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dōTERRA PRODUCT GUIDE (see pages 38-55)

Wake up
on the
right side



Clinically proven to **help you get refreshing sleep** without leaving you feeling groggy.

dōTERRA Serenity®
Restful Complex

34390001 | 60 softgels

ask Dr. Hill



DR. DAVID K. HILL, DC
Executive Vice President,
Chief Medical Officer/Chairman,
Scientific Advisory Committee

Q:

Why is the quality of essential oils so important?

A:

As essential oils are becoming more mainstream, this question becomes even more paramount. There is a finite supply of essential oils on the planet, far less in fact than the consumer demand. What this means is that many products out there are impure or even synthetic. The chemistry of an essential oil is greatly determined by its purity and harvesting location and methods, and a wide variety of contaminants or irregular chemistries can find their way into essential oils if they're never tested for purity. As a result, an oil may not offer its intended benefits, and may even pose unknown risk. The best essential oils are pure, all-natural, and have known chemical compositions.

What makes Spikenard so unique?

The essential oil steam distilled from the roots of the *Nardostachys jatamansi* plant is one of the most unique and diverse we have ever discovered. Unlike most essential oils which have very dominant chemistry with a few primary constituents, Spikenard has nearly 170 basic constituents, some of which we have yet to find in any other oils. While this distinctiveness makes it difficult to categorize, it also provides an amazing spectrum of benefits, many of which we are just beginning to recognize. Spikenard is very grounding and calming when experienced aromatically and topically; diffuse during meditation or rub on the back of your neck to wind down after a long day. It also has many skin-benefitting properties. Add it to a hydrating cream or cleanser for smooth, healthy skin.

What are the benefits of adding Lemon essential oil in water vs. fresh lemon juice?

Lemon essential oil is cold-pressed from the rind while lemon juice comes from the pulp, resulting in two very dissimilar substances with unrelated properties. Chemically, Lemon essential oil is very high in limonene, much more so than lemon juice. In particular, the high concentration of limonene is why Lemon essential oils is so cleansing and can aid in digestive and respiratory function when consumed. Essential oils are also highly concentrated; even if the substances were identical in makeup, it would take a large amount of fresh lemon juice to match the potency of two drops of Lemon essential oil in water. Finally, Lemon essential oil may also be easier to ingest for those with sensitive stomachs because it does not contain citric acid, the component of lemon juice that makes it sour.

LEMON TIPS:



ONE

Add 1-2 drops to glass of water in the morning to rejuvenate and cleanse your body.

TWO

Add a couple drops to tea for an invigorating citrus flavor.

THREE

Add 1-2 drops to a spoonful of raw honey; eat by itself or mix in warm water.

Spikenard

Spikenard is native to the high altitudes of the Himalayan Mountains. This essential oil is steam distilled from the roots of the plant and has been valued for centuries, traditionally used to anoint people of high honor. In ancient times, Spikenard was associated with wellness, sacredness, and spiritual healing.

Historically, Spikenard has been used to calm the mind and uplift moods. As one of the most chemically complex essential oils available, it is highly valued still today around the world for its aromatherapy benefits.

Sourcing Origin: Nepal

Distillation Method: Steam

Plant Part: Roots

How to Use

Aromatically

- ◆ Diffuse Spikenard when you need assistance calming your mind.
- ◆ Put a few drops of Spikenard in the palms of your hands, cup your hands over your face, and inhale deeply for a calming sensation.
- ◆ Add a few drops to your warm bath for an extra relaxing sensation.

Topically

- ◆ If you are looking to relax for a restful night's sleep, then apply a few drops of Spikenard to your feet or temples.
- ◆ When feeling stressed, dilute Spikenard with Fractionated Coconut Oil and massage it into your temples and forehead.
- ◆ For a relaxing scalp massage, add 5 drops to your conditioner.

Fun Fact: Spikenard has been used in perfume and in religious context in many countries for centuries.

Essential Oils for BEGINNERS

New to essential oils? Here is a simple guide to help you get started in your essential oil journey.

START WITH THE BASICS

Lemon

PROPERTIES: Cleansing, revitalizing, uplifting



- ◆ Add to a spray bottle of water to clean tables, countertops, and other surfaces.
- ◆ Use to remove gum, glue, or any other sticky residues.
- ◆ Add to your favorite desserts or beverages for zesty flavor.
- ◆ Take internally to support healthy digestion.*
- ◆ Diffuse to purify air and create an uplifting, refreshing aromatic experience.

Lavender

PROPERTIES: Soothing, calming



- ◆ Diffuse or add a few drops to your pillow or feet to prepare for a restful night's sleep.
- ◆ Apply topically to help reduce the appearance of blemishes.
- ◆ Add a few drops to a warm bath to help soak away stress.
- ◆ Consume 1-2 drops to help calm the nervous system.*

Peppermint

PROPERTIES: Cooling, energizing, natural bug repellent



- ◆ Take internally to help alleviate occasional stomach upset.*
- ◆ Apply a few drops to the back of your neck to cool off.
- ◆ For a clearing, refreshing aroma, diffuse at night by your bedside.
- ◆ Rub on head and neck for a soothing sensation when feeling tense.
- ◆ Add to shampoo or conditioner for a stimulating scalp massage.

Frankincense

PROPERTIES: Renewing, beautifying, rejuvenating, grounding



- ◆ Take internally to support healthy cellular and immune function.*
- ◆ Apply topically to help reduce the appearance of skin imperfections.
- ◆ Diffuse during meditation for a sense of relaxation and balance.

Melaleuca (Tea Tree)

PROPERTIES: Soothing, cleansing



- ◆ Combine 1-2 drops with your facial cleanser or moisturizer for added cleansing properties, or apply to skin after shaving.
- ◆ Apply to fingernails and toenails to keep nails looking clean and healthy.
- ◆ Use as an effective surface cleaner.
- ◆ Add a few drops to shampoo or massage into the scalp.
- ◆ Add to toothpaste or swish with water for a quick and easy mouth rinse.

dōTERRA Breathe® Respiratory Blend



- ◆ Apply topically to the chest to breathe deeply.
- ◆ For a clearing aroma, diffuse at night by your bedside.
- ◆ Apply diluted to your upper lip and inhale to invigorate and clear your senses.
- ◆ Apply topically for an invigorating lift.

Deep Blue® Soothing Blend



- ◆ Apply on feet and knees before and after exercise.
- ◆ Make your muscles happy after your workout by applying to targeted areas.
- ◆ Massage on your lower back after a day of sitting at the desk or doing manual labor.

ZenGest® Digestive Blend



- ◆ Take a couple of drops internally to promote healthy digestion.*
- ◆ Add to water or tea and consume to help maintain a healthy gastrointestinal tract.*
- ◆ Rub a couple of drops on stomach to reduce bloating, gas, and indigestion.*

dōTERRA On Guard® Protective Blend



- ◆ Add two to three drops in a Veggie Cap or take directly for an immune boost before traveling or during seasonal changes.*
- ◆ Diffuse in your home or office during fall and winter months.
- ◆ Add to water and use as a natural surface cleaner.



BASIC TERMINOLOGY

ESSENTIAL OILS

Natural aromatic compounds extracted from seeds, bark, stems, roots, flowers, and other parts of plants. Essential oils contain natural and unique properties that can have powerful benefits on your health and overall wellness.

CPTG® (CPTG CERTIFIED PURE THERAPEUTIC GRADE®)

dōTERRA® quality protocol in which each batch of oil undergoes a multi-phase chemical composition inspection.

CARRIER OIL

A lipid-based substance used to dilute essential oils. dōTERRA Fractionated Coconut Oil is an excellent carrier oil option because of its long shelf-life and light, non-greasy texture.

DISTILLATION

The process of extracting essential oil from plant material.

COLD PRESS DISTILLATION/EXPRESSION

Most commonly used method for obtaining citrus oils. This process uses a mechanical press to squeeze essential oils from plant parts.

STEAM DISTILLATION

The most common distillation method. This process uses low-heat pressurized steam to circulate through plant parts and extract oils.

METHODS OF USE

- A AROMATIC**— Essential oils that can be used aromatically. Diffusion is one of the most popular ways to enjoy the aromatic benefits of essential oils.
- T TOPICAL**— Essential oils that can be used topically, which means you can apply them directly on the skin or mix them with carrier oils or other personal care products.
- I INTERNAL**— Essential oils that can be used internally. You can add oils to beverages, take them in dōTERRA Veggie Caps, take dōTERRA essential oil supplements, or use them in your favorite recipes.

SKIN SENSITIVITY

- D DILUTE**— A category of essential oils that should be mixed with a carrier oil. The carrier oil will help “carry” the essential oils onto the skin.
- N NEAT**— A category of essential oils that can be applied topically without dilution because of their extremely mild chemistry.
- S SENSITIVE**— A category of essential oils that should be diluted for young or sensitive skin.

*This product is not intended to diagnose, treat, cure, or prevent any disease.

LESVOS

Hope and Healing

IN TIMES OF CRISIS

The current refugee situation is the largest crisis in Europe since the World Wars. It is a crisis that has affected millions of individuals and families seeking a better life. With a vast majority coming from the Middle East, the Greek Island of Lesvos is a focus point for many of these refugees who come first to Turkey and then to Europe. Lesvos is one of the closest geographic points from Turkey—where many of these asylum seekers temporarily reside. Over 90,000 people—coming from Syria, Afghanistan, Iran, Iraq, and even Africa—have travelled to Lesvos from Turkey in the past year, which is more than the entire local population of 86,000.

Journey in Search of Hope

When the refugees arrive, they are often freezing and wet and have to be taken care of immediately. The volunteers who act as the initial contact for these individuals work around the clock to ensure that those refugees who are in the most need are tended to. These volunteers also act as spotters. They sit on the mountain side or walk the beaches all day watching for boats that are trying to make their way across the Strait of Mytilini between Turkey and Lesvos.

After being pulled from dinghies, boats, rafts, and sometimes the sea itself, refugees who are not in immediate need of medical attention are taken to camp Moria. This is the starting point for refugees who are seeking asylum in Greece and Europe as a whole. Of the two refugee camps on Lesvos, (the other being Kara Tepe), Moria has a larger capacity. Currently, Moria is able to accommodate 2,500 people with plans to expand that to 5,000. Moria is where all refugees go to be processed, accounted for, and vetted. It's crowded and can sometimes be uncomfortable as people are emotionally drained and scared. Individuals spend a minimum of 25 days here while they are being vetted. If they are vetted successfully, they are relocated to the more communal, less restrictive Kara Tepe camp. It is here where refugees—most with just the clothes on their backs—begin to rebuild the lives they were forced to leave behind.

In Kara Tepe, refugee families have been set up in “pop up” houses. There is a little school, garden, and playground, which helps create a sense of community. Here, these people try to make a home for their families and do the best they can to support one another. They share the little food they have and they help one another cope and survive in their dire circumstances. Kara Tepe currently has capacity to house 1,100 people with plans to increase that number to 1,500 as soon as they are able.

“When you come from a place of abundance, and then find yourself face-to-face with those who have little or nothing, it can truly humble you, if you allow yourself to be humbled,” says Murray Smith, Managing Director, dōTERRA® Europe.



Opportunity To Serve

In early December 2016, dōTERRA Europe organized a humanitarian trip to Lesbos with the dōTERRA Healing Hands Foundation™, where they provided relief to refugees in two main local camps. Working with Steffi de Pous, a volunteer and the founder of the non-governmental organization (NGO) Because We Carry, dōTERRA Europe and several Independent Product Consultants spent time preparing meals, playing games, sorting clothing, and sharing oils with each of the refugees (termed "guests" by the people of Lesbos) throughout the 200 tents (1,100 people) of the Kara Tepe camp. Our Independent Product Consultants also trained some of the translators who then went from tent to tent showing the families how Wild Orange

essential oil could help with mood and other benefits. All the refugees embraced and welcomed these wonderful gifts.

Because We Carry has been raising funds to erect a permanent community center, a place for the families of the second camp to come and gather as a community for activities, clothing distribution, and other needs. dōTERRA Europe, along with many Independent Product Consultants in the region, came together to raise the necessary funds to finance the project in its entirety.

Further, dōTERRA Europe is working to create a permanent opportunity for European Independent Product Consultants to serve in Lesbos on an ongoing basis. Since we now have a trusted partner on the ground and a sustainable project, more Independent Product Consultants will be able to travel to Lesbos in order to serve these people, along with teaching how the



dōTERRA Europe, along with many Independent Product Consultants in the region, came together in order to raise the necessary funds to finance a community center where families can come and gather for activities, distribution of clothing, and other needs.

oils can help these wonderful families in dire need of hope. There was also a promotion in Europe where Independent Product Consultants could purchase oils and donate them directly to the Lesbos project. These oils included Wild Orange, dōTERRA Balance, dōTERRA On Guard®, Lavender, Melaleuca (Tea Tree), and Purify.

Long term there will be other identified needs and opportunities to serve. We are excited, yet overwhelmed as the needs are endless.

Currently, there are estimated to be 60,000 refugees in Greece, and it is thought that approximately 10,000 of those are living in tents or temporary shelters.

SLIM, SASSY & STRONG DO ANYWHERE EXERCISE ROUTINE

You don't need a gym full of machines to get an amazing workout. The most effective exercises are those that use several muscle groups synergistically to mimic real world movements that you can do with nothing, but a fixed surface...such as the ground.

*All movement is initiated through your body's "core": your hips, glutes, and supporting abdominal musculature. Whether bending down to pick up your child's toy or lifting a heavy box above your head, those muscles are crucial. You are not going to build that **slim, sassy, and strong** core and lower body by sitting on a machine. For those of us itching to experience some sun and fresh air, the world is your gym and the ground is your equipment.*



EXERCISE PLAN TO A STRONG LOWER BODY

Do each exercise for 30 seconds at high intensity. Complete each movement uninterrupted before moving on to the next, in a circuit fashion. Rest for 30 seconds (or as long as needed) after completing the entire circuit and repeat two more times. As you become stronger and the routine becomes less challenging, increase intensity by incorporating added resistance via a weight vest or dumbbells. Do this twice a week as part of your full-body exercise plan.



1. SQUAT JUMPS

WORKS QUADRICEPS, GLUTES, AND HAMSTRINGS

Stand with feet shoulder-width apart and place your hands behind your head as if you were in a crunch position on the ground. Keep the chest up and your arms in place, and squat down as low as you can (**remember form: sit back and keep the knees in line with your toes**). Explode up into a jump, getting your feet off the ground as much as possible. Land in a squat position and repeat.



