative medicine with traditional medicine.





# Meet the Team



## **Dr. Paul Winterton, MD**

Paul W. Winterton is a Board Certified Orthopedic Surgeon. He earned his medical degree from Harvard Medical School, and completed five years of orthopedic surgery residency at the Mayo Clinic. Following residency, he completed two fellowships at the Institute for Bone and Joint Disorders in shoulder and knee reconstructive surgery/sports medicine, as well as foot and ankle reconstruction.

Currently, Dr. Winterton serves on the Board of Councilors for the American Academy of Orthopedic Surgeons. For a number of years he has advocated the integration and practical use of essential oils in his practice. As a member of the Scientific Advisory Board for dōTERRA, he is currently researching the basic science, cell biology, and clinical application of essential oils. He is a strong proponent of the practical use of essential oils and dietary supplements in the home, as well as in the traditional western medical clinical setting, particularly with regard to bone and joint well-being.



## **Dr. David Steuer, DMD, MS, MMSc**

Dr. David Steuer graduated with honors in Latin studies and Chemistry from BYU, and Magna

Cum Laude from University of Louisville Dental School. He then attended Harvard Medical/Dental School and MIT for his training in Oral Surgery and Endodontics, where he graduated in three years with honors.

Dr. Steuer is the founder and managing partner of Steuer Management, LLC, and Luminescent Capital Partners, LLC. Dr. Steuer served on the Board of Directors of the Hemametrics Corporation, a medical research and products company, acquired by Fresenius Medical Care. Dr. Steuer is actively involved in researching new ways to incorporate essential oils into his practice.



## **Dr. James Geiger, MD**

Dr. Geiger is a board certified experienced anesthesiologist and aromatherapist. Much of Dr. Geiger's time is spent doing

anesthesia, serving on committees, and giving lectures and webinars on the safe use of essential oils in hospitals and surgical centers to improve patient care. Currently, he is on staff at several medical centers, orthopedic hospitals, and surgical centers, where he has introduced essential oils therapy into the operating and recovery rooms.



## **Dr. Jessica Herzog, MD, FAAP**

Dr. Herzog is a board certified pediatrician devoted to true wellness. She completed her undergraduate degree, medical doctorate, and pediatric residency at the University of Maryland. She was involved in research at NIH

and the University of Maryland, and although she loved the basic science, she found her true calling at the bedside of sick newborns and children. She is pursuing further education in functional medicine and essential oils.



## **Dr. Joshua Yorgason, MD**

Dr. Yorgason, a native of Salt Lake City, Utah, is an ear, nose, and throat surgeon. He obtained his medical degree at Columbia

University and did his residency at the University of Utah. He has been involved in the research of drug toxicity and hearing restoration in Los Angeles at the prestigious House Ear Institute and at the University of Utah. He is currently doing an ear surgery fellowship at the Paparella Ear, Head, and Neck Institute in Minneapolis, to further his knowledge of treating hearing and balance disorders.

Dr. Yorgason has interest in studying the safety of essential oils in the ear. He founded Health & Healing Professionals, and its website [protocolled.com](http://protocolled.com), to promote natural treatment protocols using essential oils based on scientific and clinical research.



## **Dr. Brannick Riggs, MD**

Dr. Brannick Riggs has been practicing medicine for 13 years. In 2001, he graduated from the University Of Arizona College

Of Medicine while receiving some of his training in complementary and alternative medicine. He specializes in family medicine and is a member of the American Academy of Family Physicians. He enjoys using the oils in his home and integrating them into his practice to bless the lives of his patients. Dr. Riggs is currently partnering with dōTERRA in an effort to provide volunteer service with essential oils and hospice.



## **Dr. Daniel Leverenz, DO**

Dr. Leverenz studied Biology at Baylor University and received his medical degree from the University of North Texas, participating

in many service expeditions to nations of the developing world along the way. He recently completed residency training in Emergency Medicine, serving as Chief Academic Resident for the final year, and now practices full time as an attending emergency physician at a large academic medical center. He has developed a strong interest in essential oils and has devoted himself to bringing to light the evidence basis for their use and promoting their role in a modern approach to health and wellness.



## **Nicole Stevens, MSc**

Nicole Stevens is an essential oil enthusiast with a professional desire to increase the credibility and scientific understanding behind natural products. She has been researching

the various properties of essential oils for much of her career. Nicole earned her undergraduate and Master's degrees at Brigham Young University. She also worked at the UNLV Cancer Research Center and completed a project looking at the possibility of using essential oils in a process called photodynamic therapy.



## **Dr. Carsten Smidt, PhD, FACN**

Dr. Carsten Smidt oversees dōTERRA's scientific affairs, research, and product development. Dr. Smidt has

held executive research and development positions for almost 20 years working for leading global companies in dietary supplement, nutraceutical, and medical food industries. Dr. Smidt holds a Doctorate degree in Nutrition Science and Physiological Chemistry from the University of California at Davis, and he rounds out his impressive experience with superb academic credentials, many scientific publications and patents. Dr. Smidt is a fellow of the American College of Nutrition (FACN), and holds memberships in a variety of professional associations, including the American Society for Nutrition (ASN) and the German Society for Nutrition (DGE).



## **Dr. Tory Parker, PhD**

Dr. Parker holds a PhD in Nutritional Sciences from the University of Illinois at Urbana-Champaign. He has extensive

experience in food processing, food chemistry, biochemistry, physiology, and human nutrition. He has worked both in the supplement industry and in academia, making him uniquely positioned to understand product development, research, and the physiology and chemistry behind nutrition. Dr. Parker has a contagious passion for teaching people about the connection between nutrition and living a long life free of the early onset of degenerative conditions associated with poor lifestyle choices.



## **Dr. Robert Pappas, PhD**

Dr. Pappas is a PhD chemist and recognized as a leading authority in the essential oil field. He is trusted as an independent analyst

of essential oils by a long list of clients in the essential oil, fragrance, and flavor industries. Dr. Pappas is personally involved in analytical testing, specializing in GC/MS analysis, and reporting chemical breakdowns of literally hundreds of different essential oils, CO<sub>2</sub>s, and absolutes. Dr. Pappas founded Essential Oil University (EOU)—an analytical testing laboratory for essential oils that also specializes in essential oil education.

# MAKING ROOM FOR Essential Oils

Dr. Brannick Riggs, MD, Board Certified Family Practitioner

What an exciting time to be involved with essential oils and modern medicine! The culture of medicine is changing. Traditionally, this has been a paternalistic culture, where a patient goes to the doctor and is told what to do. This model is episodic and reactive. It has been called “the hero approach, where the physician is the only source of knowledge, education, and decision making and everyone else is there to support the physician.” (“Building a Team Based Medical Practice,” *Medical Economics*, Sept. 10, 2013). **The culture is now moving toward a patient-centered, team approach focused on the health of the patient.**

The team may consist of a counselor, an acupuncturist, a chiropractor, a physician, a health coach, a wellness advocate, etc., all surrounding the patient. This structure places the patient as the leader of a team of people interested in maintaining and treating his or her health. The responsibility now rests on the patient—its rightful place. For decades, physicians shouldered the lion’s share of responsibility for their patients’ health with limited success. But patients and doctors are discovering a better way.

## Options to Choose

So why is this exciting? As patients and consumers of health care, we can decide for ourselves what advice we will take and from whom. We can decide what prescriptions we will fill from our doctor’s office and what alternatives we would like to explore. As we take advice from each member of our team, we can assimilate that information and decide what we will and will not do. This does not mean that we become like

irresponsible children and begin to think that some members of our team have no value. Rather, it means that we weigh advice and research options, leading us to make insightful decisions regarding our own health.

Essential oils are an obvious part of those choices. My own experience with essential oils started as many of yours did. My wife and I enjoy watching movies with our five children. One night she had her head on my chest and could hear my heart beating in an irregular rhythm. This greatly concerned her. I promised that I would have one of my colleagues thoroughly look into this symptom and make sure that this was not going to be a problem for me. After going through several episodes of testing, I was diagnosed with a common irregularity which, thankfully, would not shorten my life. My wife had been doing her own research and suggested one night that I apply Ylang Ylang oil to my chest and feet before we watched a movie together. I was amazed at how quickly I felt my heart assume a normal rhythm

