



IKISE™

doTERRA

Rebuild Skin Natural Healing Ability

Love Your Skin from the Outside In

In Japanese culture, the skin is regarded not merely as a protective barrier, but as a vital organ that reflects overall health and well-being.

It is carefully nourished with great emphasis placed on gentle skincare rituals, and the use of natural yet powerful ingredients.

IKISE is a word born from Japanese influence, meaning 'from pure essential oils.'





Welcome to the new era of skincare, where high-performance results meet holistic wellness.

dōTERRA IKISE™ is a skincare collection inspired by Japan's timeless beauty rituals, formulated with cutting-edge, natural ingredients and a unique combination of Humic Shale Minerals and CPTG® Certified Pure Therapeutic Grade essential oils for optimal absorption. This is skincare designed to nourish your skin's natural vitality. Not to fight age, but to support you in ageing better.

dōTERRA IKISE™ is crafted for individuals who value both science and nature, who want low-tox powerful skincare that performs.

With dōTERRA IKISE™, you no longer have to choose between purity and results.

What makes dōTERRA IKISE™ different?

- Rooted in Japanese skincare layering principles.
- Powered by CPTG® essential oils and proven actives.
- Targets hydration, firmness, brightness and texture.
- Free from toxins, synthetic fragrances and fillers.



The IKISE™ Fragrance Story

The Heart of IKISE™

At the centre of every IKISE™ product is what sets it apart: CPTG® Certified Pure Therapeutic Grade essential oils. These oils don't just scent the range, they define the entire experience. When used together as a system, IKISE™ reveals a complete fragrance story, unfolding like a fine perfume.

Layered Like a Perfume

Top Notes – Fresh & Awakening

Litsea, Lime, Petitgrain, and Buntan (Japanese Pomelo) bring clarity, brightness, and energy to begin your ritual.

Middle Notes – Balancing & Floral

Rose add harmony, calm, and radiance, softening both skin and mood.

Base Notes – Deep & Grounding

Copaiba anchor your ritual with warmth, calm, and a sense of centred presence.

Together, these layers create more than a fragrance. They create a **daily ritual** that uplifts the senses, supports emotional balance, and enhances the performance of your skincare.



This is why oils are at the heart of everything we do.

The Essential Oils of IKISE™

The Science of Each Note

Every oil in the IKISE™ fragrance profile contributes not just an aroma, but active plant chemistry that benefits both skin and mood.



Litsea (*Litsea cubeba*)

Rich in citral and limonene, Litsea offers a crisp, lemony scent that refreshes and energises. These compounds are known for their antioxidant and clarifying properties, helping support clear, bright-looking skin while boosting mood.

Lime (*Citrus aurantifolia*)

Bursting with limonene, Lime oil delivers a clean, zesty lift. Its chemistry supports toning and purifying the skin's surface while invigorating the senses — ideal for a fresh morning start.

Petitgrain (*Citrus aurantium*)

Containing linalool and linalyl acetate, Petitgrain balances sebum production, offering a clarifying effect on skin. Aromatically, it helps calm the nervous system, easing feelings of tension.

Buntan (*Citrus grandis* var.)

A sun-safe pomelo oil that delivers a grapefruit-like brightness without photosensitivity. Its light citrus chemistry helps promote clarity and refresh the complexion while uplifting the mood.

Neroli (*Citrus x aurantium*)

Neroli instills relaxation, uplifts mood, reduces feelings of anxiousness, and promotes overall well-being. Applied topically, Neroli can be used to soothe skin and reduce the appearance of skin imperfections.

Bergamot (*Citrus bergamia*)

Bergamot is unique among citrus oils due to its ability to be both uplifting and calming. It is also purifying and cleansing for the skin while having a calming effect. The bergamot used in IKISE is furocoumarin-free.

Rose (*Rosa damascena*)

Known for phenylethyl alcohol and nerol, Rose deeply hydrates, smooths texture, and supports mature skin. On an emotional level, it is considered one of the most comforting and emotionally uplifting oils.

Copaiba (*Copaifera species*)

Featuring β -caryophyllene, a constituent that interacts with CB2 receptors in the skin and nervous system, Copaiba helps calm, soothe, and reduce the appearance of stressed skin while promoting relaxation.

Together, these eight oils create a full-spectrum aromatic system:

immediate uplift, emotional balance, and lasting calm. More than fragrance, this is science in harmony with nature – the foundation of every IKISE ritual.