2. STEP UP

WORKS GLUTES AND MULTIPLANAR BALANCE

You'll need a platform of some kind; a park bench is perfect. Place one foot on the platform. Stand on the platform by extending the hip and knee of the first leg, and place second foot on the bench. Step down with the second leg. Return to the original standing position by placing the first foot on the ground. Repeat first step with opposite leg, alternating steps between legs.



3. LATERAL LUNGE

WORKS GLUTES, HAMSTRINGS, AND ADDUCTORS

Stand with your feet shoulder-width apart, place your hands on your hips. Step out to the right and shift your body weight over the lead (right) leg, making sure to squat at a 90 degree angle. Sit back, initiating the movement with your glutes, keeping your back as upright as possible. Push off and bring your right leg back to center, completing one rep. You can alternate legs or finish all reps on one side before repeating on the other side to complete one set.



4. GLUTE BRIDGE

WORKS GLUTES, HAMSTRINGS, AND ABDOMINAL STABILITY

Lie flat on the floor with hands by your side and knees bent. Keep your feet shoulder-width apart. Pushing your heels against the floor; lift your hips while keeping your back straight. Hold at the top.

Consult with a health-care provider before engaging in any fitness program.

YOUR SLIM, SASSY, & STRONG BODY NUTRITION PLAN

As the adage goes: you can't out-train a bad diet. Building a lean and strong body begins in the kitchen. Losing body fat while maintaining lean muscle mass requires a diet focused on whole nutrient-dense foods, ensuring you meet your micro and macronutrient needs, while staying satiated and maintaining energy levels.

BREAKFAST



250 ml (cooked) rolled oats with a dash of cinnamon

1 large hard-boiled egg

1 medium banana

SNACK



Slim & Sassy® TrimShake in water with 2 drops of Smart & Sassy Metabolic Blend

LUNCH



Large green salad – 150 g of mixed greens, 150 g mixed raw vegetables

125 g grilled chicken breast

SNACK



Slim & Sassy® TrimShake in water with 2 drops of Smart & Sassy Metabolic Blend

DINNER



250 ml (cooked) brown rice

125 g stir fry vegetables

125 g grilled salmon

DESSERT



200-250 g plain Greek yogurt

175 g mixed berries

Handful of almonds



WE'VE GOT YOU COVERED

New and improved formula now includes:

- *Ylang Ylang*
- *Tamanu*
- *Nootka*
- *Cedarwood*
- *Catnip*
- *Lemon*
- *Eucalyptus*
- *Arborvitae*
- *Vanilla Bean Absolute*

TerraShield® Outdoor Blend

31600001 | 30 ml spray

TerraShield® Outdoor Blend

31700001 | 15 ml



Petitgrain

Citrus plants have earned a powerful place in this world by their familiar scent, taste, and health benefits. Petitgrain essential oil is derived from the bitter orange tree originally from the Southern region of China; however, in the early 18th century, Spanish Jesuits brought it to Paraguay where it thrives and now grows wild. Its name comes from the French word Petitgrain meaning “little grains,” which refers to the small, unripe, bitter oranges that resemble cherries in size.

Like Lavender and Bergamot, Petitgrain has a calming and relaxing aroma. When consumed internally, Petitgrain can calm the nervous system* and promote a restful night’s sleep.*

Sourcing Origin: Paraguay

Distillation Method: Steam

Plant Part: Leaves and Twigs

How to Use

Aromatically

- ◆ Diffuse with Lavender and Bergamot before going to bed to promote feelings of relaxation.

Internally

- ◆ Add a few drops to herbal tea or other hot beverages to enhance the flavor and provide additional calming benefits.*
- ◆ Take 1-2 drops in a Veggie Cap for a dietary supplement.

Topically

- ◆ For a relaxing foot massage, combine a few drops with dōTERRA Fractionated Coconut Oil and rub on the bottom of your feet.
- ◆ Add a few drops to Fractionated Coconut Oil and apply to help reduce the appearance of skin imperfections.

Fun Fact Because of Petitgrain’s ability to enhance other fragrances, it has been used in the perfume, cologne, and cosmetic industry since the 18th century.

Cō-Impact Sourcing® Arborvitae & Nootka

British Columbia, Canada



The Pacific Northwest is home to the largest temperate rainforest on the planet where more than 40 indigenous tree species grow, including the Giant Arborvitae and the Nootka coniferous trees. Both trees are an important part of the aboriginal First Nation history in British Columbia, Canada. In 2015, dōTERRA introduced Arborvitae (*Thuja plicata*) as a single oil and dōTERRA TerraShield® Outdoor Blend was recently reformulated to include both Arborvitae and Nootka essentials as key ingredients.



The name **arborvitae** comes from the francophone version of the First Nation name meaning the “tree of life.” For 10,000 years, this tree has been instrumental in their everyday lives. They used the tree to build canoes, long houses, and totem poles.

The **Nootka** tree is named after the Nootka tribe who resided in an area called the Nootka Sound. It is considered a “twin” to the arborvitae tree, and it has been used in many sculptures that are a significant part of the First Nation culture in that region.

Both trees also play an important part in the Pacific Northwest's forestry industry, which is one of the largest and yet most environmentally sustainable in the world. This industry also produces tons of sawdust every year that is normally burned for energy, but there are other uses for it, too. dōTERRA partners with a Canadian distiller that has perfected the productive use of the sawdust from these two unique trees to produce pure, quality oils with powerful properties. They are the only distillery in the world producing Arborvitae and Nootka essential oils.

FOREST SUSTAINABILITY

British Columbia is well-known for its sustainable forestry practices. Their rate of deforestation has been virtually zero for more than 20 years. Their entire annual harvest comes from less than 1 percent of the working forest. By law, all harvested





areas must be reforested. The seedlings must be native species, and none of them can be genetically modified.

Arborvitae and Nootka essential oils came about because of an effort to make sustainable use of all the elements of the trees, including capturing the important chemical components found in the sawdust residue. Because of the sustainable forestry program in place for harvesting these trees, not one additional tree is being cut down to produce the essential oils. Once the oil is extracted from the sawdust through a proprietary steam distillation process, the sawdust is then returned and used by paper mills for pulp production. **“All the resources, including these amazing and unique essential oils, are sustainably and responsibly harvested from these majestic trees—which of course is a key priority for our distillation partner and for dōTERRA,”** says Tim Valentiner, dōTERRA Director of Strategic Sourcing.



WHAT MAKES THESE OILS UNIQUE?

Arborvitae

Arborvitae essential oil has molecules called tropolones, which have a unique chemical structure. Most molecules in nature are six-sided; tropolones are seven-sided. This makes it so other sometimes harmful molecules don't know how to attack them. Because of this, they are natural preservatives. This oil is also an effective bug repellent. Arborvitae trees can live for up to 1,000 years, partially because they are naturally resistant to insects.

Nootka

One chemical found in Nootka oil is nootkatone, which is strangely also found in grapefruits. This adds a sharp, citrusy note to Nootka oil and gives it similar properties to grapefruit oil. Nootka is also known for being a powerful insect repellent.

Arborvitae trees can live for up to **1,000 years**, partially because they are naturally resistant to insects.



Nootka and **Arborvitae** have both recently been added to the dōTERRA TerraShield® Outdoor Blend.

Make Over Your Cleaning Routine

Safe, natural, and environmentally friendly cleaning tips and recipes.

WHY GREEN CLEAN?

Safe for you and your family
Easy on the pocketbook
Highly effective
Environmentally friendly

FACTS

- Many household cleaners contain toxic chemicals. These chemicals may cause short-term and long-term health problems when you use them.¹
- Children are often more vulnerable to chemical exposure during developmental stages, and certain chemicals may interfere with the development of their neurological, endocrine, and immune systems.²

Main route of exposure:

—Eating —Breathing
—Drinking —Touching

- Younger children have higher respiratory rates than adults, therefore they absorb more air contaminants per unit of weight, meaning they experience a higher inhaled dose.²
- According to the United States Environmental Protection Agency, the air inside a typical home is 200–500 percent more polluted than the air outside mainly due to toxic household cleaning products.

No need to compromise your health for a clean house!

MUST HAVE BASICS

BAKING SODA

Absorbs and eliminates odor. Use to clean countertops, sinks, and tubs. Sprinkle some baking soda on your carpet and vacuum after 15 minutes for a fresher look and feel.

WHITE VINEGAR

Contains natural antifungal and antibacterial properties. Cuts grease and dissolves mineral deposits.

CASTILE SOAP

Lifts dirt, cuts grease, and eliminates tough stains. Pour a small amount over baking sheets and pans then scrub for a few minutes, and you'll have clean, shiny results.

SALT

Salt is an effective scouring agent. Pour salt mixed with hot water down the kitchen sink regularly to deodorize and keep grease from building up. Mix salt with Lemon essential oil and use to remove stubborn coffee and tea cup stains.

dōTERRA FRACTIONATED COCONUT OIL

-or- OLIVE OIL

Great natural cleaner and polisher. Rub it into leather or polish wood surfaces.

BEST ESSENTIAL OILS FOR CLEANING

- Lemon
- Lime
- Wild Orange
- Douglas Fir
- Eucalyptus
- Melaleuca (Tea Tree)
- Purify Cleansing Blend
- Thyme
- Peppermint
- dōTERRA On Guard® Protective Blend
- dōTERRA On Guard Cleaner Concentrate

TIP: Replace toxic air fresheners with a diffuser



BASE INGREDIENTS + ESSENTIAL OILS

Make your own non-toxic cleaning products using these simple ingredients and dōTERRA essential oils.

Pine Floor Cleaner

Ingredients

- 4 l warm water
- 2 tablespoons liquid castile
- 5 drops Douglas Fir essential oil
- 5 drops White Fir essential oil
- 5 drops Cypress essential oil
- 10 drops Lemon essential oil

Instructions

1. Add soap and essential oils to bucket of warm water.
2. Use mop or rag to clean floors.
3. Pour into a spray bottle for cleaning countertops.

Note: *This solution does not need to be rinsed off.*

All-Purpose Cleaning

Ingredients

- 250 ml warm water
- 250 ml white vinegar
- 25 drops Wild Orange essential oil or other essential oil(s) of choice

Instructions

1. In a spray bottle, combine water and vinegar.
2. Add essential oil(s) of choice. Shake well.
3. Use on counters, wood, glass, stainless steel, and porcelain.
4. Wipe with a microfiber cloth or paper towel.

“Lime” Scale Remover

Ingredients

- ½ teaspoon baking soda
- 3 tablespoons water
- 10 drops Lemon essential oil
- 10 drops Lime essential oil

Instructions

1. Add water and essential oils to baking soda.
2. Mix into a paste.
3. Rub a small amount onto surface.
4. Let sit for 20 minutes.
5. Wipe off with wet cloth.

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MINERALS

ARE YOU GETTING WHAT YOU NEED?

Everyone has heard of vitamins and their myriad health-supporting benefits. Vitamin A supports eye health, vitamin C supports cardiovascular health, vitamin D is crucial for calcium and phosphorous absorption;* but what role do those metallic-sounding substances in your multivitamin serve? Minerals are the unfamiliar nutritional superheroes that maintain body water balance, regulate nerve impulses, play a vital role in hemoglobin synthesis, and, as recent research suggests, are particularly important for those who regularly exercise.*

Almost nobody is meeting recommended mineral intakes from food alone.¹ The issue is particularly problematic in females, who lose precious minerals during menstruation and often avoid rich sources such as animal protein, nuts, and legumes in their normal diet. Along with a healthy balanced diet, it is becoming abundantly clear that it is important to supplement with a source of bioavailable minerals such as those found in the dōTERRA[®] Microplex VMz[®] Food Nutrient Complex.

Three minerals in particular are crucial for those looking to turbocharge their workouts and build that slim and sassy body.

IRON

Iron plays a direct role in oxygen transportation and the creation of

red blood cells, and helps regulate the release of energy from cells. If you are low, you'll feel lethargic and struggle to get through your workouts.* Up to 20 percent of adult women do not meet the RDA of 18mg per day (8mg for males), making it the most common mineral deficiency. Those who exercise regularly face the greatest risk. One of the primary adaptations of exercise is the increase in red blood cell mass, which results in greater iron needs. Iron is also lost through sweat and minor gastrointestinal bleeding common during strenuous exercise—the harder you work, the more iron your body needs to replenish its stores. Two types of iron exist in food and some sources are more bioavailable than others. Heme iron, found almost exclusively in animal protein and in highest concentrations in red meat, has an absorption ratio of 15-18 percent. The human body is only able to absorb



about 5 percent of non-heme iron, found primarily in plant-based foods such as legumes, cereal grains, and some fruits and vegetables. Absorption can also be influenced by what you consume along with iron-rich foods. Vitamin C, contained in Microplex VMz, improves absorption and a recent study found that taking a probiotic supplement, such as PB Assist⁺, can increase the absorption of non-heme iron by as much as 50 percent.^{2*} PB assist+ is the perfect complement to Microplex VMz, which delivers 6 mg of highly bioavailable iron.

CALCIUM

Thanks to modern food marketing, we are all aware of the bone-strengthening benefits of calcium, and that milk does a body good.* Adequate calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life. Not as commonly acknowledged are the other benefits of calcium and that there are many other, possibly better, sources that are not derived from dairy. Calcium plays a key role in muscular-contraction and cellular metabolism, meaning it impacts your ability to sustain long and intense exercise.* Current RDAs for calcium are 1000–1300 mg per day. You don't need a glass of milk at every meal or a cup of yogurt for dessert to meet your body's

demands. Other healthy components of a balanced diet, including wild-caught fatty-fish, dark leafy greens, and some nuts (especially almonds), are all great sources of bone-building and muscular-contracting calcium.* For those unable to meet their needs through their normal diet, Microplex VMz Food Nutrient Complex offers 500 mg of calcium.

MAGNESIUM

Magnesium is a vital component of hundreds of enzyme reactions, is involved in muscular contraction, and plays a role in the formation of healthy bone.* The mineral found in high concentration in nuts, legumes, and dark leafy greens also assists in the utilization of oxygen and glucose for muscular energy, making it vital for both strength and endurance. Like iron, magnesium is one of the minerals found in highest concentrations in sweat; the longer and more intensely you train, the greater your needs. Current RDAs for magnesium range from 310–420 mg per day, but a recent study found that the average daily intake for women is only 234–267 mg.³ The same study also found that those who use dietary supplements had a higher average intake from food alone and were much more

likely overall to meet current guidelines. Each daily serving of Microplex VMz provides 150 mg of magnesium to supplement your diet and help you meet your body's demands.