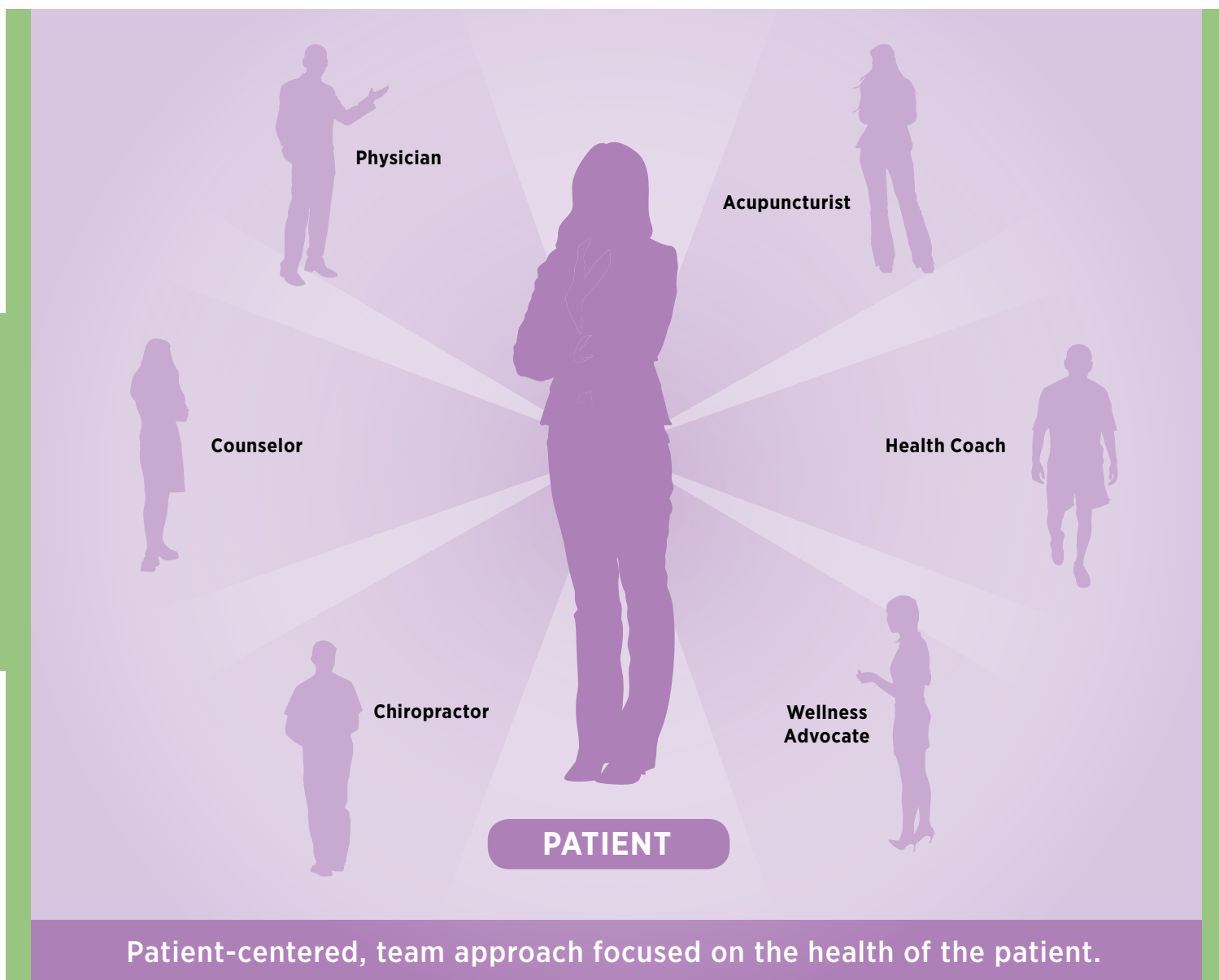
and maintain that for 6–8 hours. I knew then that these oils had the power to alter the physiology of the body. **There are times when seeing a physician is the appropriate choice, but often we can maintain our health with educated application, inhalation, or consumption of these amazing gifts of the Earth.**

Education about our bodies and essential oils can help us determine which choice is right in which circumstance. I also firmly believe that we all have the gift of intuition when it comes to our body.

## Role of Essential Oils

As a family medicine physician, I am grateful to have more to offer my patients than just pharmaceuticals. I have found essential oils to be effective for their health and wellness. Education in essential oils has led me to recommend them to patients with increasing frequency. As I study dōTERRA essential oils and blends and avail myself of the ever increasing volume of literature about them, I am continually amazed at the properties





possessed by these plants. The depth and breadth of the chemistry within a single oil is mind-blowing! **We have just uncovered the tip of the iceberg in understanding what these oils have the ability to give us.**

I am often asked by my colleagues in medicine why I feel comfortable recommending therapies that come from plants. As I have begun looking into

natural health, I have found many plant-derived medicines that are commonly used. Most physicians prescribe medications such as Colchicine for gout, Digoxin for congestive heart failure, and Scopolamine patches for sea or motion sickness. All of these are plant-derived compounds. The list of prescription medications that come from plants is long and varied. **Therefore, most practitioners of traditional western**

**medicine are already prescribing plant-derived medications on a daily basis.**

The gap is not as wide as we may have imagined and, as physicians, we need to take that small step of utilizing all the resources available to us, including essential oils. I am confident in the standards that dōTERRA has established and am anxious to learn more about the research and application of essential oils.



Dr. Brannick Riggs has been practicing medicine for 13 years. In 2001, he graduated from the University of Arizona College of Medicine in Tucson while receiving some of his training in complementary and alternative medicine. He specializes in family medicine and is a member of the American Academy of Family Physicians. He currently practices in Utah and enjoys using the oils in his home and integrating them into his practice to bless the lives of his patients. Dr. Riggs is partnering with dōTERRA in an effort to provide volunteer service with essential oils and hospice.

# Probiotics

## THE PATH TO A HAPPY BELLY

### What are probiotics?

Your digestive system is full of bacteria. Good bacteria help your immune system, provide digestive support, and benefit your overall health.

The word probiotic means "for life." A product with probiotics must provide live, active cultures. Probiotics are beneficial to the health of your digestive system and will be able to replicate and thrive in your gut. We know that there is a great diversity of bacteria that grows and lives together; this complexity is an important contributor to the health effects of the bacteria.

Research studies identified dozens of different genera of bacteria in the gut, with presumably hundreds of species. The variety seems to be important to overall health. However, there must be a balance, so that one particular species doesn't take over and cause problems.

### Not all bacteria is bad

Sometimes your intestines aren't working as well as you'd like or you know something is wrong. When taking antibiotics for an infection, you want to make sure that any good bacteria that may have been killed by the antibiotic are replaced by equally good bacteria. It is normal to have some bad bacteria; however, it's important to have the correct balance between the good bacteria and the bad bacteria to maintain healthy digestive functions. Using quality probiotic products can help you and your entire family maintain proper digestive health.

### Finding the best source

You can maintain healthy bacteria through basic dietary habits, such as consuming yogurt or other fermented foods. These foods contain a lot of healthy bacteria, but research has found that only a small percentage survives the harsh acid in the stomach, allowing relatively small numbers of bacteria to make it to the gut. Furthermore, if you don't continue to consume probiotics, their protective effect diminishes over time. It is recommended to take a probiotic supplement to receive the full benefits.

A healthy person  
should get at least  
**5 billion**  
bacteria delivered live  
to the intestines, preferably  
daily, such as those found in  
**PB Assist+**



**Good bacteria** are an essential part of **good health.**  
Keep your bacteria healthy.

## What is important when looking for a probiotic supplement?

First, it should be stable and have a reasonable shelf life. This means the bacteria should be in a dry, suspended state, or if live and active, they should be refrigerated.

Second, the bacteria must be able to survive the stomach acid so that it can get to the less acidic intestines to grow and provide you with its symbiotic benefits. This means it must be in a form that doesn't allow the release of the bacteria until after it has passed through the stomach. This usually means it must be in a capsule.

Third, it should contain a blend of healthy bacteria that are typically found in a healthy gut. One single species does not represent the diversity required for optimal function.

When you think about the number of bacteria, (estimated to be 10 times the number of cells in the body, or around 10 trillion organisms), you begin to see that getting a healthy, consistent dose over time is critical to having an influence on your gut. A healthy person should get at least 5 billion bacteria delivered live to the intestines, preferably daily, such as those found in PB Assist+.

## Prebiotics: probiotic nourishment

Probiotics need sufficient food to thrive. Bacterial nutrients are called prebiotics-soluble fibers which nourish the good bacteria. This fiber should primarily come in the form of whole fruits, vegetables, whole grains, and beans. If you feel your diet is not as high quality as it should be, then supplemental fiber is important. Fortunately, many foods now contain fiber, including for example, protein and granola bars, and even yogurt. Fiber is also available in supplemental form. Fiber is included in our Trim Shakes, and our new Terragreens, both

for its satiety and gut health benefits. PB Assist+ includes a prebiotic fiber called fructo-oligosaccharides (FOS) to support the initial needs of the dry suspended bacteria as they are released from the capsule into your gut. FOS are a particularly good source of food for bacteria.

Good bacteria are an essential part of good health. Keep your bacteria healthy with good choices of food and by taking acid-protected probiotics and prebiotics. Use supplemental fiber if you aren't able to get enough in your daily diet. The mutually beneficial relationship we have with our gut bacteria will be an important relationship when bad bacteria try to take hold.

## Key benefits of probiotics

- Maintain a healthy gut
- Support digestion
- Keep bad bacteria from causing problems
- Provide important nutrients

## Top probiotic foods

- Dark chocolate
- Yogurt (with live cultures)
- Kimchi
- Kefir
- Miso



## Dr. Parker Recommends: Trim Shakes, TerraGreens, & PB Assist+



Dr. Parker holds a PhD in Nutritional Science from the University of Illinois at Urbana Champaign.

He has extensive experience in food processing, food chemistry, bio chemistry, physiology, and human nutrition. He has worked both in the supplement industry and in academia, making him uniquely positioned to understand product development, research, and the physiology and chemistry behind nutrition.

Dr. Parker has a contagious passion for teaching people about the connection between nutrition and living a long life free from the early onset of degenerative conditions associated with poor lifestyle choices.

# 72-HOUR KIT *with* dōTERRA





## Essential oils can be an invaluable addition to your 72-hour kit.

The versatile uses, highly effective properties, and long shelf-life make each bottle a vital resource during emergency situations.