What is Humic Shale and Why It Matters in Skincare

Humic Shale is a natural, mineral-rich substance derived from ancient organic matter (plant material) that's been compressed over millions of years in the earth. It's typically found in clay or shale deposits and is used in wellness and skincare for its absorption, detoxifying and remineralising properties.

Key Skin Benefits of Humic Shale:

- **Mineral-Rich Nourishment:** Contains trace minerals like magnesium, calcium, and iron that help restore depleted skin.
- **Detoxification:** Binds to impurities and toxins, supporting a clearer, more refreshed-looking complexion.
- **Supports Cell Renewal:** May enhance skin turnover and improve clarity through its unique nutrient profile.
- **Balances the Skin:** Can help calm inflammation and improve texture.





Understanding the Natural Origin Index:

What ISO 16128 Means for Your Skincare

When you see "ISO 16128 compliant" on an ingredient or product, it means it meets a global clean beauty standard for how natural a skincare ingredient truly is.

The Natural Origin Index is a scale from 0 to 1 that tells you how much of an ingredient comes from natural, renewable sources like plants or minerals, with 1.0 meaning 100% naturally derived. Ingredients that are compliant are not only sourced responsibly but processed in ways that are kind to both your skin and the planet.

This matters because not all "natural" claims are created equal. ISO 16128 helps ensure transparency, traceability, and eco-conscious formulation.





Create Your dōTERRA IKISE™ Skin Ritual

CLEANSE

Step 1: Face Wash

A gentle cleanser that lifts impurities and rebalances the skin. Infused with Lime, Litsea & Petitgrain, and coconut-derived ingredients to leave skin soft and fresh.

TREAT & BRIGHTEN

Step 3: Clear & Light Dual Serum

Two serums in one. Shake to blend exfoliating and brightening powers to leave skin a healthy and radiant skin appearance.

HYDRATE & PREP

Step 2: Clear & Light Toner Lotion

Hydration meets skin preparation. This lightweight lotion layers beautifully to soften and allow deeper absorption of the next steps, featuring Niacinamide, Hyaluronic Acid and Gluconolactone.

SEAL & PROTECT

Step 4: Day & Night Face Cream

Rich but never heavy, this cream seals in moisture. With Buntan and Copaiba essential oils and rich botanical waxes, it leaves skin feeling deeply nourished and silky smooth.

FIRMING

Step 5: Eye Cream

Apply last. Targets fine lines, firming and puffiness with Rose essential oil, Copper Gluconate, and botanical extracts.

Skin Rituals by Skin Type

NORMAL SKIN

- ☀️ Face Wash ► Clear & Light Toner Lotion ► Clear & Light Dual Serum ► Day & Night Face Cream ► Intensive Eye Cream (*optional*)
- 🌙 Face Wash ► Clear & Light Toner Lotion ► Clear & Light Dual Serum ► Day & Night Face Cream ► Intensive Eye Cream

DRY SKIN

- ☀️ Face Wash ► Clear & Light Toner Lotion ► Clear & Light Dual Serum ► Day & Night Face Cream ► Intensive Eye Cream (*optional*)
- 🌙 Face Wash ► Clear & Light Toner Lotion ► Clear & Light Dual Serum ► Day & Night Face Cream ► Intensive Eye Cream

*Tip: Layer Clear & Light Toner Lotion twice for intense hydration, let the first layer absorb before applying the

COMBINATION SKIN

- ☀️ Face Wash ► Clear & Light Toner Lotion ► Clear & Light Dual Serum ► Day & Night Face Cream ► Intensive Eye Cream (*optional*)
- 🌙 Face Wash ► Clear & Light Toner Lotion ► Clear & Light Dual Serum ► Day & Night Face Cream ► Intensive Eye Cream (*optional - weekly*)

*Tip: Layer Clear & Light Toner Lotion twice for intense hydration on dry zones

Feel free to make the 5-step IKISE™ ritual uniquely yours.





Step 1 *Natural Origin Index 99%* Face Wash

Purpose: Refreshing daily cleanser that gently purifies and rebalances.



Key Ingredients:

- Glycerin
- Lauric Acid
- Litsea Essential Oil
- Lime Essential Oil
- Coconut Derived Cleansers
- Petitgrain Essential Oil
- Jojoba Oil
- Hyaluronic Acid
- Ascorbic Acid (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Humic Shale

What It Does:

- Gentle foaming cleanser with Lauric Acid removes impurities while being kind to skin.
- Vitamin C helps brighten and even tone.
- Petitgrain, Lime & Litsea essential oils support clarity and freshness.
- Glycerin helps maintain hydration during cleansing.
- Prepares skin for optimal product layering.