To support natural and sustained energy production and muscular contraction, and to build the bone health we need to reach our fitness goals, it is crucial that we meet RDAs for macro and trace minerals.* Although a healthy diet of whole, unrefined foods is the foundation of any wellness program and a good start toward meeting our mineral needs, supplementing daily with Microplex VMz and PB Assist+ will ensure that our bodies have the building blocks to continue progressing.*

References

1. Misner, B. Food alone may not provide sufficient micronutrient for preventing deficiency. *J Int Soc Sports Nutr.* 2006; 3(1): 51–55.
2. Hoppe M, Onning G, Berggren A, Hulthen L. Probiotic strain *Lactobacillus plantarum* 299v increases iron absorption from an iron-supplemented fruit drink: a double-isotope cross-over single-blind study in women of reproductive age. *British Journal of Nutrition.* 2015; 114: 1195–1202.
3. Bailey R, Fulgoni V, Keast D, Dwyer J. Dietary supplement use is associated with high intakes of minerals from food sources. *Am J Clin Nutr.* 2011; 94:1376–81.

* This product is not intended to diagnose, treat, cure, or prevent any disease.

CREATING

The dōTERRA Healing Hands Foundation™ is proud to be partnering with Operation Underground Railroad, (also known as OUR Rescue) to bring healing and hope to the world. This non-profit organization works to save children from sex trafficking by utilizing some of the world's experts in extraction operations and anti-trafficking efforts.

THE MISSION AND VISION OF OUR RESCUE

OUR Rescue strives to expose to the world the global epidemic of child sex trafficking. In doing so, they rescue children from slavery and assist law enforcement in the prosecution of trafficking offenders. Rescued children are then placed in safe havens that provide appropriate recovery aftercare. Founded in December of 2013, OUR Rescue is not a government agency, and thus relies 100 percent on donations to continue their work.

Since their inception, OUR Rescue has worked closely with experts in extraction operations and anti-trafficking efforts. These experts include former members of the CIA, Navy SEALs, and special operations forces who coordinate identification and extraction efforts—also sometimes called “jumps.” When these highly skilled teams have pinpointed an

area that is known to have child sex trafficking, they then work with local law enforcement to make sure the children are rescued.

A large part of the OUR Rescue project takes place post-extraction and is called aftercare. It is here that rescued individuals adjust to their new lives. Jessica Mass, Director of Aftercare, states, “We believe that established, vetted aftercare centers are the experts in their country and we are servants—servants that believe in empowering dreams, vision, and hope for each survivor’s future. United we stand in the fight against human trafficking and the healing process of victims that become thriving survivors.”

THE dōTERRA PARTNERSHIP

At a dōTERRA® Day of Service event, corporate employees assembled humanitarian and school kits for children who were rescued from sex trafficking. Beyond the kits, dōTERRA executives knew more could be done. In 2016 the dōTERRA Healing Hands Foundation, donated \$250,000 to the OUR Rescue cause, and officially announced a partnership between the two organizations. During the 2016 global convention, the dōTERRA Founding Executives presented CEO and founder of OUR Rescue, Tim Ballard, with an

additional check for \$250,000 to support their aftercare program, making a total donation of \$500,000 to the OUR Rescue cause.

dōTERRA also announced a new Hope blend that was developed and donated to OUR Rescue specifically for distribution in high trafficking areas. Its comforting scent is not the only thing that sets this blend apart—included on the label was a hotline number for those children needing help. A 10 ml roll-on blend is now available for Independent Product Consultants to purchase and features a newly designed label. All proceeds from the dōTERRA Hope Blend will go toward benefitting the dōTERRA Healing Hands Foundation.

In July of 2016, dōTERRA Founding Executive and CEO, David Stirling, was also able to participate in a jump operation in California where a sting took place. He was able to see firsthand what OUR Rescue is doing and how they work to further their cause. David says, “We partner up with just a few institutions that are doing good things in the world. One of these is OUR. We feel like they fit in with our mission and what we are trying to do, which is bring positive change to the world. We like to help people; we do that in many different ways with our essentials oils already, but this is a way to reach in and hopefully make a dent on this huge issue and rescue a lot of these innocent children.”

OUR RESCUES
TO DATE



2014: 12 JUMPS | 2015: 20 JUMPS | 2016: 38 JUMPS

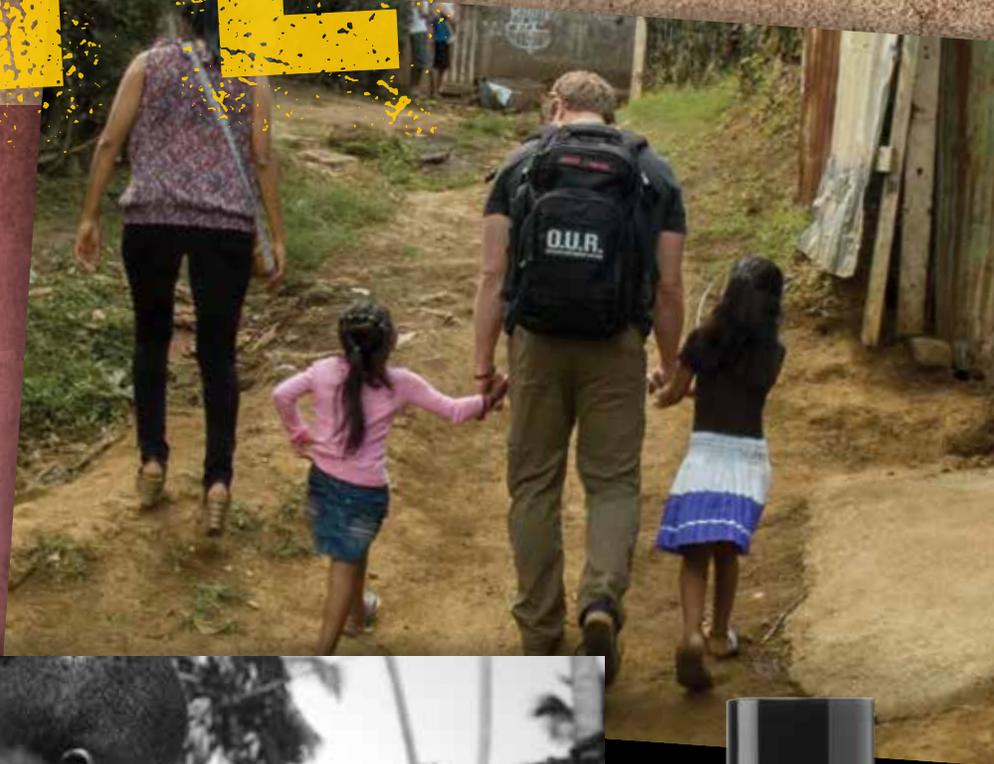
600 VICTIMS RESCUED | 250 PERPETRATORS ARRESTED | WORKING IN 13 COUNTRIES

HOPE

**WITH THE dōTERRA
HEALING HANDS
FOUNDATION
AND OUR RESCUE**

OUR RESCUE FOLLOWS A 6-STEP PROCESS:

- 1** Assess the feasibility of rescue.
- 2** Research the location, the children, and the background of those who are running the sex ring.
- 3** Design a strategy for rescuing the children.
- 4** Take action.
- 5** Recover the children.
- 6** Arrest, try, and convict the perpetrators.



HOPE BLEND with a new, redesigned label, is available for Independent Product Consultants to purchase with all proceeds benefitting the dōTERRA Healing Hands Foundation.



“To the children who we pray for daily, we say: Your long night is coming to an end. Hold on. We are on our way. And to those captors and perpetrators, even you monsters who dare offend God’s precious children, we declare to you: Be afraid. We are coming for you.” –OUR



OPERATION UNDERGROUND RAILROAD

THE POWER OF Orange

The tasty array of **orange-colored fruits and vegetables** contain an abundance of antioxidants, vitamins, fiber, and phytonutrients that are good for your skin, eyes, and heart.

Beta-carotene: The best-known nutrient in orange foods is beta carotene, a powerful antioxidant that gives sunny fruits and vegetables their brilliant color. Experts say beta-carotene is not only good for eye health, it can also delay cognitive aging and protect skin from sun damage.

Vitamin A: Beta carotene is a precursor for vitamin A, which is commonly referred to as retinal, retinol, and retonoic acid. Vitamin A is important for night vision, as an antioxidant that can neutralize the damaging free radicals in the body, and as a crucial part of the health of your immune system.

Vitamin C: Orange foods are full of vitamin C, an antioxidant that boosts the immune system, protects against cardiovascular disease, and helps rebuild collagen in the skin.

Get your fill of orange fruits and vegetables in these delicious recipes.



CARROT SALAD *with yogurt and Coriander*

Ingredients

- 125 g walnut halves
- 1 tablespoon grapeseed oil
- 2 teaspoons sugar
- Kosher salt and freshly ground black pepper
- 120 ml Greek yogurt
- 2 tablespoons Sherry vinegar
- 1 teaspoon honey
- 1 drop Coriander essential oil
- 0.5 kg small carrots, assorted colors if desired, scrubbed, very thinly sliced lengthwise on a mandoline
- 6 medium radishes, cut into thin wedges
- 2 scallions, thinly sliced on a sharp diagonal

Directions

1. Preheat oven to 190 °C. Toss walnuts and oil on rimmed baking sheet. Bake until walnuts are lightly toasted and fragrant, 6–8 minutes. Immediately sprinkle with sugar and toss to coat.
2. Whisk yogurt, vinegar, honey, and Coriander essential oil in small bowl. Season with salt and pepper. Cover and chill.
3. Place carrots in colander set in bowl of ice water. Let sit until carrots start to curl, about 2 minutes. Lift colander from water and drain carrots; pat dry.
4. Combine carrots, radishes, scallions, and dressing in large bowl and toss to coat; sprinkle with walnuts.

PEACH CAPRESE

with Wild Orange, honey, balsamic reduction

Ingredients

- 2–3 ripe peaches, sliced
- 125 g fresh mozzarella, sliced
- 60 ml balsamic vinegar
- 1 tablespoon honey
- 3 drops Wild Orange essential oil
- Fresh basil, for garnish

Directions

1. In small saucepan over medium heat, whisk together balsamic vinegar, honey, and Wild Orange essential oil until combined.
2. Bring mixture to a boil. Decrease heat to low and simmer, stirring occasionally, until mixture is reduced by about half.
3. Carefully stack peaches and mozzarella. Lightly drizzle with balsamic reduction and garnish with basil.





PERSIMMON TARTS

Ingredients

Tart dough:

- 150 g all-purpose flour
- 30 g finely ground almonds
- 60 g powdered sugar
- ¼ tsp salt
- 150 g unsalted butter, cold
- 1 egg yolk

For the filling:

- 115 g unsalted butter
- 75 g powdered sugar
- 1 egg
- 80 g finely ground almonds
- 1 tablespoon flour
- Pinch salt
- 3–4 drops Lemon essential oil
- 10 Fuyu persimmons
- 85 g honey
- Pomegranate arils, optional

Directions

To make the tarts:

1. Place finely ground almonds, flour, sugar, and salt in food processor, and pulse until well-blended.
2. Add cold cubed butter and pulse until mixture is in small pea-sized pieces.
3. Add egg yolk and pulse in long 5-second bursts until dough begins clumping together.
4. Take dough out of food processor and knead lightly to incorporate any extra flour.
5. Press dough in an even layer along bottom and sides of greased 15 cm tart pans. Freeze shells for 15 minutes.
6. Spray tops of tart dough with nonstick spray, then press a sheet of foil onto each shell, shiny side down. Fill foils with dry beans, rice, or pie weights.
7. Bake tart shells at 190 °C for 15 minutes. Allow tarts to cool before adding filling.

To assemble the tarts:

1. Combine butter and powdered sugar in bowl of food processor and process until smooth. Add egg, almond, flour, salt, and Lemon essential oil, and blend in long pulses until well-combined.
2. Scoop two big spoonfuls of almond mixture into bottom of each pre-baked tart shell and spread in an even layer.
3. Bake tarts at 190 °C for 12–15 minutes until filling just starts to set.
4. Use mandolin to slice persimmons into paper-thin slices. Arrange in rosette shape in tart shells, pressing down slightly to embed them into filling layer.
5. Lower oven temperature to 175 °C, and bake tarts for 10–15 minutes, until filling is set and persimmon slices are tender.
6. Drizzle each tart with honey and top with pomegranate arils.



CURRIED BUTTERNUT SQUASH SOUP

Ingredients

- 2 tablespoons coconut oil
- 900 g butternut squash, peeled, seeded, and cut into small 1 cm pieces
- 1 medium yellow onion, chopped
- 4 garlic cloves, pressed or chopped
- 2–3 tablespoons Thai red curry paste
- 2–3 drops Coriander essential oil
- 1 teaspoon ground cumin
- ¼ teaspoon sea salt
- ¼ teaspoon red pepper flakes
- 1 tablespoon fresh lime juice
- 950 ml vegetable broth
- 225 ml full fat coconut milk

Directions

1. Heat oil in large pot over medium heat. Once oil is heated, add squash, onion, garlic, curry paste, Coriander essential oil, cumin, salt, and red pepper flakes to skillet. Stir to combine.
2. Cook, stirring occasionally, until onion is translucent.
3. Add vegetable broth. Bring mixture to boil, reduce heat, and simmer until squash is soft.
4. Remove from heat and let cool. Working in batches, transfer contents from pan to blender. Securely fasten the lid and purée mixture until smooth.
5. Transfer puréed soup to serving bowl and repeat until contents are smooth.
6. Stir lime juice and coconut milk into blended soup and serve.

The dōTERRA®



Quality Assurance Process

What is Quality Assurance?

Quality assurance (QA) is often referred to as the “police” of the manufacturing world, because some of our duties in QA make us seem like police officers. We enforce dōTERRA standards, such as CPTG Certified Pure Therapeutic Grade.® However, there are also legal requirements that we enforce throughout each stage of sourcing and bottling our oils. All of our products, whether they are

Part of our responsibility in QA is to enforce standards and government regulations.

foods, cosmetics, or dietary supplements, have regulatory requirements in each country where they are sold. These requirements influence and sometimes dictate the labeling, sourcing, and manufacturing processes that result in the end product. In brief, QA has the responsibility to review and approve items such as ingredient, component, and finished good specifications; procedures; manufacturing records; and equipment. This applies to dōTERRA because our internal use oils are labeled as dietary supplements.



