



LIVING

MAGAZINE

26

Beauty:
Hey There,
Cover Girl

ALSO IN THIS ISSUE

06

Behind The Bottle:
Lemon Eucalyptus

46

Home:
In Case of Emergency

dōTERRA[®] SPRING/SUMMER 2022



“The essential oil market is flooded with products that are unsafe and adulterated. But at dōTERRA, we are raising the standard of purity beyond what any other essential oil company is doing.”

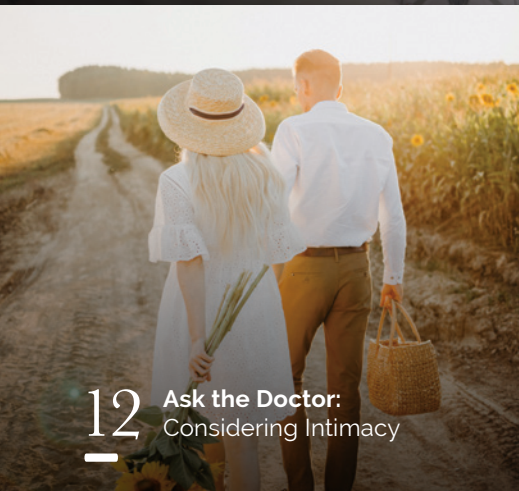
—
Dr. Osguthorpe, Chief Medical Officer



26 **Beauty:**
Hey There, Cover Girl



62 **dōTERRA Performance Advocate:**
Arielle Shipe—One Step at a Time



12 **Ask the Doctor:**
Considering Intimacy



36 **Voice of the Vet:**
And They Called It Puppy Love



54 **dōTERRA Healing Hands Foundation®:**
Hope & Healing in Somaliland

ō **PROMO** | **Essential Oil Spotlight**



Cypress

Cupressus sempervirens and lusitanica

Also in this issue

- 06 **Behind The Bottle:**
Lemon Eucalyptus
- 14 **Diffuser Blends:**
Love Is in the Air
- 16 **Behind the Scenes:**
From Harvest to Bottle,
Farmer to Family
- 20 **dōTERRA® Wellness Advocate:**
Robin Fraser
Fly, Robin, Fly

- 30 **Kids' Feature:**
It's Your Turn!
- 40 **Men's Feature:**
Building Connection
- 46 **Home:**
In Case of Emergency
- 58 **Health and Fitness:**
Good Grief
- 65 **dōTERRA**
Product Guide

Distillation Method: Steam distillation
Aromatic Description: Clean, fresh, woody, and herbaceous
Plant Part: Branch and leaf

Diffusing **Cypress** essential oil in your home feels like you walked into a spa. The peaceful, clean aroma can transform your space, giving you the opportunity to unwind from the day. Along with diffusing **Cypress** on its own, it also pairs well with citrus oils. The deep, woody scent provides a strong foundation for the sweet citrus notes.

We source our pure **Cypress** essential oil from Kenya, where cypress trees flourish and where we support rural smallholder farmers. Like **Frankincense** and **Copaiba**, **Cypress** essential oil is a blend of multiple species. Blending two species creates a powerful essential oil with the optimal balance of chemical constituents. It's truly one of a kind.

Fun Fact

A pair of cypress trees can be seen in front of the nighttime village scene in Vincent van Gogh's famous *Starry Night*.

How to Use Cypress

Topical

- + Apply to the feet and legs before a long run.
- + Add one to two drops to a facial toner to help improve the appearance of oily skin.

Aromatic

- + Diffuse for an invigorating aroma.
- + Apply to the pulse points for a subtle and exciting personal fragrance.

BEHIND THE BOTTLE

LEMON EUCALYPTUS

Welcome to Lunga Lunga

Near the coast of the Indian Ocean, the warmest ocean in the world, and just a few miles from the Kenya-Tanzania border lies Lunga Lunga. Geographically, Lunga Lunga is relatively removed from the rest of Kenya and has been historically underserved. Nestled in the heart of Lunga Lunga is a 300-acre farm and distillation facility, which provides farming cooperative support services to smallholder farmers producing essential oil crops. Among other essential oil crops, this area is where Lemon Eucalyptus is grown, harvested, and distilled.



Kenya Rising

Kenya is home to a wide variety of growing landscapes, from sea-level regions on the coast to inland altitudes of 6,000–9,000 feet around Mt. Kenya. Each region is uniquely suited to different types of agriculture and being near the equator Kenya receives 12 hours of daylight year-round! Well-managed farms can be harvested multiple times a year. With its ideal agricultural conditions, and 80 percent of Kenyan farmers with five or fewer acres, Kenya is an ideal location for the Cō-Impact Sourcing® model, which is already making an enormous impact.

The Lunga Lunga Project works directly with smallholder farmers in the local community to grow tropical aromatic plants, among them lemon eucalyptus (*Eucalyptus citriodora*). This collection of farmers forms a cooperative group of more than 1,400 smallholder farmers in this area, who supplement the cultivation of aromatic plants grown on the Lunga Lunga model farm. A team of agronomists work closely with the smallholder farmers to ensure quality, as well as to help improve yields, maximizing income to smallholder farmers for their crops. Also, the agronomists work with smallholder farmers to implement regenerative agriculture techniques through climate-smart agriculture, sustainably maintaining and increasing the productivity, mitigation, adaptation, and resilience of lemon eucalyptus and food crops.

Along with creating and sustaining thousands of agricultural jobs in the community and providing fair, reliable, and on-time payments, the Lunga Lunga Project also helps these smallholder farmers become legal landowners. Many farmers in Lunga Lunga don't own the land they farm. A few often lease the land from other landowners, but the majority farm as "squatters." Some major hurdles barring smallholder farmers from officially owning property include acquiring the capital to do so and having the government-issued identification and paperwork needed to purchase property. The process is often expensive and can take an unreasonably long time.

The Lunga Lunga Project works intently with smallholder farmers to economically empower them so they can afford a parcel of land. The project also intends to provide the farmers with necessary legal support to guarantee acquisition of genuine documentation. Other provisions include training on financial management, village-level savings and credit associations, and additional livelihood-related programs. All these steps can transition farmers from being squatters to landowners—a shift that will transform a family's economic and social trajectory in a powerfully positive way.



Also known as lemon-scented gum or blue gum, lemon eucalyptus, is a eucalypti plant—a tall tree with smooth bark. It craves sunlight and humid, tropical environments. When given the proper conditions to thrive, a lemon eucalyptus will grow over sixty feet. It sports small, sword-shaped gray-green leaves and tiny white flowers. When lemon eucalyptus trees are grown and harvested for essential oil production, the entire tree shoot is cut down to the base. But this isn't the end of the tree's life. Known as coppicing, this careful method of cutting a tree at its base allows many species of trees to put out new shoots from the stump and grow back anew. Coppicing can actually keep trees in a younger, juvenile stage, allowing them to reach immense ages and produce the targeted essential oil profile needed. Some trees species—like tea tree, cinnamon, and eucalyptus—are especially well-suited to coppicing because of how quickly they grow back.

Lemon Eucalyptus essential oil, with its uplifting aroma and cleansing properties, comes from the steam-distilled leaves of *Eucalyptus citriodora*. It requires approximately two-and-a-half pounds of lemon eucalyptus leaves to produce 15 mL of Lemon Eucalyptus essential oil, depending on the season, year, and other environmental variables.

Planting Lemon Eucalyptus

Imagine a cluster of ten trees. Multiply that group of trees by ten and gaze at the growing grove. Take those hundred trees and multiply them by ten again. You're now surrounded by green, but there's still more.

Multiply your thousand trees—not by ten this time, but by a hundred. Hear the rustle of their leaves as you stand amid a forest of 100,000 trees, and if you can, make your forest grow one more time by seven.

That's 700,000 trees. Take a deep breath and enjoy the fresh air, with a sweet, lemony scent wafting from the leaves. We've planted 700,000 lemon eucalyptus trees in the Lunga Lunga region, but it's only the beginning. In fact, 700,000 isn't even a fifth of the number of trees we plan to plant. Our goal is to plant at least 5,000,000 with smallholder farmers!

So next time you open a bottle of Lemon Eucalyptus essential oil, savor the scent just a little longer and know that this gift of the earth was brought to you as a labor of love.



Learn more
about Lunga
Lunga farmer,
Mwatumbi Dena.





The dōTERRA Healing Hands Foundation® has funded numerous projects in Kenya, including:

Mwamose Primary School (1,050 students and 21 teachers):

- Construction of a classroom, library, community foot bridge, and rainwater harvesting system with 10,000 liters of drinking water storage
- Donation of desks and library furniture
- Construction of staffroom, toilets, and teacher living quarters
- Construction of a borehole and water supply for sanitation and hygiene for the school children

Majengo Mapya Kindergarten School:

- Construction of a new school for over 200 children

Community Center:

- Construction of a training and resource facility for farmers and community events

Trust for Indigenous Culture and Health:

- Indigenous culture and health trainings for 2,000 schoolchildren

Kiwegu Primary School (950 students and 18 teachers):

- Construction of a classroom, library, and rainwater harvesting system, with 10,000 liters of drinking water storage
- Connection of the school to a clean water source for both drinking, sanitation, and hygiene
- Donation of a perimeter fence, desks, and toilets

Communal Water Projects:

- Maintenance and repair services for over 95 community water points, benefiting over 15,000 people with access to safe drinking water
- Construction of a community borehole to supply water for livestock and hygiene
- Construction of a reverse osmosis water treatment plant to provide safe, reliable, and affordable drinking water to farmers and the wider community

Colobus Conservation:

- Education about and reforestation of indigenous trees



Essential Oil
Spotlight

Lemon Eucalyptus

Eucalyptus citriodora

Distillation Method: Steam distillation
Aromatic Description: Fresh and lemony
Plant Part: Leaves

Clean. Fresh. Invigorating. These words come to mind when inhaling the incredibly refreshing and crisp aroma of **Lemon Eucalyptus** essential oil. Surprisingly, Lemon Eucalyptus isn't a citrus oil. Like Lemon Myrtle and Lemongrass, it simply has that beloved bright and lemony scent that everyone loves so much.

When you get a whiff of Lemon Eucalyptus, you might feel like you're stepping into a tranquil spa, as the refreshing smell of eucalyptus has become universally known as a symbol of serenity and calmness. Or perhaps it'll transport you to a favorite spot in nature where you can take deep, grounding breaths of clean and fresh air. No matter what Lemon Eucalyptus reminds you of, its distinct and powerful aroma will surely create a bright spot in your day.

On top of a remarkable scent profile, you'll find Lemon Eucalyptus oil useful for skin care, cleaning surfaces, and refreshing the air in any room.

Fun Fact

The flowers of the lemon eucalyptus tree provide an excellent source of nectar for honeybees and butterflies.

How to Use Lemon Eucalyptus

Topical

- + During your skin care routine, add one to two drops to your favorite cleanser.
- + Add one to two drops to the palm, rub your hands together, and inhale to add a lemony note to your day.
- + Combine a few drops with **Fractionated Coconut Oil** for a rejuvenating, invigorating massage.

Aromatic

- + Diffuse to encourage a positive environment with its bright, fresh scent.
- + Add to a glass spray bottle to cleanse surfaces and refresh any room.

Ask the Doctor: Considering Intimacy

Picture the love and care that goes into growing a garden. Water, air, sunlight, and good soil are all vital for ensuring the plants thrive. Gardeners work daily to water, weed, and prune. It's a marathon, not a sprint. To reap the rewards of the harvest, gardeners put in consistent, meaningful efforts. Like the gardener tending to her garden, both partners in a relationship must dedicate time and effort to themselves and their significant other to nurture meaningful connections.

Cultivate Closeness

Relationships require attention to detail in order to achieve an intimate, personal connection. Emotional closeness deepens the bond between partners, which can translate to a happy and fulfilling sex life. Take the time to listen, understand, and support your partner. If it feels like your relationship has plateaued—as they all do from time to time—evaluate the time you give for emotionally deep conversations. The more you share, the closer you'll feel. Intimacy often means something different to everyone, so clearly communicate your personal expectations with your loved one.

Hormone Harmony

Reproductive health is intricate and complex. Hormones play a chief role in your reproductive health by sending messages to different parts of the body, including sexual desires. The levels of estrogen, progesterone, and testosterone found in your body have a profound effect on arousal. By ensuring your hormones are cared for you set yourself up for healthy, satisfying connections.

One way to support your hormones is with small lifestyle changes. Ann Shipley, former nurse practitioner at Prime Meridian Health Clinics®, offers her expertise on natural products that support women with intimacy and hormone management. She says, "Having a strong foundation with proper nutrition, good sleep habits, and stress management is essential for supporting your body." Several dōTERRA® products offer natural support in these areas.

dōTERRA Lifelong Vitality Pack®

Ann specifically suggests making the **dōTERRA Lifelong Vitality Pack** part of your daily health regimen. "The dōTERRA Lifelong Vitality Pack can provide a foundation for nutrition when partnered with a diet that's rich in nutrient-dense foods." If used consistently, the dōTERRA Lifelong Vitality Pack can support your body when it comes to bone health, immune function, stress management, and cardiovascular health.* When you give your body a strong, healthy foundation, it'll be better able to cope with hormonal changes.

Phytoestrogen Essential Complex

Another product that's great for women is the Phytoestrogen Essential Complex. This supplement is a blend of standardized plant phytoestrogens that, when coupled with healthy lifestyle choices, aid in hormone balance, both gently and naturally.* The product also provides nutritional support for managing estrogen metabolism.*

Ann also recommends meeting with a knowledgeable healthcare provider who can suggest relevant education that's tailored to your needs. Changes in a woman's body—whether pre-, peri-, or postmenopausal—can be overwhelming, but you don't have to go through such changes alone.

Love Is in the Air

Dr. Brannick Riggs recommends **Madagascar Vanilla** to help spice up the bedroom. "The sweet scent of vanilla is one we all recognize. It's not only generally pleasant, but it also brings calm and comfort to an environment." As a product that can be helpful in intimacy, he says, "The scent of vanilla has been a natural aphrodisiac for thousands of years. Historically, the scent has been connected to sexual arousal for both men and women."

Ann adds, "Smell is the strongest sense linked to memory, so having smells that bring about strong feelings of safety and connection are powerful ways to heighten your bond." A specific aroma may help promote a calming, exciting,

or romantic atmosphere. When it comes to scent, Ann recommends **Whisper® Touch**, **dōTERRA Passion®**, and **Clary Sage**.