- 1 Oregano:** Contains immune-enhancing and antioxidant properties; supports the respiratory system when diffused or inhaled.  
*Tip: Take several drops in an empty veggie cap to boost the immune system. Mix with water and gargle to soothe an irritated throat.*
- 2 Peppermint:** Alleviates upset stomach and promotes clear breathing.  
*Tip: Apply to neck and forehead with Lavender to calm stress and tension.*
- 3 Lemon:** Powerful cleansing agent that purifies the air and cleans surfaces.  
*Tip: A few drops of Lemon will improve the taste and quality of your water supply.*
- 4 Lavender:** Calms emotions during times of stress and anxiety; soothes irritated skin and lips.  
*Tip: Apply a drop to a bug bite to help ease minor itchiness and discomfort.*
- 5 PastTense Tension Blend:** Relieves tension from occasional overwork and fatigue.  
*Tip: Apply to temples, neck, and shoulders when experiencing tension discomfort.*
- 6 Melaleuca:** Expedites the skin's recovery process, contains potent cleansing properties for external and internal uses, and supports oral health.  
*Tip: Apply 1-2 drops to cleanse and recover affected area on the skin.*
- 7 Purify Cleansing Blend:** Eradicates unpleasant odors and makes an effective cleaning agent.  
*Tip: Mix a few drops with water in a spray bottle and spritz to counteract bad air quality or protect from harmful elements in the air.*
- 8 Frankincense:** Promotes cellular health, immunity, and a healthy inflammatory response.  
*Tip: Apply Frankincense to sore joints or distressed skin.*
- 9 Breathe Respiratory Blend or Drops:** Clears airways and supports overall respiratory health.  
*Tip: Rub on chest or around sinuses before bed.*
- 10 DigestZen/Softgels:** Helps proper digestion, calms stomach upset.  
*Tip: Take a softgel or put a drop on your tongue after consuming hard to digest foods.*
- 11 Clove:** Promotes blood circulation, benefits cardiovascular health, and helps ward off free radicals.  
*Tip: Apply one drop to soothe teeth or gums.*
- 12 TerraShield:** Protects against insects and predators.  
*Tip: Rub or spray around your door or window seals to deter insects from entering.*
- 13 On Guard Protective Blend:** Strengthens immune function, protects against elements that can weaken the immune system.  
*Tip: Take softgels for an ultimate immunity defense; dilute with witch hazel and Lemon to clean hands, doorknobs, and other community surfaces.*
- 14 Deep Blue Rub** soothes tired, sore, and worn-down muscles and joints.
- 15 On Guard Toothpaste Samples** takes care of your oral health.
- 16 Fractionated Coconut Oil** has an indefinite shelf life and does not require refrigeration. It can also be used to calm sensitive skin reactions to essential oils by applying directly to the affected area.
- 17 TerraGreens** provides your body with a daily supplementation of fruits and veggies.
- 18 Slim & Sassy Shake** delivers essential nutrients/protein sources.
- 19 Correct X Essential Ointment** assists in soothing various skin conditions quickly and effectively.
- 20 Other suggested items:** Freeze-dried fruit, vegetables, and nuts. Flashlight, battery-powered radio, and cell phone charger, matches, First Aid items, rope, whistle

# FRANKINCENSE

## Boswellia (king of oils)



dōTERRA has spent the last several years working with scientists to determine the ideal balance of each Frankincense species to improve the therapeutic chemical profile for this precious oil. Through additional sourcing partnerships with growers of generations-old frankincense trees in Somalia, and ongoing sourcing agreements, dōTERRA has developed access for the highest quality resin tears for three *Boswellia* species—*Carterii*, *Frereana*, and *Sacra*. Each specie contains unique characteristics and components; when combined together they produce the world's finest therapeutic grade Frankincense essential oil.

### 💧 Co-Impact Sourcing™ in Somalia

The harvesting of frankincense resin requires great skill and years of practice to perform correctly. dōTERRA works with artisans who have fine-tuned and perfected this delicate process. The harvesting process in most cases takes over five months to complete and is very difficult work. Harvesters leave their home, travel for days, and live in caves as they harvest and protect their trees only to return and not get paid enough to provide food for their families. Only 40 percent of the frankincense trees in Somalia are currently being harvested for this reason.

After farmers harvest the tears, the women go through and hand grade everything by color, size, and cleanliness of the resin. The quality of the oil has very much to do with the grade and the quality of the harvested resin. Recently, dōTERRA developed more partnerships in this region, where they bypass the brokers and work directly with the harvesters—paying them a fair and substantial wage. In some rural areas where money has little or no value, dōTERRA pays in food and commodities—literally feeding entire villages.

Through the Co-Impact Sourcing program, you can be a part of improving the livelihood and economies in ancient lands where frankincense continues to grow today. This responsible approach is the key to ensuring the long-term supply of therapeutic grade essential oils in our modern day.

👁️ We are excited about these partnerships and our ability to create sustainable livelihoods for the hard-working people who harvest this treasured resin. 👁️

**Fact:** *Boswellia carterii* trees grow very well in sandy soil and produce much smaller resin. It is also considered one of the most rounded and commonly harvested types of resin tear. *Frereana* is the largest resin out of the three species. *Frereana* trees do not like sandy soil; they grow best in rocky, dry regions, often along slopes and ravines. *Sacra* trees thrive in limestone soil and are often found on cliffs or large boulders.



**“We are working directly with the harvesters now, there is no middle man, and there are no brokers to take advantage of them. We are putting the money in the hands of the people.” -Emily Wright**

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### 🔥 Plant Part: **Resin**

Frankincense is unique because the essential oil is stored in a gum-like resin which must be first liberated and then gathered before an essential oil can be distilled.

### 🔥 Extraction Method: **Steam Distillation**

### 🔥 Key Benefits:

- Helps build and maintain the immune system
- Promotes cellular health and regeneration
- Supports healthy inflammatory response
- Balances mood
- Reduces the appearance of scars, stretch marks, and the signs of aging

### 🔥 Application Methods and Uses:

Frankincense offers a wide variety of uses. Its mild nature and health benefits make it perfect for the entire family. Here are some simple ways to incorporate consistent and effective use of this wonderful essential oil.

1. Diffuse a few drops or apply to the palms of hands and deeply inhale—woody aroma brings feeling of relaxation and peace.
2. Directly apply Frankincense to any skin irritation to support tissue restoration.
3. Apply 2–3 drops to joints to ease discomfort and stimulate relief.

### 🔥 Fun Fact:

In the ancient world, there were few items considered to be of greater worth and value than frankincense. For this reason, pure frankincense was often referred to as “liquid gold” and was highly prized commodity for trade and commerce.





# IDEA NOTEBOOK

## SCENTED FIREWOOD

Drop 2-3 drops of White Fir, Frankincense, or Cedarwood essential oil on a dried log, and allow the oil to soak into the wood before putting on the fire.



FRANKINCENSE

## ESSENTIAL OIL INFUSED DRINK STIRRER

Submitted by Tiffany Zinna

Put a couple drops of essential oil on a stir stick in a small jar or a Ziploc bag; allow the wood to absorb the oil like a reed diffuser. Use to mix in the flavor in your beverage.



HELPFUL TIPS

Fill a glass spray bottle with 60-120 ml of water and add a 8-10 drops of Cedarwood or Purify essential oil (or a little of each). Use it to spritz bedding in a hotel, a plane seat or theater seat to keep it bug-free.

Put one or two drops of Cinnamon essential oil on a paper towel under your garbage can liner to keep it fresh and minimize odors.

## SPICE TEA

Submitted by Catherine DeVod, Canada

Add a drop of Clove, Cinnamon, Wild Orange to your peppermint tea for a special warming treat.

RELAXATION TIP

## BATH-SOAK FOR RESTFUL SLEEP

Stir three drops (each) of Vetiver, Lavender, and Frankincense into 240 mL Epsom salt and dissolve in a hot bath water. Adjust temperature and soak for 20 minutes or until you feel like your mind is calm and your body relaxed.

VETIVER

➔ share your tip!

email [living@doterra.com](mailto:living@doterra.com) with your favorite essential oil recipe, idea, or time saver.



# OIL BLENDS

## FOR EVERYDAY USE

**Clarity Blend:**  
2 drops Wintergreen  
3 drops Wild Orange



**Calming Blend:**  
2 drops Clary Sage  
2 drops Roman Chamomile  
3 drops Bergamot



**Grounding Blend:**  
2 drops Arborvitae  
2 drops Juniper Berry



**Uplifting Blend:**  
3 drops Bergamot  
3 drops Lime

**Essential Oils**  
**are able to do some**  
**wonderful things.**

**Enliven and stimulate**  
**your senses and**  
**modify your day.**

**Deodorizing Blend:**  
2 drops Grapefruit  
2 drops Purify  
2 drops Lemon



**Inviting Blend:**  
2 drops Cinnamon  
3 drops Wild Orange



**Allergy Blend:**  
2 drops Lemon  
2 drops Lavender  
2 drops Peppermint



**Sleep Blend:**  
3 drops Serenity  
3 drops Cedarwood



# Physiology of

Dr. David K. Hill, Chief Medical Officer *An industry expert on wellness*

**T**he beneficial effects of essential oils are easily perceived through examination of their history of use and ever expanding acceptance throughout westernized health care. There are a number of adorning descriptors used to describe essential oils, primarily because their effects on the human body are so pronounced and, at times, appear to be truly miraculous. At dōTERRA, we often refer to essential oils as “gifts of the Earth.” However, when viewed through a scientific perspective, the explanation behind their biological activity becomes easily understood. One can simply say that essential oils are physiologically active, or in other words, essential oils work by stimulating change and specific function within the body.

## Physiologically Active

A well-understood principle directly related to the benefits of essential oils is that they directly influence the body's cells. In fact, all functionality seen with essential oils is elicited at the cellular level. Two structural features of volatile aromatic compounds allow them to so potentially influence cellular function:

1. Lipid solubility
2. Low molecular size

Cells are enclosed in a protective membrane of lipid (fat) molecules that serves as a selective barrier to separate their delicate internal system from the external environment. However, all living

cells must exchange materials (nutrients, waste products, etc.) to remain alive. Because essential oils are both lipid soluble and offer small molecular size, they quickly and easily gain access to cells. Few other types of molecules can transverse cellular membranes so easily. Molecules that are larger or are not lipid soluble require specialized active or assisted transport methods to get into the cell (cofactors, transportation vesicles, etc.)

When a cell becomes compromised for any reason, it becomes dependent on additional systems and functions within the body to repair itself. The primary causes of cellular compromise include poor nutrition, inflammation, toxicity, and exposure to pathogenic microbes. When cells are compromised, their ability to respond properly is limited; for example, active and facilitated transport mechanisms across the membrane may be lost until the cell is repaired.

The unique structural characteristics of essential oils give them the independence to influence cellular activity without dependence on the health of the body or the availability of cellular transport systems. There are potentially no tissue barriers to essential oils within the body. For example, there is sufficient scientific evidence to demonstrate the capability of essential oils to cross the blood brain barrier, the most highly selective barrier in the body. This is significant and demonstrates the ubiquitous nature of aromatic compounds.