There are three branches of QA at dōTERRA: QA Inspectors, QA Engineers, and Document Control Specialists.

QA Inspectors

Since nothing enters or leaves the building without QA approval, you will find a QA Inspector in every process. QA Inspectors inspect every component of every batch. Before an incoming shipment can be moved into our warehouse, our QA Inspectors examine each batch of oil, labels, caps, bottles, boxes, etc. The QA Inspector then labels a raw material or component that passes as approved. QA Inspectors inspect the filling line at the start of every run, perform inspections at set intervals during the run, keep samples of every batch, verify production records, and inspect each lot of finished goods. The samples collected ensure that we have a history of the oil's appearance, odor, and taste for future reference.

QA Engineers

This highly technical group has a scientific education and extensive QA experience.

QA Engineers carefully review inspection records created by QA Inspectors to confirm that a product is ready to be released.

They sign that each product meets our standards and they serve as a second set of eyes to verify our QA Inspectors have checked each detailed step in the process. They review and approve testing and changes to our equipment with our manufacturing engineers. If an Independent Product Consultant reports a quality issue with one of our products, a QA Engineer investigates the complaint to continuously improve our products and processes, developing new procedures as needed. The QA Engineers also conduct internal and supplier audits, and help us maintain our third party NSF cGMP (Good Manufacturing Practices) certification. This certification requires a third party to audit our manufacturing facility every six months. As a QA team, we chose to pursue this certification because audit by a third party creates a culture of accountability. It is designed to keep us focused on meeting and exceeding our own quality standards.

Document Control

Document Control manages the processes needed to ensure that we have "laws" that govern the definition of our standards.

We create several hundred document files, totaling thousands of individual documents per week that must be

housed and updated in an organized, easily retrievable fashion. Sample document types include: specifications, formulas, Standard Operating Procedures (SOPs), batch records, label approvals, master manufacturing records, audits, investigations, maintenance and cleaning records, and equipment and room use logs. Just as it would not be possible for electricians, framers, and plumbers to build a house without a blueprint, all of the departments from sourcing to the chemists who come together to create, manufacture, and approve a finished oil need a set of "blueprints." These specifications provide order and predictability to help ensure the desired outcome. Document control gathers all of the required information in one place, obtains approvals, and then releases the specification to all affected departments. Everyone has the same standard when producing, inspecting, and testing the oils.

What is QA's role in CPTG®?

Early in the process, Research and Development, Quality Control (QC), and Strategic Sourcing work with QA to carefully develop and define the testing criteria for each oil and blend. The result of this definition is documented in a specification created and routed for review by Document Control. This document is used by our QC laboratories to determine which tests are needed and to evaluate if the oil passes or fails. This specification is also used by the QA Inspectors to evaluate the raw and the finished good oils. Finally, the specification is used by the QA Engineers when they review the entire file that includes the production, QC testing, and QA inspection records to determine if the product meets our standards and can be released for sale.

What does this mean to you?

Great quality lives in the details. Our constant checks, documentation, and reviews mean that we care about the details that make our oils world class. This passionate commitment means that you can use the oils and all of our products to benefit your family with confidence. Know that we are working tirelessly to check every detail, bringing you only the very best products. You can confidently share the products with people you love, knowing that we are constantly striving to improve our products and processes. Commitment to continuous improvement means longevity. Our Quality Assurance group works to ensure that the fabulous products you enjoy will continue to be the best for years to come.

All-Natural Aromas Inside Your Home

Fill your home with the inviting scents of these diffuser blends and avoid the toxic chemicals of traditional air fresheners.

Get Up & Go

- 🔥 Elevation
- 🔥🔥 Lime
- 🔥🔥 Motivate

Sweet Spearmint

- 🔥🔥 Eucalyptus
- 🔥🔥🔥 Spearmint

Sleepy Thyme

- 🔥 Thyme
- 🔥 Marjoram

Bergamot Berry

- 🔥🔥🔥 Juniper Berry
- 🔥🔥🔥 Bergamot

Dreaming of Paradise

- 🔥🔥🔥 Citrus Bliss
- 🔥🔥 Sandalwood
- 🔥🔥 Grapefruit

Uplift & Refocus

- 🔥🔥 Vetiver
- 🔥🔥 Grapefruit
- 🔥🔥 Citrus Bliss



Idea Notebook

Jewelry Cleaner

What You Need

- 1 drop Purify essential oil
- 1 drop dōTERRA On Guard Cleaner Concentrate

Directions

Gently scrub your jewelry using a small toothbrush or a disposable mascara applicator, then rinse with clean water.



Lavender-Spearmint Linen Spray

What You Need

- 4 tablespoons witch hazel or vodka
- 12 drops Lavender essential oil
- 8 drops Spearmint essential oil
- 11-12 tablespoons water
- 250 ml glass spray bottle

Directions

1. Combine the witch hazel or vodka and essential oils in the spray bottle.
2. Place the lid on tightly and shake well for 15 seconds.
3. Add water to mixture and shake again for 15 seconds.
4. Spray on your pillow, sheets, and towels.

DIY Clay Beads

For homemade aromatherapy jewelry

What You Need

- Air dry terracotta or white clay
- Toothpicks or wooden skewers
- Small alphabet letter stamps (optional)

Directions

1. Take a pinch of clay and roll it into a ball about the size of a marble, or to desired size.
2. Using a toothpick or wooden skewer, poke a hole through the center of the bead. If desired, press gently with stamps to add design.
3. Allow beads to dry for 24-48 hours.
4. Use finished beads to make custom aromatherapy jewelry.
5. Add your favorite essential oils to beads.



Get Energized

If you're working out after a hard day at work like I used to, then try rubbing a few drops of dōTERRA Peppermint essential oil into your temples at the hairline. It's very invigorating! Now that I do my workouts in the morning, I have found I have the same results. I feel much more refreshed, and the energizing, crisp Peppermint smell helps me stay on target and makes my workout more enjoyable. When I smell Peppermint, I think, "Get active!"

-Karen Lee Bundy

aromatouch[®] TECHNIQUE

Simple way to experience the power of essential oils

When it comes to essential oils, everyone wants to have a method of application that is simple and effective in many situations. The AromaTouch Technique* is the answer! The AromaTouch Technique was created by Dr. Hill to give new essential oil consumers a way to provide a wonderful essential oil experience to their loved ones.*

Here is the basic step-by-step of the AromaTouch Technique that you can use as a guide within your home. Follow along with the step-by-step videos available to you on aromatouch.com under the aromatouch technique step-by-step tab.

Step 1: dōTERRA[®] Balance



Open your dōTERRA Balance essential oil blend.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice, even layer.



Perform the three clockwise palm circles and then slide both hands out, one to the crown of the head and one to the base of the spine.

Step 2: Lavender



Open your Lavender essential oil.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice, even layer.



Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.



Perform the Auricular Stress Reduction three times from the bottom of the ear lobe to the top.

Step 3: Melaleuca



Open your Melaleuca essential oil.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice, even layer.



Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.

Step 4: dōTERRA[®] On Guard[®]



Open your dōTERRA On Guard essential oil blend.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice, even layer.



Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.



Perform the Thumb Walk Tissue Pull from the base of the spine to the top of the spine three times.

Step 5: AromaTouch®



Open your AromaTouch essential oil blend.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice, even layer.



Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.

Step 6: Deep Blue



Open your Deep Blue essential oil blend.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice, even layer.



Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform the Five Zone Activation. Zones 2-5: remember to encompass the shoulder and then back through the neck and head.



Perform the Thumb Walk Tissue Pull from the base of the spine to the top of the spine three times.

Step 7: Wild Orange and Peppermint (Foot Portion)



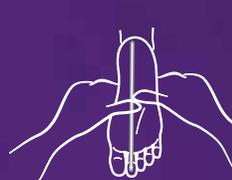
Open your Wild Orange and Peppermint essential oils.



Apply 1-2 drops of essential oil in your hand of Wild Orange and then spread the oil across the bottom of the foot. Repeat with Peppermint to the same foot.



Perform the Regional Tissue Pull starting with Region 1 (Heel) through Region 3 (Ball of the Foot).



Perform the Pinpoint Zone Activation once through each zone beginning with Zone 1 (big toe) through Zone 5 (pinky toe).



Perform the Five Zone Tissue Pull three times through each zone before moving on to the next zone starting with Zone 1 (big toe) through Zone 5 (pinky toe). Repeat all steps on next foot.

Step 8: Wild Orange and Peppermint (Back Portion)



Open your Wild Orange and Peppermint essential oils.



Apply 3-5 drops of oil to the back. Evenly spread the oil with your finger tips from the base of the spine to the crown of the head until you have a nice, even layer.

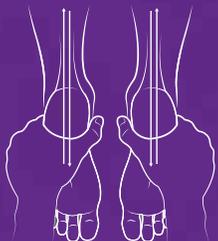


Perform the Alternating Palm Slide three times on one side, then three times on the other.



Perform three clockwise palm circles and then slide both hands out, one to the crown of the head and one to the base of the spine.

Step 9: Lymphatic Movement



Finish by performing the Lymphatic Movement two to three times 15-30 seconds each time it is performed.

Tips for the Giver

1

Make sure you have a comfortable and private place to perform the technique.

2

Make sure you have a water bottle or glass of water ready for the recipient after the technique is performed.

3

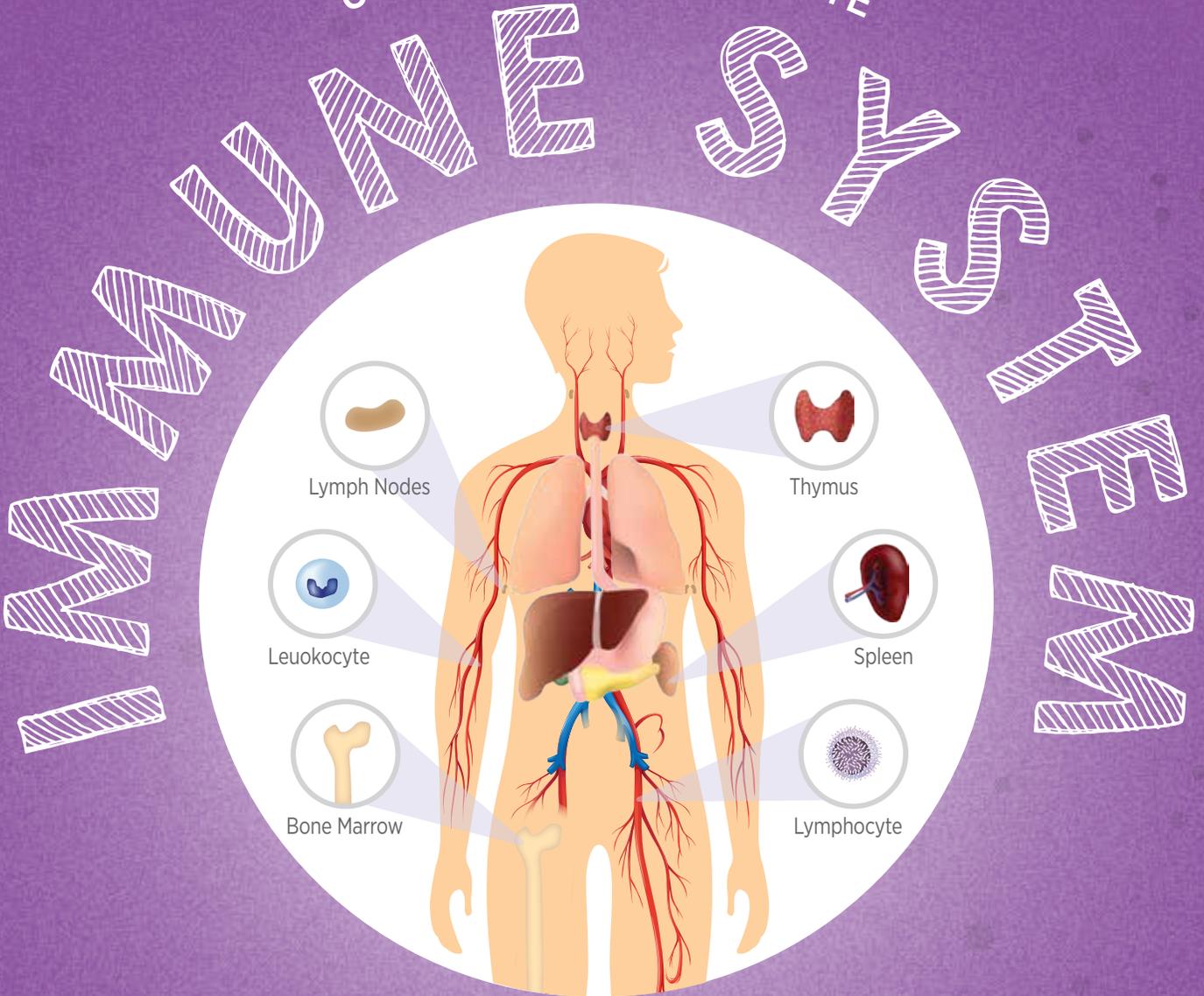
Make sure you have a robe or a zip hoodie that can be worn backwards to keep the recipient modest during the technique.

4

Create a playlist of relaxing, rhythmic music to play from the start to finish of the AromaTouch Technique.

* Intended for personal use (at home on family for free) or with appropriate professional licensing.

UNDERSTANDING THE



By James Geiger, MD

What is Your Immune System?

With the responsibility of protecting your body from illness and disease, your immune system is one of the most important components of your overall health. This complex network of cells, tissues, and organs works together to fight off fungi, bacteria, parasites, and other microbes while maintaining healthy tissue. While we are just beginning to understand how this intricate communication works, modern science has helped us identify lifestyle behaviors that support its proper function.

The immune system isn't a single entity, but a collection of structures and processes that protect us against disease or other potentially dangerous foreign bodies. The

main components of the immune system are the lymph nodes, spleen, bone marrow, lymphocytes, thymus, and leukocytes. Lymph nodes are the bean-shaped structures that store and help transport the cells that fight infection. The spleen contains the white blood cells, assists with blood circulation, and helps dispose of old and damaged cells. Bone marrow, the yellow tissue inside bones, produces white blood cells. The two types of lymphocytes, B and T-cells, are the white blood cells that actually defend the body against bacteria, toxins, and infections. The thymus is the leaf-shaped organ where the T-cells mature. Lastly, leukocytes are another type of white blood cell, responsible for identifying and eliminating pathogens. We are exposed to countless potentially harmful microbes on a day-to-day basis, and

when functioning properly, the immune system distinguishes these threats from our healthy tissue and attacks them.