Whisper Touch

Whisper Touch is a stunning blend of Fractionated Coconut Oil, Patchouli, Bergamot, Sandalwood, Vanilla Bean Absolute, Rose, Jasmine, Cinnamon Bark, Vetiver, Labdanum, Cocoa Seed, and Ylang Ylang. When applied topically, it combines with an individual's unique chemistry to create a personalized fragrance. Apply it when you're looking for a warm, sweet, and soft aroma.

dōTERRA Passion

This rich blend is made up of Fractionated Coconut Oil, Cardamom, Cinnamon Bark, Ginger, Clove, Sandalwood, Jasmine, Vanilla Bean Absolute, and Damiana. It offers a joyful, exciting, and inspiring scent when diffused or applied topically. It's the perfect oil blend to turn to when you want to rekindle your excitement for life.

Clary Sage

Clary Sage is known for its calming, relaxing aroma. When applied topically, it's soothing to the skin. It's a great essential oil to reach for when you'd like to be surrounded by a peaceful atmosphere.

Along with these wonderful options, Ann recommends trying new essential oils to find what speaks to you. "This is a great time to focus on which essential oils resonate with the season you're in." Everyone is unique. Listen to your body as you look for the natural support that works best for you.

When it comes to hormone management and intimacy, use natural products, professional assistance, and an active support system to reach your relationship's full potential together. Show yourself and your partner a little love with pure products you can trust.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Love is in the air

The perfect aroma can transform any space. It can relax or energize the environment. It can create serene or sensual surroundings. The impact of the right aroma is powerful. Try these diffuser blends to customize and cultivate different atmospheres of love and affection.



Date Night

- 6 drops Sandalwood
- 2 drops Cinnamon Bark
- 2 drops Patchouli
- 2 drops Rosemary
- 2 drops Ylang Ylang



Campfire Cuddles

- 2 drops Douglas Fir
- 1 drop dōTERRA Passion®
- 1 drop Sandalwood



Love Is in the Air

- 3 drops Bergamot
- 3 drops Patchouli
- 3 drops Ylang Ylang



All You Need Is Love

- 3 drops Lavender
- 3 drops Clary Sage
- 3 drops dōTERRA Cheer®



Love Potion

- 3 drops Clary Sage
- 2 drops Douglas Fir
- 2 drops Grapefruit
- 1 drop Juniper Berry



Falling in Love

- 3 drops Frankincense
- 1 drop Cinnamon Bark
- 1 drop Myrrh
- 1 drop Sandalwood

From Harvest to Bottle, Farmer to Family

Have you ever wondered what happens after the harvest? The refining and bottling processes for dōTERRA® essential oils are more intricate than you might think. It takes a lot of collaboration and work to bring an essential oil from a remote garden, field, or forest to you.

Let's take **Copaiba**. After the essential oil has been collected from trees deep in the Amazon Rainforest, it's packaged in barrels and shipped from Brazil to one of our worldwide manufacturing facilities. Let's say this shipment heads to Pleasant Grove, Utah.

It then reaches a crucial stage: testing for purity. Once the essential oil reaches our facilities, it goes through several rounds of testing. Scientists ensure dōTERRA essential oils are free of any synthetics or unwanted materials. If the essential oil doesn't reach the dōTERRA high standards of quality, it'll go through a refinement process to get rid of any sediments or microbacteria.

After the essential oil has been tested, it's transferred to stainless steel totes, which prevent any bacteria from growing. From this point in the process, the essential oil can be sent to one of the manufacturing facilities dōTERRA has abroad or stay at the facility in Pleasant Grove.

If the essential oil, like **Clove**, is going into a blend, like **dōTERRA On Guard®**, it'll make its way to the blending tank. This giant machine can blend up to 10,000 kilograms of essential oil at a time. Once the oil blend has been created, it may go through a second round of refining to get rid of any excess water created in the blending process. This refinement can take up to two weeks to complete.



While an essential oil is being tested and refined, bottles, caps, and labels are produced, and they all come together in a beautiful symphony in the fill suite. The bottles arrive at the fill suite on flats that are sealed in plastic to maintain quality. If the bottles are unwrapped outside the fill suite, they're considered contaminated and can no longer be used. Once the bottles enter the suite, which is considered a clean room, they're unwrapped and loaded into the filling machine on several trays. The bottles are then fed through the machine, filling them with pure essential oil two at a time. After being filled, the bottles make their way to the capping portion of the line, where the caps are applied by machine. A torquing mechanism applies the proper torque to the lid to guarantee each one is screwed on to the exact tightness.

The filled bottles pass through a sensor that ensures the lids are on correctly and the bottles are filled with the proper amount of essential oil. It's then time for labels to be applied. After the labels are on the bottles, they're sent down the next conveyor belt to a quality check station.

A quality checker removes bottles from the line and performs a visual check, because sometimes even the best machines make mistakes. These quality checkers determine whether the bottles have enough essential oil in them, and the labels have been correctly applied. Once the essential oil batch passes this quality check, it's loaded into recyclable boxes. The boxes are stacked on a pallet and shipped to the dōTERRA Fulfillment Center in Lindon, Utah. It's there that essential oils can be picked and pulled for kits, and individual orders that make their way to your home, which you can learn more about in a future issue of Living magazine.

Much care, effort, and attention goes into creating pure essential oils. Hundreds of people work together to make it possible for even one bottle to be produced. dōTERRA has implemented the best processes and protocols, because that's what you and these gifts of the earth deserve. The next time you open a bottle of your favorite essential oil, beyond experiencing its beautiful aroma and benefits, we hope you can sense the love dōTERRA has for you and your family.



Learn about
product quality
from the Science
Team in the
dōTERRA lab.



Wellness Advocate Feature | Robin Fraser

Fly, Robin, Fly



Meet Robin Fraser, a loving dōTERRA® Wellness Advocate who's full of life and fervor. Robin has never been one to settle. She thrives in environments where she can push boundaries and become the best version of herself. That's why, when she was attending high school in the small town of Stanley, Virginia, she decided to join the US Army. Robin completed her basic training and later Advanced Individual Training (AIT) in Fort Jackson, South Carolina, and received her first duty station at Fort Bragg, North Carolina.

"Airborne!"

Although she received AIT as a typist in 1977, and soon after became a private first class, it wasn't long before Robin's determination and hard work were recognized. She was named the soldier of the year in her company and went on to win against competing companies.

But she didn't stop there. She was approached with the opportunity to join one of the first women's jump school training classes. Paratrooping had always been seen as just for men, but Robin didn't let that intimidate her. Her response, "Absolutely!" And the three-week training began.

Week one was ground week. Robin and the four other soon-to-be female paratroopers learned the fundamentals and parachuted off 34-foot-tall towers into piles of sawdust. "We were covered from head to toe in it!" Robin recalls with a chuckle.

Week two was tower week, which meant parachute drops from 250 feet and preparation for week three: jump week! Robin completed a total of five drops that week, but the first time was the most memorable. "It was scary, but it was also amazing and life-changing." When she landed, she victoriously shouted, "Airborne!" The drill instructor standing nearby just laughed and said, "You ain't airborne yet. You've got four more jumps to do." And jump she did. After Robin completed her training, she accepted a jump position in Fort Bragg, serving in the 5th Special Forces, supporting the 5th Group Green Berets as one of the first women to hold a jump slot in this elite group. During her four-year career in the military, she went on to complete 38 jumps.

Robin considers serving in the military to be one of the greatest times of her life. "I was honored to be there. It was all about serving my country and being part of something bigger than me."



Army Airborne to Finding Her Future

When Robin left the US Army, she attended college in California. There in the summer of 1985, she met her husband, Gary, a communications officer in the US Air Force, on a coed softball team. Together, Robin and Gary worked hard to build a beautiful life. One of the joys was helping to raise her step son, Eric and later supporting him and his wife, Hayley, as they raise her three awesome grandchildren. Soon though, she began having concerns about her health and recognized her lifestyle wasn't serving her.

In the spring of 2010, a few friends introduced Robin to dōTERRA. With natural solutions, Robin found the support for her health she was looking for. She became a Wellness Advocate, and to this day she loves sharing how essential oils have changed her life. "dōTERRA helped me start taking care of myself and change my lifestyle." Her favorite oil blend by far is **dōTERRA Balance®**. She begins every morning rubbing it on the bottoms of her feet. She's

passionate about using natural solutions to better her life and help others do the same.

Robin loves caring for people in whatever ways she can, be it cooking something tasty in the kitchen to share or enjoying the company of friends. "I love getting folks together and sitting out by our water feature. We call it 'Robin's Retreat.'" Someday soon, she hopes to travel with Gary to Aruba, go on a dōTERRA Healing Hands® trip, and continue to welcome family and friends into her home and heart.

And of course, Robin plans to continue pushing boundaries and sharing essential oils. She describes sharing natural solutions as a labor of love that's allowed her to become her best self. "I can't keep quiet. This has changed my life." For her, dōTERRA is about "embracing the love" of natural solutions, self, and others. And with the same determination she used to leap out of planes, she's driven to share this love with everyone she can.



Robin’s Delicious Chicken Dinner

Ingredients:

- 3–4 chicken breasts
- 1-1½ cups extra virgin olive oil
- 1–2 drops **Basil essential oil**
- 1–2 drops **Thyme essential oil**
- 1–2 drops **Rosemary essential oil**
- 1 toothpick **Oregano essential oil**
- 1–2 drops **Black Pepper essential oil**
- 16-ounce bag organic frozen green beans
- 2 cups rice of your choice
- 2 drops **Lime essential oil**

Instructions:

1. Thaw the chicken breasts and place them in a crock pot.
2. In a separate bowl, mix the extra virgin olive oil with Basil, Thyme, Rosemary, Black Pepper, and Oregano essential oils. To add the Oregano essential oil, insert a toothpick into the bottle's top. Tip the bottle so the toothpick tip is covered, and then take out the toothpick and swirl it into the mixture.
3. Pour the oil mixture over the chicken.
4. Cook on low for six hours.
5. Place the frozen green beans on top of the chicken and continue to cook for 45 minutes or until the green beans are cooked.
6. Follow the instructions to cook your choice of rice.
7. Add the Lime essential oil to the rice and mix.
8. Plate the chicken, green beans, and rice. Enjoy!



“You are imperfect, permanently and inevitably flawed. And you are beautiful.”

Amy Bloom, American Author

Hey There, Cover Girl

When you think of the word beauty, what comes to mind? You may picture your favorite flower, a radiant sunset, or your family. Something beautiful that should also come to mind is you. You're an incredible individual! No one else in the world is like you. No one has the same experiences or talents. No one else loves and serves your way. That should be celebrated.

You're Beautiful!

Studies show the struggle to accept a compliment is tied to self-esteem. We can doubt the sincerity of the one giving the praise and feel embarrassed or unworthy. Somehow, we tie a compliment to perceived worth.

Consider this alternate mindset: a compliment is an offering, a gift.

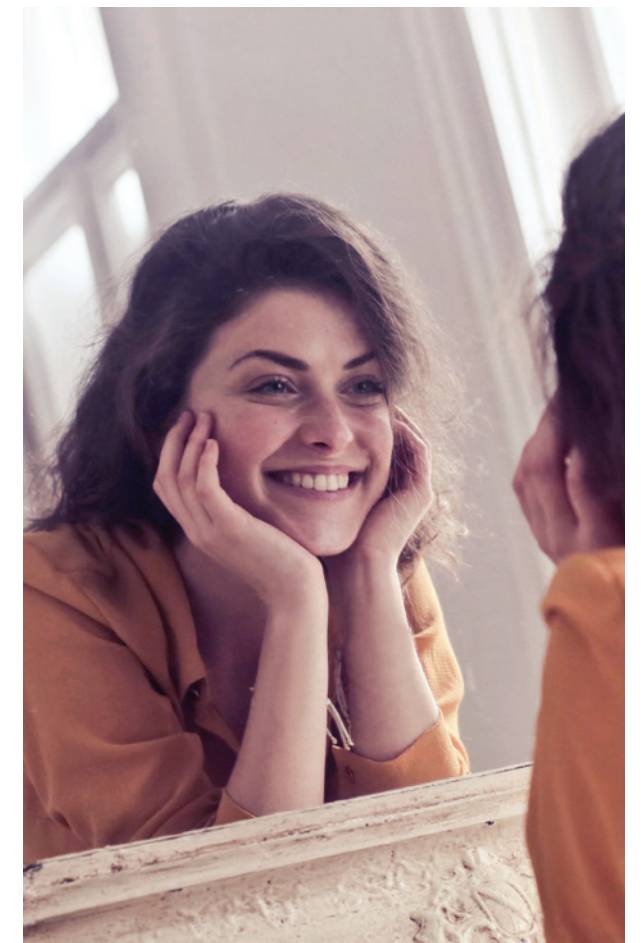
Imagine spending months researching the perfect gift. Be it the postal worker or your spouse, you put great care into this present. You consider needs, the value of the gift, and how it'll be used. Then when the time comes to offer your gift and it's unwrapped, the

Accepting the gift of a compliment may be challenging for you to do, but it's immensely important.

recipient passively says, "Thanks, but I don't deserve this gift." No doubt you'd be hurt and sad. Less for the time you spent and more for the recipient who doesn't believe he or she is worthy of the gift.

Accepting the gift of a compliment may be challenging for you to do, but it's immensely important. Others can help you recognize your endless features that make you beautiful. Accepting compliments with grace will show your true beauty.

Sometimes it takes a perspective outside your own to help you see your unique traits. The next time someone says, "You have pretty eyes" or "I love your laugh," respond with warm appreciation. Don't give in to the urge to deflect the compliment.



I'm Beautiful

So much of the messaging we're bombarded with daily tells us we're not enough. It's common to internalize the media messages: "This perfume will make you more confident!" "This dress will make you look thinner!" "You'll be a better parent if you buy your kid this toy." Your beauty and worth are nonnegotiable. And you need to hear this out loud and often.

Pick a time every day to recite three affirmations. Look in the mirror and say, "I'm beautiful. I'm worthy of love and respect. I'm powerful!" At first, this may feel awkward or even difficult, but don't quit.