It is important to know that ubiquity does not mean that essential oils directly

affect every cell in the body, but rather, they are selective at targeting specific cells, which in turn triggers systemic responses. We can see one powerful example of this phenomenon by simply investigating limbic responses stimulated through the aroma of an essential oil. When inhaled, the oil directly influences the hypothalamus in the brain. Through its additional connections to the rest of the body, the hypothalamus is capable of triggering neurochemical response in selected tissues. This region of the brain controls many aspects of physiologic functioning including endocrine secretion, blood pressure, temperature, sleep cycles, weight, etc. This is a logical explanation of how systemic, whole body outcomes can occur through even the simplest methods of use.

## Therapeutic Range

To receive the full advantage of these miraculous therapeutic agents, it is important to use essential oils appropriately. The term “therapeutic range” refers to the optimal dosage of essential oils to produce maximum benefits. This range is affected by a number of variables including age, nutritional status, and body composition, so it is important to be aware of your own unique health circumstances and adjust accordingly. For example, a young child will likely require less oil to see a therapeutic effect than an adult.

Although we cannot control every variable governing therapeutic use, we can more appropriately moderate individual benefit through consistency



# Essential Oils

and essential oils, Dr. Hill is the chairman of the dōTERRA Scientific Advisory Board.

*There are potentially no tissue barriers to essential oils within the body.*

*Essential oils work by stimulating change and specific function within the body.*

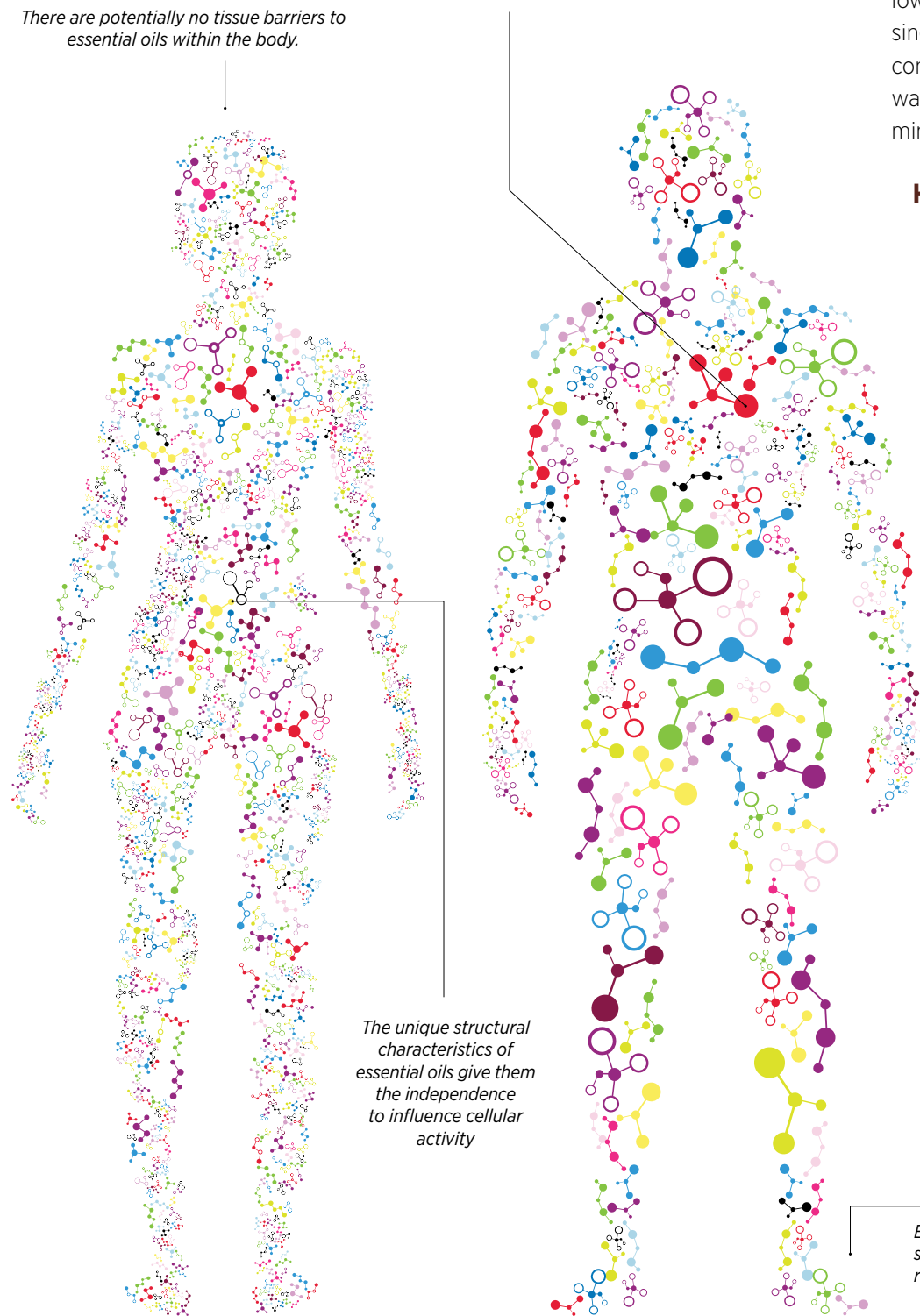
*The unique structural characteristics of essential oils give them the independence to influence cellular activity*

of application. Consistent use involves lower, more frequent doses rather than single large doses. Using a model of consistency is important and is one way to increase sustainable benefit and minimize any risk of reactivity.

## How dōTERRA Is Different

The physiology discussed here is specific to aromatic compounds, which are the chemical makeup of essential oils. While this physiology is universal, it does not give consideration to the importance of proper sourcing, harvesting, and extraction methods. What sets dōTERRA apart is not the molecular size or lipid solubility of the constituents in our oils, but rather our commitment to what we refer to as “Co-Impact Sourcing™.” This unique model of sourcing allows us to hand-select only the most potent chemistry profiles from around the world while simultaneously refining our multi-faceted production processes to better ensure optimal therapeutic profiling and quality. Essential oils are truly unique and provide consistent healthy outcomes. In extolling their remarkable benefits it is hard not to suggest they are gifts of the Earth!

*Essential oils can selectively target specific cells triggering systemic responses.*



# Essential Recipes

with Chef Prososki, C.E.C and corporate dōTERRA chef



**Chef Greg Prososki** has spent 25 passion-filled years in many different aspects of the culinary field including private club and fine-dining settings at the Edgartown Yacht Club on Martha's Vineyard and

the White Mountain Country Club in Pinetop, Arizona; chef instructing at the New England Culinary Institute in Montpelier, Vermont; and as a corporate dining and health care expert. He has worked in research and development, designing recipes for corporate cookbooks and trade show presentations, as well as in equipment development. For the past 10 years, Greg has been a ProStart judge and has done extensive mentoring of student chefs at all skill levels—something he feels is an important role for him as a chef. Chef currently enjoys sharing his delicious culinary skills with dōTERRA employees while learning to incorporate essential oils into his recipes.

**“My favorite oil to cook with is Wild Orange—I love the flavor!”**

*—Chef Prososki*

## WILD ORANGE FRENCH TOAST

### Ingredients

60 cm soft baguette or bread of choice  
240 mL cracked eggs  
240 mL heavy cream or 240 mL almond milk  
1 teaspoon salt  
6 drops Wild Orange essential oil

### Directions

1. Slice baguette on diagonal.
2. Combine all other ingredients.
3. Dip bread in mix and brown on both sides in medium hot skillet. Serve warm.

## BUTTERMILK SYRUP

### Ingredients

180 mL buttermilk  
120 mL butter  
360 mL cups organic Turbanado sugar  
1 teaspoon baking soda  
2 teaspoon real vanilla extract

### Directions

1. In saucepan stir together sugar, buttermilk and baking soda.
2. Bring to boil; cook for seven minutes.
3. Remove from heat; stir in vanilla. Drizzle over French toast or pancakes.



WILD ORANGE FRENCH TOAST



## ROASTED BUTTERNUT SQUASH SOUP

### Ingredients

60 mL medium diced onion  
60 mL medium diced celery  
60 mL small diced carrot  
720 mL medium diced butternut squash  
480-720 mL cups chicken stock  
120 mL heavy cream or evaporated skim milk  
1 teaspoon salt  
½ teaspoon black pepper  
2 drops Cardamom essential oil  
2 drops Cinnamon Bark essential oil

### Directions

1. Roast first 4 ingredients in 175 degree Celsius oven; when nicely browned put in sauce pan.
2. Add 480 mL chicken stock, heavy cream, salt and pepper.
3. Simmer until just boiling, place in food processor.
4. Puree until smooth, add more stock if needed for smooth, soupy texture.
5. Add essential oils.
6. Add more seasoning if needed. Serve hot.



## WALDORF SALAD



## WALDORF SALAD

### Ingredients

5 medium diced apples  
140 g small diced celery  
110 g coarse chopped walnuts  
150 mL mayo or plain Greek yogurt  
7 drops Lemon essential oil

### Directions

Combine all above ingredients. Serve.

## LOW-FAT SPINACH AND ARTICHOKE DIP

### Ingredients

220 g reduced fat cream cheese  
480 mL plain, non-fat Greek yogurt  
2 tablespoons butter  
360 mL parmesan cheese  
400 g quartered artichoke hearts, drained and coarsely chopped  
110 g can diced jalapeños, drained  
280 g frozen spinach thawed and drained  
1-2 drops Marjoram essential oil

### Directions

1. Melt together cream cheese, Greek yogurt, butter, and parmesan cheese in medium pot over medium heat uncovered, stirring frequently until melted and even consistency.
2. Stir in chopped artichoke hearts, jalapeños, and spinach.
3. Stir in 2-3 pressed garlic cloves and essential oil.
4. Let bubble for a few minutes and serve with pita chips or bread.