Following the healthy lifestyle behaviors outlined by dōTERRA's lifestyle wellness pyramid is the first step in supporting optimal immune system function.

Supporting Your Immune System

Nutrition: While there is no specific food, nutrient, or supplement that has been proven to directly improve the immune system on its own, immune function depends on the vitamins and minerals provided by a balanced diet of whole fruits, vegetables, grains, and lean proteins. Malnourishment and micronutrient deficiencies can result in altered immune responses and increased risk

for illness. In particular, in vitro studies have demonstrated that deficiencies of minerals zinc, selenium, and iron, and vitamins A, B6, C, and E may be correlated with altered immune responses.⁽¹⁾

Supplementing your diet with specific vitamins, minerals, and probiotics may build up and fortify the immune system.⁽²⁾ Microplex VMz® Food Nutrient Complex is rich in vitamin D3, which has been shown to support a healthy immune system.^{(3)*} PB Assist®+ Probiotic Defense Formula contains six strains of microorganisms which support the healthy functioning of the immune system by maintaining balance and proliferation of beneficial bacteria.* Additionally, some essential oils such as Oregano may help maintain a healthy immune system when taken internally.* Add 2–3 drops to a dōTERRA Veggie Cap or try dōTERRA On Guard®+ softgels for daily immune support.* Taken daily, along with a healthy balanced diet, these supplements can be your first line of defense in preserving immune system health.

Exercise: Recent research has shown that failure to exercise can temporarily decrease healthy immune response and make you more susceptible to illness. Exercise contributes to overall health and well-being, subsequently contributing to the maintenance of a healthy immune system.⁽⁴⁾ It is believed that regular exercise may also directly promote immune system health by promoting improved circulation, allowing the components of the immune system to move freely and do their job more effectively. The natural support of energy production and healthy circulation provided by taking Mito2Max® Energy and Stamina Complex can help you make physical activity a part of your daily life, contributing to a healthy immune system.

Sleep: Both quantity and quality of sleep are important for maintaining a healthy immune system. The effectiveness of rest is dependent on the circadian biological

clock, which regulates the timing of periods of sleepiness and wakefulness throughout the day. It is important that we get enough sleep and that we follow a consistent schedule of activity and rest periods. If we are sleep deprived, our T-cells, lymphocytes that play a central role in cell-mediated immunity, decrease the presence of pro-inflammatory cytokines.⁽⁵⁾ Furthermore, sleep influences the interaction between antigens, any substance that the body must produce antibodies to fight off, and T-helper cells such as interleukin-12, in a process known as immunological memory. In one study, researchers found that the length and quality of sleep the previous night affected the production of antigen-specific T-cells in response to a hepatitis A vaccination.⁽⁶⁾ With each interruption in your sleep pattern comes a decrease in your body's ability to respond to the intruders it needs to fight off to stay healthy. Put a few

drops of Lavender in the diffuser and enjoy its relaxing aroma as you hit the sheets. A peaceful environment can promote a restful night's sleep to keep that immune system ticking.

Healthy lifestyle behaviors not only influence how you look and feel, but also your body's ability to ward off harmful invaders. Support your immune system by cleaning up that diet, adding some immune-supporting supplements and oils to your daily routine, getting up off the couch, and getting into a consistent sleeping pattern.

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THE dōTERRA

Businesses run on the products they sell. It's the most basic principle of commerce: people pay a business in exchange for something that would otherwise be unattainable. Those products, however, have to originate somewhere, and that's where supply chain comes in.

Supply chains entail how products are originally produced, processed, and then arrive to the consumer. dōTERRA's supply chains, in general, start in the individual fields, forests, and groves where the plant material is harvested. The plant material is then steam distilled, or in the case of citrus oils, cold pressed, and then transferred along the supply chain where these essential oils are either used as ingredients in blends or other products, or for our single oils bottled as the end product. As we continue along the supply chain, once the products are bottled, they are delivered to fulfillment centers and then sent out to retail locations or vendors, ultimately arriving in the hands of the end consumer.

Typically, businesses strive to simplify their supply chains in order to save money and increase profits. Many companies contract with as few third party suppliers as possible. dōTERRA, however, develops relationships with the actual growers and distillers in each of our essential oils' supply chains.

"The danger of working with just one or even a handful of third-party supply companies to source our oils," explains Tim Valentiner, the Director of Strategic Sourcing for dōTERRA, *"is that we would be at the mercy of those companies.*

We would have very limited visibility as to where the oils come from and who is actually producing them."

"On the other hand, by working with the individual farmers and distillers, we know—intimately—who we are working with and the quality they produce. We can see their production capacity, and know much more effectively and timely about potential production, weather, or other challenges before they become problems. And most importantly, we can help provide the sourcing commitments, resources, and other tools they need to increase their capacity to grow with us. This completely changes the playing field for the small-scale farmer and distiller partners we are working with around the world."

Relationships

It would, in fact, simplify things a great deal for dōTERRA to work with one company to supply our oils. But where efficiency and profitability might increase, we would fail in our vision of helping people throughout the world.

"It's an incredible challenge," states Valentiner. *"Where many companies are focused on sourcing raw material for maybe*

one or two products, we're sourcing over 100 different oils from at least as many locations in 40+ countries. That's a lot of partnerships to maintain, but it's worth it for the good we are accomplishing."

When dōTERRA enters into a partnership with local farmers and artisan distillers, it's not simply an agreement to purchase raw materials. dōTERRA guarantees first that these groups will receive timely and fair payments—something they are not always accustomed to. Because they are often at the mercy of middlemen, farmers and distillers have to settle for fluctuating prices and uncertain schedules. Instead, dōTERRA commits to a schedule and price, allowing these communities to plan ahead and improve their lives. The dōTERRA Co-Impact Sourcing® model also helps provide the resources and training necessary to improve production, which fuels even more change.

In tandem with Co-Impact Sourcing, the dōTERRA Healing Hands Foundation™ steps in to help the people and communities where our essential oils are produced. Medical supplies, schools, microloans, water systems—the dōTERRA Healing Hands Foundation projects work to raise the standard of living for everyone.



SUPPLY CHAIN

The introduction of industry into these communities has a lasting effect, creating opportunity and freeing people from the poverty cycle. *"We estimate that through our Co-Impact Sourcing initiatives in just 10 countries so far, we have created or are supporting 18,400 jobs in rural areas,"* says Valentiner. *"We also estimate that this number will grow to nearly 40,000+ jobs by 2020—and this is just from our 'co-impact sourced' oils. That's just a portion of our overall oil sourcing needs."*

This commitment to working with the originators of our oils engenders loyalty. As they see dōTERRA investing in them and their communities, they become just as invested in our success and work diligently to provide only the best oils for dōTERRA.

"From a sourcing perspective," states Dave Stirling, dōTERRA Founder and CEO, *"we have tremendous potential to do much good in a very sustainable way in some of the poorest areas of the poorest countries in the world. And that is very exciting. But it is complex, difficult, nuanced, and requires a lot of effort and focus to make it happen effectively. We are 100 percent committed. Our vision is to one day arrive at the point where all of our oils—that make sense to be—are sourced through our Co-Impact Sourcing model."*

Source to You

"Modern consumers want to know where their products come from," states Emily Wright, Founder and Executive Vice-President of sales and marketing. *"They want socially responsible and sustainable products. We feel the same way. We're striving to put that human face with each dōTERRA oil that goes out to our worldwide base of customers."*

The ability to trace a product to its origins is vital in maintaining quality. Contracting with another company to provide oils poses several risks. Should yield drop, the temptation would be to add fillers to increase supply. But that drops the quality of the oils. Working directly with the farmers and distillers ensures that our high, CPTG® quality requirements are met.

Working at a grassroots level also helps prevent problems. *"Building partnerships with farmers and distillers gives us access to on-the-ground, hands-on information,"* explains Valentiner. *"We know when there's been a poor harvest, or if there is a problem with the plants. Knowing in advance allows us to develop strategies that meet both demand and quality. Working with middlemen sometimes results in not finding out about a problem until the last possible moment. So instead of having a curable challenge, we have a crisis. Being directly involved in the supply chains helps prevent as much as possible those kinds of supply problems."*

Insight

"Poverty is extensive and economic opportunity limited in the rural areas where we source many of our oils," explains Wright. *"We have a reach into more than 40 countries, half of which are considered developing countries. We have a tremendous opportunity to bring sustainable economic development into many rural areas. This is a shift in development where we are no longer just a charity or a philanthropy, but rather a means of achieving meaningful, sustainable impact. What we're seeing is that our Independent Product Consultants often buy our oils not just for the health benefits, but for the opportunity to benefit the people and communities where our essential oils are produced."*

It may seem as though dōTERRA needlessly complicates its supply chain, but what we don't see when looking at just the facts is the impact on real people. Using direct sourcing as a strategy, including the Co-Impact Sourcing model, allows for more communities around the world—some in desperate need of help—to be positively impacted. *"Really what we're accomplishing with Co-Impact Sourcing,"* states Stirling, *"is benefitting the ends of the supply chain: those who produce the raw materials, and those who consume the end product. We're improving the farmers' lives and providing them a better future while also changing the lives of the end consumer with the purest, most potent and beneficial essential oils. Does it cost us more in the middle of the chain? Sure. But the results are worth it."*



SLEEP EFFECTS

Exercise and Weight Management

Not seeing the results you want from all your hard work in the gym and dedication to your diet? The logical response is to ramp up the workout intensity or volume and cut out those last few calories, but the most effective measure may be to do nothing at all. Sleep is one of the most important factors in maintaining optimal metabolism, supporting normal endocrine function, and regulating appetite. If you are serious about your body, optimum health doesn't always begin in the gym or the kitchen, but often between the sheets.



Guidelines

Sleep requirements change over the course of an individual's life; therefore, guidelines are primarily based on one's age. *The National Sleep Foundation recommends up to 17 hours per day for newborns, and down to 6–8 for older adults. Advocates increased sleep time for those with particularly active lifestyles.* There are also a series of sleep hygiene recommendations that can help you get the most out of your bedtime. The latest guidelines suggest not napping during the day to maintain normal patterns, avoiding stimulants later in the day, and establishing a consistent bedtime routine. One of the most important factors to keep in mind is that experts almost universally agree that attempting to “catch up” on sleep is a losing proposition. Even if you may initially feel more rested, following sleep deprivation with longer bouts of sleeping ultimately affects your circadian rhythms and may make it more difficult to set a consistent regimen. Like healthy eating and exercise, the effectiveness of sleep is highly dependent on consistency.

Sleep Deprivation

Lack of sleep can have significant metabolic and endocrine effects that may reduce or even completely undo the success of your weight management efforts. Cortisol, the “stress hormone” secreted during times when the “fight or flight” response mechanism is initiated, is proving to be one of the most important factors in both fat loss and lean muscle tissue gain. In fact, one recent study found that participants on a professionally designed diet and exercise program found it impossible to lose weight when not reaching sleep recommendations¹. Cortisol levels influence body composition by inhibiting the processing of amino acids, obstructing growth hormone release, altering the proper regulation of blood sugar levels, and even making it more difficult to stick to diets.² A 2010 study found that those functioning on less than optimal levels of sleep had higher levels of cortisol throughout the day, and subsequently had less success in their weight management efforts.³ If you are experiencing an otherwise unexplainable uptick on the scale, it may be time to reevaluate your sleeping patterns.

Recent research suggests that sleep deprivation may also sabotage your dieting efforts. Sleeping less than six hours has been shown to increase hunger, increase cravings for sweets, and ultimately may lead to weight gain.^{4,5} Sleep-deprived individuals often exhibit several endocrine irregularities directly associated with appetite and weight regulation. Lack of sleep can increase the secretion of ghrelin, “the hunger hormone,” which regulates satiety

and reward perception accompanying specific foods. Sleep deprivation appears to increase caloric consumption through two separate mechanisms, by increasing the sensitivity of the brain's reward system for ingesting energy-dense foods and encouraging one to eat more in response to the extra energy expended while staying up as opposed to sleeping. If you are having difficulty sticking to your healthy diet goals, the culprit may be your sleeping patterns.

The amount and quality of sleep also may impact your workout performance. One recent study found that short-term sleep deprivation resulted in significantly decreased strength, power, and cardiovascular performance.⁶ After only a single night of less than adequate sleep, study participants exhibited characteristics similar to those suffering from overtraining, and the effects seemed to increase over time. Another study found that disturbed sleep patterns adversely affect cognitive function and reaction time, which can increase exercise accident risk.⁷ Furthermore, lack of sleep has been shown to be detrimental to exercise recovery, meaning you may need to exercise less and expend more effort on proactive recovery techniques to continue progressing and remain injury free.⁸ If you don't feel like working out today or notice your intensity and performance waning, the first step should not be toward a stimulant, but your bed.

Progressing toward your fitness goals requires a lot of dedication, hard work, and even more rest. *One of the most researched benefits of essential oils are their calming and relaxing properties.* Including essential oils in your bedtime routine may be the extra push you need. A few drops of *Lavender* on your bedsheets and diffusing your favorite calming and grounding blend as you prepare for rest will create the calming sleep environment your body requires for recovery.

Recommended Essential Oils and Blends

- Lavender • Vetiver • dōTERRA Peace®
- dōTERRA Serenity® Restful Blend



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 dōTERRA Cō-Impact Sourcing®

 dōTERRA Healing Hands Foundation™ Project

 Independent Product Consultant
Partner Project

dōTERRA Healing Hands™ Global Footprint

dōTERRA believes in giving back—back to their own community, as well as to the communities of those who help produce some of the world’s greatest essential oils.

The dōTERRA Healing Hands Foundation works with corporate partners to benefit communities in Co-Impact Sourcing® areas. Healing Hands also provides support to Independent Product Consultants in their humanitarian efforts through matching contribution campaigns.

Social Tea House —Bulgaria

Partnered with Esseterre Bulgaria to support the Social Teahouse, a Bulgarian social enterprise dedicated to helping children in Bulgaria as they age out of the orphanage system. Through personal and professional education in social and job skills training, as well as access to internships, networking, and job opportunities.



Somalian Frankincense Project—Somalia

Funded the construction of a school in Uurwayne, Somaliland, for boys and girls, ages 7 through 12, with classes for older children available in the evening. Approximately 120 youth from 16 villages attend. An additional four-classroom school is being built to help 100 more students from four clans in the area have increased access to education.