Set the tone of your space by diffusing your favorite essential oil. Blends like **dōTERRA Balance®**, **dōTERRA Console®**, and **Adaptiv®** can enhance your experience. Every time you smell your favorite gift of the earth, you'll be reminded of your affirmations. Soon, you'll recognize true beauty can't be contained by a set of societal standards.



Your Beautifully Healthy Body

For a long time, exercising and eating right was all about trying to look a certain way. But the wonderful thing about beauty and health is they look different on everyone. Instead of focusing on fitting into a certain jean size, set health goals with the intention of showing up in life as your best self.

Exercising regularly and eating a healthy diet are proven to improve mood and give you more energy. These benefits can help you more fully enjoy your relationships and experiences.

Pressure to make big changes all at once can be overwhelming. Instead, slowly introduce more vegetables into your meals and enjoy fruit in place of

sugary treats. It's easier to maintain an exercise routine once or twice a week and grow from there. This is an area where you can rely on your favorite dōTERRA® products. For example, you can add a scoop of **dōTERRA Greens** to a morning smoothie.

On the path toward achieving your goals, you're going to make mistakes. Give yourself grace and love and move forward with self-compassion. Taking care of your body will help you see your beauty.

Beauty is Everywhere

One of the best ways to honor the beauty within is to appreciate the beauty outside yourself. How does seeing a family member smile make you feel? What do you appreciate about a coworker? How did the rain outside inspire you?

See the beauty around you every day and express it. Tell the customer service agent he or she has a kind voice or was outgoing and helpful. Take a picture of the stunning view on your hike. Journal about how you feel when you tuck your kids into bed at night. These simple things are part of what makes life beautiful, and by consciously recognizing them, you'll see the part you play more clearly.

As you encounter obstacles on your path to recognizing your beauty, remember that even on days when you can't see your worth, it's still there. Nothing can change that. Be patient with yourself and enjoy the journey. The world is more beautiful because you're in it.



Natural Beauty, Inside and Out

Yarrow|Pom is an expertly crafted blend of yarrow essential oil and cold-pressed pomegranate seed oil. Beauty starts within. When taken internally, it can support healthy immune and metabolic function.*

The luxurious **Yarrow|Pom Body Renewal Serum** combines powerful bioactive compounds and skin-protecting proteins to promote the appearance of firmer, smoother, young-looking skin.

Yarrow|Pom Cellular Beauty Complex uses clinically studied extracts and pure essential oils to provide your body with much-needed antioxidants.* It improves skin firmness, reduces skin imperfections, and illuminates and brightens complexion so you can feel beautiful inside and out.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



It's Your Turn!

When's the last time you put your to-do list on hold, left work early, or took the entire day off so you could play with your kids? Have you sat on the floor (or a close chair) with your children, grandchildren, nieces, nephews, or best friend's kids recently? A study done by the University of Edinburgh suggests people who play games are more likely to stay mentally sharp later in life. Who better to bring real competition than your kids! They won't recall the ridiculously expensive toy that broke the day after it was opened, but they'll remember you telling them stories, building forts, and just playing! And it seems like you'll have a greater chance of remembering those times too.

Get Together with a Game Night

Put this information into practice by getting your family together for a memorable game night. A bit of prep will let everyone enjoy Peppermint chocolates while competing for the crown and title of grand game master!

“Children don't need more things. The best toy a child can have is a parent who gets down on the floor and plays with them.”

Bruce Perry



Peppermint Party Chocolates

Ingredients:

- | | |
|----------------------------|--|
| 1 cup dark chocolate chips | ½ cup almonds |
| 1 teaspoon coconut oil | 1 drop Peppermint essential oil |

Instructions:

1. Place the chocolate chips and coconut oil in a microwave-safe bowl and melt together until smooth.
2. Add in the essential oil and mix. (One drop or less should be enough.)
3. Pour the melted chocolate onto wax paper atop a cookie sheet and spread the chocolate around with a spoon, making an even layer.
4. Crush the almonds and sprinkle over the chocolate.
5. Place in the fridge and allow to chill.
6. Break into pieces for snacking. Enjoy!

Charades

We've all played this one.
It's a classic for a reason.

Supplies:

- Pen or pencil
- Paper, cut into strips
- Hat or bowl

On each strip of paper, write an animal, fruit, object, or movie. For younger kids, print images of the things to make it simpler to play.

Put all the strips of paper into a hat and divide the family into two teams. Flip a coin to see which team goes first. Each person takes a turn to pick a strip from the hat and act out whatever is on the paper without using words. The team has one minute to guess before time's up. Whichever team guesses the most correctly wins!

If you have a small family, invite neighbors, or take turns for individual points.

Fun in the Kitchen

Take the fun into the kitchen and let everyone help make a delicious treat. Enjoy this creamy Cassia peanut butter dip with strawberries, apples, vanilla wafers, or graham crackers while the family is together.

Creamy Cassia Nut Butter Dip

Ingredients:

- | | |
|----------------------------|------------------------------------|
| ½ cup vanilla Greek yogurt | ½ cup whipped topping, frozen |
| ½ cup creamy nut butter | 1 drop Cassia essential oil |

Instructions:

1. Mix the yogurt, nut butter, and whipped topping together.
2. Add the Cassia essential oil and stir to combine.

I'm Going on a Picnic

Sitting around the kitchen table or in the car—this game can be played almost anywhere.

The first player starts off saying, "I'm going on a picnic, and I'm bringing. . . ." This is followed by an item beginning with the first letter in the alphabet: A. For example, "I'm going on a picnic, and I'm bringing an armadillo."

The next person would repeat the phrase: "I'm going on a picnic, and I'm bringing. . . ." Along with the first item—an armadillo—and an item beginning with the second letter in the alphabet: B. So, "I'm going on a picnic, and I'm bringing an armadillo and a buffalo."

This pattern continues, with each new turn repeating all the items mentioned before and adding an item from the next letter in the alphabet.

It's a fun game to help your kids learn the alphabet and a great way to keep minds active at any age.

It doesn't really matter what you're doing or who wins. What's important is the time you're spending together.



Voice of the Vet

And They Called It Puppy Love

Showing and Receiving Love from Your Pets

Dr. Janis Fisher is a graduate of the Atlantic Veterinary College in Prince Edward Island, Canada, and has been a practicing veterinarian for over 20 years. After witnessing the various benefits of essential oils in her home, she started incorporating them into her veterinary rehabilitation practice. dōTERRA® essential oils are diffused daily at her practice, and she enjoys educating her colleagues on the use of essential oils with their animal patients. Dr. Fisher lives in Dartmouth, Nova Scotia, Canada, with her wife and eight-year-old daughter, two dogs (Quick and Wow), and three cats (Flynn, Friend and Zephyn).

Have you ever considered if your pets really love you? Pets actually show affection in many ways. One obvious way is your pets simply want to be around you, touch you, or rub against you. They may follow you around, try to get under your hand to encourage you to pet them, or rub against your legs. Even some small pets kept in cages—or pocket pets—will come to the edge of the cage when you approach and try to interact with you.



If your pet has ever brought you a favorite toy, then you've experienced another way pets show affection. I feel if they're trying to share an item that's important to them, then they're showing you you're important. When you bring a new pet home, make sure to pay attention and become familiar with how your new friend shows affection.

Also, keep in mind when bringing home a new pet to create the best environment for bonding. Diffusing **Frankincense, Copaiba, dōTERRA Serenity®**, or **dōTERRA Balance®** can be helpful and are personal favorites I use to create a calming, relaxing environment for bonding and affection.

Give Love Mindfully

Like with people, the best way to show love to your pets is in a way they like to receive it. Pay attention to how your pets respond to you. Approach them in the ways they respond most positively to. If you have pets that aren't big cuddlers, then using petting to show affection probably won't be effective. However, if they love playing with you or being outside, taking time for these acts will powerfully build a relationship with them. Your pets have a preferred love language and learning that love language will allow you to build a strong, affectionate relationship with them.

A question I often hear: "Is food an appropriate way of showing affection for my pets?" In moderation, absolutely! Food can be especially helpful in building a relationship with a new pet. For example, when I have a new puppy, I frequently keep treats in my pocket. One treat can be broken up into smaller pieces, allowing me

to give a treat every time the puppy comes to me, even if I didn't call. I want new pets to learn from the beginning that all good things come from me.

Children and Pets

Another question many people ask: "How do I teach children to show appropriate affection for pets?" Teaching children how to interact appropriately with animals is crucial. Kids should be supervised when they're with pets. No matter how well behaved your pets are, accidents can happen. If a child is too rough, the pet will react. Help your children understand why it's important to be gentle and kind with pets. I like to teach children they should stay mostly still and let the pets approach. Then they can put a hand out and interact gently. Kids can get excited about showing affection to animals, so help them act appropriately to ensure that pets don't get overwhelmed. With proper guidance, children can have amazing, positive interactions with their pets.

Having pets around children presents another great opportunity to use your essential oils. You might try applying essential oils topically with your children. Use **Steady®** from the Kids Oil Collection to help create a calming environment for both the child and the animal. A blend I use at my clinic is made from **dōTERRA Balance, dōTERRA Serenity, Lavender** and **Fractionated Coconut Oil**. This is a fantastic blend to spray around the room or even on your child to create a calm atmosphere.

No matter what kinds of pets you have, the biggest thing I hope you take away from this is when showing affection for your pets, remember that every animal is different. Find the acts of affection they respond to most and incorporate those into your daily routine!



ō
PROMO

Essential Oil
Spotlight

Copaiba

Copaifera



Distillation Method: Steam distillation
Aromatic Description: Spicy and woody
Plant Part: Resin from *Copaifera reticulata*, *officinalis*, *coriacea*, and *langsdorffii*

Copaiba essential oil is derived from the resin of the copaiba tree, found widely in tropical South America. This towering tree can grow more than 100 feet high and live up to 400 years. Because of its position on the equator, the Amazon Rainforest experiences 12 hours of sunlight every day of the year. Combined with heavy humidity and yearly rainfall, the conditions of the Amazon are exceptional for plant growth, and copaiba trees thrive in this unique climate.

Copaiba is known for offering the highest percentage of the chemical constituent beta-caryophyllene (BCP) among currently known essential oils. BCP may be neuroprotective and offers antioxidant properties.* When taken internally, Copaiba can help support healthy cardiovascular, digestive, and nervous systems.*

Fun Fact

Since the sixteenth century, copaiba has been used in traditional health practices by the natives of north and northeastern Brazil.

How to Use Copaiba

- Topical**
- + Apply two to three drops and cover with **Deep Blue® Rub** to soothe tired muscles after strenuous activity.
 - + Add one drop to your daily **HD Clear® Facial Lotion** to improve the appearance of your skin.
- Aromatic**
- + Diffuse three drops, along with three drops of **dōTERRA Breathe®** for a soothing, refreshing aroma
 - + Diffuse two drops, as well as two drops of **Vetiver, Lavender**, and **Wild Orange** to create a restful environment.
- Internal**
- + Dilute one drop in four fluid ounces of liquid for digestive support.*
 - + Swish with two drops and one drop of **Peppermint** to freshen the breath and promote oral cleanliness.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Building Connection

—
“We are like islands in the sea, separate on the surface but connected in the deep.” — William James

Connection is the soul of the human experience. We all crave a sense of belonging. Some of the deepest psychological fears are rooted in a lack of meaningful connection—having no home, being misunderstood, feeling alone.

A sense of love and connection with the people who are most important is foundational for finding joy and fulfillment in life. Sometimes the connection flows freely and effortlessly, and other times it doesn't. Meaningful connection takes continuous intention and determination, even with those whom we interact with regularly.

How do you step out from behind the calendar and grocery list and make building and strengthening connections a priority? There's no perfect formula, but you can take several proven actions that will get you closer.

Intentional Communication and Positive Touch

In the organized chaos of life, it's all too easy to let communication stagnate into nothing more than coordinating schedules. Yes, this kind of discussion is essential. But meaningful, thoughtful communication about goals, feelings, ideas, likes, dislikes, dreams, desires, and expectations is vital.

Deep relationships take effort and consistency, and they're as unique as the people involved. Use that uniqueness as a starting point for improving communication with intention. Literally—with pen and paper—schedule 15 or 20 minutes several times a week to talk with your spouse or partner. It'll give both of you something to look forward to, set the expectation of dedicated time together, and make your relationship a priority.

Make that time more impactful by exchanging foot or shoulder massages while you chat. Studies show the benefits from positive touch include reduced levels of cortisol (the primary stress hormone), lowered systolic blood pressure, and increased oxytocin. Combine a few drops of **Lavender, Frankincense, or dōTERRA Balance®** with **Fractionated Coconut Oil** for a soothing and calming aroma.

As you focus on being more intentional about your communication with the people you care about most, you may find you start becoming more in tune with your personal feelings and needs. Own them! As you recognize what helps you feel connected and appreciated in a relationship, share that information, and ask for what you need when you need it.

A Listening Ear and Watchful Eye

On the subtler side of communication is nonverbal cues and listening skills. Body language, facial expressions, vocal inflections, and more impact what we're communicating. At times, these nonverbal cues do far more talking than actual words. Be watchful of the cues someone sends. These cues may help you

recognize when someone is sharing something more important to them than you may otherwise think. They can give you a glimpse of underlying emotions or feelings to which you can be more sensitive and responsive.

Listening is another overlooked aspect of talking. When trying to improve communication in relationships, we often fixate too much on dissecting talking and not enough on examining listening. Do you listen to understand or to decide what you'll say next? Do you ask follow-up questions? Focused, thoughtful listening can help someone feel deeply seen and appreciated, building connection.

Anyone who's important in your life needs your listening ear, but this is especially true with children. Children crave time and attention, and conversation is extremely important to child development. At bedtime, spend time listening to your child while gently rubbing **Calmer® Restful Blend** into his or her feet. Ask open-ended questions about how the day went. What were the best and worst parts? Ask what he or she thinks about things. Children may have more they want to share some nights than others. You're there to listen and help them feel heard and loved.



“Day-to-day interactions are opportunities for small connections to happen.”



Love in Every Interaction

Day-to-day interactions are opportunities for small connections to happen. When we're intentional, even a quick minute in passing is enough time to sow a seed of connection.

Create an environment in your home that encourages positive connection and love in each interaction. **Diffusing Adaptiv® Calming Blend**, for example, creates an atmosphere of relaxation and tranquility. A bright citrus oil (like **Wild Orange** or **Lemon**) will support a cheerful environment, while a wood oil (like

Douglas Fir, Cedarwood, or Siberian Fir) will provide a grounding, peaceful aroma. You can always count on a floral oil (like **Lavender, Roman Chamomile, or Magnolia**) to promote a calming space. A mint oil (like **Peppermint** or **Spearmint**) or herb oil (like **Rosemary** or **Basil**) will refresh and reset the atmosphere.