## LOW-FAT SPINACH AND ARTICHOKE DIP



# MY JOURNEY TO Pregnancy and Birth

*Using Essential Oils for Prenatal & Postnatal Care*

When Sabine Buchner was 20 years-old, her gynecologist told her she had enlarged ovaries and would have a difficult time getting pregnant.

She was young and wasn't interested in having a baby so she completely put it out of her mind. It wasn't until she met her partner, Mario Jölly, and they decided to start a family together that she remembered what her doctor had told her more than 15 years earlier.

She had experienced the power of dōTERRA essen-

tial oils and nutritional supplements and knew many others who had used them successfully to improve their health as well. At that time she thought, "There must be some way to help my body get pregnant by natural means."

## PREPARING FOR PREGNANCY

She spent a lot of time researching how to have a healthy body and how to get pregnant naturally. She learned that difficulty becoming pregnant, as well as hormone imbalances, can be a direct result of high stress levels, uncontrolled candida growth, and too many synthetic additives in food. She attended her





first dōTERRA convention in 2012 and discovered a book about using essential oils during pregnancy and birth. She recalls, “I realized that I must first help my body become healthy and to stop the uncontrolled candida growth.”

Sabine decided that the first step would be to use GX Assist and PB Assist+ to cleanse her body – and not just for a few weeks, but until the problem was solved. She said, “I performed the cleanse regularly up until my pregnancy.”

She had been taking the Lifelong Vitality Pack daily ever since she was introduced to dōTERRA, and she continued to take it while trying to get pregnant. She said, “dōTERRA’s Lifelong Vitality Pack provides me with all the vitamins, micro-nutrients, and omega-3 fatty acids that my body needs on a daily basis in order for all my cells and organs to perform at their highest level.”

Because Sabine’s hormones were out of balance she used Phytoestrogen Lifetime Complex, Clary Calm roll-on and Grapefruit essential oil daily.

She said, “I also realized that I had to adjust my diet in order to help my body as much as possible, so I eliminated sugar and white flour from my diet.” In addition, she used Lavender, Balance,

Frankincense, Melissa and Lemon essential oils daily to promote wellness.

### GETTING THE GOOD NEWS

Mario and Sabine finally received the wonderful news that she was expecting, and they were overcome with gratitude. She said, “I immediately realized we had found the best products with dōTERRA and I knew that I was giving our baby the best possible support.”

Once pregnant, Sabine continued with her daily regime of Lifelong Vitality Pack, Grapefruit essential oil and a good diet. She also began taking TerraZyme morning and night as well as PB Assist+ once a day. She said, “I used my oils daily and had very few difficulties throughout my pregnancy.” Mario & Sabine were in Diamond Club and they traveled over 40,000 km in 8 months. She felt so good during her pregnancy that she worked up until 9 days before the birth of their child.

### NEW ARRIVAL

They had planned for a home delivery so they stocked up on plenty of oils to use during and immediately after the birth – Frankincense, Myrrh, Balance, Peppermint, Wild Orange, Melissa, and Helichrysum were among the oils on-hand.

Check out page 24 to learn more about the **probiotic benefits** of PB Assist+

Lia Malou was born at home after only four hours of labor. It was a beautiful experience and Mario was even allowed to catch the baby.

“Our baby has been spoiled with oils from day one,” said Sabine. Balance, Frankincense and DigestZen are her favorite oils to use on their daughter.

Sabine continues to use Lifelong Vitality Pack and essential oils daily, including Peppermint, and she is able to nurse her baby without any reduction in her milk supply.

Due to the success they experienced, Sabine likes to encourage all people, especially women, to place more trust in dōTERRA products. She considers them to be wonderful tools that can be used to naturally strengthen and balance the body. She believes each person needs to take more responsibility for their own health and for the health of loved ones. Sabine said, “That is our mission – to give back to every person the responsibility to trust and listen to their own bodies.”

## Products Sabine Recommends

### ESSENTIAL OILS

- Clary Calm
- Grapefruit
- Lavender
- Balance
- Frankincense
- Melissa
- Lemon
- DigestZen
- Myrrh
- Peppermint
- Wild Orange
- Helichrysum

### SUPPLEMENTS

- PB Assist +
- GX Assist
- LifeLong Vitality Pack
- Phytoestrogen Lifetime Complex
- TerraZyme








# ESSENTIAL OIL SINGLES

The dōTERRA collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is natural and passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalized essential oil therapies.

 <p><b>ARBORVITAE</b> ESSENTIAL OIL <i>Thuja plicata</i> A T N 49360001   5 mL</p>	 <p><b>BASIL</b> ESSENTIAL OIL <i>Ocimum basilicum</i> A T N 30010001   15 mL</p>	 <p><b>BERGAMOT</b> ESSENTIAL OIL <i>Citrus bergamia</i> A T S 30790001   15 mL</p>	 <p><b>BLACK PEPPER</b> ESSENTIAL OIL <i>Piper nigrum</i> A T S 41040001   5 mL</p>	 <p><b>CARDAMOM</b> ESSENTIAL OIL <i>Elettaria cardamomum</i> A T N 49330001   5 mL</p>
 <p><b>CASSIA</b> ESSENTIAL OIL <i>Cinnamomum cassia</i> A T D 30020001   15 mL</p>	 <p><b>CEDARWOOD</b> ESSENTIAL OIL <i>Juniperus virginiana</i> A T S 49300001   15 mL</p>	 <p><b>CILANTRO</b> ESSENTIAL OIL <i>Coriandrum sativum</i> A T N 41850001   15 mL</p>	 <p><b>CINNAMON</b> ESSENTIAL OIL <i>Cinnamomum zeylanicum</i> A T D 30030001   5 mL</p>	 <p><b>CLARY SAGE</b> ESSENTIAL OIL <i>Salvia sclarea</i> A T N 30420001   15 mL</p>
 <p><b>CLOVE</b> ESSENTIAL OIL <i>Eugenia caryophyllata</i> A T D 30040001   15 mL</p>	 <p><b>CORIANDER</b> ESSENTIAL OIL <i>Coriandrum sativum</i> A T N 30780001   15 mL</p>	 <p><b>CYPRESS</b> ESSENTIAL OIL <i>Cupressus sempervirens</i> A T N 30050001   15 mL</p>	 <p><b>EUCALYPTUS</b> ESSENTIAL OIL <i>Eucalyptus radiata</i> A T S 30060001   15 mL</p>	 <p><b>FENNEL, SWEET</b> ESSENTIAL OIL <i>Foeniculum vulgare</i> A T S 41290001   15 mL</p>
 <p><b>FRANKINCENSE</b> ESSENTIAL OIL <i>Boswellia carterii, frereana, sacra</i> A T I N 30070001   15 mL</p>	 <p><b>GERANIUM</b> ESSENTIAL OIL <i>Pelargonium graveolens</i> A T S 30090001   15 mL</p>	 <p><b>GINGER</b> ESSENTIAL OIL <i>Zingiber officinale</i> A T S 30080001   15 mL</p>	 <p><b>GRAPEFRUIT</b> ESSENTIAL OIL <i>Citrus X paradisi</i> A T N 30100001   15 mL</p>	 <p><b>HELICHRYSUM</b> ESSENTIAL OIL <i>Helichrysum italicum</i> A T N 30410001   5 mL</p>
 <p><b>JUNIPER BERRY</b> ESSENTIAL OIL <i>Juniperus communis</i> A T N 49290001   5 mL</p>	 <p><b>LAVENDER</b> ESSENTIAL OIL <i>Lavandula angustifolia</i> A T I N 30110001   15 mL</p>	 <p><b>LEMON</b> ESSENTIAL OIL <i>Citrus limon</i> A T I N 30120001   15 mL</p>	 <p><b>LEMONGRASS</b> ESSENTIAL OIL <i>Cymbopogon flexuosus</i> A T S 30130001   15 mL</p>	 <p><b>LIME</b> ESSENTIAL OIL <i>Citrus aurantifolia</i> A T S 30870001   15 mL</p>
 <p><b>MARJORAM</b> ESSENTIAL OIL <i>Origanum majorana</i> A T N 30140001   15 mL</p>	 <p><b>MELALEUCA</b> ESSENTIAL OIL <i>Melaleuca alternifolia</i> A T I N 30150001   15 mL</p>	 <p><b>MELISSA</b> ESSENTIAL OIL <i>Melissa officinalis</i> A T N 30850001   5 mL</p>	 <p><b>MYRRH</b> ESSENTIAL OIL <i>Commiphora myrrha</i> A T N 30160001   15 mL</p>	 <p><b>OREGANO</b> ESSENTIAL OIL <i>Origanum vulgare</i> A T I D 30180001   15 mL</p>
 <p><b>PATCHOULI</b> ESSENTIAL OIL <i>Pogostemon cablin</i> A T N 30890001   15 mL</p>	 <p><b>PEPPERMINT</b> ESSENTIAL OIL <i>Mentha piperita</i> A T I S 30190001   15 mL</p>	 <p><b>ROMAN CHAMOMILE</b> ESSENTIAL OIL <i>Anthemis nobilis</i> A T N 30800001   5 mL</p>	 <p><b>ROSEMARY</b> ESSENTIAL OIL <i>Rosmarinus officinalis</i> A T N 30200001   15 mL</p>	 <p><b>HAWAIIAN SANDALWOOD</b> ESSENTIAL OIL <i>Santalum paniculatum</i> A T N 41860001   5 mL</p>



 <b>SANDALWOOD</b> ESSENTIAL OIL <i>Santalum album</i> A T N 30210001   5 mL	 <b>THYME</b> ESSENTIAL OIL <i>Thymus vulgaris</i> A T D 30220001   15 mL	 <b>VETIVER</b> ESSENTIAL OIL <i>Vetiveria zizanioides</i> A T N 30430001   15 mL	 <b>WHITE FIR</b> ESSENTIAL OIL <i>Abies alba</i> A T N 30250001   15 mL	 <b>WILD ORANGE</b> ESSENTIAL OIL <i>Citrus sinensis</i> A T I N 30170001   15 mL
 <b>WINTERGREEN</b> ESSENTIAL OIL <i>Gaultheria procumbens</i> A T S 30230001   15 mL	 <b>YLANG YLANG</b> ESSENTIAL OIL <i>Cananga odorata</i> A T N 30240001   15 mL			 <b>PEPPERMINT</b> BEADLET 31570001   125 ct.