Tips & Tricks

- Massage in circular motions with lukewarm water.
- Rinse thoroughly and pat dry.
- A little goes a long way, just a small amount creates a rich, gentle foam.
- A full cleanse should take 60 seconds, set a timer to get a proper clean.



Step 2 *Natural Origin Index 98%*

Clear & Light Toner Lotion

Purpose: Gently hydrate, exfoliate, tone, and prepare skin for treatment.



Key Ingredients:

- Niacinamide
- Glycerin
- Gluconolactone [PHA]
- Bergamot Essential Oil
- Neroli Essential Oil
- Zinc Gluconate
- Copper Gluconate
- Humic Shale
- Ascorbic Acid (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Coix Lacryma-Jobi Mayuen Seed Extract
- Camellia Flower Fermented Extract

What It Does:

- Glycerin and Hyaluronic Acid draw in moisture and plump the skin.
- Niacinamide helps refine pores and improve tone.
- Vitamin C brightens and supports a healthy glow.
- Bergamot and Neroli essential oil brighten and refine the skin.
- Enhances absorption of following products.

Tips & Tricks

- Pat into skin with hands or apply with a cotton pad as you would toner.
- Layer 2-3 times for added hydration.
- Use chilled for a refreshing toning boost.



Step 3 *Natural Origin Index 95%*

Clear & Light Dual Serum

Purpose: Brighten and glow-enhancing benefits.



Key Ingredients:

- Zinc Gluconate
- Hyaluronic Acid
- Copper Gluconate
- Squalane
- Niacinamide
- Gluconolactone [PHA]
- Bergamot Essential Oil
- Neroli Essential Oil
- Humic Shale
- Ascorbic Acid (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Coix Lacryma-Jobi Ma-yuen Seed Extract

What It Does:

- Vitamin C brightens skin and boosts radiance.
- Niacinamide and PHA (Gluconolactone) refine skin texture and tone.
- Hyaluronic Acid deeply hydrates and smooths fine lines.
- Bergamot and Neroli essential oil brighten and refine the skin.
- Shake to activate bi-phase formula (essence + oil).

Tips & Tricks

- Shake well before use.
- Press gently into skin.
- Use morning and night for best results.
- The green colour of the Dual Serum is due to phellodendron amurense bark extract, which also helps conditioning the skin.



Step 4 *Natural Origin Index 99%*

Day & Night Face Cream

Purpose: Seal in hydration and protect the skin barrier for all-day radiance.



Key Ingredients:

- Glycerin
- Squalane
- Meadow Seed Oil
- Beeswax
- Buntan Essential Oil
- Gluconolactone [PHA]
- Niacinamide
- Zinc Gluconate
- Copper Gluconate
- Humic Shale
- Copaiba Essential Oil
- Ascorbic Acid (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Camellia Japonica Flower Ferment Filtrate

Citrus essential oils:

Citrus essential oils may contain compounds called furocoumarins, which can make the skin more sensitive to UV light.

However, furocoumarin-free Buntan Essential Oil, used in the Day & Night Face Cream, has had those compounds removed.

What It Does:

- Squalane and Meadow Seed Oil provide lightweight, long-lasting hydration.
- Buntan and Copaiba essential oils calm and support skin balance.
- Vitamin C and Vitamin E offer antioxidant protection and help even skin tone.
- Creates a moisture barrier while promoting elasticity and glow.

This means:

- It won't cause photosensitivity, even when used during the day.
- It's safe for sun exposure, making it ideal in daytime skincare without needing to worry about reactions or avoiding sunlight.

Tips & Tricks

- Apply after Dual Serum both morning and night.
- Warm between fingers and press into skin.



Step 5 *Natural Origin Index 93%* Eye Cream

Purpose: Refresh, rejuvenate and support elasticity to the delicate eye area.