There are many ways you can prioritize fostering connection with your loved ones. The most important thing is to be consistent and intentional. If you devote genuine and consistent effort to showing love and building connection, you'll see positive results in your relationships.

Fortify, Soothe, and Sustain

*The **Digestive Wellness Program** has everything you need to calm digestive disruptions and discomforts naturally, while also promoting overall digestive health.**

When you sign up for the Digestive Wellness Program, you get wellness delivered straight to your door every month for three months! Each month of the program, you'll receive a new set of effective, pure products specifically selected for digestion that you can make a part of your routine.*

Digestive Kit Month 1

- DigestZen® Softgels
- DigestZen Touch 10 mL
- Peppermint 15 mL
- DigestZen TerraZyme®
- Exclusive gift—Pill Case



Sign up for the Digestive Wellness Program today. No matter where the day takes you, you can have support to feel your best.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



In Case of Emergency

Essential Oils Preparedness Kit

Expect the Unexpected

Behind every big-screen zombie apocalypse thriller sits a popcorn-snacking prepper who knows there's a different kind of monster lurking around the corner. Across time and cultures, individuals have prepared for life happenings and emergencies, be it bad weather, sudden illnesses, lack of local resources, loss of income, or simply changing seasons.

"Save something for a rainy day." Italian playwright A. F. Grazzini first penned the phrase in the mid-1500s play *La Spiritata*, and it's passed the test of time. Today, this phrase takes on a whole new meaning as we prepare for what it would take to keep ourselves and our families safe and healthy when the unexpected becomes reality.

The Basics

While we can't stop natural disasters or global events, assembling what you need to survive and even thrive through an emergency will provide comforting peace of mind.

The Center for Disease Control (CDC) recommends storing at least a gallon of water per person per day for basic (and limited) drinking and sanitation. It also recommends you store 2,000 calories per person per day in food. Whether you feel amply prepared for the unexpected or have more to do, today is the perfect day to reassess and set a plan for moving forward.

Beyond Food and Water

Food and water are essential, but you'll need plenty of other items to make life more than just livable: batteries, cordless radios, matches, flashlights, candles, playing cards, electronic-free kid's games, books—and that's only scratching the surface. You've also got blankets, a can opener, utensils, and, of course, a preparedness kit with plenty of bandages, a knife, gauze, bandages, and your essential oils.

Ask any essential oil user, and they're sure to own a few must-haves you won't catch them without. The same is true when disaster strikes. Keeping a small backup of essential oils will bring added comfort and peace of mind to your life. Because essential oils have benefits for the skin, digestive system, respiratory health, nervous system, and more, they're considered by many to be necessary items for supporting the health of themselves and their families.*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

A Small Bottle with a Big Impact

Whether you're preparing your go-bag or planning to shelter in place, essential oils take up little space, yet they hold powerful benefits for the body. One small bottle of essential oil has dozens of potential benefits. Plus, a little goes a long way when it comes to essential oils, so a single bottle will last a long time, even in an emergency.

Essential oils also have a long shelf life. When kept at room temperature and away from sunlight or other heat sources, an unopened bottle of essential oil is viable for years. When creating an emergency kit, you want items that won't go rancid before you have the chance to use them.

No matter where you are on your preparedness journey, here are some of the best essential oils to add to your kit. When one of these products is on sale, consider buying two or three extra bottles so you can stock up for your emergency preparedness kit.



The Best Essential Oils for Your Emergency Preparedness Kit

Lemon: A powerful cleansing agent that cleans surfaces. Lemon essential oil is a must-have for your emergency preparedness kit. Its properties also offer digestive benefits when taken internally.* To take advantage of the surface-cleansing power of Lemon, add a few drops to a small glass spray bottle with water for your emergency kit to help you keep things clean.

dōTERRA On Guard®: This proprietary blend is a dōTERRA® bestselling product, and for good reason. With Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary essential oils, dōTERRA On Guard Protective Blend provides a natural, effective alternative for immune support when used internally.* No matter what kind of emergency you find yourself in, your immune system is your body’s first line of defense and should be a priority. If you like other dōTERRA On Guard products, consider adding those to your emergency kit as well.

Tea Tree: You'll find there are dozens of uses for Tea Tree, but one of the most important things it'll do for you is help your skin. In ancient times, Aboriginal peoples of Australia would crush tea tree leaves and apply them to help soothe the skin. You can use Tea Tree essential oil the same way. When applied topically, Tea Tree is extremely soothing to irritated skin.

Frankincense: The king of oils is one that many people can't live without. Whether you're already in love with Frankincense or have yet to experience the power of this popular essential oil, don't leave it off your survival list. Not only is Frankincense soothing to the skin, but it also supports healthy cellular function when taken internally.*

Lavender: Another top-selling dōTERRA product, Lavender essential oil has dozens of potential uses that will come in

handy when you're dealing with an emergency. Perhaps one of the greatest benefits it offers is, when taken internally, it can help soothe and calm the mind.* When an emergency strikes, you'll no doubt be stressed, overwhelmed, and worried about your family. Do your future self a favor by adding Lavender to your emergency preparedness kit to help keep you levelheaded in times of distress.*

Peppermint: In an emergency, Peppermint is like your Swiss Army knife of essential oils. The fresh, minty taste and aroma make it perfect for oral hygiene (on a regular basis or in a pinch). When ingested, Peppermint can promote healthy respiratory function and clear breathing.* It's also known for promoting a healthy digestive system and soothing occasional stomach upset.* Peppermint essential oil can even help naturally repel bugs, which will come in handy if you must seek temporary shelter outside. If you're worried about mosquitoes, **TerraShield® Repellant Blend Spray** is another great product to have in your emergency stock.

Purify: Purify Cleansing Blend is particularly useful for purifying and eliminating odors. In an emergency, you might not have access to things like a washer, dryer, dishwasher, and so on. Purify can help refresh your clothes, dishes, surfaces, and other items, while also keeping the musky, undesirable smells at bay.

Fractionated Coconut Oil: When curating your emergency stash of essential oils, it's a good idea to make sure you have a carrier oil for dilution. Fractionated Coconut oil is a great option for your emergency preparedness kit, because unlike other carrier oils, it doesn't oxidize as quickly (that's what the fractionation process does). If you're short on space, consider adding a travel-sized Fractionated Coconut Oil to your kit.

Store what you use and use what you store. That goes for food, water, and essential oils. Rotating your supplies will keep your inventory ready for use at a moment's notice.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Essential Oil Spotlight

Tea Tree

Melaleuca alternifolia

Distillation Method: Steam distillation
Aromatic Description: Herbaceous, green, and leathery
Plant Part: Leaves

Known for its topical cleansing and purifying properties, **Tea Tree** offers a unique and refreshing essential oil experience. It contains over 90 different chemical compounds, which provide a variety of natural benefits.

Our Tea Tree essential oil is sourced from Kenya and Australia. In fact, indigenous people in Australia have been using tea tree leaves to soothe the skin for centuries. You'll love having this cleansing powerhouse in your home.

Fun Fact — It takes approximately three pounds of tea tree leaves to produce 15 mL of Tea Tree essential oil.*

How to Use Tea Tree

- Topical**
- + For occasional skin irritations, apply one to two drops to an affected area.
 - + Combine one to two drops with your facial cleanser for added cleansing properties or apply to the skin after shaving.
 - + Apply to the fingernails and toenails after showering to purify and keep the nails looking healthy.

- Aromatic**
- + Diffuse to refresh your living space.
 - + Apply to the pulse points to carry a clean fragrance with you throughout the day.

*Varies by season, region, year, and other variables.

“Hope is being able to see that there is light, despite all of the darkness.”

Desmond Tutu, Priest, Social Activist



Hope & Healing in Somaliland:



The Sanaag Specialty Hospital

The journey of dōTERRA Healing Hands® in Somaliland started over seven years ago, when David Stirling and Emily Wright, Founding Executives, touched down on a dusty airstrip in the Horn of Africa. They had a singular mission: locate the highest quality frankincense resins. They found the resins they were looking for, but also so much more—an incredible region, a beautiful people, and a higher purpose.

Somaliland has been torn apart by multiple conflicts over the years which have destroyed an estimated 95 percent of its buildings. Because health facilities are sometimes bombed and trained healthcare professionals often need to flee for safety during these conflicts, becoming pregnant is one of the most dangerous things that can happen to a woman. In March 2018, the United Nations

Population Fund reported that at the time Somalia had the highest lifetime risk of maternal deaths in the world.

As David and Emily spoke with the Somali women they met, they heard truly heartbreaking stories of women giving birth without medical assistance on dirt floors, and of carrying their sick or injured child for miles to try and reach help. As they flew back to the United States, they both knew they'd do everything they could to help these women.

In 2017, dōTERRA decided to construct a hospital through dōTERRA Healing Hands and their local sourcing partner. However, the prospect was daunting. The region lacked reliable water, electricity, or paved roads, and international healthcare efforts in the Horn of Africa had

repeatedly failed to take root. Nevertheless, dōTERRA was determined and encouraged by the words of the mothers of Somaliland: "Where there is courageous love, there is always a way."

A way was forged through key people who made this project possible. The first key person was Matthew Reid, Director of Special Initiatives for the dōTERRA® Global Strategic Sourcing Team. Matthew worked closely with the dōTERRA sourcing partner to identify the ideal location and approach to benefit the most people possible in the heart of the frankincense and myrrh harvesting region, Sanaag. Significant coordination and relationship building efforts were made to ensure that the hospital would be a success and this dream could become a reality. During the challenging construction phase but also identification

and mobilization of the medical and administration team, a second key team member, Sheldon Wardwell, joined the effort. He became the primary on-the-ground coordinator for the latter phases of the project with lots of support from the dōTERRA medical and sourcing team. Of particular importance was Sheldon's coordination of the Hospital's Governance Board to include many differing clan leaders who had long been at odds, which will play a key role in the long-term success of the hospital. Sadly, Sheldon passed away shortly after the Sanaag Specialty Hospital officially opened. It would not have been possible without his tireless work. His memory will live on through the good that the hospital will be able to do through hope and healing to the people of Somaliland.

“Where there is courageous love,
there is always a way.”



+ Watch the Convention
conversation between
Edna Adan Ismail,
Dr. Osguthorpe and
David Stirling.



The third key person was Edna Adan Ismail. Known affectionately as the Muslim Mother Teresa, Edna has dedicated her life to improving infant and maternal health in Somaliland. She grew up in a time when there weren't schools for girls in British Somaliland, so she taught herself how to read and write. She persuaded her parents to send her to school in neighboring Djibouti, and then she trained as a nurse and midwife in London before returning to become the first practicing midwife in Somaliland. Edna has led an incredible life of accomplishment, including serving as the first lady of Somaliland. But the accomplishments closest to her heart are the construction of the Edna Adan Hospital in Hargeisa, a 14-hour drive from Sanaag, and the founding of a college to train midwives. Almost all the nurses and midwives who were hired at the Sanaag Specialty Hospital were trained by Edna—a part of her wonderful legacy.

The fourth key person in the successful design and completion of this hospital was Dr. Russell Osguthorpe, who currently serves as dōTERRA Chief Medical Officer. When David Stirling met Dr. Osguthorpe, he was working as a Pediatric Infectious Diseases doctor and was the pediatric medical director at one of Utah's largest hospitals. As he learned about the plan to build the Sanaag Specialty Hospital, he was moved to act and shortly thereafter joined the dōTERRA team.

Dr. Osguthorpe's expertise was invaluable as he and Sheldon worked to source the best equipment, doctors, and staff. In May 2021, Dr. Osguthorpe attended the official inauguration of the Sanaag Specialty Hospital, and what he experienced was incredible. The first patient he saw was a seven-year-old boy who had been kicked by a camel, causing him to fall and badly injure his head on a rock. The child was at critical risk of prolonged seizure disorder at best and infection and death at worst. The Sanaag Specialty Hospital's doctor performed emergency surgery, and miraculously the young boy is thriving today.

This boy's story is one of many, thanks to support from dōTERRA Healing Hands®, our sourcing partner in Somaliland, and all the incredible dōTERRA members. As of August 2021, the hospital has seen 3,600 out-patients. It was also able to launch four satellite clinic locations where staff has treated 94 acute patients, conducted 46 surgeries, injected eight individuals with plasma (for the first time ever in Somaliland), conducted over 8,600 diagnostic procedures and tests, and delivered at-risk mothers and infants via C-section. The hospital is saving lives and providing hope and healing. The Sanaag Specialty Hospital is facilitating critically important changes in health for the people of Somaliland, and this is only the beginning.



Good Grief

Rebuilding after Loss

It's been said gratitude is an act of faith. We all go through hard things. How you come out the other side, grateful or despondent, is up to you.

Start small. Hold onto hope and use it to rebuild. It's not about a fresh, sloppy coat of paint and moving on, but rather about intentionally feeling gratitude for what you experienced, whom you loved, or what you once had.

When we take small steps toward rebuilding, little by little we're reminded of all the good in life, and we can leave behind what we don't want to take with us, finding hope in the way forward.

Take Care

Long before anyone knew what funeral potatoes are, neighbors cooked and shared food to celebrate and mourn. At the birth of a new baby and temporary loss of that pre-baby body, a knock at the door brought dinner, diapers, and volunteer babysitters. At the loss of a job, friends and family boosted confidence with networking and groceries. At the death of a loved one, there were tear-filled hugs, humble smiles, and meals made with love and a sense of shared loss.

Maybe food is offered and welcomed so freely because it's during such times of loss we also lose appetites or can't stomach the thought of a meal in the middle of pain. Gratefully, we welcome a neighbor's rolls and spiral ham or a sister's freshly made soup, finally recognizing the hunger for nourishment.