Earthquake Relief —Nepal

Provided support after the Nepal earthquakes for immediate relief (food, blankets, tarps, and hygiene kits), as well as funding for equipment, temporary homes, tent schools, tent classrooms, earthquake resilient homes, distilleries, a 10-classroom secondary school, an eight-classroom high school, latrines, and a community center.



Water for Life —Haiti

Dug wells and installed solar pumps for the community to access clean water, built a new vetiver warehouse building and office for members of the cooperative to have a common gathering point and location to store the harvested vetiver roots and tools, and donated new locally sourced furniture and supplies for the local community school.





i:i Days for Girls

As part of an ongoing relationship with the nonprofit organization Days for Girls, monetary assistance was provided to help women and girls around the world gain access to reusable feminine hygiene supplies and education about proper hygiene practices.

Water Drop Sika'abe—*Guatemala*

Funded the construction of the Sika'abe Training Center in Polochic, Guatemala, where both men and women from surrounding villages can obtain government certification in various vocational skills from construction and agriculture to hospitality. Additionally, provided a new cardamom drying facility.

IPC Natural Doctors International—*Nicaragua*

The matching contribution donation from the dōTERRA Healing Hands Foundation™ was used in the remote location of Ometepe, Nicaragua, by NDI, where most of the people have very limited access to health care. NDI has established an integrative health clinic on the island to help people get access to health care, medicine, and supplies.

IPC Refuge Mill Project—*Malawi*

A matching contribution campaign funded the construction of a maize mill in the Dzaleka Refugee Camp in Malawi. Besides the benefit of having a working mill in their camp so they don't have to wait in line for up to two days at a time, the minimal costs to use the maize mill funds a program for education of orphans in the camp and the rehabilitation of victims of sexual violence.

PRODUCT GUIDE

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 applications.

 <p>ARBORVITAE ESSENTIAL OIL <i>Thuja plicata</i></p> <p>A T N</p> <p>49360001 5 ml</p>	 <p>BASIL ESSENTIAL OIL <i>Ocimum basilicum</i></p> <p>A T I N</p> <p>30010001 15 ml</p>	 <p>BERGAMOT ESSENTIAL OIL <i>Citrus bergamia</i></p> <p>A T I S</p> <p>30790805 15 ml</p>	 <p>BLACK PEPPER ESSENTIAL OIL <i>Piper nigrum</i></p> <p>A T I S</p> <p>41040805 5 ml</p>	 <p>CARDAMOM ESSENTIAL OIL <i>Elettaria cardamomum</i></p> <p>A T I N</p> <p>49350805 5 ml</p>
 <p>CASSIA ESSENTIAL OIL <i>Cinnamomum cassia</i></p> <p>A T I D</p> <p>30020001 15 ml</p>	 <p>CEDARWOOD ESSENTIAL OIL <i>Juniperus virginiana</i></p> <p>A T S</p> <p>49300001 15 ml</p>	 <p>CILANTRO ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>41850001 15 ml</p>	 <p>CINNAMON BARK ESSENTIAL OIL <i>Cinnamomum zeylanicum</i></p> <p>A T I D</p> <p>30030001 5 ml</p>	 <p>CLARY SAGE ESSENTIAL OIL <i>Salvia sclarea</i></p> <p>A T I N</p> <p>30420805 15 ml</p>
 <p>CLOVE ESSENTIAL OIL <i>Eugenia caryophyllata</i></p> <p>A T I D</p> <p>30040805 15 ml</p>	 <p>CORIANDER ESSENTIAL OIL <i>Coriandrum sativum</i></p> <p>A T I N</p> <p>30780805 15 ml</p>	 <p>CYPRESS ESSENTIAL OIL <i>Cupressus sempervirens</i></p> <p>A T N</p> <p>30050001 15 ml</p>	 <p>DOUGLAS FIR ESSENTIAL OIL <i>Pseudotsuga menziesii</i></p> <p>A T N</p> <p>31590001 5 ml</p>	 <p>EUCALYPTUS ESSENTIAL OIL <i>Eucalyptus radiata</i></p> <p>A T S</p> <p>30060001 15 ml</p>
 <p>FENNEL, SWEET ESSENTIAL OIL <i>Foeniculum vulgare</i></p> <p>A T I S</p> <p>41290001 15 ml</p>	 <p>FRANKINCENSE ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i></p> <p>A T I N</p> <p>30070805 15 ml</p>	 <p>GERANIUM ESSENTIAL OIL <i>Pelargonium graveolens</i></p> <p>A T I S</p> <p>30090805 15 ml</p>	 <p>GINGER ESSENTIAL OIL <i>Zingiber officinale</i></p> <p>A T I S</p> <p>30080001 15 ml</p>	 <p>GRAPEFRUIT ESSENTIAL OIL <i>Citrus X paradisi</i></p> <p>A T I N</p> <p>30100805 15 ml</p>
 <p>HELICHRYSUM ESSENTIAL OIL <i>Helichrysum italicum</i></p> <p>A T I N</p> <p>30410001 5 ml</p>	 <p>JUNIPER BERRY ESSENTIAL OIL <i>Juniperus communis</i></p> <p>A T I N</p> <p>49290805 5 ml</p>	 <p>LAVENDER ESSENTIAL OIL <i>Lavandula angustifolia</i></p> <p>A T I N</p> <p>30110805 15 ml</p>	 <p>LEMON ESSENTIAL OIL <i>Citrus limon</i></p> <p>A T I N</p> <p>30120805 15 ml</p>	 <p>LEMONGRASS ESSENTIAL OIL <i>Cymbopogon flexuosus</i></p> <p>A T I S</p> <p>30130001 15 ml</p>
 <p>LIME ESSENTIAL OIL <i>Citrus aurantifolia</i></p> <p>A T I S</p> <p>30870805 15 ml</p>	 <p>MARJORAM ESSENTIAL OIL <i>Origanum majorana</i></p> <p>A T I N</p> <p>30140001 15 ml</p>	 <p>MELALEUCA (Tea Tree) ESSENTIAL OIL <i>Melaleuca alternifolia</i></p> <p>A T I N</p> <p>30150805 15 ml</p>	 <p>MELISSA ESSENTIAL OIL <i>Melissa officinalis</i></p> <p>A T I N</p> <p>30850805 5 ml</p>	 <p>MYRRH ESSENTIAL OIL <i>Commiphora myrrha</i></p> <p>A T I N</p> <p>30160001 15 ml</p>
 <p>OREGANO ESSENTIAL OIL <i>Origanum vulgare</i></p> <p>A T I D</p> <p>30180805 15 ml</p>	 <p>PATCHOULI ESSENTIAL OIL <i>Pogostemon cablin</i></p> <p>A T I N</p> <p>30890805 15 ml</p>	 <p>PEPPERMINT ESSENTIAL OIL <i>Mentha piperita</i></p> <p>A T I S</p> <p>30190805 15 ml</p>	 <p>PEPPERMINT BEADLET</p> <p>31570001 125 ct.</p>	 <p>PETITGRAIN NEW! ESSENTIAL OIL <i>Citrus Aurantium</i></p> <p>A T I N</p> <p>49520001 15 ml</p>
 <p>ROMAN CHAMOMILE ESSENTIAL OIL <i>Anthemis nobilis</i></p> <p>A T I N</p> <p>30800001 5 ml</p>	 <p>ROSEMARY ESSENTIAL OIL <i>Rosmarinus officinalis</i></p> <p>A T I N</p> <p>30200805 15 ml</p>	 <p>SANDALWOOD ESSENTIAL OIL <i>Santalum album</i></p> <p>A T I N</p> <p>30210001 5 ml</p>	 <p>SANDALWOOD, HAWAIIAN ESSENTIAL OIL <i>Santalum paniculatum</i></p> <p>A T I N</p> <p>41860001 5 ml</p>	 <p>SPEARMINT ESSENTIAL OIL <i>Mentha spicata</i></p> <p>A T I S</p> <p>31610805 15 ml</p>



SPIKENARD NEW!
ESSENTIAL OIL
Nardostachys jatamansi

A T N

49510001 | 5 ml



THYME
ESSENTIAL OIL
Thymus vulgaris

A T I D

30220805 | 15 ml



VETIVER
ESSENTIAL OIL
Vetiveria zizanioides

A T I N

30430805 | 15 ml



WHITE FIR
ESSENTIAL OIL
Abies alba

A T N

30250001 | 15 ml



WILD ORANGE
ESSENTIAL OIL
Citrus sinensis

A T I N

30170805 | 15 ml



WINTERGREEN
ESSENTIAL OIL
Gaultheria fragrantissima

A T S

31620001 | 15 ml



YLANG YLANG
ESSENTIAL OIL
Cananga odorata

A T I N

30240001 | 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)

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 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.



AROMATOUCH®
MASSAGE BLEND

T N

31200001 | 15 ml



dōTERRA BALANCE®
GROUNDING BLEND

A T N

31010001 | 15 ml



dōTERRA BREATHE®
RESPIRATORY BLEND

A T S

60200190 | 15 ml



CITRUS BLISS®
INVIGORATING BLEND

A T N

31020001 | 15 ml



CLARYCALM®
MONTHLY BLEND
FOR WOMEN

A T N

49480001 | 10 ml



DEEP BLUE®
SOOTHING BLEND

T S

60200143 | 5 ml



DEEP BLUE®
SOOTHING BLEND

T S

60200144 | 10 ml



ZENGEST®
DIGESTIVE BLEND

A T I N

31030805 | 15 ml



ELEVATION
JOYFUL BLEND

A T N

31040001 | 15 ml



HD CLEAR®
TOPICAL BLEND

T N

49400001 | 10 ml



IMMORTELLE
ANTI-AGING BLEND

T N

37140001 | 10 ml



INTUNE®
FOCUS BLEND

A T N

41840001 | 15 ml



dōTERRA ON GUARD®
PROTECTIVE BLEND

A T I S

31100805 | 15 ml



dōTERRA ON GUARD®
BEADLET

31580001 | 125 ct.



PASTENSE®
TENSION BLEND

A T N

31350001 | 10 ml



PURIFY
CLEANSING BLEND

A T N

31060001 | 15 ml



dōTERRA SERENITY®
RESTFUL BLEND

A T N

49530001 | 15 ml



SMART & SASSY®
METABOLIC BLEND

A T I S

31370805 | 15 ml



TERRASHIELD®
OUTDOOR BLEND

A T N

31700001 | 15 ml



TERRASHIELD®
SPRAY BOTTLE

31600001 | 30 ml



WHISPER®
BLEND FOR WOMEN

A T N

31080001 | 5 ml



ZENDOCRINE®
DETOXIFICATION
BLEND

A T I S

31460805 | 15 ml

ESSENTIAL OIL KITS



dōTERRA TOUCH® KIT

Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, the dōTERRA Touch Kit makes application simple with 10 ml roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they're ready to use so that you can immediately start to benefit from essential oils.

- dōTERRA Breathe®
- Deep Blue®
- DigestZen®
- Frankincense
- Lavender
- Melaleuca (Tea Tree)
- dōTERRA On Guard®
- Oregano
- Peppermint

60200333 | nine 10 ml roll-ons



dōTERRA BREATHE®
TOUCH BLEND

T | N or S

60200192 | 10 ml roll-on



DEEP BLUE®
TOUCH BLEND

T | N or S

60200145 | 10 ml roll-on



DIGESTZEN®
TOUCH BLEND

T | N or S

60200223 | 10 ml roll-on



FRANKINCENSE
TOUCH BLEND

T | N or S

6020224 | 10 ml roll-on



LAVENDER
TOUCH BLEND

T | N or S

60200225 | 10 ml roll-on



MELALEUCA (TEA TREE)
TOUCH BLEND

T | N or S

60200226 | 10 ml roll-on



dōTERRA ON GUARD®
TOUCH BLEND

T | N or S

60200142 | 10 ml roll-on



OREGANO
TOUCH BLEND

T | N or S

60200227 | 10 ml roll-on



PEPPERMINT
TOUCH BLEND

T | N or S

60200228 | 10 ml roll-on



dōTERRA EMOTIONAL AROMATHERAPY™ KIT

The dōTERRA Emotional Aromatherapy System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each blend contains pure essential oils that can be used aromatically or topically to help you let go of burdens, find comfort and encouragement, or inspire you to dream with passion again.

- Motivate
- Passion
- Console
- Cheer
- Forgive
- Peace

21140001 | six 5 ml bottles



dōTERRA MOTIVATE®
ENCOURAGING BLEND

A | T | S

31740001 | 5 ml bottle



dōTERRA PASSION®
INSPIRING BLEND

A | T | S

31760001 | 5 ml bottle



dōTERRA FORGIVE®
RENEWING BLEND

A | T | S

31750001 | 5 ml bottle



dōTERRA CHEER®
UPLIFTING BLEND

A | T | S

31720001 | 5 ml bottle



dōTERRA CONSOLE®
COMFORTING BLEND

A | T | N

31730001 | 5 ml bottle



dōTERRA PEACE®
REASSURING BLEND

A | T | N

31710001 | 5 ml bottle

dōTERRA EMOTIONAL AROMATHERAPY™ TOUCH

The dōTERRA Emotional Aromatherapy Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10 ml roll-ons for convenient and gentle topical application. These proprietary blends provide targeted emotional health benefits for the entire family. By following the dōTERRA Emotional Aromatherapy Usage Model, dōTERRA Emotional Aromatherapy Touch blends can be applied to specific points on the body to help balance and brighten your changing moods.

21850001 | six 10 ml roll-ons



dōTERRA MOTIVATE® TOUCH
ENCOURAGING BLEND
A T S
60200150 | 10 ml roll-on



dōTERRA PASSION® TOUCH
INSPIRING BLEND
A T S
60200150 | 10 ml roll-on



dōTERRA FORGIVE® TOUCH
RENEWING BLEND
A T S
60200148 | 10 ml roll-on



dōTERRA CHEER® TOUCH
UPLIFTING BLEND
A T S
60200146 | 10 ml roll-on



dōTERRA CONSOLE® TOUCH
COMFORTING BLEND
A T N
60200147 | 10 ml roll-on



dōTERRA PEACE® TOUCH
REASSURING BLEND
A T N
60200151 | 10 ml roll-on



INTRODUCTION TO ESSENTIAL OILS KIT top seller

Perfect for beginners, the Introduction to Essential Oils Kit is everything you need to get started experiencing the life-changing benefits of dōTERRA® essential oils.