Key Ingredients:

- Glycerin
- Squalane
- Beeswax
- Shea Butter
- Rose Essential Oil
- Zinc Gluconate
- Copper Gluconate
- Arnica
- Ascorbic Acid (Vitamin C)
- Ascorbyl Glucoside (Natural Vitamin C derivative)
- Vitamin E (Tocopherol)

What It Does:

- Copper and Zinc Gluconate support elasticity and reduce the appearance of fine lines.
- Rose essential oil helps hydrate and brighten.
- Squalane and Beeswax offer soothing moisture without heaviness.
- Arnica calms puffiness and reduces signs of fatigue.

Tips & Tricks

- Tap gently with your ring finger around the orbital bone.
- Store in the fridge for extra de-puffing effect.
- Use under makeup for a smoother finish.
- Apply to smile lines as a brightening boost.



Ingredients

INGREDIENT	SKIN BENEFITS	FOUND IN
Humic Shale	Rich in minerals, detoxifies, supports skin renewal and clarity	All products
Bergamot Essential Oil	Uplifting and calming	Clear & Light Lotion, Dual Serum
Neroli Essential Oil	Brightens and refines skin	Clear & Light Lotion, Dual Serum
Buntan Essential Oil	Purifies skin, promotes clarity, uplifts mood Furocoumarin-free, which makes it sun safe	Day & Night Face Cream
Lime Essential Oil	Brightens complexion, tones, offers an energizing aroma	Face Wash
Litsea Essential Oil	Clarifies, tones skin, antioxidant-rich	Face Wash
Petitgrain Essential Oil	Balances sebum, calms the skin and mind	Face Wash
Rose Essential Oil	Smooths texture, hydrates deeply, supports mature skin	Intensive Eye Cream
Ascorbic Acid (Vitamin C)	Brightens skin, supports collagen production, reduces signs of ageing	All products
Ascorbyl Glucoside (Natural Vitamin C)	Gentler on the skin—ideal for sensitive or reactive skin; brightens and supports skin tone	All products
Vitamin E (Tocopherol)	Antioxidant protection, nourishes deeply, supports skin repair	Dual Serum
Niacinamide (Vitamin B3)	Refines pores, evens tone, improves elasticity, soothes skin	Toner Lotion, Dual Serum, Day & Night Face Cream
Hyaluronic Acid / Sodium Hyaluronate	Deep hydration, plumps skin, improves elasticity	Toner Lotion, Dual Serum, Face Wash

INGREDIENT	SKIN BENEFITS	FOUND IN
Gluconolactone (PHA)	Gentle exfoliation, hydrates, supports smoother texture	Clear & Light Lotion, Dual Serum,
Zinc Gluconate	Calms blemishes, supports healing, regulates oil production	Clear & Light Toner Lotion, Dual Serum, Day & Night Face Cream, Eye Cream
Copper Gluconate	Boosts firmness and collagen support	Clear & Light Toner Lotion, Dual Serum, Day & Night Face Cream, Eye Cream
Squalane	Mimics natural skin oils, softens, improves elasticity	Dual Serum, Day & Night Face Cream, Eye Cream
Meadow Seed Oil	Seals in moisture, supports smooth texture	Day & Night Face Cream
Joboba Oil	Balances oil production, soothes skin, mimics sebum	Face Wash
Shea Butter	Richly nourishes, soothes inflammation	Intensive Eye Cream
Beeswax	Creates a breathable barrier, locks in hydration	Day & Night Face Cream, Eye Cream
Glycerin	Attracts moisture, softens and hydrates	Clear & Light Toner Lotion, Day & Night Face Cream, Face Wash, Eye Cream
Arnica	Calms puffiness and reduces signs of fatigue	Intensive Eye Cream
Saccharomyces/ Camellia Ferment	Enhances absorption, soothes skin, supports renewal	Clear & Light Toner Lotion, Day & Night Face Cream
Coix Seed Extract	Supports hydration and texture	Clear & Light Toner Lotion, Dual Serum, Day & Night Face Cream

Rebuild Skin
Natural Healing
Ability.



Real People, Real Results.



I feel that my skin's moisture has increased, and it looks more radiant. ”

— ***Ken Cheng***



Perfect for sensitive skin, day and night. Absorbs fast and makes my skin feel instantly energized like it just drank electrolyte water. ”

— ***Jennifer Wai***



I really love the entire product set. The fragrance is soothing and therapeutic. Overall, it feels wonderful. ”

— ***Agnes Wong***





IKISE™

Where tradition
meets innovation



© 2026 dōTERRA Hong Kong Ltd.
10/F, Tower 3, China Hong Kong City
33 Canton Road, TST, Hong Kong
dōTERRA.com.hk