When the funeral potatoes stop coming or you're in a new city with few friends and no family close by, you know your body needs more than caffeine and a cracker to survive. The **dōTERRA® Nutrition** line is a simple and effective way to fuel the body. **dōTERRA Fiber** or **dōTERRA Greens** help fill gaps in your diet with healthy ingredients, and **dōTERRA Protein** gives you energy and keeps you feeling full.* Add a scoop to a smoothie, milk, or water. Aim for healthy meals. The nutrition they provide can carry you forward to continue your journey of gratitude.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Give Grace

Grief isn't reserved for only those who experience loss. It's shared by those who love and care. Take a moment and apply **dōTERRA Peace® Touch** to your wrists and neck. As you put love and attention into the soup you'll share with a grieving friend, consider the grace they'll need over the months and years to come. No one grieves the same, and your first reaction may be to judge someone's grief as inappropriate. Give grace as you hope others would give it to you and remember we all respond to loss differently.

As you grieve, remember the same. Use **dōTERRA Console® Touch** or **dōTERRA Breathe®** throughout your day as you take your path toward emotional healing. Grace given to others will help you grow through your own loss. Understand you may not respond the same as you would under normal circumstances, and others are offering you grace too.

Find Peace

Research shows the simple act of observing nature brings beneficial effects. It's said gardening can improve self-esteem, reduce stress, and make you cheerful. Being closer to the earth can quite literally be grounding and even cathartic. You don't need a green thumb to get

outside. In fact, there's quite a bit of research surrounding the Japanese concept of *shinrin yoku*, also known as "forest bathing." This idea suggests that spending time in the forest—"bathing" in the sounds, smells, and atmosphere—can have a positive impact on your overall wellness. This is partially because of the organic compounds released by plants in the forest. Get outside, go for a walk, and let nature be your companion.

When you don't have the time, energy, or means to get out into nature, bring the outside in. Transport yourself to a tranquil forest with **dōTERRA Balance®**, **Cypress**, or **Douglas Fir**. Imagine yourself lying in soft lavender fields by diffusing Lavender essential oil or **dōTERRA Serenity®**. Bring an atmosphere of peace and stillness to any room when you diffuse oil blends like **dōTERRA Peace®**.

American writer Anne Roiphe once said, "Grief is in two parts. The first is loss. The second is the remaking of life." Whether you find yourself in the throes of loss or are starting to remake your life—or maybe you're somewhere in between—take heart. Though it feels messy, there's hope. You'll enjoy the beauty and blessings of life again. You'll find new paths to walk and joy in new stories. You'll find your way forward.

Explore More
with TerraShield®

If you plan to try forest bathing or any other kind of nature practice this summer, you'll want TerraShield, the natural Repellent Blend made with pure essential oils, at your side. It's time to stop settling for synthetic repellents and explore more naturally.

- New and improved formula
- Repelling to mosquitos—tested at greater than 90% efficacy for more than four hours
- Safe to use with everyone in the family



“Grief is in two parts.
The first is loss.
The second is the
remaking of life.”
Anne Roiphe

Arielle's Favorite dōTERRA Products

At her desk:



For diffusing in the house:



At her bedside:



For her evening routine:



For targeted relief:



Arielle Shipe One Step at a Time

More than a decade ago, Arielle noticed a poster in her local rock-climbing gym. The poster advertised a free essential oils workshop, and she was immediately interested. Arielle and a few friends went to the class, and she's been part of the dōTERRA® family ever since. Arielle already had a passion for health and wellness long before she was introduced to essential oils. She grew up with a deep, abiding love for nature, especially the mountains.

For years, Arielle competed in snowboarding. Rushing down the slopes of snow-covered mountains was fundamental to her identity. But as a junior in college, she suffered her third major concussion and realized, "This wasn't going to be a great thing to continue doing to my body and health, so I made the decision to retire." After building her life around snowboarding, stepping away from competing left her feeling lost and out of touch with herself.

This led her on a journey of self-discovery. Arielle explains, "Through yoga, rock climbing, and spending time in nature,

I reconnected with myself." Ignited by her love of the practice, Arielle became a yoga instructor, completing 1,500 hours of training within three years, fully investing herself in teaching yoga full-time. "Then seemingly out of nowhere, a career on social media emerged."

With her yoga instruction and outdoor activities, "I started posting my adventures on Instagram with no expectations, sharing what I was learning through yoga or the excitement of being outdoors. Slowly, that account started gaining traction, and within a couple of years it became this unexpected career."

Arielle still teaches yoga, along with nutritional consulting and coaching. She's even working on her master's degree in holistic nutrition, inspired by her personal experience. About four years ago, she struggled with a major health setback. After struggling to find a new approach, she started working with a holistic nutrition practitioner. "I thought I was eating healthy and taking care of my body, but there was a deeper

layer I didn't understand about how all the systems work together. And it completely changed my life." The lifestyle and nutritional changes Arielle made have transformed her experience, driving her to help others.

Arielle has a positive energy that especially flows when she's speaking about her next big adventure: hiking the Pacific Crest Trail (PCT). The PCT spans the entire height of the United States, from the Mexican border through California, Oregon, and Washington and all the way to Canada. Hiking the PCT has been one of Arielle's goals since college. "The second I heard about it, I knew it was a hike I'd complete in my lifetime."

Arielle plans to spend spring and summer 2022 hiking the entire PCT. How is she going to do it? "It's about 2,650 miles, so one step at a time." Which is exactly how Arielle tackles all her goals. "In the compare culture we live in, people feel like they need to have massive, intense goals to be worthy or good enough. I'll say up front that's

not necessary. Allow your goals to come from an authentic place that feels true to you. For big goals that feel overwhelming or impossible, I like to break them down. I'll look at the goal I want to accomplish, then I'll backtrack and say, 'Okay, what's the next smallest goal from that?' From there, 'What's the next smallest goal?' I get it down to something that's a manageable, bite-sized chunk—something I can do that day, week, or month. And then I take on the next bite-sized chunk from there."

Arielle says she'd never dare begin her PCT adventure without a few specific dōTERRA essentials oils in her pack, including **Helichrysum Touch**, **Frankincense**, **dōTERRA On Guard®**, and a travel-sized **dōTERRA On Guard Natural Whitening Toothpaste**. You can follow her trek, as Arielle plans to document the experience and share her love of the outdoors with anyone who wants to tune in.



Helichrysum

Helichrysum italicum

Distillation Method: Steam distillation
Aromatic Description: Herbaceous, honey, and hay
Plant Part: Flower

Known as the everlasting or immortal flower, **helichrysum** has stood the test of time. Named for its golden petals, the helichrysum flower stands firm and bright in the sun—a powerful, beautiful reminder of its resilience and strength. The ancient Greeks knew of its power and used the eternal flower for skin care and herbal health practices.

In the modern world, helichrysum has found its place at the forefront of the skin care industry as a soothing powerhouse, particularly for antiaging products. For a complexion as cheery and glowing as the golden helichrysum flower, incorporate this incredible essential oil into your skin care routine.

Fun Fact

Helichrysum gets its name from the Greek word helios, meaning "sun," and chrysos, meaning "gold," describing the vibrant gold of the plant's flowers.

How to Use Helichrysum

- Topical**
- + Apply to the skin to reduce the appearance of blemishes and promote a glowing, youthful complexion.
 - + Mix a few drops of **Helichrysum** and **Lavender** essentials oils with **Fractionated Coconut Oil** for soothing relief from razor bumps.
 - + Massage into the temples and back of the neck for a soothing sensation.

Aromatic

- + Enjoy the unique aroma of **Helichrysum** with these diffuser blends.

Quiet Renewal	Rolling Meadow
3 drops Helichrysum	2 drops Helichrysum
3 drops Lavender	3 drops Bergamot
2 drops Copaiba	3 drops Grapefruit

Product Guide

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

Application Methods

- A** Can be used **aromatically**
- T** Can be used **topically**
- I** Can be used **internally**
- H** Can be used for **home care**

Sensitive Skin

- N** Can be used with no dilution (**neat**)
- S** Dilute for young or sensitive skin (**sensitive**)
- D** Dilute before using topically (**dilute**)

Enrollment Kits

At dōTERRA® we want it to be easy to get all the essentials for a healthy home and lifestyle. That’s why we created these product collections. Whether you are starting out, or want to refresh your collection, these carefully crafted enrollment kits will bring nature’s powerful solutions to you.



Healthy Habits Kit
5 mL bottles: Lavender, Frankincense, dōTERRA Balance® Grounding Blend, dōTERRA On Guard®, Tangerine
Other Products: DigestZen TerraZyme®, dōTERRA Lifelong Vitality Pack®, Deep Blue® Rub, PB Assist+

60217321
125 PV
\$260.00 rtl
\$195.00 whl



Healthy Start Kit
5 mL bottles: dōTERRA Breathe® Respiratory Blend, Deep Blue®, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree
Other Products: Pebble™ Diffuser

60211452
100 PV
\$213.33 rtl
\$160.00 whl



Home Essentials Kit
5 mL bottle: Deep Blue®
15 mL bottles: dōTERRA Breathe® Respiratory Blend, DigestZen®, Frankincense, Lavender, Lemon, dōTERRA On Guard®, Oregano, Peppermint, Tea Tree
Other Products: Laluz Diffuser

60221657
220 PV
\$360.00 rtl
\$270.00 whl



Simple Solutions Kit
15 mL bottles: Lemon, dōTERRA On Guard®, dōTERRA Serenity®,
Other Product: dōTERRA Deep Blue® Rub

60211288
70 PV
\$140.00 rtl
\$105.00 whl



Natural Solutions Kit
5 mL bottles: dōTERRA Serenity® Restful Blend, Adaptiv™ Calming Blend, Deep Blue® Soothing Blend
15 mL bottles: Lavender, Lemon, Peppermint, Frankincense, Tea Tree, Oregano, dōTERRA On Guard®, DigestZen® Digestive Blend, dōTERRA Breathe® Respiratory Blend
Other Products: dōTERRA Lifelong Vitality Pack®, Fractionated Coconut Oil, PB Assist®+, dōTERRA On Guard® Toothpaste, dōTERRA On Guard+™ Softgels, dōTERRA On Guard Sanitizing Mist, dōTERRA® Breathe Vapor Stick, Deep Blue™ Stick, DigestZen TerraZyme®, Correct-X®, Wooden Box, Laluz® Diffuser

60221656
315 PV | \$600.00 rtl | \$450.00 whl

Aroma Essentials Collection

5 mL bottles: Adaptiv®, dōTERRA Balance® Grounding Blend, dōTERRA Breathe® Respiratory Blend, dōTERRA Cheer®, Citrus Bloom®, Northern Escape™, dōTERRA On Guard®, Peppermint, dōTERRA Serenity® Restful Blend, Wild Orange,
Other Product: Laluz® Diffuser

60217126
115 PV | \$206.67 rtl | \$155.00 whl



For additional enrollmt kit options visit dotterra.com

Essential Oil Singles



Arborvitae
Essential Oil
Thuja plicata
A T N
49360001
5 mL | 22 PV
\$29.33 rtl
\$22.00 whl



Basil
Essential Oil
Ocimum basilicum
A T I N
30010001
15 mL | 30 PV
\$40.00 rtl
\$30.00 whl



Bergamot
Essential Oil
Citrus bergamia
A T I S
30790001
15 mL | 36 PV
\$48.00 rtl
\$36.00 whl



Black Pepper
Essential Oil
Piper nigrum
A T I S
41040001
5 mL | 22 PV
\$29.33 rtl
\$22.00 whl



Black Spruce
Essential Oil
Picea mariana
A T S
60206220
5 mL | 20 PV
\$26.67 rtl
\$20.00 whl



Blue Tansy
Essential Oil
Tanacetum annuum
A T N
60203383
5 mL | 80 PV
\$113.33 rtl
\$85.00 whl



Cardamom
Essential Oil
Elettaria cardamomum
A T I N
49350001
5 mL | 28 PV
\$37.33 rtl
\$28.00 whl



Cassia
Essential Oil
Cinnamomum cassia
A T I D
60213537
15 mL | 21 PV
\$28.00 rtl
\$21.00 whl



Cedarwood
Essential Oil
Juniperus virginiana
A T S
49300001
15 mL | 13.5 PV
\$18.00 rtl
\$13.50 whl



Celery Seed
Essential Oil
Apium graveolens
A T I S
60209677
15 mL | 36 PV
\$48.00 rtl
\$36.00 whl



Cilantro
Essential Oil
Coriandrum sativum
A T I N
41850001
15 mL | 26 PV
\$34.67 rtl
\$26.00 whl



Cinnamon Bark
Essential Oil
Cinnamomum zeylanicum
A T I D
30030001
5 mL | 29 PV
\$38.67 rtl
\$29.00 whl



Citronella
Essential Oil
Cymbopogon winterianus
A T I S
60209676
15 mL | 20 PV
\$26.67 rtl
\$20.00 whl




Clary Sage
Essential Oil
Salvia sclarea
A T I N
30420001
15 mL | 39 PV
\$52.00 rtl
\$39.00 whl



Clove
Essential Oil
Eugenia caryophyllata
A T I D
30040001
15 mL | 18 PV
\$24.00 rtl
\$18.00 whl


Essential Oil Singles ctd.