## PROPRIETARY ESSENTIAL OIL BLENDS

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

 <b>AROMATOUCH®</b> MASSAGE BLEND T N 31200001   15 mL	 <b>BALANCE</b> GROUNDING BLEND A T N 31010001   15 mL	 <b>BREATHE</b> RESPIRATORY BLEND A T S 49370001   15 mL	 <b>CITRUS BLISS®</b> INVIGORATING BLEND A T N 31020001   15 mL	 <b>DEEP BLUE®</b> SOOTHING BLEND T S 31380001   10 mL
 <b>DIGESTZEN®</b> DIGESTIVE BLEND A T I N 31030001   15 mL	 <b>ELEVATION™</b> JOYFUL BLEND A T N 31040001   15 mL	 <b>HD CLEAR™</b> TOPICAL BLEND T N 49400001   10 mL	 <b>IMMORTELE</b> ANTI-AGING BLEND T N 37140001   10 mL	 <b>INTUNE™</b> FOCUS BLEND A T N 41840001   10 mL
 <b>ON GUARD®</b> PROTECTIVE BLEND A T I S 31100001   15 mL	 <b>PASTTENSE®</b> TENSION BLEND A T N 31350001   10 mL	 <b>PURIFY</b> CLEANSING BLEND A T N 31060001   15 mL	 <b>SERENITY</b> CALMING BLEND A T N 31090001   15 mL	 <b>SLIM &amp; SASSY®</b> METABOLIC BLEND A T I S 31370001   15 mL
 <b>CLARYCALM™</b> MONTHLY BLEND FOR WOMEN A T N 35270001   10 mL	 <b>TERRASHIELD®</b> REPELLENT BLEND A T N 31190001   15 mL	 <b>WHISPER™</b> BLEND FOR WOMEN A T N 31080001   5 mL	 <b>ZENDOCRINE®</b> DETOXIFICATION BLEND A T S 31460001   15 mL	

APPLICATION METHODS A Can be used aromatically T Can be use topically I Can be used internally

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

# ESSENTIAL USAGE



## TOPICAL USE

### HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits

<b>36100001</b>	200 mL tube
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### 3-PACK

<b>36110005</b>	Three 200 mL tubes
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### FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical therapies.

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

<b>30260001</b>	115 mL
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## INTERNAL USE

### VEGGIE CAPS

Customize your essential oil supplement regimen with vegetarian capsules that absorb quickly and easily.

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

<b>34100001</b>	160 HPMC capsules
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## AROMATIC USE

### PETAL DIFFUSER

NEW!

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers health-promoting benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion. The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customize the release of essential oils into the air. This convenient diffuser is stable, light, and easy to use—perfect for home or office use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist.
- Simple, 3 piece diffuser is easy and convenient to use

<b>33150015</b>	UK/Ireland Plug
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<b>33150005</b>	EU Plug
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Petal Diffuser

### LOTUS DIFFUSER

NEW DESIGN!

Modern and elegant, the Lotus Diffuser quickly releases the therapeutic benefits of dōTERRA essential oils into the air.

- Features three settings—1, 2, and 3 hours, along with an optional night light
- Covers up to 30 square meters
- Provides a decorative piece to any home or office

<b>33160015</b>	UK/Ireland Plug
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<b>33160005</b>	EU Plug
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Lotus Diffuser

### ZENBOW DIFFUSER

The Zenbow benefits from color-changing mood lighting, which moves through a rainbow of colors while emitting a cool, scented and relaxing mist for up to 4 hours. You can also freeze the setting to a favorite color or turn off the light. It comes with a 1-year manufacturer's warranty.

- Changes color
- Runs for up to 4 hours
- Can set to one color or turn off light completely

<b>33110015</b>	UK/Ireland Plug
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<b>33110005</b>	EU Plug
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Zenbow Diffuser



# ON GUARD® PRODUCTS

## ON GUARD® FOAMING HAND WASH

Keep your hands clean and protected with the power of On Guard essential oil blend.

- Conveniently packaged in a 473 mL refillable bottle that fills 236 mL foaming dispensers
- Formulated with the immune-supportive On Guard Protective Blend
- Non-toxic and environmentally safe

## ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070005

SINGLE REFILL

38010001

TWO PACK REFILL

38020005

## ON GUARD® TOP SELLER PROTECTIVE BLEND



With its unique aroma, On Guard offers a fragrant, natural, and effective alternative to synthetic options for immune support.

31100001 | 15 mL bottle

## ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean and protect teeth with the added benefit of On Guard Protective Blend.

- Fluoride-free formulation helps reduce plaque while whitening teeth
- Unique cinnamon-mint flavor mixed with xylitol for fresh and clean breath and toothbrush
- Boasts the protective benefits of On Guard essential oil blend

38910001 | 113g tube

41910005 | Three 113g tubes

## ON GUARD® PROTECTING THROAT DROPS

Keep your winter season healthy with the convenience of these immune-supporting throat drops.

- Helps calm and soothe occasional dry, scratchy throats
- Features the immune-supporting properties of On Guard Protective Blend
- Formulated with all-natural organic cane juice and brown rice syrup

34050001 | 30 drops

## ON GUARD® CLEANER CONCENTRATE

The ideal natural cleaner, On Guard Concentrate is fortified with On Guard Protective Blend.

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful On Guard Protective Blend
- Perfect for hard surface cleaning needs with exceptional results

38140001 | 355 mL



## ON GUARD® LAUNDRY DETERGENT

On Guard Laundry Detergent is a naturally-based, highly-concentrated 6X laundry detergent that utilizes the power of On Guard Protective Blend and bio-originated enzymes for amazingly clean clothes.

- Each naturally sourced enzyme targets and gently removes specific types of stains
- Contains 10 mL of On Guard Protective Blend for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle; 1 Tablespoon = 1 load (using a high efficiency washer)
- Great as a pre-treatment for stains

38980001 | 947 mL

## ON GUARD® BEADLET NEW BOTTLE

On Guard Beadlets provide an easy and convenient way to obtain the immune-boosting benefits of On Guard Protective Blend.

- Supports healthy immune function
- Provides a convenient consumption method for On Guard Protective Blend

31580001 | 125 beadlets



## ON GUARD®+ SOFTGELS

On Guard + Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils for additional immune support. On Guard+ is a great way to strengthen and maintain healthy immune function when seasonal threats are high or to protect against elements that can weaken the immune system.

- Helps build and maintain a healthy immune system
- Protects the body against seasonal threats
- Supports healthy circulation and respiratory function

35420001 | 60 vegetarian softgels

## ON GUARD® WHITENING TOOTHPASTE SAMPLES NEW!

The amazing benefits of On Guard Whitening Toothpaste need to be shared and this new convenient packaging provides the opportunity to share it with 10 of your closest friends.

- Pack of 10 in a convenient envelope
- Same formula as the full-sized tube
- Easy to share and convenient to take on-the-go

39000001 | 10 samples, 2 g each

## PRODUCT GUIDE

# SKIN CARE

### VERÁGE™ CLEANSER NEW!

Healthy, smooth skin begins with Veráge Cleanser. This all natural gel cleanser purifies skin for a fresh, youthful-looking complexion.

- Infused with CPTG® essential oils of Wild Orange, Melaleuca, and Basil to gently cleanse and lift away impurities
- Invigorates and cleanses skin while natural emollients nourish and hydrate

37380001	60 mL
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### VERÁGE™ TONER NEW!

Veráge Toner combines CPTG® essential oils with nourishing plant extracts to tighten, tone, and smooth skin—anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion.

- CPTG essential oils of Ylang Ylang, Palmarosa, Cypress, and Coriander tone and balance skin
- Nourishing plant extracts provide targeted moisture and toning to help skin look its best
- Easy mist application

37390001	50 mL
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### VERÁGE™ IMMORTELLE HYDRATING SERUM NEW!

Experience the age-defying effects of Veráge Immortelle Hydrating Serum. This powerful formula combines CPTG essential oils with plant extracts for smoother, more youthful-looking skin.

- Utilizes the CPTG essential oils found in the popular Immortelle blend for radiant skin
- Specialized plant technology promotes optimal lipid balance

37400001	15 mL
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### VERÁGE™ MOISTURIZER NEW!

Veráge Moisturizer combines CPTG essential oils with plant extracts for natural hydration and skin nourishment. This light, non-greasy moisturizer absorbs quickly but hydrates deeply, helping to reduce the appearance of fine lines and wrinkles for a smooth, even complexion.

- Formulated with CPTG essential oils of Juniper Berry, Jasmine, Sea Buckthorn Berry, and Geranium—all known to revitalize the skin
- Uses natural ingredients to hydrate skin, helping to reduce the appearance of fine lines and wrinkles

37410001	30 mL
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### VERÁGE™ SKIN CARE COLLECTION NEW!

A collection that brings together Veráge Cleanser, Toner, Immortelle Hydrating Serum, and Moisturizer for beautiful, healthy skin.

42690001	
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### REVEAL FACIAL SYSTEM

Reveal Facial System is a two-step process that will give your face a spa-like treatment, bringing the glow of your skin's radiance and beauty to the surface.

- Features dōTERRA citrus essential oils of Lime and Wild Orange to purify the skin
- Tiny polishing beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin
- Nutrient-rich formula helps maintain a radiant complexion

37340001	2 tubes—50 mL each
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## HD CLEAR™

### FOAMING FACE WASH

UPGRADED!

Discover the perfect solution for problem skin of all ages with the dōTERRA HD Clear Foaming Face Wash.