The kit includes:

- Three 5 ml bottles of essential oils
Lavender Lemon Peppermint
- List of suggested uses for each oil

60200330 | three 5 ml bottles



AROMATOUCH® TECHNIQUE KIT

This kit contains 5 ml bottles of the eight CPTG® oils used in the AromaTouch Technique, as well as the AromaTouch Technique presentation box. Includes dōTERRA® Fractionated Coconut Oil (115 ml).

- | | |
|----------------------|-------------|
| dōTERRA Balance® | AromaTouch |
| Lavender | Deep Blue® |
| Melaleuca (Tea Tree) | Wild Orange |
| dōTERRA On Guard® | Peppermint |

60200332 | eight 5 ml bottles



FAMILY ESSENTIALS KIT top seller

This collection of 10 nurturing essential oils and blends provides what you need to care for your family's everyday health needs with simple and safe methods featuring essential oils. The Family Essentials Kit includes:

- Ten 5 ml bottles of essential oils and blends
Lavender Frankincense
Lemon Deep Blue®
Peppermint dōTERRA Breathe®
Melaleuca (Tea Tree) DigestZen®
Oregano dōTERRA On Guard®

- List of suggested uses for each oil

21400001 | ten 5 ml bottles

PRODUCT GUIDE

ESSENTIAL USAGE

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

34100001 | 160 HPMC capsules

TOPICAL USE



FRACTIONATED COCONUT OIL



Ideal for combining with essential oils for topical use.

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

31640001 | 115 ml



dōTERRA® SPA HAND & BODY LOTION

Indulge your skin in dōTERRA Spa Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and cupuassu seed butters, and nourishing plant extracts.

- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin

37510001 | 200 ml

AROMATIC USE



PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. This convenient diffuser is stable, light, and easy to use.

- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 33 m²

33150005 | EU plug

33150015 | UK/IE plug



dōTERRA CLOUD® DIFFUSER

dōTERRA Cloud is a waterless diffuser that quickly permeates dōTERRA CPTG® essential oils into the air and provides substantial mist diffusion with moderate noise output.

- Working Hours: 1, 2, 3, 4, 5, 6
- Run timer 1 to 10 minutes
- Pause timer 1 to 10 minutes
- Covers 55 m²

33300005 | EU plug

33300015 | UK/IE plug



ZENBOW DIFFUSER

The Zenbow benefits from colour-changing mood lighting, which moves through a rainbow of colours while emitting a cool, scented and relaxing mist.

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

33110005 | EU plug

33110015 | UK/IE plug



LOTUS DIFFUSER

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

- Features three settings—1, 2, and 3 hours
- Covers up to 30 m²
- Provides a decorative piece to any home or office

33160005 | EU plug

33160015 | UK/IE plug



Through the dōTERRA Healing Hand Foundation™ a donation is made with every purchase of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion.



dōTERRA® SPA

ROSE HAND LOTION

New Formula!

dōTERRA SPA Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. Known for its skin-beneficial properties, Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin.

- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

37520001 | 100 ml



dōTERRA® HOPE TOUCH

New!

dōTERRA Hope Touch benefits Operation Underground Railroad and is a distinct essential oil blend combining the fresh scent of Bergamot with Ylang Ylang and Frankincense, then sweetened slightly with the warming aroma of Vanilla Bean Absolute.

- Apply to wrists, neck, and pulse points for a personalized fragrance
- Keep in purse and apply throughout the day to uplift mood

60200879 | 10 ml roll-on

dōTERRA ON GUARD® PRODUCTS

dōTERRA ON GUARD® FOAMING HAND WASH

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

- Conveniently packaged in a 473 ml bottle that fills 237 ml foaming dispensers
- Formulated with the unique dōTERRA On Guard Protective Blend
- Non-toxic and environmentally safe

dōTERRA ON GUARD® FOAMING HAND WASH WITH 2 DISPENSERS

38070005 | 473 ml hand wash, 2 dispensers

SINGLE REFILL

38010001 | 473 ml hand wash

TWIN PACK REFILL

38020005 | two 473 ml hand wash



dōTERRA ON GUARD® top seller PROTECTIVE BLEND



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

31100805 | 15 ml

dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE

Clean teeth with the added benefit of dōTERRA 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 benefits of dōTERRA On Guard essential oil blend

38910001 | 113 g

dōTERRA 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 dōTERRA On Guard Protective Blend
- Formulated with all-natural organic cane sugar and brown rice syrup

34050001 | 30 drops

dōTERRA ON GUARD® LAUNDRY DETERGENT

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

- Contains 10 ml of dōTERRA On Guard Protective Blend for an added cleaning boost
- Safe for the environment and the whole family
- 64 loads in each bottle

39020001 | 947 ml

dōTERRA ON GUARD® BEADLETS

dōTERRA On Guard Beadlets provide an easy and convenient way to obtain the unique benefits of dōTERRA On Guard Protective Blend.

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

31580001 | 125 beadlets

dōTERRA ON GUARD® CLEANER CONCENTRATE

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

- Features a non-toxic, biodegradable formula safe for the entire family
- Combines plant-based derivatives with the powerful dōTERRA On Guard Protective Blend

38140001 | 947 ml

dōTERRA ON GUARD®+ SOFTGELS

dōTERRA 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.* dōTERRA On Guard+ is a great way to strengthen and maintain healthy immune function when needed most.

- Helps support and maintain a healthy immune system*
- Supports healthy circulation and respiratory function*

35420001 | 60 vegetarian softgels



dōTERRA ON GUARD® NATURAL WHITENING TOOTHPASTE SAMPLES

The amazing benefits of dōTERRA On Guard Whitening Toothpaste need to be shared and this 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

DEEP BLUE® PRODUCTS

DEEP BLUE® top seller
SOOTHING BLEND



A synergistic blend of CPTG® essential oils, Deep Blue provides a warm, tingly sensation when applied to the skin.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus essential oils
- Apply as part of a soothing massage

60200143	5 ml
60200144	10 ml roll-on

DEEP BLUE® RUB SAMPLES

Receive the targeted benefits 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
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DEEP BLUE® RUB SOOTHING LOTION

Infused with Deep Blue Soothing Blend, Deep Blue Rub is a favorite of athletes.

- 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
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DEEP BLUE POLYPHENOL COMPLEX®

Now Deep Blue has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional 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 occasional aches and discomfort*

34360001	60 vegetable capsules
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dōTERRA BREATHE® PRODUCTS



dōTERRA BREATHE® RESPIRATORY BLEND



Enhanced with the powerful respiratory benefits of Cardamom, dōTERRA Breathe is a remarkable blend of essential oils that provide a cooling, invigorating vapor.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca (Tea Tree), Lemon, Ravensara, and Cardamom essential oils
- Provides cooling, invigorating vapor

60200190	15 ml
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dōTERRA BREATHE® RESPIRATORY DROPS

The respiratory benefits of selected CPTG® essential oils from the dōTERRA 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
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dōTERRA BREATHE® VAPOR STICK

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of the dōTERRA Breathe essential oil blend can be used anytime, anywhere.

- Provides cooling, invigorating vapor
- Quick, convenient delivery system
- Provides a cooling, soothing effect

34290001	12.5 g
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dōTERRA SERENITY® PRODUCTS



dōTERRA SERENITY™ SOFTGELS RESTFUL COMPLEX NEW!

dōTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel to help you get the refreshing sleep you need without leaving you feeling groggy and sleepy the next day.*

- Relieves occasional sleeplessness*
- Promotes healthy relaxation and sleep*
- Helps make a difference in the quality and the ease of going to sleep*
- Encourages restful sleep*

34390001 | 60 vegetarian softgels



dōTERRA SERENITY® RESTFUL BLEND New Formula



dōTERRA Serenity calms emotions while creating a sense of peace and well-being.

- Features Lavender, Cedarwood, Howood, Ylang Ylang, Marjoram, Roman Chamomile, Vanilla Absolute, Vetiver, Hawaiian Sandalwood
- Creates a perfect escape with its calming, renewing fragrance
- Promotes feelings of relaxation and a restful sleeping environment

49530001 | 15 ml

HAIR CARE



dōTERRA SALON ESSENTIALS® HAIR CARE SYSTEM

dōTERRA 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 Root to Tip Serum in the dōTERRA Salon Essentials Hair Care System, Healthy Hold Glaze comes FREE!

36280001 | four items

dōTERRA 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

36220001 | 250 ml

dōTERRA SALON ESSENTIALS® SMOOTHING CONDITIONER

Give hair a smooth, finished look and protect it with the professional formula of dōTERRA 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
- Smoothes hair and provides an anti-static effect with nanotechnology

36230001 | 250 ml

dōTERRA 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

49050001 | 30 ml

dōTERRA SALON ESSENTIALS® HEALTHY HOLD GLAZE

Get the all-in-one benefits of a flexible hold, health, and shine for your hair with dōTERRA 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

SHAMPOO/CONDITIONER SAMPLES 10 COMPANION SETS

36390001



PROTECTING SHAMPOO 2-PACK

36240005

SMOOTHING CONDITIONER 2-PACK

36250005

SHAMPOO AND CONDITIONER

36260005

*This product is not intended to diagnose, treat, cure, or prevent any disease.

SKIN CARE



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 (Tea Tree), Eucalyptus, Geranium, and Litsea
- Helps balance complexion
- Promotes clear-looking skin by targeting the site of blemishes

49400001 | 10 ml roll-on

HD CLEAR® KIT

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

42700005 | three items

HD CLEAR® FACIAL LOTION

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 (Tea Tree), Eucalyptus, Geranium, and Litsea
- Natural ingredients help target blemishes for clear and clean skin
- Absorbs quickly leaving skin feeling soft and smooth

49410001 | 50 ml

HD CLEAR® FOAMING FACE WASH

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

VERÁGE™ SKIN CARE COLLECTION

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

42690001 | four items

VERÁGE™ TONER

Veráge Toner combines CPTG essential oils with nourishing plant extracts to create a tightened, toned appearance of 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

VERÁGE™ CLEANSER

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 (Tea Tree), and Basil to gently cleanse and lift away impurities
- Invigorates and cleanses skin while natural emollients nourish and hydrate

37380001 | 60 ml

VERÁGE™ IMMORTELLE HYDRATING SERUM

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 hydration

37400001 | 15 ml

VERÁGE™ MOISTURIZER

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 reduce the appearance of fine lines and wrinkles

37410001 | 30 ml



FACIAL CLEANSER

With the CPTG Certified Pure Therapeutic Grade® essential oils of Melaleuca (Tea Tree) and Peppermint, dōTERRA® Facial Cleanser gently washes away impurities and leaves your skin feeling clean, fresh, and smooth. Cruciferous vegetable extracts also work to soothe and provide healthy looking skin.

37010001 | 120 ml

PORE REDUCING TONER

Formulated to visibly reduce the appearance of pores, dōTERRA® Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin.

37020001 | 120 ml

HYDRATING CREAM

Packed with emollient-rich ingredients to provide intense moisture without leaving an oily residue, dōTERRA Hydrating Cream is designed to assist in the rejuvenation of mature skin, restore balance to the skin, and help reduce the visible signs of aging to reveal a more youthful and glowing appearance.

37160001 | 50 ml

TIGHTENING SERUM

Featuring CPTG essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh in generous proportion, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration.

37040001 | 30 ml



ANTI-AGING MOISTURIZER

Cutting-edge ingredients combine with the CPTG essential oils of Lavender, Jasmine, Geranium and Frankincense to provide an anti-aging moisturizer that does more than moisturize and soften skin. Anti-Aging Moisturizer targets the visible signs of aging, improving skin tone, reducing the appearance of wrinkles as well as helping to keep skin looking young and vibrant.

37030001 | 50 ml

INVIGORATING SCRUB

Invigorate and energize skin while exfoliating and polishing using this aromatic scrub. CPTG essential oils of Grapefruit and Peppermint make the exfoliating step of your beauty regimen a refreshing, aromatic experience. Jojoba and cruciferous vegetable extracts leave skin protected and smooth, while other cutting-edge ingredients work to prevent blemishes and the proliferation of skin discoloration.

37050001 | 75 ml

IMMORTELE ANTI-AGING BLEND

A proprietary blend of powerfully renewing, rare essential oils used throughout history for their beautifying benefits, Immortelle Anti-Aging Blend is formulated to protect and nourish skin. This essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose, helps sustain smoother, more radiant and youthful-looking skin.

37140001 | 10 ml roll-on



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
- Bamboo silk beads and botanical enzymes exfoliate dead skin cells for a fresh face
- Protein-building peptides support healthy and youthful-looking skin

37340001 | 2 tubes— 50 ml each

PERSONAL CARE



NATURAL DEODORANT

dōTERRA Natural Deodorant is a safe, natural option for preventing odor throughout the day.

- Cypress, Melaleuca (Tea Tree), Cedarwood, and Bergamot essential oils provide purifying benefits, helping to reduce underarm odor
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy
- Shea butter hydrates skin without leaving a greasy after-feel
- Free of alcohol, aluminum, parabens, and artificial colors and fragrances

37420001 | 50 g



CORRECT-X® ESSENTIAL OIL OINTMENT

Correct-X is an all-natural, topical ointment using powerful CPTG® essential oils that assist with various skin conditions.

- Petroleum free
- Includes plant-based ingredients that protect skin from water and dirt
- Safe and easy to use
- Utilizes CPTG essential oils of Frankincense, Helichrysum, Melaleuca (Tea Tree), Cedarwood, and Lavender

60110001 | 15 ml

dōTERRA® SPA



REFRESHING BODY WASH NEW!

dōTERRA SPA Refreshing Body Wash is a natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience.

- Bergamot essential oil purifies and soothes skin, and provides an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Sodium Methyl Oleoyl Taurate is a mild cleanser derived from essential fatty acids found in vegetable fats and oils

37460001 | 250 ml

REPLENISHING BODY BUTTER NEW!

Pamper your skin with the rich hydration and luxurious feel of dōTERRA SPA Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturization and ability to promote skin suppleness.

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil is purifying to the skin and provides uplifting, aromatic benefits
- Frankincense essential oil is rejuvenating to the skin and has a balancing effect on emotions

37470001 | 198 g

DETOXIFYING MUD MASK NEW!

The dōTERRA SPA Detoxifying Mud Mask is a natural clay mask that provides purifying and detoxifying benefits while reducing the appearance of pores, fine lines, and wrinkles.