Copaiba
Essential Oil
Copaiba spp

A T I S


60202178
15 mL | 37 PV
\$49.33 rtl
\$37.00 whl



Coriander
Essential Oil
Coriandrum sativum

A T I N


30780001
15 mL | 25 PV
\$33.33 rtl
\$25.00 whl



Cypress
Essential Oil
Cupressus sempervirens and lusitanica

A T N


60206972
15 mL | 17.5 PV
\$23.33 rtl
\$17.50 whl



Douglas Fir
Essential Oil
Pseudotsuga menziesii

A T N


31590001
5 mL | 21.5 PV
\$28.67 rtl
\$21.50 whl



Eucalyptus
Essential Oil
Eucalyptus radiata

A T S


30060001
15 mL | 19 PV
\$25.33 rtl
\$19.00 whl



Fennel, Sweet
Essential Oil
Foeniculum vulgare

A T I S


41290001
15 mL | 16.5 PV
\$22.00 rtl
\$16.50 whl



Frankincense
Essential Oil
Boswellia carterii, sacra, papyrifera, and ferrea

A T I N


30070001
15 mL | 70 PV
\$100.00 rtl
\$75.00 whl



Geranium
Essential Oil
Pelargonium graveolens

A T I S


30090001
15 mL | 43 PV
\$57.33 rtl
\$43.00 whl



Ginger
Essential Oil
Zingiber officinale

A T I S


60215119
15 mL | 48 PV
\$64.00 rtl
\$48.00 whl



Grapefruit
Essential Oil
Citrus X paradisi

A T I N


30100001
15 mL | 40 PV
\$25.33 rtl
\$19.00 whl



Green Mandarin
Essential Oil
Citrus nobilis

A T I N


60205794
15 mL | 29 PV
\$38.67 rtl
\$29.00 whl



Helichrysum
Essential Oil
Helichrysum italicum

A T I N


30410001
5 mL | 70 PV
\$106.67 rtl
\$80.00 whl



Juniper Berry
Essential Oil
Juniperus communis

A T I N


49290001
5 mL | 20 PV
\$26.67 rtl
\$20.00 whl



Lavender
Essential Oil
Lavandula angustifolia

A T I N


30110001
15 mL | 25.5 PV
\$34.00 rtl
\$25.50 whl



Lemon
Essential Oil
Citrus limon

A T I N


30120001
15 mL | 13 PV
\$17.33 rtl
\$13.00 whl



Lemon Eucalyptus
Essential Oil
Eucalyptus citriodora

A T S


60209674
15 mL | 14 PV
\$18.67 rtl
\$14.00 whl



Lemongrass
Essential Oil
Cymbopogon flexuosus

A T I S


30130001
15 mL | 12 PV
\$16.00 rtl
\$12.00 whl



Lime
Essential Oil
Citrus aurantifolia

A T I S


30870001
15 mL | 14 PV
\$18.67 rtl
\$14.00 whl



Madagascar Vanilla
Absolute
Vanilla planifolia

A T I N


60218012
5 mL | 35 PV
\$46.67 rtl
\$35.00 whl



Marjoram
Essential Oil
Origanum majorana

A T I N


30140001
15 mL | 22 PV
\$29.33 rtl
\$22.00 whl



Melissa
Essential Oil
Melissa officinalis

A T I N


30850001
5 mL | 85 PV
\$126.67 rtl
\$95.00 whl



Myrrh
Essential Oil
Commiphora myrrha

A T I N


30160001
15 mL | 55 PV
\$89.33 rtl
\$67.00 whl



Oregano
Essential Oil
Origanum vulgare

A T I D


30180001
15 mL | 55 PV
\$33.33 rtl
\$25.00 whl



Patchouli
Essential Oil
Pogostemon cablin

A T I N


30890001
15 mL | 30 PV
\$40.00 rtl
\$30.00 whl



Peppermint
Essential Oil
Mentha piperita

A T I S


30190001
15 mL | 24 PV
\$32.00 rtl
\$24.00 whl



Petitgrain
Essential Oil
Citrus aurantium

A T I S


49520001
15 mL | 25 PV
\$33.33 rtl
\$25.00 whl



Pink Pepper
Essential Oil
Schinus molle

A T I N


60207016
5 mL | 22 PV
\$29.33 rtl
\$22.00 whl



Roman Chamomile
Essential Oil
Anthemis nobilis

A T I N


30800001
5 mL | 48 PV
\$64.00 rtl
\$48.00 whl



Rose
Essential Oil
Rosa damascena

A T S


31000001
5 mL | 200 PV
\$366.67 rtl
\$275.00 whl



Rosemary
Essential Oil
Rosmarinus officinalis

A T I N


30200001
15 mL | 18 PV
\$24.00 rtl
\$18.00 whl



Sandalwood
Essential Oil
Santalum album

A T I N


30210001
5 mL | 60 PV
\$106.67 rtl
\$80.00 whl



Sandalwood, Hawaiian
Essential Oil
Santalum paniculatum

A T I N


41860001
5 mL | 60 PV
\$93.33 rtl
\$70.00 whl



Siberian Fir
Essential Oil
Abies sibirica

A T I N


60203125
15 mL | 20 PV
\$26.67 rtl
\$20.00 whl



Spearmint
Essential Oil
Mentha spicata

A T I S


31610001
15 mL | 30 PV
\$40.00 rtl
\$30.00 whl



Spikenard
Essential Oil
Nardostachys jatamansi

A T N


49510001
5 mL | 50 PV
\$69.33 rtl
\$52.00 whl



Tangerine
Essential Oil
Citrus reticulata

A T I N


49440001
15 mL | 15 PV
\$20.00 rtl
\$15.00 whl



Tea Tree
Essential Oil
Melaleuca alternifolia

A T N


60208340
15 mL | 23 PV
\$30.67 rtl
\$23.00 whl



Thyme
Essential Oil
Thymus vulgaris

A T I D


30220001
15 mL | 31.5 PV
\$42.00 rtl
\$31.50 whl



Tulsi
Essential Oil
Ocimum sanctum

A T I S

60213450
5 mL | 26 PV
\$34.67 rtl
\$26.00 whl




Turmeric
Essential Oil
Curcuma longa

A T I N

60206973
15 mL | 30 PV
\$40.00 rtl
\$30.00 whl


Essential Oil Singles ctd.



Vetiver
Essential Oil
Vetiveria zizanioides

A T I N


30430001
15 mL | 54 PV
\$78.67 rtl
\$59.00 whl



Wild Orange
Essential Oil
Citrus sinensis

A T I N


30170001
15 mL | 11 PV
\$14.67 rtl
\$11.00 whl



Wintergreen
Essential Oil
Gaultheria fragrantissima

A T S


31620001
15 mL | 25 PV
\$33.33 rtl
\$25.00 whl



Yarrow | Pom
Essential Oil
Active Botanical Nutritive Duo

T I N


60207652
30 mL | 98 PV
\$130.67 rtl
\$98.00 whl



Ylang Ylang
Essential Oil
Cananga odorata

A T I N


30240001
15 mL | 40 PV
\$53.33 rtl
\$40.00 whl



dōTERRA On Guard+™ Beadlets

I


60208146
125 ct. | 16 PV
\$21.33 rtl
\$16.00 whl



Peppermint Beadlets

I

60208147
125 ct. | 14 PV
\$18.67 rtl
\$14.00 whl



Fractionated Coconut Oil

T N

31640001
3.89 fl oz/115 mL | 10 PV
\$16.00 rtl
\$12.00 whl

60210770
1 fl oz/30mL | 0 PV
\$5.67 rtl
\$4.25 whl

Proprietary Essential Oil Blends



dōTERRA® abode™
Refreshing Blend

A H S

60217576
15 mL | 24.5 PV
\$32.67 rtl
\$24.50 whl



Adaptiv®
Calming Blend

A T N

60209364
15 mL | 40 PV
\$53.33 rtl
\$40.00 whl



Air-X®
Air Blend

A T I S

60215527
15 mL | 31 PV
\$41.33 rtl
\$31.00 whl



AromaTouch®
Massage Blend

T N

31200001
15 mL | 30 PV
\$40.00 rtl
\$30.00 whl



dōTERRA Balance®
Grounding Blend

A T N

31010001
15 mL | 21 PV
\$28.00 rtl
\$21.00 whl



dōTERRA Breathe®
Respiratory Blend

A T S

60200190
15 mL | 35 PV
\$33.33 rtl
\$25.00 whl



Citrus Bliss®
Invigorating Blend

A T N

31020001
15 mL | 19.5 PV
\$26.00 rtl
\$19.50 whl



Citrus Bloom®
Springtime Blend

A T N

60208812
15 mL | 24.5 PV
\$32.67 rtl
\$24.50 whl



Deep Blue®
Soothing Blend

T S

60200143
5 mL | 35 PV
\$46.67 rtl
\$35.00 whl



DigestZen®
Digestive Blend

A T I N

60214361
15 mL | 34 PV
\$45.33 rtl
\$34.00 whl



DDR Prime®
Cellular Complex

T I S

60207092
15 mL | 35 PV
\$46.67 rtl
\$35.00 whl



Northern Escape™
Woodland Blend

A T N

60215058
15 mL | 28 PV
\$37.33 rtl
\$28.00 whl



dōTERRA On Guard®
Protective Blend

A T I S

31100001
15 mL | 36 PV
\$48.00 rtl
\$36.00 whl



PastTense®
Tension Blend

A T N

60215812
15 mL | 30 PV
\$40.00 rtl
\$30.00 whl



Purify
Cleansing Blend

A T N

31060001
15 mL | 22 PV
\$29.33 rtl
\$22.00 whl



dōTERRA Serenity®
Restful Blend

A T N

49530001
15 mL | 36 PV
\$48.00 rtl
\$36.00 whl



Slim & Sassy®
Metabolic Blend

A T I S

31370001
15 mL | 26 PV
\$34.67 rtl
\$26.00 whl



TerraShield®
Repellent Blend

A T N

60214386
15 mL | 13 PV
\$17.33 rtl
\$13.00 whl



TerraShield®
Repellent Blend

A T N

60214387
30 mL | 18 PV
\$26.67 rtl
\$20.00 whl



Zendocrine®
Detoxification Blend

A T I N

31460001
15 mL | 26 PV
\$34.67 rtl
\$26.00 whl

dōTERRA Touch® Florals



Helichrysum
Touch Blend

A T N

60207012
10 mL roll-on | 51 PV
\$74.67 rtl
\$56.00 whl



Jasmine
Touch Blend

A T N

60201812
10 mL roll-on | 42 PV
\$6.00 rtl
\$42.00 whl



Lavender
Touch Blend

A T N

60200225
10 mL roll-on | 17 PV
\$22.67 rtl
\$17.00 whl



Magnolia
Touch Blend

A T N

60205420
10 mL roll-on | 28 PV
\$37.33 rtl
\$28.00 whl



Neroli
Touch Blend

A T N

60201817
10 mL roll-on | 52 PV
\$69.33 rtl
\$52.00 whl




Rose
Touch Blend


A T N

60201813
10 mL roll-on | 65 PV
\$93.33 rtl
\$70.00 whl


Essential Oil Roll-On




Adaptiv Touch
Calming Touch Blend
A T N
60209357
10 mL | 22 PV
\$29.33 rtl
\$22.00 whl




dōTERRA Breathe®
Touch Blend
A T N
60200192
10 mL | 16 PV
\$21.33 rtl
\$16.00 whl




Copaiba
Touch Blend
A T N
60219176
10 mL | 24 PV
\$32.00 rtl
\$24.00 whl




DigestZen®
Touch Blend
A T N
60214815
10 mL | 22 PV
\$29.33 rtl
\$22.00 whl




Frankincense
Touch Blend
A T N
60200224
10 mL | 48 PV
\$64.00 rtl
\$48.00 whl




Myrrh
Touch Blend
A T N
60221439
10 mL | 40 PV
\$53.33 rtl
\$40.00 whl




dōTERRA On Guard®
Touch Blend
A T N
60200142
10 mL | 23 PV
\$30.67 rtl
\$23.00 whl




Oregano
Touch Blend
A T N
60200227
10 mL | 16.5 PV
\$22.00 rtl
\$16.50 whl




Peppermint
Touch Blend
A T N
60200228
10 mL | 16 PV
\$21.33 rtl
\$16.00 whl




Tea Tree
Touch Blend
A T N
60208343
10 mL | 14.5 PV
\$19.33 rtl
\$14.50 whl




Vetiver
Touch Blend
A T N
60221438
10 mL | 37 PV
\$49.33 rtl
\$37.00 whl




Whisper® Touch
Blend for Women
A T N
60214274
10 mL | 28 PV
\$37.33 rtl
\$28.00 whl




ClaryCalm®
Monthly Blend for Women
A T N
49480001
10 mL | 31 PV
\$41.33 rtl
\$31.00 whl



HD Clear®
Topical Blend
T N
49400001
10 mL | 21 PV
\$28.00 rtl
\$21.00 whl




Immortelle
Anti-Aging Blend
T N
60202652
10 mL | 70 PV
\$100.00 rtl
\$75.00 whl




InTune®
Focus Blend
A T N
41840001
10 mL | 36.5 PV
\$48.67 rtl
\$36.50 whl


Essential Oil Kits




dōTERRA Emotional Aromatherapy® Touch
21850001
Six 10 mL roll-on bottles
100 PV | \$140.00 rtl | \$105.00 whl




dōTERRA Emotional Aromatherapy® Kit
60202944
Six 5 mL bottles
155 PV | \$220.00 rtl | \$165.00 whl




dōTERRA Cheer® Touch
Uplifting Blend
A T N
60200146
10 mL roll-on | 18 PV
\$24.00 rtl
\$18.00 whl




dōTERRA Console® Touch
Comforting Blend
A T N
60200147
10 mL roll-on | 25 PV
\$33.33 rtl
\$25.00 whl




dōTERRA Forgive® Touch
Renewing Blend
A T N
60200148
10 mL roll-on | 15 PV
\$20.00 rtl
\$15.00 whl




dōTERRA Motivate® Touch
Encouraging Blend
A T N
60200149
10 mL roll-on | 17 PV
\$22.67 rtl
\$17.00 whl




dōTERRA Passion® Touch
Inspiring Blend
A T N
60200150
10 mL roll-on | 28 PV
\$37.33 rtl
\$28.00 whl




dōTERRA Peace® Touch
Reassuring Blend
A T N
60200151
10 mL roll-on | 21 PV
\$28.00 rtl
\$21.00 whl




dōTERRA Motivate®
Encouraging Blend
A T S
31740001
5 mL | 23 PV
\$30.67 rtl
\$23.00 whl




dōTERRA Cheer®
Uplifting Blend
A T S
31720001
5 mL | 25 PV
\$33.33 rtl
\$25.00 whl




dōTERRA Passion®
Inspiring Blend
A T S
31760001
5 mL | 42 PV
\$56.00 rtl
\$42.00 whl



dōTERRA Forgive®
Renewing Blend
A T S
31750001
5 mL | 22 PV
\$29.33 rtl
\$22.00 whl




dōTERRA Console®
Comforting Blend
A T N
31730001
5 mL | 39 PV
\$52.00 rtl
\$39.00 whl




dōTERRA Peace®
Reassuring Blend
A T N
31710001
5 mL | 32 PV
\$42.67 rtl
\$32.00 whl


Essential Oil Kits ctd.




dōTERRA Yoga Collection
60203244
Three 5 mL bottles
50 PV | \$72.00 rtl | \$54.00 whl




dōTERRA Anchor
Steadying Blend
A T N
60203245
5 mL | 20 PV
\$26.67 rtl
\$20.00 whl




dōTERRA Align
Centering Blend
A T N
60203246
5 mL | 19 PV
\$25.33 rtl
\$19.00 whl




dōTERRA Arise
Enlightening Blend
A T N
60203247
5 mL | 20 PV
\$26.67 rtl
\$20.00 whl




dōTERRA Kids Collection
60211246
Seven 10 mL roll-on bottles
100 PV | \$153.33 rtl | \$115.00 whl