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG essential oils and plant extracts that will leave your skin extra clean and soft.

49420001 | 50 mL

## HD CLEAR™

### TOPICAL BLEND



Used as a spot treatment or an over-all application, HD Clear Topical Blend promotes a clean and healthy complexion with essential oils renowned for their skin-benefiting properties.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Helps balance overactive sebaceous glands
- Promotes clear, smooth skin by targeting the site of blemishes

49400001 | 10 mL roll on

## HD CLEAR™

### FACIAL LOTION

NEW!

Enjoy a beautiful, smooth complexion with HD Clear Facial Lotion. This lotion contains natural emollients to promote healthy levels of moisture in the skin for a balanced complexion as well as CPTG® essential oils combined with botanical extracts known to assist in achieving blemish-free skin.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- All natural ingredients help target blemishes for clear and clean skin
- Absorbs quickly leaving skin feeling soft and smooth

49410001 | 50 mL



## HD CLEAR™ KIT

NEW!

This kit contains HD Clear Foaming Face Wash, Topical Blend, and Facial Lotion for a beautifully balanced complexion.

42700005



## ESSENTIAL SKIN CARE

### FACIAL CLEANSER

37010001 | 120 mL

### PORE REDUCING TONER

37020001 | 120 mL

### IMMORTELE

#### ANTI-AGING BLEND

37140001 | 10 mL roll on

### TIGHTENING SERUM

37040001 | 30 mL

### ANTI-AGING MOISTURIZER

37030001 | 50 mL

### INVIGORATING SCRUB

37050001 | 75 mL

### HYDRATING CREAM

37160001 | 50 mL

## PRODUCT GUIDE

# HAIR CARE

### SALON ESSENTIALS HAIR CARE SYSTEM

Salon Essentials Hair Care System is the perfect way to experience the amazing benefits of all four dōTERRA hair care products and provide a great savings. By purchasing the Protecting Shampoo, Smoothing Conditioner, and the Root to Tip Serum in the Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

36280005

PROTECTING SHAMPOO 2-PACK	36240005
SMOOTHING CONDITIONER 2-PACK	36250005
SHAMPOO AND CONDITIONER	36260005

LOYALTY  
REWARDS  
PROGRAM

### SALON ESSENTIALS PROTECTING SHAMPOO

Enjoy the professional formulation of CPTG® essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials Protecting Shampoo.

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturizes hair, leaving it salon soft and touchable
- Provides antioxidant protection against UV damage, which can cause fading in color-treated hair

36220001 | 250 mL

### SALON ESSENTIALS SMOOTHING CONDITIONER

Give hair a smooth, finished look and protect it with the professional formula of Salon Essentials Smoothing Conditioner.

- Features conditioning emollients, botanical extracts, and natural proteins
- Includes a proprietary blend of CPTG® essential oils for the hair and scalp
- Smooths hair and provides an anti-static effect with nanotechnology

36230001 | 250 mL

### SALON ESSENTIALS HEALTHY HOLD GLAZE

Get the all-in-one benefits of a flexible hold, health, and shine for your hair with Salon Essentials Healthy Hold Glaze.

- Protects, nourishes, and fortifies hair for optimal health and shine
- Protein-rich nanoparticles work to promote improved moisture and softness
- Offers perfect support for beautifully styled hair

36270001 | 120 mL

### SALON ESSENTIALS ROOT TO TIP SERUM

The Root to Tip Serum provides a healthy environment for your scalp and maximizes the strength and shine of your hair.

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus essential oils
- Provides extended protection and hydration to your scalp and hair

36210001 | 30 mL





# SPA

## HAND AND BODY LOTION

Enjoy the benefits of adding your favorite essential oils as you discover silky, smooth skin with this hydrating lotion.

- Fragrance-free, light-weight lotion—perfect for hydrating the skin
- Combine with your favorite essential oils for added benefits
- Provides your skin with important antioxidants, botanicals, and humectants
- Features cruciferous vegetable extracts to help build the skin's natural defenses

**36100001** | 200 mL tube

## 3-PACK

**36110005** | Three 200 mL tubes

## LIP BALM WITH PEPPERMINT & WILD ORANGE

Nourish and hydrate your lips with the protecting power of Peppermint and Wild Orange essential oils.

- Non-waxy formula features moisturizing agents like shea and mango seed butters
- Restores moisture and elasticity to lips
- Invigorates and enhances mood with a blend of Peppermint and Wild Orange

**36190001** | 4.5 mL



## CITRUS BLISS HAND LOTION

Conveniently packaged for an on-the-go aromatic experience, this lotion softens hands and enlivens the senses with the delightful aroma of Citrus Bliss Invigorating Blend.

- Light, uplifting scent with a kiss of vanilla and a bouquet of citrus essential oils
- Perfect size to tote in the car, take to the office, or put in a purse or bag
- Provides hands with important antioxidants, botanicals, and humectants

**36200001** | 75 mL tube



## HEALING HANDS LOTION

Become part of furthering the cause of the doTERRA Healing Hands Foundation by purchasing the lovely scented Healing Hands lotion infused with Bulgarian Rose CPTG® essential oil that will not only soften the skin and emit a beautiful aroma, but will also benefit the life of someone in need. The full purchase price will be donated to the doTERRA Healing Hands Foundation to assist those in need throughout the world. Your heart and your skin will be softened.

**36170001** | 110 mL

## PRODUCT GUIDE

# DIETARY SUPPLEMENTS



LOYALTY  
REWARDS  
PROGRAM

**LIFELONG VITALITY PACK**  
DIETARY SUPPLEMENTS INCLUDING  
ALPHA CRS<sup>+</sup>, MICROPLEX MVp,<sup>™</sup>  
AND xEO MEGA

34210001

**LIFELONG VITALITY VEGAN PACK**  
34250001



**ALPHA CRS<sup>+</sup>**  
CELLULAR VITALITY COMPLEX

Provides antioxidant protection to cellular DNA and other critical cell structures.

- Supports healthy cell proliferation and lifespan
- Promotes mitochondrial energy production
- Supports a healthy cellular inflammatory response
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend

34180001 | 120 vegetable capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



**vEO MEGA<sup>®</sup>**  
ESSENTIAL OIL OMEGA COMPLEX

vEO Mega is a revolutionary, 100 percent vegan-friendly formula blending CPTG Certified Pure Therapeutic Grade<sup>®</sup> essential oils with natural, plant-sourced essential fatty acids.

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils
- Supports healthy cardiovascular, immune, joint, and brain health
- Includes a unique form of the carotenoid astaxanthin for antioxidant support

34260001 | 120 softgels



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



**MICROPLEX MVp<sup>™</sup>** **NEW FORMULA!**  
FOOD NUTRIENT COMPLEX

An all-new formula with more bioavailable ingredients designed to provide just the right amounts of vitamins, minerals, and polyphenols that your body needs each and every day

- Naturally balanced, comprehensive array of vitamins and minerals to give you just what you need, nothing more and nothing less
- Highly bioavailable chelated minerals
- Potent, antioxidant polyphenol extract blend
- All-new whole foods blend
- Also features the dōTERRA Tummy Tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach

34320001 | 120 vegetable capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



**xEO MEGA<sup>®</sup>** **NEW FORMULA!**  
ESSENTIAL OIL OMEGA COMPLEX

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade<sup>®</sup> essential oils with natural marine and plant-sourced omega-3 oils and carotenoids.

- Supports cardiovascular, immune, joint, and brain health
- Delivers equal ratio of EPA and DHA from sustainable fish and calamari oil concentrates, and Echium oil with SDA and GLA fatty acids
- Complete spectrum of carotenoids and vitamin E for antioxidant protection, plus vitamin D
- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils

34310001 | 120 softgels



MADE WITH VEGETARIAN SOFTGELS



**TRIEASE<sup>™</sup>**  
SEASONAL BLEND SOFTGELS

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most. Each softgel contains equal parts of Lemon, Lavender and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy inflammatory response when combined together.

- Promotes clear breathing and healthy respiratory function
- Cleanses the body's systems
- Provides calming and balancing effects, both internally and externally

49310001 | 60 softgels



MADE WITH VEGETARIAN SOFTGEL



## NÖVOPRIME

NÖVOPrime is a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils that help protect the body against oxidative damage to cellular DNA.

- Provides antioxidant protection against oxidative damage
- Supports a healthy response to cellular stressors
- Promotes healthy cellular response, repair, and regeneration

## NÖVOPRIME SOFTGELS™

41740001 | 60 capsules



MADE WITH VEGETARIAN SOFTGELS

## MITO2MAX™ NEW FORMULA! ENERGY & STAMINA COMPLEX

Mito2Max is a healthier, long-term alternative to caffeine for increased energy and vitality.

- Promotes better microcirculation with Oligonol® lychee fruit extract, quercetin, and other standardized plant extracts
- Potent, full spectrum of mitochondrial energy cofactors supporting cellular aerobic capacity and energy production
- Free of stimulants; not habit forming

34350001 | 120 capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES



## DAILY NUTRIENT PACK

MICROPLEX MVp™ AND xEO MEGA®

20650001

LOYALTY  
REWARDS  
PROGRAM

LOYALTY  
REWARDS  
PROGRAM

## Customize and Save

Purchase one Daily Nutrient Pack or one Lifelong Vitality Pack on a Loyalty Rewards Order, then add up to two of any combination of the featured items at a significant savings.

## BUY 1 DAILY NUTRIENT OR LIFELONG VITALITY PACK



or



## AND ADD UP TO TWO OF ANY COMBINATION OF THE ITEMS BELOW AT REDUCED PRICES

Mito2Max



Deep Blue  
Polyphenol



## PRODUCT GUIDE

# CHILDREN'S SUPPLEMENTS

### a2z CHEWABLE

Designed for children and adults who have difficulty swallowing capsules, a2z provides the nutrients your body needs for optimal health.