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils—known for their cleansing and smoothing benefits
- Shea butter provides moisturization and balances the skin
- Malachite extract is rich in copper and provides detoxifying benefits

37490001 | 113.4 g

HAND AND BODY LOTION NEW!

Indulge your skin in dōTERRA SPA Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and cupuassu seed butters, and nourishing plant extracts.

- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

37510001 | 200 ml

HAND AND BODY LOTION 3-PACK NEW!

60200498

CITRUS BLISS® HAND LOTION NEW!

dōTERRA SPA Citrus Bliss Hand Lotion is a light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

- Citrus Bliss essential oil blend's refreshing aroma helps reduce stress and uplifts mood
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Convenient size, perfect for travel or for use while at home or work

37500001 | 75 ml

BODY SCRUB NEW!

dōTERRA SPA Exfoliating Body Scrub is a natural, indulgent body scrub that gently exfoliates and polishes skin with sugar cane, leaving a healthy, natural glow.

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin
- Natural sugar cane gently exfoliates skin

37480001 | 226 g

LIP BALM NEW!

dōTERRA SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils. Along with our new formula, we've added two new flavors to our original blend of Wild Orange and Peppermint. Experience the scents of paradise with Ylang Ylang, Clementine, and Lime essential oils found in our Tropical Lip Balm; or, invigorate the senses with our Herbal Lip Balm containing Lemon Verbena, Marjoram, and Spearmint essential oils.

- Each lip balm contains a select blend of essential oils that provide a unique sensory experience
- Moringa oil is an emollient that helps improve how the lips look and feel
- Avocado oil provides hydration, essential fatty acids, and softening to keep lips looking healthy

ORIGINAL NEW!

37530001 | 4.5 g

TROPICAL NEW!

37540001 | 4.5 g

HERBAL NEW!

37550001 | 4.5 g

LIP BALM VARIETY 3-PACK NEW!

37570001 | one of each flavor

MOISTURIZING BATH BAR NEW!

dōTERRA SPA Moisturizing Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience.

- Bergamot essential oil purifies and soothes skin
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Jojoba seed oil deeply moisturizes

37450001 | 113 g

dōTERRA SPA BATH BAR 3-PACK NEW!

37560001

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*
- Supports healthy hormonal balance*
- Supports healthy bones, heart, breast tissue, and other body structures*

35260001 | 60 vegetable capsules



MADE WITH SLS-FREE
VEGETABLE CAPSULES

BONE NUTRIENT ESSENTIAL 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 vegetable capsules



MADE WITH SLS-FREE
VEGETABLE CAPSULES

CLARYCALM® MONTHLY BLEND FOR WOMEN



dōTERRA ClaryCalm helps women manage the emotional mood swings 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
- Apply to skin for a cooling, soothing effect
- Calming aroma

49480001 | 10 ml roll-on

CHILDREN'S HEALTH

dōTERRA A2Z CHEWABLE™ New Flavor

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2z Chewable tablets provide 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*
- New watermelon flavor

34500001 | 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 Omega 3 oils per serving
- Supports healthy brain, cardiovascular, immune, and joint function*
- Formulated to be used with dōTERRA a2z Chewable tablets

35320001 | 150 ml

PB ASSIST® JR NEW!

PB Assist Jr is a powdered probiotic supplement designed for children or adults who have trouble swallowing pills. Five billion live cells have been blended into a delicious powder that can be poured directly into the mouth for a fun and tasty way to integrate probiotics into anyone's daily routine.*

- 5 billion live cells of 6 different probiotic strains
- Strains specifically selected for their benefits among children
- Microencapsulated to help probiotics survive until they reach the intestines
- Supports healthy functioning of the digestive and immune systems *
- Tastes great

34420001 | 30 sachets



DAILY VITALITY

LOYALTY
REWARDS
PROGRAM



dōTERRA LIFELONG VITALITY PACK®
DIETARY SUPPLEMENTS INCLUDING
ALPHA CRS+®, MICROPLEX VMz®
AND **xEO MEGA®**

21480001



LIFELONG VITALITY VEGAN PACK
DIETARY SUPPLEMENTS
INCLUDING **ALPHA CRS+®,**
MICROPLEX VMz® AND **vEO MEGA®**

60201121



dōTERRA DAILY NUTRIENT PACK®
MICROPLEX VMz® AND **xEO MEGA®**

21490001



MICROPLEX VMz®
FOOD NUTRIENT
COMPLEX

dōTERRA® Microplex VMz is an all-natural, whole-food formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A,C, and E, and a B-vitamin complex
- Contains food-derived minerals and organic trace minerals to support bone and metabolic health*
- Optimizes nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed to help calm the stomach*

35350001 | 120 vegetable capsules



xEO MEGA®
ESSENTIAL OIL OMEGA
COMPLEX

xEO Mega is a revolutionary formula that blends CPTG Certified Pure Therapeutic Grade® essential oils with natural marine and plant-sourced essential fatty acids.

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from flax, borage, cranberry, and pomegranate seed oils and marine lipids
- Supports healthy cardiovascular, immune, joint, and brain health*
- Includes a unique form of the carotenoid astaxanthin for antioxidant protection*

35360001 | 120 vegetarian softgels



vEO MEGA®
ESSENTIAL OIL
OMEGA COMPLEX

vEO Mega is a revolutionary, 100 percent vegetarian-friendly formula blending CPTG Certified Pure Therapeutic Grade® 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*

34480001 | 120 vegetarian softgels



ALPHA CRS+®
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 immune function*
- Features botanical extracts, carotenoids, and polyphenols as well as a cellular energy blend*

35370001 | 120 vegetable capsules



PERSONALIZED WELLNESS 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



THEN ADD UP TO 2 OF ANY COMBINATION OF THE ITEMS BELOW AT REDUCED PRICES

Mito2 Max



Deep Blue Polyphenol



DIGESTIVE HEALTH



ZENGEST® DIGESTIVE BLEND



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

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Eases feelings of queasiness*
- Helps reduce bloating, gas, and occasional indigestion*

31030805 | 15 ml



DIGESTZEN® SOFTGELS

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

35430001 | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



DIGESTTAB® CHEWABLE TABLETS

DigestTab® Chewable Tablets are calcium carbonate tablets that are infused with ZenGest Digestive Blend to deliver the benefits of ZenGest essential oil blend as well as the acid-neutralizing benefits of calcium carbonate.

- Helps provide relief from occasional heartburn and indigestion while promoting the overall health of the gastrointestinal tract*
- Use with or between meals as needed for relief from occasional stomach upset, indigestion, and heartburn*
- Helps relieve occasional sour stomach*
- Provides 200 mg of calcium per tablet

34380001 | 100 chewable tablets

*This product is not intended to diagnose, treat, cure, or prevent any disease.

DIGESTIVE HEALTH



**DIGESTZEN TERRAZYME®
DIGESTIVE ENZYME
COMPLEX** top seller

DigestZen 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



**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 6 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 (Tea Tree), Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid*
- Helps support a healthy digestive tract and microfloral balance
- 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



**ZENDOCRINE®
DETOXIFICATION BLEND**



Support your body's natural detoxification systems with Zendocrin.*

- Features a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Supports the body's natural ability to rid itself of unwanted substances*
- Can be used individually or in combination with Zendocrin Detoxification Complex

31460805 | 15 ml



ZENDOCRINE® SOFTGELS

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

- Supports the body's natural ability to rid itself of unwanted substances.*
- Promotes healthy liver, lung, kidney, colon, and skin function*

34280001 | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



**ZENDOCRINE®
DETOXIFICATION COMPLEX**

Support your body's filtering and waste management system with the proprietary Zendocrin 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

SPECIALIZED SUPPLEMENTS



DDR PRIME®

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

- Provides antioxidant protection against oxidative stress*
- Supports a healthy response to free radicals*

DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

41510001 | 30 ml

DDR PRIME SOFTGELS

34410001 | 60 vegetarian softgels



TRIEASE® 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 immune response when combined together.*

- Promotes clear breathing and healthy respiratory function*
- Cleanses the body's systems*
- Supports healthy immune system function*

49310001 | 60 vegetarian softgels



DEEP BLUE POLYPHENOL COMPLEX®

Now Deep Blue® has a nutritional supplement that contains powerful polyphenols clinically tested to help with occasional 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 occasional aches and discomfort*
- Can be used in tandem with Deep Blue® Rub or Deep Blue Soothing Blend

34360001 | 60 vegetable capsules



TERRAGREENS®

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

- Blend of leafy greens and superfruits
- Includes naturally occurring vitamins, minerals, and antioxidants
- Flavored with Lemon and Ginger essential oils

60120001 | 300 g



MITO2MAX® ENERGY & STAMINA COMPLEX

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

- Promotes better microcirculation with Oligonal® 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 | 60 vegetable capsules



Oligonal is a registered trademark of Amino Up Chemical Co., Ltd

*This product is not intended to diagnose, treat, cure, or prevent any disease.

SLIM & SASSY®



SMART & SASSY® Top seller
METABOLIC BLEND



Support your weight maintenance goals with the proprietary essential oil blend of Smart & 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

31370805 | 15 ml



SLIM & SASSY® SOFTGELS

Slim & Sassy Softgels contain the proprietary Smart & Sassy essential oil blend in convenient softgels to promote weight management in a healthy, natural way.* The flavorful blend of Smart & Sassy contains essential oils known to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.*

- Enhances metabolism*
- Helps manage hunger cravings*
- Promotes healthy digestion*

34270001 | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



SLIM & SASSY® NEW!
METABOLIC GUM

There is one drop of Smart & Sassy essential oil blend in each piece of sugar-free gum. Smart & Sassy Metabolic Blend helps manage cravings throughout the day while supporting healthy metabolism.

- Promotes healthy metabolism
- Helps manage hunger cravings
- Sugar-free with natural sweeteners
- Long lasting flavor

60200347 | 32 pieces

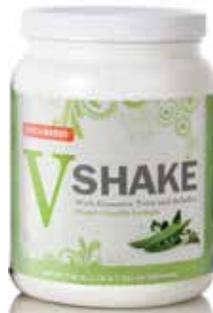


SLIM & SASSY® TRIMSHAKE

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, and soy milk or water.

35180001 | vanilla

35200001 | chocolate



SLIM & SASSY® 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



SLIM & SASSY® TRIM KIT

Four 15 ml bottles Smart & Sassy Metabolic Blend and 2 TrimShakes.

40770005 | 1 chocolate, 1 vanilla

35280005 | 2 chocolate

35290005 | 2 vanilla

20270005 | 2 V Shake

*Essentra Trim is a registered trademark of Nutra Genesis LLC

‡Solathin is a registered trademark of Cyvex Nutrition

*This product is not intended to diagnose, treat, cure, or prevent any disease.

ENROLMENT KITS



CLEANSE & RESTORE KIT

- Lifelong Vitality
- PB Assist⁺
- GX Assist⁺
- Zendocrine[®] Softgels
- DigestZen TerraZyme[®]
- Lemon (15 ml)
- Welcome Pack & Enrolment Fee

32950005 | English Welcome Pack



ATHLETE'S+ KIT

- Athlete's Kit: Canvas bag, Deep Blue[®] Rub, and 5 ml bottles of dōTERRA Breathe[™], dōTERRA On Guard[®], Lavender, Melaleuca (Tea Tree), Peppermint
- Deep Blue Polyphenol Complex[™]
- Mito2Max[®]
- Daily Nutrient Pack
- Welcome Pack & Enrolment Fee

21320005 | English Welcome Pack



HOME ESSENTIALS KIT

- Frankincense
- Lavender
- Lemon
- Melaleuca (Tea Tree)
- Oregano
- Peppermint
- dōTERRA Breathe[™]
- ZenGest[®]
- dōTERRA On Guard[®]
- Deep Blue[®] (5 ml)
- Petal Diffuser
- English Welcome Pack & Enrolment Fee

41180005 | EU

41180015 | UK

41180017 | IE



EMOTIONAL AROMATHERAPY DIFFUSER KIT

- dōTERRA Emotional Aromatherapy[™]: 5 ml bottles of dōTERRA Motivate[™], dōTERRA Cheer[™], dōTERRA Passion[™], dōTERRA Forgive[™], dōTERRA Console[™], dōTERRA Peace[™]
- Petal Diffuser
- English Welcome Pack & Enrolment Fee

21310005 | EU

21310015 | UK

21310017 | IE



NATURAL SOLUTIONS KIT

ESSENTIAL OILS:

10 ml bottles:

- Clary Calm[™]
- HD Clear[™]
- Past Tense[®]

15 ml bottles:

- dōTERRA Balance
- Elevation[™]
- Purify
- dōTERRA Serenity[®]
- Smart & Sassy[®]
- Wild Orange

OTHER PRODUCTS:

- Petal Diffuser
- Fractionated Coconut Oil
- dōTERRA Salon Essentials[®] Shampoo
- dōTERRA Salon Essentials[®] Conditioner
- Deep Blue[®] Rub
- Lifelong Vitality Pack
- DigestZen TerraZyme[®]
- DigestZen[®] Softgels
- Verage[™] Skin Care Collection
- Family Essentials Kit
- 2 ml Sample Vials (72)
- Wooden Box

dōTERRA On Guard[®] Collection:

- Beadlets
- Cleaner Concentrate
- Foaming Hand Wash
- 2 Dispensers
- Laundry Detergent
- Natural Whitening Toothpaste
- Softgels

English Welcome Pack & Enrolment Fee

41640005 | EU

41640015 | UK

41640017 | IE



FAMILY ESSENTIALS KIT[®] + SMART & SASSY[®]

- Family Essentials Kit: 5 ml bottles of Lavender, Lemon, Peppermint, Melaleuca (Tea Tree), Oregano, Frankincense, Deep Blue[®], dōTERRA Breathe[™], DigestZen[®], and dōTERRA On Guard[®]
- Smart & Sassy (15 ml)
- Welcome Pack & Enrolment Fee

40490005 | English Welcome Pack

*This product is not intended to diagnose, treat, cure, or prevent any disease.

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dōTERRA®

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

dōTERRA® SPA

Detoxifying Mud Mask

Indulge your skin
in revered gifts from
the Earth

- CPTG® Essential Oils
- Natural Earth Clays
- Purifying Minerals
- Nourishing Botanicals



dōTERRA SPA Detoxifying Mud Mask delivers a luxurious and aromatic spa treatment that pampers the skin and enlivens the senses.

dōTERRA SPA
Detoxifying Mud Mask

37490001 | 113.4 g



dōTERRA®

CPTG Certified Pure Therapeutic Grade®