Brave®
Courage Blend
A T N
60206618
10 mL roll-on | 22 PV
\$29.33 rtl
\$22.00 whl




Calmer®
Restful Blend
A T N
60206632
10 mL roll-on | 20 PV
\$26.67 rtl
\$20.00 whl




Rescuer™
Soothing Blend
A T N
60206635
10 mL roll-on | 16.5 PV
\$16.50 whl




Steady®
Grounding Blend
A T N
60206617
10 mL roll-on | 16.5 PV
\$22.00 rtl
\$16.50 whl




Stronger®
Protective Blend
A T N
60206654
10 mL roll-on | 16 PV
\$21.33 rtl
\$16.00 whl




Tamer®
Digestive Blend
A T N
60209356
10 mL roll-on | 16.5 PV
\$22.00 rtl
\$16.50 whl




Thinker®
Focus Blend
A T N
60206633
10 mL roll-on | 17.5 PV
\$23.33 rtl
\$17.50 whl



Introductory Kit
60202952
Three 5 mL bottles: Lavender, Lemon, Peppermint
15 PV | \$26.67 rtl | \$20.00 whl



Family Essentials Kit
60202951
Ten 5 mL bottles: Lavender, Lemon, Peppermint, Tea Tree, Oregano, Frankincense, Deep Blue®, dōTERRA Breathe®, DigestZen®, dōTERRA On Guard®
115 PV | \$166.67 rtl | \$125.00 whl



AromaTouch Technique® Kit
60202945
Eight 5 mL bottles: dōTERRA Balance®, Lavender, Tea Tree, dōTERRA On Guard, AromaTouch®, Deep Blue®, Wild Orange, Peppermint
One 4 oz bottle: Fractionated Coconut Oil
100 PV | \$146.67 rtl | \$110.00 whl

dōTERRA® abōde™ Products



abōde
Refreshing Blend
A H S
60217576
15 mL | 24.5 PV
\$32.67 rtl
\$24.50 whl



abōde Foaming Hand Wash Concentrate Infused with Citrus Bloom®
60216472
8 fl oz/237 mL | 14 PV
\$26.67 rtl
\$19.50 whl



abōde Hand Lotion Infused with Citrus Bloom
60216475
10 fl oz/396 mL | 15 PV
\$24.67 rtl
\$18.50 whl



abōde Dishwasher Pods
60216473
24 count | 10 PV
\$20.00 rtl
\$15.00 whl



abōde Laundry Pods
60216474
45 count | 14 PV
\$26.00 rtl
\$19.50 whl



abōde Multi Purpose Surface Cleaner Concentrate
60216476
1 fl oz | 7 PV
\$11.67 rtl
\$8.75 whl



abōde Liquid Dish Soap
60217386
16 fl oz | 8 PV
\$16.00 rtl
\$12.00 whl



abōde Hand Lotion Dispenser
60217569
10 fl oz/296 mL | 0 PV
\$11.33 rtl
\$8.50 whl



abōde Hand Wash Dispenser
60217522
16 fl oz/473 mL | 0 PV
\$11.33 rtl
\$8.50 whl



abōde Surface Spray Dispenser
60217522
10 fl oz/296 mL | 0 PV
\$11.33 rtl
\$8.50 whl



abōde Dish Soap Dispenser
60219505
16 fl oz/473 mL | 0 PV
\$11.33 rtl
\$8.50 whl

dōTERRA On Guard® Products



dōTERRA On Guard Protective Blend
A T L S
31100001
15 mL | 36 PV
\$48.00 rtl
\$36.00 whl

dōTERRA On Guard Touch Blend
60200142
10 mL roll-on | 23 PV
\$30.67 rtl
\$23.00 whl

dōTERRA On Guard Sanitizing Mist
60201944
0.9 fl oz/27 mL | 5 PV
\$8.67 rtl
\$6.50 whl

dōTERRA On Guard™ Hand Wipe Singles
60214043
20 count | 5 PV
\$16.67 rtl
\$7.50 whl

dōTERRA On Guard™ Hand Wipe Pack
60201266
50 count | 10 PV
\$16.67 rtl
\$12.50 whl

dōTERRA On Guard+™ Softgels
35420001
60 softgels | 25 PV
\$37.33 rtl
\$28.00 whl

dōTERRA On Guard+™ Chewable Tablets
60216736
60 count | 10 PV
\$21.33 rtl
\$16.00 whl

dōTERRA On Guard+™ Beadlets
60208146
125 beadlets | 16 PV
\$21.33 rtl
\$16.00 whl

dōTERRA On Guard Protecting Throat Drops
34050001
30 drops | 10 PV
\$16.67 rtl
\$12.50 whl

dōTERRA On Guard Natural Whitening Toothpaste
60205476
4.2 oz/125 g | 5 PV
\$12.67 rtl
\$9.50 whl

dōTERRA On Guard Natural Whitening Toothpaste Samples
60213724
10 samples | 2 g each | 0 PV
\$4.66 rtl
\$3.50 whl

dōTERRA On Guard Mouthwash
60203185
16 fl oz/473 mL | 10 PV
\$20.00 rtl
\$15.00 whl

dōTERRA On Guard Foaming Hand Wash With 2 dispensers
60216838
16 fl oz/473 mL | 18.5 PV
\$30.00 rtl
\$22.50 whl

dōTERRA On Guard Foaming Hand Wash Single Refill
38010001
16 fl oz/473 mL | 15 PV
\$23.33 rtl
\$17.50 whl

dōTERRA On Guard Foaming Hand Wash Twin Pack Refill
38020001
2 x 16 fl oz/473 mL | 25 PV
\$40.00 rtl
\$30.00 whl

dōTERRA On Guard Laundry Detergent
39020001
32 fl oz/947 mL | 20 PV
\$37.33 rtl
\$28.00 whl

dōTERRA On Guard Cleaner Concentrate
38140001
12 fl oz/355 mL | 10 PV
\$19.33 rtl
\$14.50 whl

dōTERRA Yarrow | Pom Collection

Yarrow | Pom Collection

60210469
150 PV | \$233.33 rtl | \$175.00 whl

Yarrow | Pom Active Botanical Nutritive Duo
T L N
60207652
30 mL bottle with dropper | 98 PV
\$130.67 rtl
\$98.00 whl

Yarrow | Pom Cellular Beauty Complex
60209413
60 capsules | 43 PV
\$69.33 rtl
\$52.00 whl
Made with sls-free vegetable capsules

Yarrow | Pom Body Renewal Serum
60209352
3.4 fl oz/100 mL | 60 PV
\$86.67 rtl
\$65.00 whl



dōTERRA Adaptiv® Products

Adaptiv
Calming Blend

A | T | N

60209364
15 mL | 40 PV
\$53.33 rtl
\$40.00 whl

Adaptiv Touch
Calming Touch Blend

60209357
10 mL roll-on | 22 PV
\$29.33 rtl
\$22.00 whl

Adaptiv
Calming Blend Capsules

60205956
30 capsules | 30 PV
\$52.67 rtl
\$39.50 whl

Made with SLS-free capsules

Adaptiv System

60211472
70 PV
\$109.33 rtl
\$82.00 whl



dōTERRA Breathe® Products

dōTERRA Breathe
Respiratory Blend

A | T | S

60200190
15 mL bottle | 25 PV
\$33.33 rtl
\$25.00 whl

dōTERRA Breathe
Touch Blend

60200192
10 mL roll-on | 16 PV
\$21.33 rtl
\$16.00 whl

dōTERRA Breathe®
Vapor Stick

60200878
4 oz/12.5g | 5 PV
\$11.33 rtl
\$8.50 whl

dōTERRA Breathe
Respiratory Drops

35460001
30 drops | 10 PV
\$16.67 rtl
\$12.50 whl



Deep Blue® Products

Top Seller

Deep Blue
Soothing Blend

T | S

60200143
5 mL bottle | 35 PV
\$46.64 rtl
\$35.00 whl

Deep Blue Rub
Soothing Cream

38900001
4 fl oz/120 mL | 31 PV
\$44.00 rtl
\$33.00 whl

Deep Blue Rub
32-Ounce Bottle

60216795
32 fl oz/946 mL | 165 PV
\$260.00 rtl
\$195.00 whl

Deep Blue™ Stick + Copaiba

60213108
1.69 oz/48 g | 20 PV
\$32.67 rtl
\$24.50 whl

Deep Blue Rub
Samples

38950001
Ten 2 mL samples | 0 PV
\$6.67 rtl
\$5.00 whl

Deep Blue Polyphenol Complex®

34360001
60 vegetable capsules | 40 PV
\$60.67 rtl
\$45.50 whl

Made with SLS-free capsules



New Look Coming Soon

Hair Care

dōTERRA Hair Care Trio

60219271
55 PV
\$90.00 rtl
\$67.50 whl



dōTERRA Protecting Shampoo

60208440
16.9 fl oz/500 mL | 20 PV
\$32.67 rtl
\$24.50 whl

dōTERRA Daily Conditioner

60208441
16.9 fl oz/500 mL | 20 PV
\$32.67 rtl
\$24.50 whl

dōTERRA Leave-in Conditioner

60208398
8 fl oz/237 mL | 15 PV
\$24.67 rtl
\$18.50 whl

dōTERRA Hair Care Travel Trio

60210084
3.4 fl oz/100 mL | 20 PV
\$40.00 rtl
\$30.00 whl



dōTERRA Baby

dōTERRA Baby
Collection

60206023
20 PV
\$46.00 rtl
\$34.50 whl

dōTERRA Baby
Hair & Body Wash

60201361
10 fl oz/295 mL | 10 PV
\$18.33 rtl
\$13.75 whl

dōTERRA Baby
Diaper Rash Cream

60201362
2.1 oz/60g | 5 PV
\$11.33 rtl
\$8.50 whl

dōTERRA Baby
Lotion

60220058
8 fl oz / 236 mL | 10 PV
\$19.33 rtl
\$14.50 whl

Children's Health



dōTERRA a2z Chewable™

34500001
60 tablets | 17 PV
\$30.00 rtl
\$22.50 whl

Chewable tablets

PB Assist® Jr

34420001
30 sachets | 22 PV
\$36.00 rtl
\$27.00 whl

IQ Mega®

34490001
150 mL | 30 PV
\$46.00 rtl
\$34.50 whl

dōTERRA Serenity® Products



dōTERRA Serenity
Restful Blend
A T N
49530001
15 mL bottle | 36 PV
\$48.00 rtl
\$36.00 whl

dōTERRA Serenity Softgels
Restful Complex
34390001
60 vegetarian softgels | 18 PV
\$30.67 rtl
\$23.00 whl
Made with vegetarian softgels

dōTERRA Serenity
Combo Pack
60200524
15 mL bottle and 1 bottle softgels | 40 PV
\$60.00 rtl
\$45.00 whl

dōTERRA Spa



Total dōTERRA® Spa Kit
Moisturizing Bath Bar, dōTERRA Serenity Bath Bar, Citrus Bliss Bath Bar, dōTERRA Balance Bath Bar, Refreshing Body Wash, Exfoliating Body Scrub, Detoxifying Mud Mask, Replenishing Body Butter, Hand & Body Lotion, Citrus Bliss Hand Lotion, Lip Balm (Original, Tropical, Herbal) and Hydrating Body Mist

60217288
85 PV
\$160.00 rtl
\$120.00 whl

dōTERRA Spa Basics Kit
Hand & Body Lotion, and Body Wash
60200499
17 PV
\$30.67 rtl
\$23.00 whl

dōTERRA Spa Luxury Kit
Body Scrub, Mud Mask, Body Butter
60200502
32 PV
\$56.00 rtl
\$42.00 whl

Detoxifying Mud Mask
37490001
4 oz/113.4 g | 12 PV
\$19.33 rtl
\$14.50 whl

Exfoliating Body Scrub
37480001
8 fl oz/226 g | 15 PV
\$26.00 rtl
\$19.50 whl

Refreshing Body Wash
3746001
8.45 fl oz/250 mL | 10 PV
\$17.00 rtl
\$12.75 whl

Replenishing Body Butter
37470001
7 oz/198 g | 15 PV
\$23.33 rtl
\$17.50 whl

Hydrating Body Mist
60205662
4.2 fl oz/125 mL | 22 PV
\$33.33 rtl
\$25.00 whl

Citrus Bliss Hand Lotion
60214189
2.5 fl oz/75 mL | 5 PV
\$9.27 rtl
\$6.95 whl

Hand & Body Lotion
37510001
6.7 fl oz/200 mL | 13 PV
\$20.67 rtl
\$15.50 whl

Hand & Body Lotion
3-Pack
60200498
Three 6.7 fl oz/200 mL | 30 PV
\$50.67 rtl
\$38.00 whl

Lip Balm Original
60207651
0.16 oz/45 g | 5 PV
\$8.67 rtl
\$6.50 whl

Lip Balm Herbal
60207653
0.16 oz/45 g | 5 PV
\$8.67 rtl
\$6.50 whl

Lip Balm Tropical
60207649
0.16 oz/45 g | 5 PV
\$8.67 rtl
\$6.50 whl

Lip Balm Variety 3-Pack
37570001
Three 0.16 oz/45 g | 10 PV
\$20.00 rtl
\$15.00 whl

Moisturizing Bath Bar
60218217
4 oz/113 g | 5 PV
\$9.00 rtl
\$6.75 whl

3-Pack
60220701
Three 4 oz/113 g | 10 PV
\$19.33 rtl
\$14.50 whl

Citrus Bliss Bath Bar
60218240
4 oz/113 g | 5 PV
\$9.00 rtl
\$6.75 whl

3-Pack
60220704
Three 4 oz/113 g | 10 PV
\$19.33 rtl
\$14.50 whl

dōTERRA Balance™ Bath Bar
60207873
4 oz/113 g | 5 PV
\$9.00 rtl
\$6.75 whl

3-Pack
60213577
Three 4 oz/113 g | 10 PV
\$19.33 rtl
\$14.50 whl

dōTERRA Serenity™ Bath Bar
60218219
4 oz/113 g | 5 PV
\$9.00 rtl
\$6.75 whl

3-Pack
60220703
Three 4 oz/113 g | 10 PV
\$19.33 rtl
\$14.50 whl

Women's Health



LOYALTY
REWARDS
PROGRAM

Women's Health Kit

3525
60 PV | \$92.67 rtl | \$69.50 whl

ClaryCalm® Monthly Blend for Women

A T N
49480001
10 mL roll-on | 31 PV | \$41.33 rtl | \$31.00 whl

Phytoestrogen Essential Complex

35260001
60 capsules | 36 PV | \$52.67 rtl | \$39.50 whl
Made with sls-free vegetable capsules