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- Supports healthy immunity and provides antioxidant protection
- Promotes healthy cell development and longevity when taken daily

35330001 | 60 tablets

### IQ MEGA™

IQ Mega takes the fishy taste out of fish oil and adds the fresh orange flavor of Wild Orange CPTG® essential oil.

- Provides 1,000 mg of concentrated, pure fish oil per serving
- Supports healthy brain, cardiovascular, immune, and joint function
- Formulated to be used with a2z chewable

35320001 | 150 mL



# DIGESTIVE HEALTH



### DIGESTZEN® TOP SELLER DIGESTIVE BLEND



The well-recognized essential oils in DigestZen are known for providing soothing digestive relief.

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Aids in the digestion of foods
- Maintains a healthy gastro-intestinal tract
- Soothes occasional stomach upset

31030001 | 15 mL bottle

### DIGESTZEN® SOFTGELS

doTERRA DigestZen® Softgels are a convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend. Each vegetarian softgel contains 120 mg of DigestZen, the oil blend you know and trust for overall digestive health.

35430001 | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS

### ZENDOCRINE® DETOXIFICATION BLEND



Support your body's natural detoxification systems with Zendocrin.

- Features a proprietary blend of Tangerine Peel, Rosemary, Geranium, Juniper Berry and Cilantro essential oils
- Supports healthy liver function
- Can be used individually or in combination with Zendocrin Detoxification Complex

31460001 | 15 mL bottle

### ZENDOCRINE® SOFTGELS

doTERRA Zendocrin® Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrin essential oil blend.

34280001 | 60 vegetarian softgels



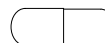
MADE WITH VEGETARIAN SOFTGELS

### TERRAZYME® TOP SELLER DIGESTIVE ENZYME COMPLEX

TerraZyme provides your body with the whole-food enzymes and supporting mineral cofactors needed for healthy digestion.

- Supports the body's constant production of enzymes critical for healthy biochemical functions
- Promotes healthy digestion of food nutrients and cellular metabolism of nutrients into energy
- Includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, and fiber

35110001 | 90 vegetable capsules



MADE WITH SLS-FREE VEGETABLE CAPSULES

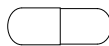


### ZENDOCRINE® DETOXIFICATION COMPLEX

Support your body's filtering and waste management system with the proprietary Zendocrine Detoxification Complex.

- Features a proprietary blend of 14 active, whole-food extracts in a patented enzyme delivery system
- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin

**35120001** | 60 vegetable capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES

### PB ASSIST+® PROBIOTIC DEFENSE FORMULA

This proprietary formula of pre-biotic fiber and six strains of probiotic organisms is safe for the entire family.

- Delivers 5 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage culture adhesion and growth
- Time-release double capsule delivery protects sensitive probiotic cultures from stomach acid
- Supports healthy digestive function and immunity

**35160001** | 30 vegetable capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES

### GX ASSIST® GI CLEANSING FORMULA

Cleanse your GI tract before starting with PB Assist with this combination of CPTG Certified Pure Therapeutic Grade® essential oils.

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid
- Helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist+ Probiotic Defense Formula

**35040001** | 60 softgels



MADE WITH ENTERIC SOFTGELS

## WOMEN'S HEALTH



LOYALTY  
REWARDS  
PROGRAM

### WOMEN'S HEALTH KIT

Includes Phytoestrogen Lifetime Complex, Bone Nutrient Lifetime Complex, and ClaryCalm Monthly Essential Oil Blend.

**35250005**

### PHYTOESTROGEN LIFETIME COMPLEX™

dōTERRA Women Phytoestrogen Lifetime Complex is a blend of natural plant extracts that support hormone balance throughout the different phases of a woman's life.

- Includes a standardized soy extract with genistein, a powerful phytoestrogen
- Helps manage potentially harmful metabolites produced by estrogen metabolism with a concentrated extract of flax seed lignans
- Supports healthy bones, heart, breast tissue, and other body structures

**35260001** | 60 capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES

### BONE NUTRIENT LIFETIME COMPLEX™

This convenient dietary supplement increases the consumption of nutrients needed for healthy bones.

- Perfect for men and women of all ages
- Features a blend of vitamins C and D, calcium, magnesium, and other trace minerals
- Combats declining bone density by providing bone nutrients often deficient in modern diets

**35240001** | 120 capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES

### CLARYCALM™ MONTHLY BLEND FOR WOMEN



dōTERRA ClaryCalm helps women manage the symptoms of PMS and the transitional phases of menopause in a natural, effective way.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Helps balance hormones
- Provides temporary respite from cramps, nausea, hot flashes, and emotional swings

**35270001** | 10 mL roll on

## PRODUCT GUIDE

# SLIM & SASSY®

### SLIM & SASSY TRIM KIT

Four 15 mL bottles Slim & Sassy Metabolic Blend and 2 TrimShakes.

**40770005** | 1 chocolate, 1 vanilla

**35280005** | 2 chocolate

**35290005** | 2 vanilla

**20270005** | 2 vegan

### SLIM & SASSY TOP SELLER METABOLIC BLEND



Support your weight maintenance goals with the proprietary essential oil blend of Slim & Sassy.

- Formulated with Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon essential oils
- Promotes healthy metabolism
- Helps manage hunger cravings
- Calms your stomach and lifts your mood
- Diuretic, stimulant, and calorie free

**31370001** | 15 mL bottle

### SLIM & SASSY® SOFTGELS

**34270001** | 90 vegetarian softgels

### SLIM & SASSY TRIMSHAKE™

Slim & Sassy TrimShake is a convenient, delicious shake mix that provides essential nutrients.

- TrimShake can help you lose unwanted fat stores through calorie restriction and regular exercise
- Includes the patented weight-management ingredient EssentraTrim® to help reduce food cravings and overeating
- Includes Solathin®, a special protein extract that supports increased feelings of satiety
- Blends well with nonfat dairy, almond, rice, or soy milk or water

**35180001** | vanilla - 40 servings

**35200001** | chocolate - 40 servings

### V SHAKE

Introducing a vegetarian alternative to weight management shakes. Slim & Sassy V Shake provides the same benefits as TrimShake with the exception of all the ingredients being 100 percent plant-sourced and vegetarian-friendly.

- Includes Solathin® and EssentraTrim®
- 7 grams of plant-sourced protein
- Protein sourced from pea, quinoa, and amaranth
- Versatile flavor, mixes easily with favorite fruits, milks, or juices
- No artificial sweeteners, flavors, colors, or preservatives

**35440001** | 40 servings



### SLIM & SASSY CONTRÖL INSTANT MIX

Slim and Sassy contröL is available in a powdered mix that you can take at any time during the day to help control your appetite. contröL contains a revolutionary ingredient made from spinach extract called Appethyl™\*, which has been clinically shown to significantly reduce appetite for up to 6 hours.

- Helps promote appetite control and manage portion sizes
- Helps maintain healthy food intake
- Along with a sensible program of diet and exercise, may help to promote and maintain healthy weight-loss over time

**34150001** | 30 sachets



### SLIM & SASSY CONTRÖL™ BARS

contröL is also available in a tasty bar. Convenient for people who are always on the go, control delivers the appetite-controlling power of Appethyl™ to help you in your quest to manage your weight and your overall well-being.

- Helps promote appetite control and manage portion sizes
- Helps maintain healthy food intake
- Along with a sensible program of diet and exercise, may help to promote and maintain healthy weight-loss over time

**34330001** | 10 apple cinnamon bars

**34340001** | 10 lemon bars

**34370001** | 10 apricot bars

**20900001** | contröL bar 3 pack



## DEEP BLUE® PRODUCTS

### DEEP BLUE® TOP SELLER SOOTHING BLEND



A synergistic blend of CPTG® essential oils, Deep Blue provides instant relief for the occasional discomfort of tired, sore, and worn-down muscles.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus essential oils
- Apply directly to area to relieve occasional joint and muscle pain

**31050001** | 5 mL bottle

**31380001** | 10 mL roll on

### DEEP BLUE® RUB SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub provides targeted comfort to the occasional pain associated with tired and sore joints and muscles.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Cools and warms problem areas
- Blended in a base of moisturizing emollients that leave your skin feeling soft, not greasy

**38900001** | 120 mL

### DEEP BLUE® RUB SAMPLES

Receive the targeted comfort of dōTERRA Deep Blue Rub in a convenient 10 pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.

- Ten 2 mL foil packets
- Formulated with Deep Blue Soothing Blend
- Easy to share and convenient to take on-the-go

**38950001** | Ten 2 mL samples



### DEEP BLUE NEW! POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement, that contains powerful polyphenols clinically tested to help with soreness and discomfort.

- Patent-pending, fast-acting boswellia extract shown to help support joint comfort and function
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols to soothe aches and discomfort
- Can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend

**34360001** | 60 vegetable capsules



## BREATHE DROPS

### BREATHE RESPIRATORY DROPS NEW!

The respiratory benefits of selected CPTG® essential oils from the Breathe blend can be found in this convenient and great tasting lozenge.

- Proprietary blend includes: Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health

**35460001** | 30 drops

## CORRECT-X

### CORRECT-X™ NEW! ESSENTIAL OIL OINTMENT

Correct-X is an all-natural topical ointment using powerful CPTG essential oils that assists in soothing various skin conditions.

- Petroleum free
- Includes plant-based ingredients that are valuable in promoting skin health
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

**60110001** | 15 mL



## TERRAGREENS

### TERRAGREENS™ NEW!

Give your daily intake of fruits and vegetables a boost with this powdered drink mix designed to be taken with water, TrimShakes, or your favorite beverage.

- Blend of leafy greens and superfruits
- Chock full of vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

**60120001** | 30 servings

dōTERRA®

27/28 Roman Way Ind East  
Cambs, PE29 2LN  
United Kingdom  
www.doterra.com

# CORRECT-

## Essential Ointment



## Soothe. Protect. Restore.

**CORRECT-X™**  
Essential Ointment

60110001 | 15 mL



dōTERRA®

 Certified Pure Therapeutic Grade®