Bone Nutrient Essential Complex

35240001
120 capsules | 12PV | \$23.33 rtl | \$17.50 whl
Made with sls-free vegetable capsules

Personal Care



Natural Deodorant
infused with
dōTERRA Balance®
Essential Oil
60207421
2.65 oz/75 g | 5 PV
\$11.67 rtl
\$8.75 whl



Baking
soda-
free

Natural Sensitive
Deodorant infused with
dōTERRA Douglas Fir and
Greek Orange
60208231
2.65 oz/75 g | 5 PV
\$11.67 rtl
\$8.75 whl



Correct-X®
Essential Oil Ointment
60110001
.5 oz/15 mL | 10 PV
\$16.00 rtl
\$12.00 whl

Skin Care



HD Clear Kit
42700001
45 PV
\$68.00 rtl
\$51.00 whl

HD Clear®
Topical Blend
T N
49400001
10 mL roll-on | 21 PV
\$28.00 rtl
\$21.00 whl

HD Clear Facial
Lotion
49410001
1.7 fl oz/50 mL | 28 PV
\$42.67 rtl
\$32.00 whl

HD Clear Foaming
Face Wash
49420001
1.7 fl oz/50 mL | 18 PV
\$26.67 rtl
\$20.00 whl



Verage® Collection
42690001
70 PV
\$119.33 rtl
\$89.50

Verage Immortelle
Hydrating Serum
37400001
5 fl oz/15 mL | 50 PV
\$77.33 rtl
\$58.00

Verage Moisturizer
37410001
1 fl oz/30 mL | 25 PV
\$36.67 rtl
\$27.50 whl

Verage Toner
37390001
1.7 fl oz/50 mL | 16 PV
\$26.67 rtl
\$20.00 whl

Verage Cleanser
37380001
2 fl oz/60 mL | 20 PV
\$30.00 rtl
\$22.50 whl

Skin Care ctd.



Essential Skin Care Kit
Essential Skin Care: Facial Cleanser, Invigorating Scrub, Anti-Aging Moisturizer, Tightening Serum, Pore Reducing Toner, Brightening Gel, Hydrating Cream, Anti-Aging Eye Cream

60203184
200 PV | \$275.33 rtl | \$206.50 whl

Essential Skin Care Facial Cleanser
60201753
4 fl oz/118 mL | 12 PV
\$20.00 rtl
\$15.00 whl

Essential Skin Care Invigorating Scrub
60201753
2.5 fl oz/70g | 15 PV
\$23.33 rtl
\$17.50 whl

Essential Skin Care Tightening Serum
60201752
1 fl oz/30 mL | 40 PV
\$58.67 rtl
\$44.00 whl

Essential Skin Care Anti-Aging Eye Cream
60201776
0.5 fl oz/15 mL | 40 PV
\$56.00 rtl
\$42.00 whl

Essential Skin Care Brightening Gel
60210008
1 fl oz/30 mL | 30 PV
\$42.67 rtl
\$32.00 whl

Essential Skin Care Hydrating Cream
60201774
1.7 fl oz/48g | 30 PV
\$45.33 rtl
\$34.00 whl

Essential Skin Care Pore Reducing Toner
60201772
4 fl oz/118 mL | 17 PV
\$26.00 rtl
\$19.50 whl

Essential Skin Care Anti-Aging Moisturizer
60201750
1.7 fl oz/50 mL | 30 PV
\$45.33 rtl
\$34.00 whl



Reveal Facial System
37340001
Two 1.7 oz tubes | 60 PV | \$80.00 rtl | \$60.00 whl



Cleanse + Restore Kit
doTERRA Lifelong Vitality Pack®, Zendocrine® Softgels, Zendocrine Complex, DigestZen TerraZyme®, GX Assist®, PB Assist®, DDR Prime® Softgels, Lemon essential oil

60209897
175 PV | \$326.67 rtl | \$245.00 whl

Digestive Health



Top Seller

DigestZen TerraZyme®
Digestive Enzyme Complex
35110001
90 veggie caps | 30 PV
\$46.00 rtl
\$34.50 whl

Made with sls-free vegetable capsules

PB Assist®+
Probiotic Defense Formula
35160001
30 veggie caps | 35 PV
\$53.27 rtl
\$39.95 whl

Made with sls-free vegetable capsules

GX Assist®
GI Cleansing Formula
35040001
60 softgels | 22 PV
\$34.67 rtl
\$26.00 whl

Made with enteric softgels



DigestZen®
Digestive Blend
A T I N
60214361
15 mL | 34 PV
\$45.33 rtl
\$34.00 whl

DigestTab®
Chewable Tablets
60214446
100 chewable tablets | 11 PV
\$20.67 rtl
\$15.50 whl

Chewable tablets

doTERRA® Peppermint Softgels
60209244
60 softgels | 16 PV
\$25.33 rtl
\$19.00 whl

Made with enteric softgels



Zendocrine®
Detoxification Blend
A T I N
31460001
15 mL | 26 PV
\$34.67 rtl
\$26.00 whl

Zendocrine® Softgels
Detoxification Blend
60209480
60 softgels | 22 PV
\$35.33 rtl
\$26.50 whl

Made with vegetarian softgels

Zendocrine®
Detoxification Complex
35120001
60 veggie caps | 20 PV
\$30.00 rtl
\$22.50 whl

Made with sls-free vegetable capsules



DigestZen® Softgels
60209021
60 softgels | 16 PV
\$26.60 rtl
\$19.95 whl

Made with vegetarian softgels

doTERRA® Ginger Drops
60203181
30 drops | 10 PV
\$16.67 rtl
\$12.50 whl

Veggie Caps
34100001
160 HPMC capsules | 0 PV
\$5.33 rtl
\$4.00 whl

Slim & Sassy®

Slim & Sassy Metabolic Blend
A T I S
31370001
15 mL bottle | 26 PV
\$34.67 rtl
\$26.00 whl

Slim & Sassy Softgels

34270001
90 vegetarian softgels | 31.5 PV
\$48.00 rtl
\$36.00 whl

Made with vegetarian softgels

Slim & Sassy Metabolic Gum

60200347
32 pieces | 5 PV | \$11.33 rtl | \$8.50 whl



Vitamins and Supplements

LOYALTY
REWARDS
PROGRAM



dōTERRA Lifelong Vitality Pack®
Dietary Supplements Including Alpha CRS®+,
Microplex VMz®, and xEO Mega®

60213529
30-day supply | 60 PV | \$107.33 rtl | \$80.50 whl

LOYALTY
REWARDS
PROGRAM



Vegan dōTERRA Lifelong Vitality Pack®
Dietary Supplements Including Alpha CRS®+,
Vegan Microplex VMz® and vEO Mega®

60213860
30-day supply | 60 PV | \$119.33 rtl | \$89.50 whl

LOYALTY
REWARDS
PROGRAM



dōTERRA Lifelong Vitality Pack®
Dietary Supplements Including Alpha CRS®+,
Microplex VMz® and xEO Mega®

60217066
60 daily packs or a 30-day supply | 60 PV
\$115.33 rtl | \$86.50 whl



Microplex VMz®
Food Nutrient Complex

60213169
120 vegetable capsules | 39.5 PV
\$52.67 rtl | \$39.50 whl

Made with sls-free vegetable capsules



xEO MEGA®
Essential Oil Omega Complex

60219195
120 softgels | 53.5 PV
\$71.33 rtl | \$53.50 whl

Made with vEO softgels



vEO MEGA®
Essential Oil Omega Complex

34480001
120 liquicaps | 53.5 PV
\$71.33 rtl | \$53.50 whl

Made with sls-free vegetable capsules



Alpha CRS®+
Cellular Vitality Complex

35370001
120 vegetable capsules | 69.5 PV
\$92.67 rtl | \$69.50 whl

Made with sls-free vegetable capsules



Turmeric Dual Chamber Capsules

60209307
60 capsules | 28 PV
\$50.67 rtl | \$38.00 whl

Made with sls-free vegetable capsules



Mito2Max®
Energy & Stamina Complex

34350001
60 vegetable capsules | 35 PV
\$53.27 rtl | \$39.95 whl

Made with sls-free vegetable capsules



Vegan Microplex VMz®
Food Nutrient Complex

60213210
120 vegetable capsules | 39.5 PV
\$66.00 rtl | \$49.50 whl

Made with sls-free vegetable capsules

Personalized Wellness Program

LOYALTY
REWARDS
PROGRAM

1 Purchase 1 dōTERRA Lifelong Vitality Pack®



dōTERRA Lifelong Vitality Pack
60213529
60 PV
\$80.50



Vegan dōTERRA Lifelong Vitality Pack
60213860
60 PV
\$89.50



dōTERRA Lifelong Vitality Daily Packs
60217066
60 PV
\$86.50



dōTERRA Daily Nutrient Pack®
60219880
50 PV
\$59.50

2 ...and choose up to 3 additional supplements at reduced prices.



Microplex VMz®
15 PV | \$25.00



xEO Mega®
15 PV | \$25.00



Mito2Max®
15 PV | 25.00



Deep Blue Polyphenol Complex®
15 PV | \$25.00



DigestZen TerraZyme®
15 PV | \$25.00



PB Assist®+
15 PV | \$25.00



Kids Kit (IQ Mega® & a2z)
15 PV | \$32.50

Specialized Supplements

DDR Prime®
Cellular Complex
60 softgels | 40 PV
\$60.67 rtl
\$45.50 whl

DDR Prime Softgels
34410001
60 softgels | 40 PV
\$60.67 rtl
\$45.50 whl
Made with vegetarian softgels

TriEase® Softgels
Seasonal Blend
60 softgels | 22 PV
\$34.00 rtl
\$25.50 whl
Made with vegetarian softgels

Deep Blue Polyphenol Complex®
34360001
60 veggie caps | 40 PV
\$60.67 rtl
\$45.50 whl
Made with sls-free vegetable capsules

Copaiba Softgels
60205764
60 softgels | 32 PV
\$45.33 rtl
\$34.00 whl
Made with vegetarian softgels



dōTERRA® Nutrition



Vanilla & Chocolate Protein
60207069
Vanilla | 20 Servings | 25 PV
\$55.33 rtl
\$41.50 whl

60207068
Chocolate | 20 Servings | 25 PV
\$55.33 rtl
\$41.50 whl



Vegan Protein
60207067
20 Servings | 25 PV
\$55.33 rtl
\$41.50 whl



Greens
60213600
30 Servings | 22 PV
\$39.93 rtl
\$29.95 whl



Fiber
60207065
30 Servings | 14 PV
\$26.00 rtl
\$19.50 whl



A \$20.00 donation is made to the dōTERRA Healing Hands Foundation® with every purchase of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion.



dōTERRA® SPA Rose Hand Lotion

37520001
3.3 fl oz/100 mL | 0 PV | \$20.00

dōTERRA Hope® Touch

60200879
10 mL roll-on | 0 PV | \$20.00

dōTERRA Diffusers



Laluz® with Peppermint & Wild Orange

60217554
22 PV
\$78.67 rtl
\$59.00 whl



Roam® Diffuser

60213424
0 PV
\$69.33 rtl
\$52.00 whl



Dawn® Aroma Humidifier

60213449
0 PV
\$72.00 rtl
\$54.00 whl



Petal Essentials Kit

60211559
20 PV
\$62.67 rtl
\$47.00 whl



Pilot® Portable Diffuser

60212263
0 PV
\$50.00 rtl
\$37.50 whl



Volo® Diffuser

Volo™ Marble 60210546 0 PV \$78.67 rtl \$59.00 whl	Volo™ Onyx 60210545 0 PV \$78.67 rtl \$59.00 whl
---	---

Florida: A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE [of Florida]. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. Registration #: CH48280.

ILLINOIS: CONTRACTS AND REPORTS REGARDING THE CHARITY ARE ON FILE WITH THE ILLINOIS ATTORNEY GENERAL.

Maryland : A copy of the current financial statement of the dōTERRA Healing Hands Foundation is available by writing 389 S 1300 W, Pleasant Grove UT 84062, or by calling (801) 437-7918. Documents and information submitted under the Maryland Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis MD 21401. (410) 974-5534.

Michigan: Registration # 55179

NEW JERSEY: INFORMATION FILED WITH THE ATTORNEY GENERAL CONCERNING THIS CHARITABLE SOLICITATION AND THE PERCENTAGE OF CONTRIBUTIONS RECEIVED BY THE CHARITY DURING THE LAST REPORTING PERIOD THAT WERE DEDICATED TO THE CHARITABLE PURPOSE MAY BE OBTAINED FROM THE ATTORNEY GENERAL OF THE STATE OF NEW JERSEY BY CALLING 973-504-6215 AND IS AVAILABLE ON THE INTERNET AT [HTTP://WWW.NJCONSUMERAFFAIRS.GOV/](http://www.njconsumeraffairs.gov/) . REGISTRATION WITH THE ATTORNEY GENERAL DOES NOT IMPLY ENDORSEMENT.

For the state of North Carolina, financial information about this organization and a copy of its license are available from the State Solicitation Licensing Branch at 919-807-2214. The license is not an endorsement by the State.

Virginia: A Financial Statement is available upon request from the Office of Charitable and Regulatory Programs P.O. Box 1163, Richmond, Virginia 23218 Phone 804-786-1343

Washington: dōTERRA Healing Hands Foundation, a Utah Non-Profit Corporation, is registered with the State of Washington Secretary of State Corporations and Charities Division. For further information please contact the Secretary of State at 360-725-0378 or www.sos.wa.gov/charities.

PRESRT. STD
US POSTAGE
PAID
PERMIT #6563
SALT LAKE CITY,
UTAH

When the pure gifts of the earth
are paired with the pure love of each
other, we can achieve anything.

dōTERRA[®]
pursue what's **pure**[®]

Printer will place FCS Logo
in this area.



60221088

©2022 dōTERRA Holdings, LLC, 389 South 1300 West,
Pleasant Grove, UT 84062 USA • doterra.com